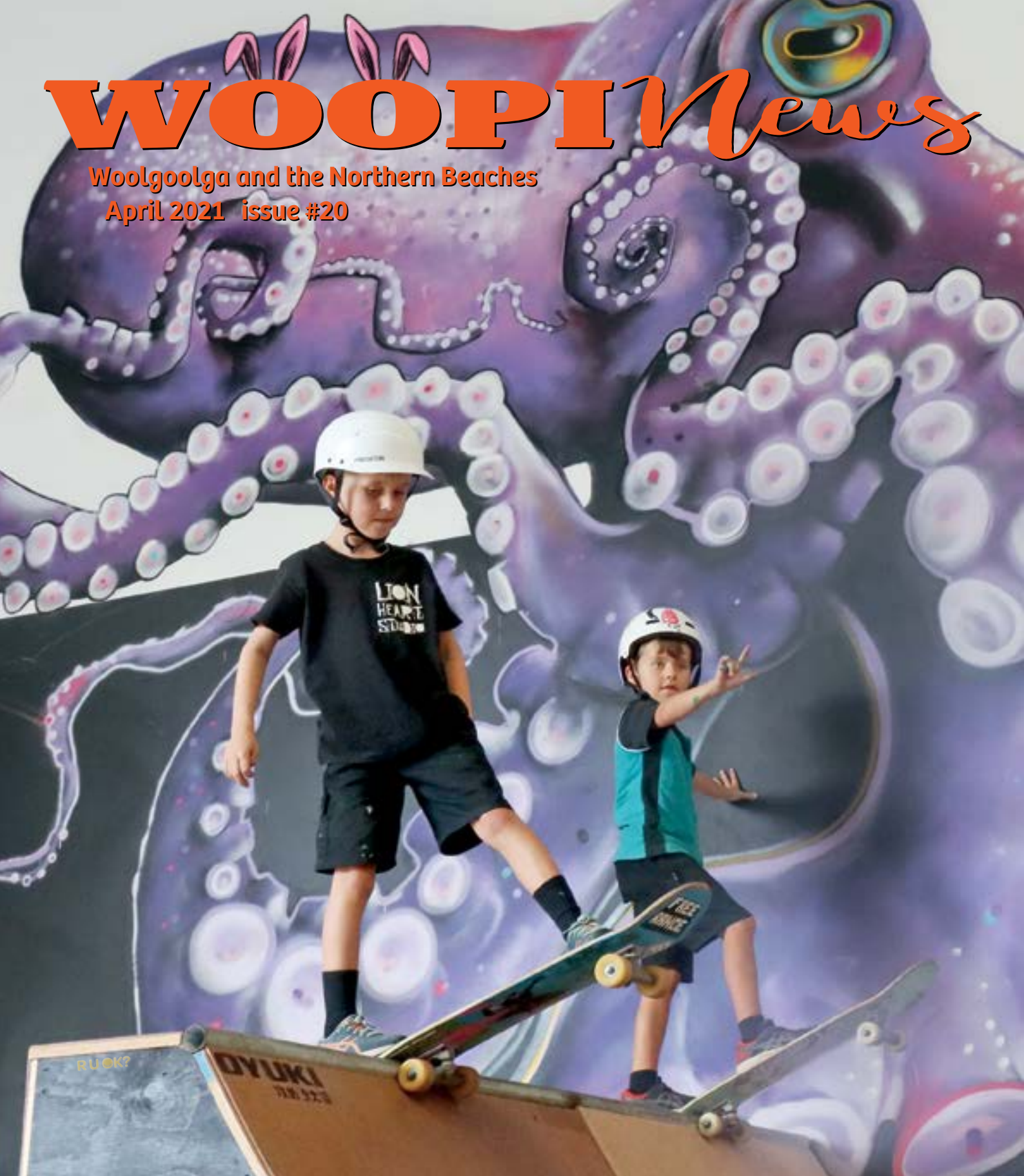


WOOP! News

Woolgoolga and the Northern Beaches

April 2021 issue #20



SUPERSCHOOL HOLIDAY PROGRAM

THURSDAY 8 - SATURDAY 17 APRIL

MON	FACE PAINTING FROM 6PM	TUE	FACE PAINTING FROM 6PM	WED	SAND ART FROM 6PM
THU	FACE PAINTING FROM 6PM	FRI	KIDS SHOW FROM 6PM	SAT	KIDS SHOW FROM 6PM

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APRIL 2021



WOOPINews



The Kindness Project



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday



Saturday



Aerodynamically, the bumble bee shouldn't be able to fly, but the bumble bee doesn't know it so it goes on flying anyway

- Mary Kay Ash

1 Share this calendar with someone who you think would enjoy it

2 
Bee Kind


3 Send someone a handwritten card

4 Visit your parents or an elderly person

5 Treat someone to a coffee

6 Share your favourite recipe with someone

7 Shout a friend to a yoga class

8 Send a photo you have to the person in it

9 Compliment five people today

10 Share a fond memory with a friend

11 Cook double dinner and share with someone

12 Let a stranger go in front of you in line

13 Buy or pick some flowers for someone or maybe shout yourself

14 Pick up some litter to make the world a better place

15 Offer to go shopping for someone

16 Make some healthy soup to share

17 Leave a gift for someone in a random public place

18 Praise someone for a job well done

19 Bee the change you want to see in the world

20 Thank the postman

21 Buy someone a lottery ticket

22 Call someone who you haven't talked to in a while

23 At dinner tonight talk about kindness

24 Plant a tree or flowers in a neglected area

25 Give up complaining

26 Greet people with a smile and an enthusiastic hello

27 Write a positive reference for someone

28 Use less plastic

29 Buy an inspirational book for someone

30 Bee kind to yourself

Kind words are like honey, sweet to the soul and healthy for the body

- Proverbs 16:24



Even busy bees stop and smell the roses



Download your own pdf version to keep or share at woopinews.com.au/kindnessproject



Welcome to Woopi News

www.woopinews.com.au - woopinews@gmail.com - 0410 052 601 - ABN: 27 728 512 311

We hope you're all looking forward to this month's Woopi News.

What a month of rain we have just had. Our heart goes out to everyone who has been affected.

Our front page is of Lenny and Raffi Day who are in front of the amazing octopus mural painted by Matty Day and Wayne Dejong. The mural is part of the back drop for the Skate and Create indoor skate park and art studio, which you can read more about on page 12.

There are lots of other activities happening this month at Skate and Create as part of Youth Week, you can read more about what's on for Youth Week in Woopi on pages 8 and 9. Followed by some youthful insights from some of our beautiful local young people on pages 10 and 11.

For some reason the powers that be have also scheduled Seniors Week to be on the same week as Youth Week! So, if you're no longer a youth and have made it to senior status, check out pages 6 and 7 for information on activities planned to celebrate the week.

One of our favourite seniors, Jean Vickery should have come down from Cloud Nine by now after winning the NSW International Women's Day Community Hero Award. Congratulations Jean. Well deserved, we love what you do for our community.

We also have a boy baby boom, there were so many baby boys born this month. We have featured a few on pages 32 and 33. Be prepared to get clucky.

Easter and School holidays are on and this month we have hidden 28 bunnies throughout our pages so that you can have fun hunting for them. We've been told on many occasions that Woopi News is very popular with the kids.

They also have the chance to WIN some movie tickets. Saraton Theatre in Grafton have generously given us some family passes to giveaway to our readers. To learn how to win please read the instructions on page 17.

How are you all going with the Kindness Project? It doesn't matter if you miss a day here or there, the important thing is that you try and use kindness wherever possible. This month's design was inspired by one of our What's New in Woopi businesses, Coffs Beekeeping Supplies. You can read more about them on pages 22 and 23.

At the time Woopi News went to print the Woolgoolga Anzac Day March was still cancelled.

The Woolgoolga RSL Sub-Branch will be holding a Dawn Service in the Auditorium within the Diggers Club. A short service will be held followed by a wreath laying and breakfast. Due to COVID-19 restrictions. It will be a seated event with reduced numbers. Please contact Reception at the Club to receive a ticket. Entry will not be possible without a ticket.

The community is encouraged to show their respect via candle light driveway vigils, similar to last year.


The Northern Beaches Residents Association (NBRA) has been busy keeping up to date with council and what's happening in Woolgoolga. They have been campaigning to have the Town Centre Masterplan honoured and also to ensure we receive the best Whale Trail possible, without

taking any cheaper shortcut versions. If you would like to become more involved with what's going on in our community you can join NBRA via nbrainc2456@gmail.com or follow them on facebook. www.facebook.com/nbra2456

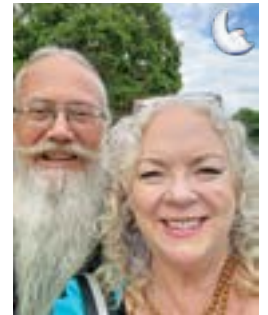
Have you got your tickets to the Inaugural Woolgoolga Amateur Talent Show? Brought to you by Lions and Rotary and to raise money for Childhood Cancer. The Talent Show will be held at Woolgoolga C.ex on Saturday April 17. Tickets are only \$10 and available via www.cex.com.au/event/amateur-talent-show or you can buy them at the club. A special addition to this night is one of the guest judges is world renowned actor Mr Jack Thompson!

Welcome to our new advertisers this month, Coffs Harbour Hyundai, Katie Pledger Accountants, Mullaway Creative Co, Woopi Gardens and Coorabell Crafts. Thank you, without our advertisers we would not be able to bring you Woopi News each month.

Cheers, Lisa and Brad.

 Please recycle your edition. If you're not saving it, pass it on to someone else or take it back to the shop you picked it up from.

Also please don't forget to tell our advertisers ...'You saw them in Woopi News!'





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Last month Corindi and Upper Corindi residents were unexpectedly hit by a One-in-500 year storm that was to turn their worlds upside down.

Not to mention everything in their houses, sheds and yard. The inundation of water that swept through these homes has been described as a tsunami, with waves of water just picking everything up on its way through and dumping it on its way out.

Cars, trailers, mowers, fridges, bbqs, furniture, household items were washed away, even a fibreglass pool that was waiting to be installed was difficult to find the next day. Mud was strewn over floors and through cupboards, beds and lounges ruined.

This all happened in the early hours of the morning while most people were asleep. One mum was fast asleep when her daughter woke her to tell her of the water in the house. Not long after that the water had forced her oven through her bedroom wall!

One resident tells the story of how the water was coming up to his waist so fast, that he texted his children an 'I love you' message, then strapped a boogie board to himself and jumped out the window to try and make it to his neighbours house. Luckily he made it.

A mum and her four kids had to sit on their kitchen table and wait for the SES to come and rescue them. Meanwhile a friend who had attempted to reach them was washed, in his car, into a telegraph pole. He also had to sit tight and wait for the SES.

A family sat with their daughter, who has a disability, while she slept thought the whole event, even though her bed was floating.

Whole driveways were washed away, people sat in their tinnies tied to their house waiting for the storm to ease.

Cattle were washed away, fences washed down, horses

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Woopi News

scattered and once the water subsided the wild brumbies appeared, causing a whole new issue to deal with.

It all must have been so scary and being dark, they had to wait until morning to see the true devastation. Fortunately no one was hurt or drowned, though many families have lost their livelihood and their homes. Many are still negotiating with accessors and insurance agencies and living in emergency accommodation.

One good thing that has come out of this devastation is Community Spirit. As usual, the people and businesses of Corindi, Woolgoolga and the Northern Beaches of the Coffs Coast and the Clarence Valley rallied to support the affected families. Meal after meal was donated and delivered, a shout out for plastic tubs was met with 100s of tubs being donated, so that these families could start sorting out what could be kept and what would have to go into the rubbish pile. Hay drops were organised and shoulders were available to lean on. Neighbours, friends and strangers chipped in to help start the big clean up.

There's still a long way to go, with some people having to rebuild from scratch but I'm pretty sure the families of Corindi have felt loved and supported by the community.

Shout out to the SES for their rescue and support efforts, also to Red Cross, the Salvo's and the Corindi RFS. There are way too many businesses, Cafés and restaurants to thank. We know you don't do it for the thanks, but the Corindi residents want you to know how much they have appreciated the support.



Have you got your Dine & Discover NSW Vouchers yet?

The NSW Government has launched Dine & Discover NSW to encourage the community to get out and about and support dining, arts and tourism businesses.

Two x \$25 Dine NSW Vouchers for dining in at restaurants, cafés, bars, wineries, pubs or clubs. These can be used from Monday to Thursday.

Two x \$25 Discover NSW Vouchers for entertainment and recreation, including cultural institutions, live music, and arts venues. These can be used 7 days a week.

To claim your vouchers go to <https://www.service.nsw.gov.au/transaction/apply-dine-discover-nsw-vouchers>

At the time that Woopi News went to print these local businesses were registered as eligible place to spend your vouchers.



Ground Earth
Walters Bistro
C.ex Woolgoolga Bowling Club
Taffy's
Seaview Tavern Woolgoolga
Sunset Room Woopi
Beachouse Café
Wired for Coffee
The Black Apple
Top-Knotch Brasserie
Bluebottles Brasserie

Surf St Café
Anchor Kitchen and Bar
Saraton Theatre
Moonee Beach Tavern
Emerald Beach Pizza and Pasta



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SENIORS FESTIVAL

2021

13 -24 APRIL



Live theatre performance:
'In Search of an Ending' by Alan Lovell

WOOLGOOLGA HALL
free (bookings required)

Film screening, guest speaker & lunch:
Tales of adventure with "No Ordinary Sheila"
and Dr Mark Spencer's 'Discovery Under the Sea'

CORAMBA HALL
free (bookings required)

'Oldies Big Day Out!'

Seniors-themed market day spectacular

**HARBOURSIDE
MARKETS**



free

For bookings, more info and more great events
visit: coffsharbour.nsw.gov.au/seniorsfestival

.. and much more



COFFS HARBOUR
CITY COUNCIL

MyCOFFS

A celebrating community initiative by Coffs Harbour City Council

Seniors Festival 2021

Every year Coffs Harbour celebrates the contribution that seniors make to our local community.

Seniors Week activities are delivered by Council and a diverse range of community partners.

Seniors Week 2021 runs from 13 to 24 April and will see some exciting free opportunities across the local community.

This year's highlights include:

'In Search of an Ending' - a one-man live theatre performance at Woolgoolga Community Centre.

A big-hearted show written and performed by Alan Lovell about the big issues or getting old, dealing with aging parents, escaping the city; all the things there are no playbooks for. Followed by a light supper.

Saturday 17 April - free, bookings required.

Guest speaker, luncheon and film screening event at Coramba Community Centre. Join us for scrumptious lunch and listen the incredible adventures of Dr Mark Spencer as he recounts his 'Discovery Under the Sea', followed by 'No Ordinary Sheila' - a film about the inspiring life of Sheila Natusch. The story of this writer, illustrator, natural historian and outdoors adventurer is a beautiful journey through a unique life, made with love by her cousin and long-time Kiwi filmmaker, Hugh Macdonald. Saturday 17 April - free, bookings required.

'Oldies Big Day Out' at Harbourside Markets. All of the regular market day festivities plus loads of extra special and fun additions to celebrate seniors in true Coffs style. Get pampered



with free hand massages, try sit down yoga, kick back and enjoy the house band, fashion parade and vintage car display or step up and enjoy free art activities, ukulele lessons or jump on stage for the open mic

sessions. There's something for everyone to enjoy so grab your friends, partner, parents or grandparents and treat them and yourself to an awesome day by the sea. Sunday 18 March - free, all welcome.

For more information about these and other exciting Seniors Festival 2021 events, and to book your free tickets where applicable, please visit www.coffsharbour.nsw.gov.au/seniorsfestival

WOOLGOOLGA SENIORS CENTRE

The Woolgoolga Seniors Centre in Boundary Street, offers a pleasant environment for social, leisure and recreation pursuits.

It is one of the very few stand-alone Seniors centres in NSW and is not affiliated with any other organisations. Catering to the over 50s of Woolgoolga and the Northern Beaches area with a variety of functions, activities and exercise classes.

Regular weekly activities.

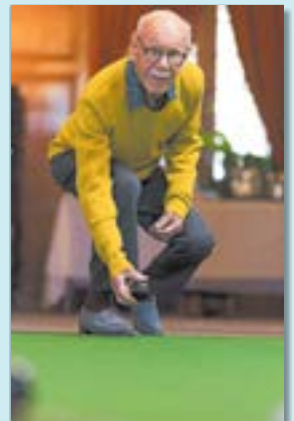
Monday: Pilates, Scrapbooking and Tai Chi
Tuesday: Computer Classes (am) and Pilates (pm)
Wednesday: Craft Classes
Thursday: Wrap with Love, Australian Hero Quilts, Table Tennis and Art Classes
Friday: Indoor Bowls and Rummiking
Saturday: Line Dancing

Seniors Week - 13th to 24th April, in conjunction with the 17th Birthday of the Seniors Centre

14th April: Seniors Luncheon

19th April: Movie Afternoon with Afternoon Tea.

Come along and have a look. You may like to join the Club. You need to be a member of the Seniors Club to participate in Centre Activities. The annual membership is only \$10 per year; renewals are due at the end of each financial year (30 June). Individual classes incur small varying costs. Contact (02) 6654 7311 for more details.



Woopi News - Youth Week

Youth Week is an opportunity for young people to express their ideas and views, act on issues that affect their lives, and create and enjoy activities and events.

Youth Week will take place from Friday 16 through to Saturday 24 April. The theme for 2021 is 'Together more than ever'.

Woolgoolga and the Northern Beaches has a few events happening starting on day one with Fluro Pancakes on the Beach with the Fluro Friday Tribe. Fluro Friday is a mental health initiative which is about bringing awareness to and supporting people of all ages with mental health issues. The group is very supportive of young people and welcome anyone who would like to join them.

Skate Create Connect

Is a collaboration between Headspace and Skate and Create at 24 Hawke Drive. They will be holding a day of activities on Friday April 15 from 10am till 2 pm. There's lots to do and see including free skateboarding lessons, creative art, dance and music. There will also be a free BBQ lunch with many of the youth services organisations being there with advice and information if needed.

There will be the opportunity to create your own skateboard design. You could actually win a skateboard with your own design on it. You just have to enter your sketch or design



Design your own skateboard and you might win it!

before April 24 for the chance to win. There are several age groups so go to www.skateandcreate.com.au and check out the details.

Skate Create Connect Youth Week 2021

Free skateboarding/lessons, creative art and music spaces,
Free BBQ lunch, competitions and prizes.
Connect with local youth support services.

Design a skateboard competition. Win a skateboard with your design on it. Enter your sketch or design for a chance to have it on a skateboard. To find out more go to skateandcreate.com.au

Entries close Saturday 24th April 5pm

Friday 16 April 10am-2pm
5/24a Hawke Dr, Woolgoolga



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Woopi News - Youth Week

Woolgoolga Performing Arts Studio

If you've ever wanted to dance or try your hand at acting and you're not sure where to start, Woolgoolga Performing Arts Studio are offering Youth free trial dance and theatre classes during Youth Week. You can try Hip Hop, Jazz, Lyrical, Musical Theatre, Acting and BoxFit. Check out the timetable below for classes and times.

Woolgoolga Performing Arts Studio
YOUTH WEEK 16TH - 24TH APRIL 2021
 Free Dance & Theatre Trial Classes for Youth 16th - 24th April 2021
 Contact us to book your free trial info@woolgoolgaperformingartsstudio.com or visit

MONDAY	TUESDAY	WEDNESDAY
10 - 13yrs 4:00-5:00pm JAZZ 5:00-6:00pm HIP HOP	14 - 17yrs 5:30-6:30pm JAZZ 6:30-7:30pm LYRICAL	14 - 17yrs 5:30-6:30pm HIP HOP 6:30-7:30pm BOXFIT
10 - 13yrs 10:00-11:30am MUSIC THEATRE 12:15-1:15pm ACTING	SATURDAY 	14 - 17yrs 10:45-12:15pm MUSIC THEATRE 12:15-1:15pm ACTING

Youth week ends on Saturday April 24th with the

Corindi - Skate, Rolla-Skate and Art Jam!

Held at the newly resurfaced Skate Bowl from 10 till 3pm. Jimmy Wags and Tulli Stevens from the Mullaway Creative Co will be there along with the Coffs Coast Skateboard School with lots of fun activities and prizes to win.

We hope you all have a great time.

CORINDI - SKATE - ROLLA-SKATE & ART JAM!!!

Youth week party!!!
 Corindi skate park,
 Saturday 24th April
 10 till 3pm
 Bowl jam - street jam - art jam -
 Rolla skate ruckus
 live art - art workshop

FREE EVENT **Prizes and give - aways** **ALL WELCOME**

COFFS COAST SKATEBOARD SCHOOL **MULLAWAY CREATIVE CO** **Chalkies**

The Lions Club of Woolgoolga hosted the Lions Region 1 Youth of the Year final during March.

The finalists were Kori Eaton from Maclean High School and Angela Poultney from Woolgoolga High School.

The Lions Youth of the Year Program is designed to foster, encourage and develop leadership qualities of our youth, in conjunction with other citizenship qualities, at the age when they are about to enter the fields of higher education or employment. The qualities sought, apart from academic attainments, are those of: leadership, personality, sportsmanship, public speaking, good citizenship. After much deliberation the three judges awarded both the Youth of The Year and Public Speaker awards to Kori Eaton.

A huge Congratulations goes to our local finalist Angela Poultney, We are sure Woopi is going to be seeing more of her in the future.



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Woopi News - Youth Week



Growing up, I have always been used to a busy schedule. Always having something to do in the afternoons and weekends for as long as I can remember. I wasn't the kid to go out and play with their friends. I was (and still am) the kid who would stay inside and work harder and focus on projects, my dancing or creating new ideas and concepts. Having this lifestyle is rewarding, it's my passion! BUT, if I'm not careful it can become very draining.

My intention that I am working on and implementing in my life right now; especially going into my final years at school, working at Woolgoolga Performing Arts and also being involved in theatrical shows and projects outside of that, is to balance my life from work to leisure and have a healthy routine that makes me feel good, inspired and energised for the week. My advice to any youth that are inclined to accelerate in certain areas of their life more than others, whether it be sport, the arts, academics or more is to start to develop a healthy relationship between work and leisure. That time where you are having a 'rest', or just being a "kid" can make or break you as a person, as a sibling, and most definitely as a student. So keep doing what you're doing & working towards a healthy life and work balance and remember, that stars only shine bright in darkness.

- Teo Ross



Live your life to your full potential. You have to live your life with a positive attitude. I know there will always be challenges and set backs however, you can always bounce back from your barriers. You can make everyone happy with one simple thing, with a smile.

- Riley Saban



Don't care about what anyone thinks of you, because the negative people are only going to bring you down. Everyone will have their own opinion.

- Ella Gallway

Woopi News - Youth Week



"After graduating I felt very unsure of my future, but the main thing I've learned since then is to not let outside pressures from society, friends or family control your decisions. Find what YOU are passionate about whether that be through travel, education, work or whatever! Broadening your horizons is the best way to open yourself up to more life experiences."

- Kate Eighan Moase



We are so fortunate for the support we have around us, as our generation grows we need to use and give some support to become the influential leaders of our community. The youth of woopi has a bright future and so much potential.

- Matt McGhee



When at the bottom of a mountain, reaching the top seems like an impossibility. Once at the top we may then see just how many possibilities there are in all directions. Yet we have to remember, Everest isn't the only mountain, hills are just as much of an achievement. But they both begin with the decision to start.

- Angela Poultney



I believe developing a healthy body and mind is essential during your youth so you can live your best life now and forever. Filling your body with good food and trying every sport until you find your passion. Trust your parents and be open with them, even if you don't agree with them.

- Ziggy Carpenter

Skate and Create

Our front page photo this month features new business Skate and Create.

So much fun can be had at the new indoor skate park in the Woolgoolga Industrial area. Skate and Create offers lessons to all ages, from juniors right through to adults. Operated by professional skateboard coach and artist Matty Davis. There are varying skill level ramps to choose from, so if you're a beginner you can gain your confidence as you work your way through to the bigger drops.

Matty specialises in building confidence and balance in beginners, while teaching the fundamental skills of skateboarding.



Zane, Jack, Raffi, Gabriel, Joseph, Lenny and Claudia with Matty at the back

Skate and Create is a great place for intermediate and advanced skateboarders to develop trick techniques and strategies to keep them progressing.

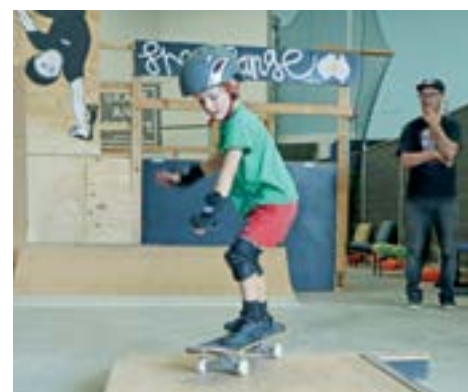
Skate and Create offer private one-on-one lessons, small group lessons, school term group lessons, skate sessions and what a great place to hold a birthday party. A combination of skating and creative art makes it suitable for everyone.

Bookings are open for next term and Active Kids Program vouchers can be used.

Jack learning some new skateboarding skills

You can find Skate and Create at 5/24a Hawke Drive and follow them on facebook and instagram.

For more information, check out their website www.skateandcreate.com.au



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Science and Engineering Challenge

Coffs Coast Science and Engineering Challenge 2021

It's an annual event held at Woolgoolga High School and organised by the University of Newcastle's Science and Engineering Challenge in cooperation with the Rotary Club of Woolgoolga and Lions Club Woolgoolga.

Over 200 year 9 and 10 students from eight Coffs Coast and North Coast High schools will go head-to-head in a series of science and engineering challenges. The students attempting everything from designing bridges to building their own water turbines.

The event is part of a national competition with the winning team going to the state final.



Volunteers Needed

If you are interested in Science and Engineering and would like to assist Rotary and Lions to encourage more young people to take up a career in Science, Technology, Engineering, and Mathematics (STEM) then your help is needed as a volunteer.

The staff of the University of Newcastle will be bringing all required resources to Woolgoolga on the day.

You will need to be available on Tuesday 27 April 2021 from 8.30 - 3.30pm and will need a current Working with Children Check or be

willing to apply for one within the next fortnight. The Working with Children Check is FREE to volunteers and the initial step can be done online.

Students from last year have said that the Challenge "Inspires pride in their school. Understanding that learning comes from the process, not the outcome" and that "there is revitalized energy around science and engineering".

They are registered as a COVID-19 Safety Plan and will follow all the current COVID-19 recommendations on the day.

If you would like to volunteer then

please contact either

Patty Delaney
on 6654 2185 or
0467 072 905
pattydelaney101@
gmail.com

or Gordon Letts on 6656 1746 or 0487
803 208 gordonletts@bigpond.com



Finally for people suffering with knee pain...

"If you know someone suffering from knee pain, and they have been told to rest, take painkillers or accept it, or worse they have been told surgery is the only solution – time to show them this letter"

Exclusive report by Ben Leyson

To the person suffering from knee pain.

Have you ever been told that knee pain is one of those things that comes with age?

Or do you feel as though you have never fully recovered from an injury in your early twenties? Perhaps you have been told that surgery is the only thing that can fix it?

Even worse have you been told to just to accept your painful limiting knees and are already missing out doing things you love?

If that's you I have valuable information for you that will cut to the chase and offer you hope for a future that doesn't involve any of the above. I would also like you to know that you are not alone and in most cases there is always something you can do to help yourself.

For example here are 2 simple self help tips you can use to relieve your pain.

1. Improve your ankle and hip mobility. Your knee is located in the middle of your ankle and hip. What this means is that any restrictions above or below the knee are going to cause extra load on your knee and only make things worse.

2. Start cycling. This is the easiest way to exercise your knees without weight bearing which can cause pain. Fun fact, my dad avoided knee surgery by starting cycling over 10 years ago and hasn't looked back!

It's simple actionable advice that is proven to work and often makes a difference between those who suffer weeks versus a lifetime.

That's why I have created this special 4 page

report I have recently published that shows you the 5 best ways to get started on your journey to naturally ease knee pain, restore function and avoid surgery. As well as the 5 best ways, I will tell you the extra information your doctor neglected to mention that could make the biggest difference in your recovery.

The good news is I am giving this report away for Free for the first 10 readers who call every month. This report could be the critical missing link, especially if you are looking to avoid surgery, are frustrated with your options and have been suffering for far too long.

Your days of confusion and frustration are about to end when you call and request your free special report which is limited to 10 free copies a month!

WHAT TO DO NEXT

Option 1: Free special report (just 10 copies available).

Option 2: Free special report + free consultation with the only knee specialist in Woopi.

Please choose which option works best for you, then text your option, name and the words 'free report' to

0408 252 322

You can also request a copy at www.bensphysiotherapy.com



Woopi News

Bacon and Egg Roll of the month



Where: Beachouse Café, 72 Beach Street, Woolgoolga, 6654 7757.

When: One rainy Fluro Friday morning, 7.30am.

Service: It always amazes me that the staff at Beachouse remember our order each week, they are friendly and efficient and rarely get it wrong.

Time: Probably about 15 minutes as we were in a group of 20 or so.

Eggs: One. Nice consistency, not runny but very tasty.

Bacon: Three large and long rashers.

Roll: Sweet plain roll.

Sauce: Choice of tomato, BBQ or as I chose, a delicious red pepper jam.

Deal: Yes, \$10 for roll and coffee. Takeaway available.

Experience: The Fluro Friday gang converge on the Beachouse just about every second week. They usually have a table ready for us and the waitresses are friendly, even when we aren't listening when our order is called out. Sorry.

It's really nice sitting out the back or inside the Beachouse with lots of little nooks and crannies, perfect for small, medium or large groups. **Thanks Beachouse!**



Cheryl Midavaine

WOOLGOOLGA REAL ESTATE

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I would like to take this opportunity to introduce Danielle Hemming.

You may have already had the pleasure of speaking with Danielle as she has worked for me for two years - but has recently been promoted to a new role of Accountant.

Along with previously managing her own bookkeeping business and having a wealth of knowledge, Danielle is great with

numbers and has a keen eye for detail. She plans to complete her University degree in Business and already holds an Advanced Diploma in Accounting. She is born and bred in this beautiful area and understands the seasonality and ebb and flow of having a local business. She is a mum to three gorgeous children and fills her weekends with family, friends and enjoying the beach.

I am incredibly grateful my business has grown from strength to strength, in an area I love, and welcoming Danielle into this role will offer additional support to my valued clients.

Katie Pledger Accountants is located at Vision Property Sales, 49 Beach Street Woolgoolga and offer a full suite of accounting services and personalised business advice.

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 Katie Pledger Accountants



Win a Family Movie Pass to the Saraton Theatre

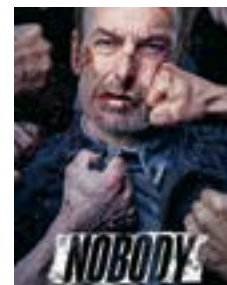
WIN WIN WIN

The Saraton Theatre and Woopi News are giving young people the chance to win a family pass to see the movie of your choice at the grand old renovated Saraton Theatre in Grafton.

All you have to do is nominate a friend who has done something kind to you or to someone else.

The winner will win a family pass for themselves and for their friend. So in 100 words or less please send us your nomination with a photo or drawing of the nominee to woopinews@gmail.com before April 15. You must be 16 and under to enter. It's OK to have a parent or guardian to help you with the entry.

Movies you can see these holidays at the Saraton are: Peter Rabbit 2 The Runaway (G), Godzilla Vs Kong (M), The Courier (M), Tom & Jerry (G), Nobody (MA15+), Voyagers (M) and the best news is you can use your Dine & Discover Vouchers (see page 5).



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- Voyagers
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LIVE SHOWS

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A Taste of Ireland
Fri, April 30, 2021 @ 7.30pm

Issi Dye - Bobby Darin and Neil Diamond
Sat, May 29, 2021 @ 2pm

The Tap Pack
Sun, July 4, 2021 @ 2.30pm

The 2 of Us - Marina Prior & David Hobson
Sat, July 31, 2021 @ 8pm

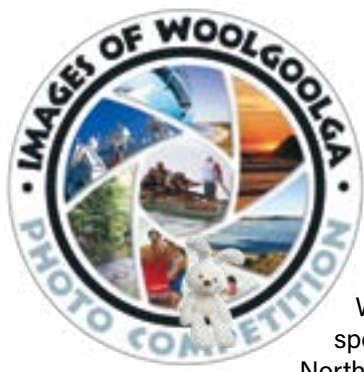
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Images of Woolgoolga and the Northern

Images of Woolgoolga Photo Competition has almost 300 entries.

Woopi News, along with sponsors The Woolgoolga and Northern Beaches Chamber of Commerce and Costa Berries, is bringing you this exciting competition.

There are so many amazingly talented photographers out there that we think deserve a local platform to showcase their work. At the same time, we're giving them the chance to win one of three iPad Pros and the opportunity to be published in a coffee-table-style book 'Images of Woolgoolga.'

The competition is going to run until the end of May, giving photographers, amateur or professional, the chance to capture our varying seasons and different activities.

Our plan is to publish a beautiful, glossy, coffee-table book from the top 100 or so most voted for photos. This book will be published and for sale in August 2021, just before Father's Day and Christmas.

The main rule of the competition is that it has to be LOCAL - so of Woolgoolga and the Northern Beaches, from Sapphire to Red Rock and out to our beautiful hinterland, full of bush tracks and waterfalls.

To enter or vote you will need to go to www.woopinews.com.au/photo-competition You can enter as many times as you like. The terms and conditions can also be read on the photo comp page at www.woopinews.com.au

The winners will be chosen via the amount of votes and the top 100 plus the judges choice will be published in the coffee table book.

Any enquiries, please send to woopinews@gmail.com

Here is a randomly picked selection of some of the fabulous entries so far.



↑ My wet look by Stephanie Burnip



↑ Surf check on the hop! by Chris Gardner



↑ Take a break at Woopi Lake by Leanne Hargrove



📍 Sunrise on Woolgoolga Headland by Chizue Nakano



📍 Back Beach dreaming by Steve Edwards

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What's New in Woopi

Secret Valley Plants

has a new owner and a new facebook page. The not so secret nursery that you can find in Top Town at 58 River Street (just down the lane behind Kanaung Kitchenware), is now owned and run by popular Woolgoolga Garden Club member Margaret Franks (pictured here with a stunning Tassel Fern).

Apparently there is nothing she doesn't know about plants, so you're in good hands if you need advice. Secret Valley Plants has an amazing selection of Native and Exotic tube-stock, indoor plants, vegetable seedlings, bags of potting mix, sugarcane mulch, advanced plants, palms plus lots more.

For the new facebook site search for Secret-Valley-Plants-Woolgoolga

Marg is there 10 till 3 Tuesday to Friday and 10 till 1 Saturday and Sunday.

I guess she takes Mondays off to tend to her own garden.



Wednesday night Pizza nights are back at the Sunset Room

If you like your pizzas authentic Italian style and for only \$15 plus washed down with a cocktail or two, this is the place to be.

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Gifts & Homewares Store



Next to *Bluebottles* at Woolgoolga

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What's New in Woopi



Coffs Beekeeping Supplies

has opened a new store at 23 Hawke Drive, Woolgoolga.

The Woopi Bee Shed.

Sergio and Judith are keen beekeepers and are excited to have moved into their new premises. The new showroom is still a work under progress but their warehouse is stocked to the rafters.

They specialise in Microdense Polystyrene Beehives, a superior alternative to other hives and have tested them thoroughly. They also have alternatives available and can offer you a range of quality and prices.

There is everything for the seasoned beekeeper or if you're just starting out they can supply you with a complete beekeepers kit including your protective suit, hat, gloves, buckets, smoker, a nine frame, three story kit, with a queen excluder and gates as well as the live bees. Plus lots of advice.

Did you know that bees are super important pollinators for flowers, fruits and vegetables. This means that they help other plants to grow! Bees transfer pollen between the male and female parts, allowing plants to grow seeds and fruit. They can live in your back yard hive as a colony which consists of three types. **The Queen**, who is the most integral part of the hive, her job is to lay the eggs that will spawn the hive's next generation of bees. The queen also produces chemicals that guide the behaviour of the other bees. Then there is the **Worker bee** which are all female and it's their

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www.ccsp.net.au

CCSP are still open for face to face consultations and also offering a Telehealth option, don't hesitate to call to discuss further.

What's New in Woopi



roles to forage for food (pollen and nectar from flowers), build and protect the hive, clean and circulate air by beating their wings. Workers are usually the only bees you see flying around outside the hive. Lastly is the **Drone**, the male bees whose purpose is to mate with the new queen. Several hundred live in each hive during the spring and summer. But come winter, when the hive goes into survival mode, the drones are kicked out!

Bees need to produce honey for their own survival but luckily they produce three times more than they need which means we can share. But having said that, you might be amazed to know that the average worker bee only lives for five to six weeks. During this time, she'll produce around a twelfth of a teaspoon of honey. The queen can live up to five years.

Fun Fact: Honey bees fly at a speed of around 25km per hour and beat their wings 200 times per second!

As I said, the owners of Coffs Beekeeping Supplies, Judith and Sergio, are still in the process of building their new showroom which will also have room for educational activities.

But in the mean time, you can still go in to purchase everything you need to keep your bees happy or to start your own colony. Best of all, start making your own yummy honey.

You can call them on 0447 308 906, visit them at 23 Hawke Drive or checkout their website www.coffsbeekeepingsupplies.com.au





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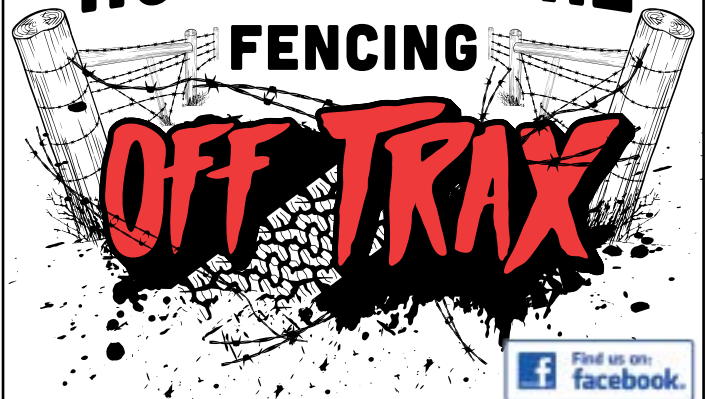
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What's New in Woopi

Affordable Carpets



have moved from their River Street shop to a beautiful new showroom and factory at 1/25 Hawke Drive, Woolgoolga.

They have many selections on display, Carpet, Vinyl Planking, Vinyl flooring and Custom Carpet Mats.

Chris and Justin are super easy to deal with and will come and measure and quote for you as well as install your selected purchase. They have a nice website as well but it's definitely worth

the trip to their new showroom. www.affordablecarpetswoolgoolga.com.au



Indoor Bowls

at the Red Rock Bowling and Recreation Club every Monday and Thursday from 1pm. All welcome, especially beginners.



Pie Face is in Woolgoolga

The humble meat pie has been an Aussie favourite for many years which is why Pie Face is proud to be an iconic Australian pie brand that came to life in 2003. The idea of using only premium



ingredients and combining this with traditional French style light, flaky puff pastry is what makes Pie Face pies delicious. Pie Face has opened at the United Servo on Solitary Islands Way. Handcrafted oven fresh premium pies, mini pies, sausage rolls, donuts (including Vegan), Sandwiches, soups,

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What's New in Woopi

quiches and hot and cold drinks. Good wholesome food they make from scratch in the Pie Face kitchen using premium quality ingredients. They are then baked fresh throughout the day in store.

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Rainbow Creative has some great school holiday and rainy day activities.



Since producing sensory boards/ busy boards, Rainbow Creative have now introduced a range of scented sensory play dough, themed play dough kits and sensory bins for little ones to play, learn and experiment with. Based in Woolgoolga with the option of free local pick up, check out all their creations on www.rainbow-creative.com

Red Rock is holding an Eats n Beats Food Festival on Easter Sunday.



Brought to you by the Red Rock Bowling Club and the Twilight Food Market, this free family event will be heaps of fun! Multicultural Foods, Climbing Tower, Bare Foot Bowls, Fairy Floss and your favourite bevvies from the club! Drummer Not Included is performing.



Village Farmers Market

Has a new location every Friday. You can now find your fresh fruit and vegetables at the Woolgoolga Beach Reserve from 7 till 11.30am.



Two big things to keep in mind over Autumn is that the sun still exists and that immunity boosters are essential to help fight the coming winter cold & flu season.

We have a great range of product that will help and enable you to better fight the upcoming cold and flu season as well as stay sun safe! If the UV index is higher than 3 for the day, it's recommended that you wear sun protection. On an average year there is 11 months where it is 3 or over in the local areas. (Source <http://www.bom.gov.au/uv/> & http://www.bom.gov.au/jsp/ncc/climate_averages/uv-index/index.jsp?period=an#maps)



Immunity boosting isn't just a winter thing. You can get the jump on it with some fantastic natural vitamin products and herbal extracts. Andrographis, Garlic, Ginger,

Ginseng & Turmeric are just some of the great herbs that can help boost immunity. Another great way to help boost immunity is sleep!

Sleep research has shown that sleep-deprived people can have suppressed immunity, this means they're more at risk of catching a virus. Having trouble getting a good night's sleep? Come in and chat to our professional services team today about what we can do for you.



Woolgoolga Coastal Chemist

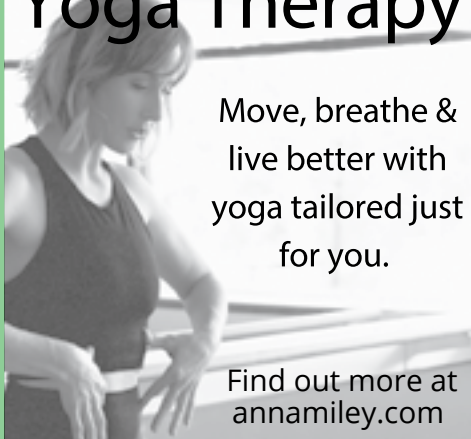
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the feel good page



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Woolgoolga Coastal Chemist

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Mind your Mind



Body Talk

Hello! Last month we asked, "Is what I am about to say kind, true and necessary?" To support more effective, easeful and heart-felt communication. Communication is complex and it is more than just our words. Our posture, gestures, facial expressions and tone of voice significantly play into our communication. There is well-known research by Dr Mehrabian in the 1960s that went as far as to conclude that 93 per cent of our communication is non-verbal!

So our body language is super important when communicating mindfully. Remember, communication is listening as well as speaking! When we are faced with an emotionally charged conversation we can use our body language to create a more easeful and

effective interaction. When we notice our emotions becoming strong during a conversation, we can notice their effect in our body, for example you might notice tension in the face, avoiding eye contact, churning in the belly, crossing our arms, frowning etc. All of these experiences are natural and normal, however, because as humans we are so tuned into (mostly unconsciously) to these non-verbal communication indicators, they can feed the growing interpersonal conflict.

For example, you might be having a difficult conversation with your partner/spouse and you are both becoming agitated, you are expressing this agitation to each other both through your body language (of which you are very familiar with and so it is even more triggering for both of you) and your verbal conversation.

Let's face it, often these conversations turn into arguments and go no where.

To help the difficult conversations stay effective and more easeful, we can keep an 'open' body language. Try this:

1. Stand or sit facing your partner/spouse, relax your arms and avoid crossing them in front of you.
2. Be present and centre yourself. Take a slow quiet breath and notice your feet on the ground or your bottom on the chair and then bring your focus back to your partner.
3. Maintain gentle eye contact and keep your face as relaxed as possible as you listen to you partner. Your relaxed face is indicative to both you and your partner that you are listening with an open mind.
4. Repeat as necessary!

The best communication arises from a curiosity mindset. A curiosity mindset is when you are curious about what the other person has to say as well as being curious about how you are responding to what is being said - both verbally and non-verbally!

If you would like more mindfulness, mindset and wellbeing inspiration, please follow me at @annamileyoga on Instagram and Facebook.

Anna Miley, Exercise Physiologist and Integrative Health Coach

Author: Local, Anna Miley, Exercise Physiologist, Certified Yoga Teacher, Integrated Health Coach.

Disclaimer: Mindfulness techniques are useful in supporting wellbeing. Nothing in this article should be considered medical advice.

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Luminescence at Woolgoolga Gallery

Another fabulous exhibition is currently on at the Woolgoolga Gallery right through the month until May 3.

An exhibition featuring the work of two local artists, Noela Hattersley and Dianne Houghton featuring oils, watercolours, acrylics and mixed media.

If you haven't been to the Woolgoolga Art Gallery you may be surprised at how big and stylish it is and how professional the artwork displayed is.

The best thing is they're not just for looking at, most pieces are for sale.

To get to the Woolgoolga Art Gallery turn at Bultitude Street, (where the Diggers RSL Helicopter is) and then the Gallery is on the right just at the beginning of Turon Parade.

The Woolgoolga Art Group was formed in 1972

Their first meeting was held at the Woolgoolga Lake where a group of artists had been attending an open air art class. Open air because there was no gallery space available for this type of meeting.

However prior to this there was a little shop in River Street, where the Shack Barber Shop resides now. Art classes were held at an old house they rented in Fawcett Street, then at the Woolgoolga Central School. Exhibitions were often held at Surfside Plaza.

The group commenced fund raising to secure a permanent home and in 1980, after they raised \$10,000, the NSW State Government granted a further \$10,000 with the Coffs Harbour City Council matching the amount 'dollar for dollar'. In 1980 the gallery was officially opened by the local member, Matt Singleton. In 1985 a pottery and kiln room was added.

In 1987, with the help of Councillor Marnie Yeates, WAG applied for a bi-centennial grant and with its own additional funds and the help of TAFE students, built the Bi-Centennial wing which was officially opened in 1988 by Member for Page, Ian Robinson. By 1993 WAG had raised enough funds to add the workroom for classes.

The Woolgoolga Art Group which is now known as the Woolgoolga Gallery is run on a completely voluntary basis and for over 48 years has pursued the promotion and enjoyment of all the arts while receiving great support from the community.

An annual outdoor event held by the gallery is

Art by the Sea

A popular market style event where you can expect to see and purchase local artist wares, paintings, fibre craft, pottery and many other crafts. This will be held on the basketball courts in Queen Street on Monday April 5 from 9am. There will be a BBQ, coffee and other drinks available. Bring your friends along and have a great day at this unique market.



MEET THE ARTIST

Noela Hattersley

From my earliest memories, painting and drawing have always played a significant role in my life. During secondary school I was very fortunate to have a number of highly creative and dedicated Art teachers who were inspirational in the path that I would follow.

On completion of four years of study at the National Art School in Sydney and Alexander Mackie CAE, I taught students from Year 7 to 12 for many years in both the state and private school systems. During that time I also completed a Master of Art Education degree at the University of NSW. Since relocating to the Coffs coast I have had the time and space to develop my own artistic endeavours.

These endeavours include working in oils and acrylics as well as watercolour and mixed media. The immediate environment of the Coffs coast and hinterland reveals a stunning array of visual imagery which feature readily in my work. Each week, along with a group of local artists, I create images *en plein air* to capture the natural light and colour of the environment. These works and ideas are often manipulated further in a variety of media back in the studio. Many of these works have been exhibited in group exhibitions from Bellingen and Dorrigo to Coffs Harbour and Woolgoolga.

It has also been a privilege over many years to encourage and develop the creative talent of adults in a variety of skills and media, in workshops such as Egg Tempera Painting and Painting without Brushes to the Painting for Pleasure weekly class at Woolgoolga Art Gallery.

Luminescence at Woolgoolga Gallery



Leaves
by
Noela Hattersley



Hibiscus
by
Dianne Houghton



Luminescence EXHIBITION

Dianne Houghton and Noela Hattersley

Mixed Media



Woolgoolga Art Gallery

Turon Parade Woolgoolga

6654 1054 10am – 4pm

27th March – 3rd May, 2021

MEET THE ARTIST

Dianne Houghton

My art over the years has mostly been of experimentation and self-exploration. Not being fond of structured art classes, I mainly learnt a few skills in different media such as oil, watercolour and drawing and then I was more than happy to go it alone and dabble by myself. Being a gardener, many of my earlier paintings were of flowers. Everything that I paint is what I love. My love of nature links in with my love of painting.

When I moved to Woolgoolga in 2001, I was lucky enough to join the Tuesday Painters Group where we would paint on location at different local spots. I stayed with this group for many years. It was a special experience as all the members were happy to critique at the end of a session, in a very productive and reassuring way. I learnt so much with this group and still love to catch up with them from time to time.

My friend, Noela Hattersley, was starting a course called 'Painting for Pleasure' at the Woolgoolga Gallery and I decided that was what I wanted to do. Noela guided a group of approximately 12 artists, catering to their skill levels and extending us in our chosen medium. This was perfect for me.

Next was Harriet Bystrom's mixed media class at the gallery. I enjoyed this immensely and in turn this has led to new ideas and skills that can be incorporated into any artwork.

Being a member of the Woolgoolga Art Gallery gives me the wonderful chance to enjoy being creative and to share ideas and techniques with others. My paintings for this exhibition include watercolour, mixed media and oils.

Humans of the Northern Beaches

Adam Galway of Sandy Beach is a loving husband, a wonderful dad, a traveller, a surfer, a regular at Fluro Friday, and someone totally worth making a celebrity of, and is this month's Human of the Northern Beaches.

I asked Adam how he ended up in this lovely place we call Woopi? *"We were based in Sydney and we used to holiday at Emerald Beach. Every year, for 14 years, we would try and decide how the hell are we going to come back here and live. Then one day my wife, Sharon (married for 20 years partners for 28), and my three kids, decided that we were gonna move back here. So we sold our house in Sydney, bought a house in the area, travelled Australia and here we are."*

So it was a Holiday destination? *"It was a holiday destination for us, some places you visit you get the sense that you could make this work, you know, and after 14 years of holidaying here we knew we could."*

How long have you lived in Sandy Beach? *"We've been located in the area since 2018, our jobs allowed us to travel a lot. We lived in our van when we travelled around Australia for nine months, but two years in Sandy."*

When being in Adams presence you feel welcomed. He makes you feel important, he makes you feel just as important as himself, a true empath. I am fortunate enough to have had some of Adam's time at Fluro Friday and its social events and Adam always treats me like a brother, he wants nothing more than to be equal and he's always smiling. No joke, like always! I'm sure those that know Adam would agree.

Adam, what is it you love about Woopi? *"Community, in Sydney we volunteered in our community, our jobs required us to travel a lot, but when we arrived here it was next level. Everyone looks out for each other. My wife and I have found balance here, we both can work from home which gives us the time to help out in the community. So yeah, Woopi has brought my family closer together."*

So Adam, you love to travel? *"Yep."* Have you found a better place in your travels around Australia? Better than this? *"No chance."* So what has Woopi got the others haven't? *"Oh mate the beaches here are bloody beautiful, the community, the opportunity here for our kids, schools, universities, it has everything. Our kids are loving us for it!"* So could you imagine raising you kids anywhere else? *"No way mate, this is the absolute life we are thriving for as a family. So good, we just renewed our wedding vows after 20 years."*



That is Woopi folks. That's Woopi in a nutshell, a place so good it makes you love all over again and again and again. Adam's beautiful wife, Sharon, recently performed in Woopi Dance Studio's show Rouge, a show for the adults, requiring Sharon to look, dance and ooze sexy. I asked Adam what it was like watching her perform? *"Perfect."* Did you get a crush all over again? *"I get a crush just walking past her in the house mate."*

What a man, what a husband, what a dad. Adam takes life by the horns. I loved my time with him and it left my last and most famous question ... Is it Woopi or Woolgoolga? *"It's gotta be Woopi."*

Adam Galway is a Human of the Northern Beaches and I can't wait to speak to more. – *Garreth Nicholls*

LBE

Lachie Burns Electrical

Lic. 361837C

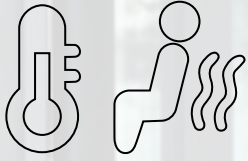
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Welcome to the World



Django Sol Jhureea

Born 4th February 2021 at 12:54am.

8lb - 50cm long.

A sweet, gentle, cheeky boy. Super calm and loves a good snuggle and nap. Mum (Katie) and dad (Daniel) are so in love with their precious little man.



Tyson Kenneth Townley

Born 23rd February 2021 at 4:33pm.

Weighing 3.780 kg.

A little brother for Kyla and Nate, with proud parents Brad and Alicia.



regain your freedom!

test ride an electric bike today

Warning: side effects include feelings of euphoria and uncontrollable grinning

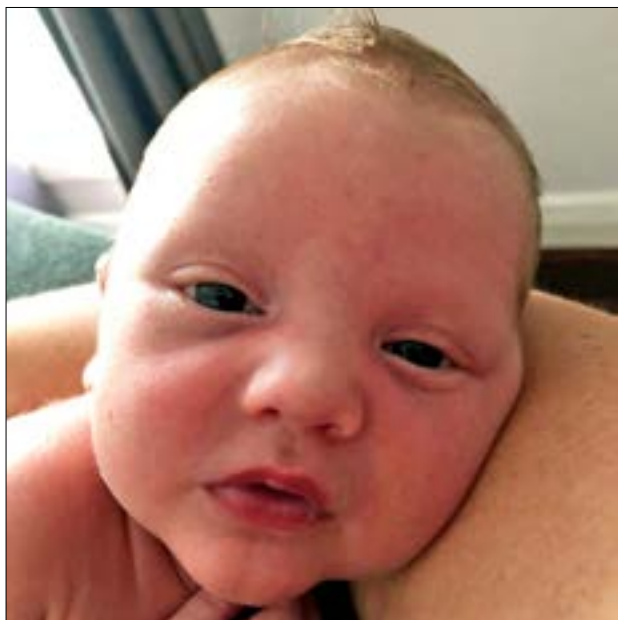


Call: 6654 1217
5/5 Market St, Woolgoolga
woodseyswheels.com.au

Welcome to the World

Harrison (Sonny) Tzaf Goldbird

Born 3.1kgs in a surprise free birth at our home in Woolgoolga at 4.55am 13th of February. His middle name is the Hebrew word meaning flood and to float as a nod to world at his time of birth and the way we've learned to live amongst the rapids of change. Brother to Bowie and ray of sunshine to Mamma And Daddy Goldbird.



Robert Jaiden Turner

Born 8th February 2021 at 3:08am.

8lb 1oz - 51cm long.

Proud parents Kane and Carla.

A loving, sweet, cuddly, boy.

We are so in love with our new addition.



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For more information please contact us: Ph: 02 6654 2277 Email: rainbowcottage@westnet.com.au



Woolgoolga Performing Arts Studio

In this month's edition we are taking a look at 'I'm an Artist Productions'.

A production company that was started in 2020 by WPAS students Matthew McGhee, Karys Werstak and Skye Simson. Check out what our inspiring theatre students have created for their community.

We caught up with the president of the company Matthew McGhee (pictured right) to find out a little bit about the company and what was the inspiration behind starting the company?

Matt said 'We started the company because we knew how much young talent there is in our local area, and we wanted to encourage that more. We wanted to help young artists share what they do in our Artistic world, and we have started to do this by creating productions and projects.'

Have you produced any shows or events we may have seen?

We ran the Corindi Beach Christmas Carols Video in 2020. We did this because the local community group that would usually run this couldn't due to the impact of COVID-19. After we found out that the Carols wouldn't go ahead last year we took over. We contacted some of our local artist friends, and put together plans on how this would work. We faced many challenges throughout creating this production but in the end we put together the video and our Corindi Beach Christmas Carols video was released on Christmas Day of 2020.

Do you have any upcoming projects on the horizon?

'I'm an Artist Productions' most recent project is Artist Magazine. This is a magazine that we want the community to use as a tool for sharing what's happening in the artistic community. Artists can share what they are doing and creating. The community can find out things that are happening in the area, and it can also be used for encouraging young, talented artists. Artist Magazine is released online every second month via our website. The first release of Artist Magazine will be released on the 1st of April.

Our first issue has featured Local Artist Companies that are creating and doing so much for our Artistic community. You can check out Artist Magazine through our website artist-productions.biz



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STUDIO

NOW TAKING
ENROLMENTS FOR 2021

www.woolgoolgaperformingartsstudio.com

Our Woopi Community

Automated External Defibrillators (AED)

The State Government Local Sport Defibrillator Program recently allocated funds to the Coffs Harbour City Council with, Woolgoolga District Netball Association and Woolgoolga Surf Life Saving Club being the recipient of a new AED.

Member for Coffs Harbour Gurmesh Singh said it was vital these organisations were equipped to respond to life-threatening situations.

"Whether it's on the footy field or on the beach, the great outdoors is a key part of the Coffs Coast lifestyle," Mr Singh said.

"I'm pleased more and more local organisations can have access to a defibrillator in the event of a cardiac arrest."

AEDs when used within the first 3-5 minutes of a person suffering a Sudden Cardiac Arrest can dramatically increase a victims chance of survival from what is currently less than 5% to as much as 70% and higher with a defibrillator on the scene. AEDs have been designed to be used by virtually anyone with little or no experience.

So we thought we would share with you how to actually use one and asked Sue Neil, the Director of Education for the North Coast Branch of Surf Life Saving Australia to show us.

Sue explained that it is quite simple if you follow the instructions. Attached to the AED is a Step by Step Resuscitation Chart, D R S A B C D (as shown here).



DRSABCD Action Plan

In an emergency **call triple zero (000)** and ask for an ambulance

D DANGER
Ensure the area is safe for your self, others and the patient

R RESPONSE
Check for response—ask name—squeeze shoulders
No response **Response**
Make comfortable
Monitor response

S SEND for help
Call triple zero (000) for an ambulance
or ask another person to make the call

A AIRWAY
Open mouth—if foreign material present
Place in recovery position
Clear airway with fingers

B BREATHING
Check for breathing—look, listen, feel
Not normal breathing **Normal breathing**
Start CPR Place in recovery position
Monitor breathing

C CPR
Start CPR—30 chest compressions : 2 breaths
Continue CPR until help arrives
or patient recovers

D DEFIBRILLATION
Apply defibrillator if available
and follow voice prompts

Learn First Aid with St John Ambulance Australia | Free call 1300 360 455 | www.stjohn.org.au
This information is not a substitute for training in first aid. © St John Ambulance Australia, January 2011

Open the case and apply the electrode pads to patients bare chest. There is a diagram of where on the chest in the AED unit.

Once activated the AED starts to prompt you with visual and voice prompts. Listen carefully.

Then stay with the victim until the ambulance arrives.

There is a handy free app for your mobile phone called Emergency Plus, which will give your location and make the call to emergency services, so it's probably a good idea for all of us to have this downloaded and easy to find. Hopefully you'll never have to use it.

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Our Woopi Community

Al paca Lunch

Chauffered day trips from Woolgoolga are regularly offered by the Seniors Centre.

They have inexpensive group outings regularly. A destination such as a museum, a country town or a theatre is chosen.

Day trips are organized utilising their 12 passenger bus. A stop at a restaurant is usually part of the trip.

An example of this sort of outing took place last month. A tour was taken to the Wahgungurry Alpaca farm near Lawrence, which is north of Grafton. It is on the west side of the Clarence River.

The owners greeted the bus, provided morning tea and talked about their experience running an alpaca stud.

The view of the Clarence River from their farm was wonderful. They fielded many questions and seemed to enjoy the company. After the tea, some of the baby alpacas were bottle fed and the visitors got to mingle with the small herd and feed them some grain.



The group then went to the Lawrence Tavern for lunch, then returned to Woolgoolga. Even the drive was interesting. The trip up was through Grafton then the return trip used the Bluff Point Ferry.

If you would like to be part of the Seniors Centre activities, please contact (02) 6654 7311 for more details.

Woolgoolga's own Tuition Hub

We believe after school tuition plays a very important role in education. Which is why The Education Centre has so many available tutors and subjects.

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Monday-Thursday 3:30-6:30pm

www.theeducationcentre.com.au

Our Woopi Community



Doreen, Kym, Courtney and Jane

bcu Bill Usher Community Grant Award

Woolgoolga Red Cross Branch volunteers have been knitting, filling and distributing Trauma Teddies to small children in crisis situations for some 30 years since the Branch was formed. In that time teddies have given comfort to children in floods and bushfires, following accidents and in hospitals.

Indeed, in our local hospital a teddy is tucked into the bed for children returning from surgery. The occasional adult who has suffered trauma in an accident has also benefitted for the cheerful company of a colourful teddy. Many teddies have found a role comforting children devastated by bushfires and more recently by the local floods. No accurate count has been kept until recently but many thousands have gone into the hands of children in need.

Recently the Branch was delighted to be recognised by the bcu Bill Usher Community Grants program with a very welcome grant which will enable volunteers to purchase appropriate filling to continue meeting the demand for these small comforting teddies.

The Branch members would like to thank the bcu and the many locals who voted to support the application for our program. If anyone would like more information or would like to participate in the program please call 0418 646 801.



Trevor Goldthorpe, Robyn Rooth and Ken Ward handing out Trauma Teddies back in 1998



A bright celebration on a gloomy day

The OneWave Fluro Friday movement turned 8 in March. Fluro Friday Woopi were hoping to be part of a world wide wave that was being formed at beaches all over the world, but unfortunately it rained. That didnt stop them from Freeing the Funk that morning with the crew, wearing their brightly coloured outfits, meeting at the Beachouse Café instead. Fluro Friday is a mental health initiative which encourages people to wear bright colours to the beach on Friday mornings to support each other and get a better understanding of Mental Health. The reason behind the fluro is to bring enough attention that people will ask what is happening, therefore opening the conversation about mental health.

A huge thankyou to Samantha from The Sugar Kitchen for the beautiful fluro cake that she made to help with the celebration.



Located in the heart of Woolgoolga – Corner Market and Nightingale Streets – 0400 789 466

Our Woopi Community

Woopi Gardens and the Healthy Towns Program

These activities are funded by Healthy North Coast through the North Coast PHN Program.

Healthy Towns Program was set up to improve health and wellbeing in selected North Coast communities. After being chosen as one of these towns, Woolgoolga ran a very successful Healthy Towns Program back in 2019.

From this initial undertaking, Woolgoolga Community Gardens was chosen to facilitate an ongoing program. This envisaged presenting workshops and presentations with a healthy nutritional, gardening and 'gardens to plate' theme. The program started in July 2019 and before COVID19 restrictions set in, we were able to facilitate six workshops.

We are now on track again to deliver the next 15 months worth of monthly workshops. Our first presentation in March was Healthy Lunches with Louise Hensby, she will follow that on Sunday 18th April with Healthy Eating for One as part of Seniors Week. On Sunday 23rd May, Georgina Lock will present a Women's Wellness workshop called Hormone Health and Energy. All these presentations are FREE. COVID Protocol will be in place, and we'd love to show you the progress the gardens has made over the last 12 months! Bookings are essential through 'Eventbrite' - times and ticketing details for the next three months are in our advertisement below, with updates throughout the year here in Woopi News. You can also follow us on Facebook to keep track. Enquiries to Helen 0421 225 369.

A Message from Kevin Hogan

Anzac Day 2021

We are looking forward to commemorating Anzac Day this year. It is one of the most important days on our calendar. Last year was very different, but still a very moving experience. We listened to the Service at the Australian War Memorial from home. It is always a wonderful day honouring the service of the Anzacs.

Exciting things happening in the Northern Beaches

I'm continuing to work with Council on the \$1.1 million Woolgoolga Whale Trail upgrade which will be started soon. Major construction is also set to begin on the \$23 million Woolgoolga Sports Complex this month.

I am also looking forward to seeing progress on the \$1.8 billion Coffs-Harbour Bypass. All great things for our local community.

I'll also be hosting my annual School Leaders event at the new surf lifesaving club. Great opportunity to celebrate the achievements of our primary and high school students. Guest speaker this year is Duane March. He has worked in amazing locations around the country such as the Great Barrier Reef and Raine Island and currently runs the Pet Porpoise Pool in Coffs Harbour.

Woolgoolga Red Cross Branch Takes A Coffee Break

As part of the Red Cross Calling Campaign in our community, Beachhouse Café held a Red Cross Day from which owner Mikayla donated \$1 from every cup sold to help the humanitarian work of the organisation.



Connor, Trish, Marion, Shelly and Lore with Mikayla and Honey

The money raised from a very generous community goes to assist a variety of programs including, in particular, our Emergence Services response. The trained volunteers have been giving enormous assistance with bush fire recovery but have recently been activated to assist the victims of the devastating Corindi floods. Their role incorporates advising of assistance available for cleaning and rebuilding, helping to relocate animals and generally caring for the wellbeing of families who have lost so much.

The assistance from the Beachhouse Café is particularly encouraging at a time when local Branch members are unable to physically doorknock, as is the usual custom in March. Woolgoolga Red Cross Branch members thank our wonderful local community for their ongoing support.

Woolgoolga Community Gardens

PRESENTS:



These activities are funded by **Healthy North Coast** through the **North Coast PHN** Program

Our presenters are experts in their respective fields and we look forward to a fun and informative morning with them.

WHERE : Woolgoolga Community Gardens - 79 Scarborough St, Woolgoolga

WHEN : The program will run for 15 mths, these dates are for the next 3mths

DETAILS : This is a ticketed event, please go to eventbrite.com.au to BOOK

COVID : COVID protocol in place at this venue.

Date & Time	TOPIC	PRESENTER
SUNDAY 21ST MAR 10AM TO 12PM	Healthy Lunches & Snacks	Louise Hensby
SUNDAY 18TH APRIL 10AM TO 12PM	Healthy Eating for One	Louise Hensby
SUNDAY 23RD MAY 10AM TO 12PM	Women's Wellness - Hormone Health & Energy	Georgina Lock



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Tickets live at Eventbrite
<https://www.eventbrite.com.au/>
2 weeks prior to Presentation
Enquiries Phone Helen 0421 225 369



Woopi that Was (and is)

This month Julie Royal shares with us a story about Royals Garage in Corindi, a family owned and operated business since 1956.

65 years on and still going strong.

Len Royal's Mum and Dad purchased the property in 1956. It consisted of a two bedroom cottage and a small shop front, then they added a Mechanical Workshop.



Len's Mum and Dad Julie and Neil Royal

The shop was the only business in town at the time and was the only place in town with a telephone, so messages were conveyed to people at request of the caller, sometimes at all hours of the night.

The business sold petrol and carried out mechanical repairs by Len's Dad, Neil Alexander Royal who passed away on 10 June, 1987 aged 64. Len's Mum, Joan Mary Royal ran the shop (whilst raising four children), selling grocery items, hardware items, etc.

Joan passed away on 8 February, 2002 aged 82.

Len, now 63, the youngest of four children, also a Motor Mechanic, worked along side his father until he died. Len has been operating the business since 1978.

Len and his father were known as 'Jacks of all trades', true bush Mechanics who could work on and fix anything and everything. They prided themselves on being able to think and work with little technology and improvisation. They actually got down and dirty and used their hands, their minds and not technology.

Sadly, Len's health took a hit in 2019. He was first diagnosed with 10 major blockages to the heart. The largest one known as the 'widow maker'. He had major open heart surgery in December, 2019. In April, 2020 Len then underwent major melanoma surgery. In January of this year, he also found out he is a type one diabetic, having to inject himself twice daily with insulin.

After Len's 'brush with death' he decided that 'all work and no play' was not the only thing to life. He made



the decision to sell off half of his property and scale down his business hours. He cut them from 60 to 20 hours per week. He also had to make the decision to cut half his clientele. He now works exclusively for existing long term clientele only.

Len's long term clientele were initially shocked at the reduction in hours, but soon conceded that having Len around part time was better than not having him around at all. "Where will we go if you close up for good?" was the reaction from his customers.

Things have worked out quite well for Len and it now gives him the chance to stop and have a yarn with the regulars, which he rarely had the chance to do whilst he was so busy, prior. And the regulars love it.

Len prides himself on being a man of honour, who is honest and 'tells it like it is' and does not 'rip people off', which is trait sadly lacking in today's fast paced society.

His clients travel from as far as Macksville to have their cars fixed as they trust no-one else. He also has a huge multicultural clientele base, including the huge Sikh community, who won't go anywhere else, no matter how long the wait.

Congratulations Len and we hope you are around for a lot longer as you will be sadly missed if and when your doors close permanently.



Len and Julie Royal celebrated 37 years of marriage in February

Car Maintenance Tips





Your Car, Your Choice

If you drive a new car, you might be wondering what your options are for log book servicing.

I have noticed that more people are coming in to ask questions about having their new cars serviced locally. It's great that people are realising that it's possible, because in most cases you can choose a local mechanic to service your new car. The usual question I get is along the lines of "will the manufacturers' warranty still be valid if you service my car?" and the answer is ... yes, it will be.

Our workshop in Woolgoolga, along with many other local and independent workshops here, meets all the requirements for performing new car servicing. If you are interested to know what those requirements are, I have listed them below, straight from the Australian Automotive Aftermarket Association (AAAA) website;

Provided the independent workshop services the vehicle in accordance with these requirements, the manufacturer's warranty will remain valid.

-  Use quality spare parts from reputable suppliers.
-  Service in accordance with manufacturers instructions.
-  Staff are trained, supervised and qualified.
-  Fluids and lubricants meet manufacturers specifications.

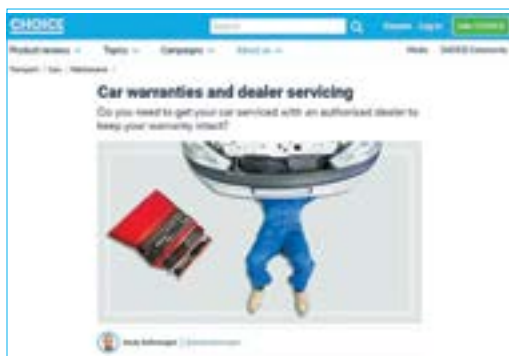
That's all pretty standard for Woolgoolga's workshops. We have been doing this from day one and to a high standard.

For more information, there is a great article on the Choice website: www.choice.com.au with the title: Car Warranties and Dealer Servicing.

So don't be afraid to choose your own mechanic.

You can shop around, locally!

Bryson Kelly, Mechanic



Audio File



News from 87.6 FRESH FM (Woolgoolga's Own)

G'day Woopi! FRESH- FM still remains the premier station on the mid north coast for the best in pop, rock, country, jazz, classical, soul and R&B. We have that beat that just goes on and on!

The feedback of late from those that have tapped into our online listening is very encouraging. Local and even international listeners are sending us requests for music and of course we "give 'em what they want".



Just a reminder that a listening app can be downloaded from the Apple Store for FREE or for 'Android' users by downloading the 'Simple Radio' app and select 87.6 FRESH FM Woolgoolga. If you want stream to your computer there's a direct link. <https://s3.radio.co/sc2c861965/listen> These are free services and they take Woopi simply, EVERYWHERE.

We may be in Woolgoolga but the support from so many national artists proves that even if you are small you can make a big noise.

Our Country program slot is picking up many listeners across the country with the likes of Catherine Britt, Jessie May Kitchen and Margaret Anne & The Rock It Man giving our broadcast that personal touch with their station IDs and song introductions.

FRESH continues to be a huge supporter of Australian independent artists. We are proud to announce that we are probably the first, if not only, station playing the local act UNISON. Listen for them in our ALL AUSTRALIAN program slots.

Congratulations to those lucky listeners that scored CDs last month! We still have a few here so give us a call or drop a line and we'll put you in the running to win some fabulous new Australian music.

The call still is out there for any businesses that would like to have a promo played over the air, please let us know, we are always seeking sponsors. Of course, being community orientated, if you wish to contribute or have anything you would like us to announce, all you have to do is contact us.

Check out our Facebook page or webpage to know when we have programs running and for special announcements. Keep an ear out for a new program by announcer Geoff Tregenza coming soon.

Please don't hesitate to contact us on 6654 2422 or by email at fresh.fm.87.6.radio@gmail.com

Don't forget ... get us online and Happy Listening 🎵



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The End Of Life Planning Series

Being open to conversation and open to thinking about your end-of-life plan can not only shift fear to freedom, but will allow for friends and family left behind to potentially have an 'easier' experience, because all the hard decisions have already been made and your wishes known. So at a time of emotional upset and distress, family can focus on celebrating YOU.

After completion of this three-part workshop series, you will walk away with the preparation well and truly underway for your entire end of life plan.

This is done by having open and honest conversations in a supported group; followed by interactive and practical activities.

What will be covered:

- * The formal documents: Will, Power of Attorney, Guardianship and Advanced Care Directive
- * Your End of Life wishes
- * Your funeral plan



- * Your current Life values and priorities
- * Thought and planning for end of life to compare whether you are truly living LIFE fully now.

Workshop dates:

Workshop 1 - Saturday 17th April, 10-1.30pm "Plan Death to Live Life Fully"

Workshop 2 - Saturday 15th May, 10-1.30pm "The Formal & The Fun"

Workshop 3 - Saturday 12th June, 10-1.30pm "Are You Really Living?"

Cost: \$300.

For more detailed information, send Rani a message on 0473 452 533 or email rani.foreman@gmail.com and book your spot today!

It is a very unique opportunity - You will be supported, respected and listened to.



Thank you to the families of Woolgoolga and Northern Beaches who entrusted to our care

Peter Augustine Holland - Woolgoolga - 20th February 2021

Brenda Mary Patricia Morris - Woolgoolga - 20th Feb 2021

Stuart Alexander Richards - Moonee Beach - 21st Feb 2021

John Allen McGarrigle - Woolgoolga - 27th February 2021

Lawson Marshall Ney - Moonee Beach - 3rd March 2021



- General Services
- Ingrown Toenails
- Nail Surgery
- Diabetes Foot Assessments
- Diabetes Foot Care
- Paediatrics
- Gait Analysis
- Foot Pain
- Plantar Fasciitis
- Footwear Advice
- Skin Care
- Custom Orthotics
- Cryotherapy for plantar warts
- Pact med photo dynamic laser therapy for fungal nails
- Home visits from Coffs Harbour to Red Rock
- Theragun Percussive Therapy

Josie Prime | 7/4 Market Street | Woolgoolga 2456

6654 8860

Motor Vehicle Accident – do you know what you can claim?



We probably all know someone that has been involved in a motor vehicle accident, a fender bender in a carpark or maybe something more serious, but do you actually know what your insurance covers or how to make a claim?

If you have a registered vehicle in NSW, you would have mandatory Compulsory Third Party (CTP) insurance but you may have also invested in a comprehensive insurance policy for your vehicle. Why are there two types of insurance - because they cover different items.

Your CTP policy, commonly known as your greenslip, covers you and anyone travelling in your vehicle, or any other person involved in an accident that is found to be your fault, for injuries sustained as a result of that accident with some minor exceptions.

For people who are injured as a result of an accident in

NSW:

Statutory benefits that are available to anyone injured in an accident, regardless of fault, for the first 6 months after the accident. Benefits can include loss of wages and treatment expenses associated with the injury. Benefits can continue beyond the initial 6 month period if injuries are more serious and the person injured was not at fault for the accident.

Common law damages (lump sum compensation) may be available for more serious injuries where the person injured is not at fault for the accident and sustains an ongoing loss of income and/or a substantial permanent impairment as a result of their injuries.

Your comprehensive insurance policy on the other hand covers any damage sustained to your vehicle, property or any other vehicle involved in the accident if you were found to be the vehicle at fault. Unlike CTP insurance, which is required in order to register your vehicle, comprehensive insurance is optional.

The first thing to do after being involved in an accident is to move yourself and your vehicle off the road and somewhere safe if you are

able. Then check whether anyone else involved in the accident is injured and provide assistance. It is an offence not to stop and give assistance if you were the driver at fault.

You must report the accident to police as soon as possible (and within 24 hours) if someone is injured, if a vehicle has to be towed from the site, or if a driver involved in an accident does not stop and provide their details. Police will usually not attend the site if it is only a minor incident, however you will need the police event number that is created when you report the accident for most insurance claims.

The next step is to exchange contact details with anyone else involved in the accident. If there were any witnesses, get their name and contact details as well. It is important that you note the registration number of the vehicle you believe was most at fault for the accident as you will need it in order to make a claim. If you have a camera on your phone, it's a good idea to take a picture of the accident site, the vehicles involved, the number plate of each and any damage sustained to try to avoid any disputes later.

The next step is to contact your insurance company and advise them of the accident if a claim is likely to be made.

For anyone injured in an accident, a personal injury benefits claim form needs to be lodged with the CTP insurer of the vehicle most at fault for the accident. There is an online service available to locate the appropriate insurer as long as you have the registration number of the vehicle. Ideally a claim form should be lodged with the CTP insurer within 28 days of the accident

in order for benefits to be backdated to the date of the accident. Once a claim has been lodged, you may be required to provide medical certificates and wage information to the insurer in order to claim ongoing benefits. If your condition is serious, seek legal advice at an early stage as you may be entitled to make a claim for lump sum compensation. If there was a death as a result of the accident, the NSW CTP scheme provides payment for funeral expenses and potentially financial support payments for dependents depending on the circumstances.

If your vehicle or other property was damaged in the accident, you should contact your comprehensive insurer to make a claim. Make sure you provide your insurer with the registration details of the vehicle you believe to be at fault as they can then pursue the vehicle owner or their insurer for the repair costs. If you were the vehicle at fault, you can expect that you may be served with a claim for the repair costs of any other vehicles involved in the accident. If you disagree with the repair costs claimed, seek legal advice as there may be some room for negotiating an agreed outcome or payment plan if necessary.

This article is only an overview of some of the potential entitlements you may have if you are injured, or your vehicle sustains damage, as a result of an accident. If you are unfortunate enough to be involved in an accident, it is worth seeking legal advice regarding your particular circumstances as every case is different. Drive safe!

KC Hilton, WNB Legal, ph 0419 464 946.



Local legal firm providing advice and assistance in relation to Wills & Estate Planning, Probate Applications, Workers Compensation, Personal Injury and Insurance Claims, and General Legal Matters.

Contact KC Hilton on 0419 464 946 or khilton@wnblegal.com.au for further information.

Nick's Nerdy News



The first light (from left to right) indicates the power, which should be stable and blue. The second light indicates the connection light (through the phone cable that is plugged in) this should be stable and blue. If this light is red, contact your ISP immediately as it indicates a fault with the NCD and requires a technician to replace this NCD box. The third light is the DSL light and should be solid blue. The last light on the right, is the LAN light and should be blinking blue to indicate data is flowing from the NCD and your modem gateway.

Since the storm we received a few weeks ago, the current unresolved NBN issues in our local area and region went from approx. 4,000 issues to over 17,000 issues overnight, with Woolgoolga being one of the most affected areas in one shot. This is the reason why some NBN users have been waiting weeks for a technician appointment to resolve their issue/s. This has alerted NBN management and has posed the question, what can be done in future to limit the aftershock

and provide a faster resolution process moving forward.

Apparently NBN are working on a more resilient NCD equipment, and currently in the process of hiring and training more NBN technicians and assign them to areas most affected, including ours. We will just have to wait and see.

My advice would be to unplug the NCD from power during a blackout (until the power comes back on) or if a storm is brewing, as these NCDs are incredibly vulnerable to power surges. I realise this is inconvenient, however a few hours without internet might save you a few weeks without internet.

Due to the recent bad weather and storms that have hit Woolgoolga and the surrounding areas, most people that have the NBN connection type known as FTTC (Fibre to the Curb) have had to get their NBN NCD (NBN connected device) replaced. This connection type requires an NCD installed which has 4 blue lights that are to be displayed to indicate everything is working as it should.



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Motor Vehicle Expenses

There are a few things to consider when determining if you are entitled to claim employment related motor vehicle expenses when preparing your annual tax return.

Firstly, you do not need to be paid an allowance by your employer in order to claim a tax deduction for motor vehicle expenses. Consider your use of the vehicle, simply driving to and from your place of employment each day is generally not tax deductible. However, where you need to carry bulky tools or equipment that your employer requires you to use and there is no storage for them at your place of employment, this would make your trips to and from home deductible. Driving to a conference, to a clients premises, between job sites or between two separate places of employment are deductible, excluding where one place of employment is your home.

When deciding what records to keep, consider the type of vehicle driven. A car is a passenger vehicle, these vehicles are seen to have a private use component and are rarely fully deductible. Other vehicles such as utes, that have a carrying capacity greater than one tonne or vans where the back passenger seats and belts have been permanently removed are generally fully deductible as their private use is seen to be incidental.

There are two methods to choose from when determining how to calculate a deduction for the work-related use of a car, these are: cents per kilometre method and the logbook method.

The cents per kilometre method is the simplified method. An employee can include up to 5000 work related kilometres for a vehicle per financial year at the ATO set rate (68 cents from 1 July 2018 – 30 June 2020, increased to 72 cents from 1 July 2020). When using the cents per kilometre method you do not need written evidence, but you will need to be able to show how you calculated the total kilometres.

If you are using your car predominantly for work and its running costs are high, it may be worth keeping a detailed logbook to work out the work-related versus private use percentage. You can then claim a deduction for the work-related percentage of your actual running costs such as, fuel, registration, insurance, repairs, loan interest and depreciation.

For other vehicles such as utes or vans the actual costs method is used. Where your employer requires you to use your vehicle and they are not supplying you with one and the private use of your vehicle is incidental ie a trip to the supermarket or the tip on the weekend, then 100% of the actual costs of running the vehicle are deductible. If their private use of the vehicle is not incidental, then a diary should be kept determining the private use expenses to be removed.

If you are operating a business some of these rules may still apply depending on your tax structure, however you may wish to book a free initial 30 minute business consultation to discuss your circumstances.



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Easy Ways to Feel Better

Are You Breathing too Much?

As this is my first article in Woopi news I thought it would be nice to introduce myself. My name is Ben Leyson, I am an Integrative Physiotherapist, I have completed additional training in Functional Nutrition and really have a passion for applying simple holistics and habits that improve health in the modern world. Everything I talk about or recommend I have tried myself, as I am on a quest for optimal health and vitality. I am really looking forward to sharing some information with the community.

Just as we have been conditioned to over eat, we all have be conditioned to over breathe. Take a moment to think about the common saying like "don't hold your breath". Most people I observe seem to take short shallow breaths with a breathing rate of 12-20 breaths a minute. This is far too many breaths. The ideal rate is between 5 to 12. It is hard to believe, but this means we are effectively drowning in oxygen. How can we drown in oxygen if we are taking more breaths?

What I have learned is that carbon dioxide is even more important than oxygen when it comes to living. It is the chief hormone in the human body. It's the only one produced by every tissue and acts on every organ. In fact, there is 100 times more carbon dioxide in our body than oxygen and for most people at least three quarters of the oxygen you breathe in gets exhaled and not absorbed by your body. Carbon dioxide acts as a divorce lawyer. As your oxygenated blood travels around your body, carbon



dioxide swaps out for the oxygen. The areas with higher concentrations attract more oxygen. This is how the body regulates where oxygen is needed to go at anytime.

We retain carbon dioxide by learning to perform slow breathing techniques discussed in the next paragraph. By improving your bodies tolerance to carbon dioxide, you can get more oxygen to the muscles you are using to exercise or recover faster. This can lead to serious improvements in athletic performance and quality of life. Imagine having this as advantage for the rest of your life. Many people with breathing disorders such as asthma or COPD find life changing benefits by learning how to perform slow breathing techniques. The most

common form taught is called Butyeko breathing which a simple google search should be a good place to start.

My favourite form of slow breathing is called 'box breathing'. This is famously used by the Navy Seals. This is how to perform:

Breathing in through your nose slowly for the count of 4.

Hold your breath for a count of 4.

Exhale for a count of 4.

Hold for a count of 4 and repeat.

Do this for 5 minutes two times a day and you will be on your way to better health.

Dedicated to your health,

- Ben Leyson.

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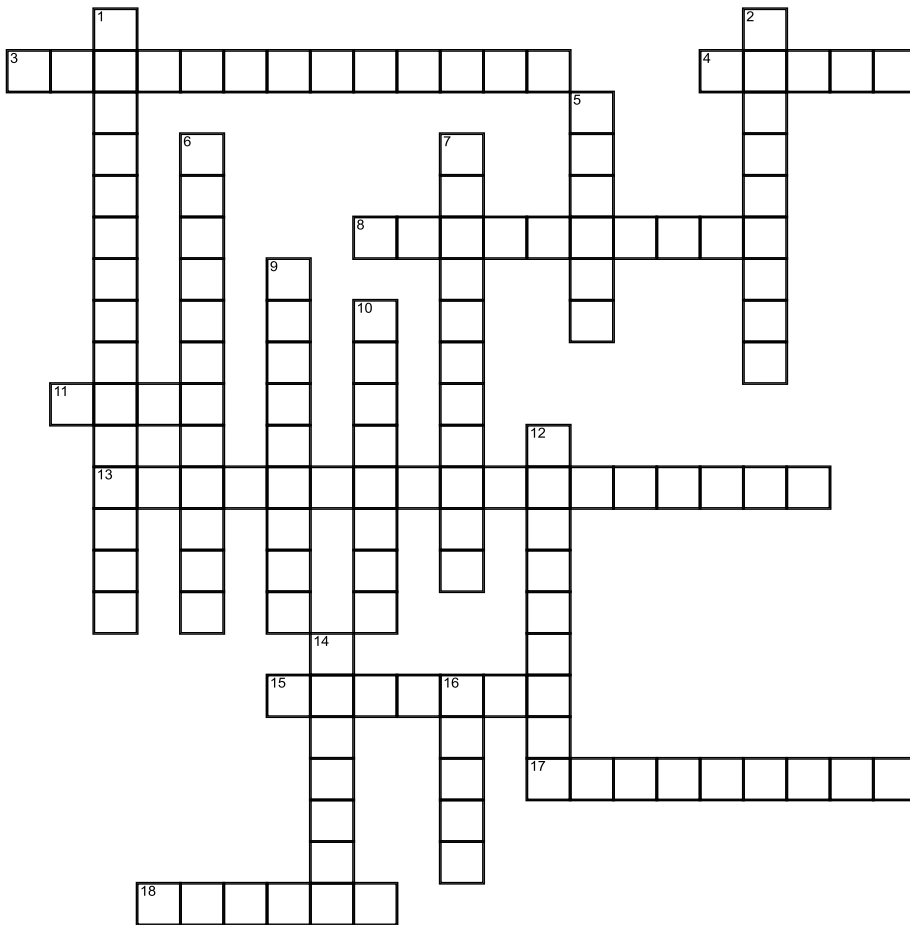
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Woopi Trivia Crossword



Across

- 3 Where can you get free face painting these School Holidays
- 4 New supplement to help calm your mind
- 8 Human of the month
- 11 What is the theme of our Kindness Calendar this month
- 13 Where can you go to get your lashes done
- 15 Where can you win a family pass to in this issue of Woopi News
- 17 Collaborating with Skate and Create for Youth Week event
- 18 Baby born on February 4th

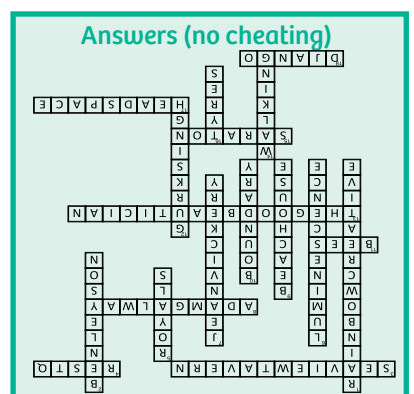
Down

- 1 Who has some fun school holiday activity sets
- 2 Newest Woopi News contributor
- 5 Garage featured in Woopi That Was
- 6 Woolgoolga Gallery Art Show
- 7 NSW International Woman of the Year's Community Hero
- 9 Bacon and Egg Roll of the Month
- 10 Street Woolgoolga Seniors Centre is on
- 12 Nolan Partners Representative
- 14 What kind of netball is about to start in Woopi
- 16 What should you check before heading on a road trip

Woopi Findaword

G
S Z D
L K A D N
I B A E U B F
I Z K T B V Y X L
S K C R E U P D S G D
X M H U S B N C L G D Q P
E Q Z O R P E N S R H W U W O
K L Z D L R I E Y A S R Y D M X Z
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- CURRY
- DINE
- DISCOVER
- EASTER
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- HEADSPACE
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- KINDNESS
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Woolgoolga Surf Lifesaving Club - Surf Boats

Woolgoolga held the home ground advantage in the North Coast Surf Boat Series final round.

The day consisted of five rounds for each division, and clubs from as far north as Maroochydore, and as far south as Cape Hawke came to compete.

Conditions were perfect for the crews on Saturday with minimal wind, meaning the ocean was nice and flat out the back and a wave rolling through to help the crews back to the beach.

At the conclusion of the event, Woolgoolga had sealed up the Club Championship, along with the Open Men,

Open Women, Reserve Women and Masters Women each winning their divisions for the Series.

The NSW State Titles were due to be held at Swansea, where the Open Men, Open Women, Masters 200s Men and Masters Women crews were all competing against the best crews in NSW but unfortunately the rain and surf made it too dangerous and the event was cancelled.

The Australian Titles are due in late April at the Sunshine Coast in QLD, where all crews will face off with all of the Surf Boat community from across the country.

Thanks to Robert Watkin for photos.



Woolgoolga Surf Lifesaving Club - Juniors

What a season for our junior lifesavers at Woolgoolga Beach this year!

A record number of registrations and overall a fairly interrupted season. At the time of writing results from presentation are unavailable, however there are some notable achievements.

Congratulations to Ava Wilson (pictured below) who has been selected as the North Coast Branch Female Junior Lifesaver of the Year.

This means that Ava will travel to Sydney during the school holidays to participate in the SLSNSW Junior Lifesaver of the Year development program, where she will undertake

yet another rigorous interview process and review of her application addressing five targeted questions. We wish her the best of luck and hope she is able to secure the state title and bring it home!

Congratulations to our Woolgoolga Junior Surf Club who took out the Junior division of the North Coast Branch Championships carnival held on home soil at Woolgoolga Beach.

This is a fantastic achievement and it has been a long time (over a decade) since we have taken out this carnival and by quite a substantial margin. Well done to all our Nippers on a fantastic effort!





Woopi Sport

Walking Netball is Coming to Woopi!

The Lions Club Woolgoolga District Netball Association are delighted to advise that Walking Netball will commence in Woopi with a FREE 'Come and Try Day' on Wednesday 21st April, 2021 between 11.00am and 1.00pm.

Following a 12 month delay due to Covid we can't wait to get this great initiative underway. Our intention is for the Come and Try Day to lead to a regular program being put into place.

Walking Netball is a modified version of netball designed for senior women and men- netball, but at a walking pace. Walking Netball will improve your health outcomes by helping you stay active and social, regardless of fitness or age.

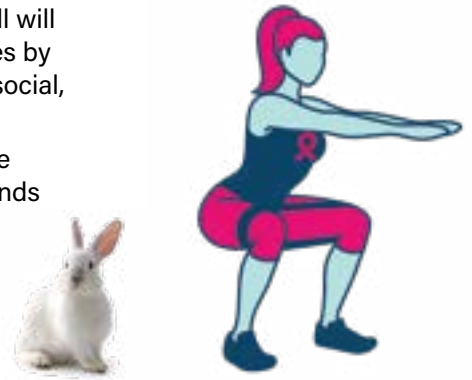
It is small changes that make all the difference. One game a week with friends

can greatly improve how you feel. Walking Netball provides an opportunity for players to have fun, meet with friends and develop social networks.

For details of how to participate visit www.playwalkingnetball.com.au Woopi Netball would love to see you there!

The 55 Squat Challenge

Six local ladies have been doing 55 squats a day for all of March to raise awareness and money for the 55 women who are diagnosed with breast cancer every day. Along the way lots of other local organisations have been joining in, such as the Aqua Aerobics class, Nexus Gym and Pilates with Elise. What a great way to keep yourself healthy whilst supporting Breast cancer.



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Northern Beaches Blues - Seniors AFL



The Casino Lions made the trip to Woolgoolga for the first Trial match of the season. Photographer Robert Watkin was on the sideline and took these fabulous action shots.

The Blues won 25, 29, 178 to the Lions 1, 2, 8. Congratulations!



Kevin HOGAN MP FEDERAL MEMBER FOR PAGE

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Red Rock/Corindi Junior Surf Club

Member Nikita Braine receiving a new board from club captain Greg Sunderland for winning the 2020 Junior Lifesaver of the year Award for the North Coast Branch which is from Nambucca to Minnie Water inclusive. Congratulation Nikita.

Surf Season is almost over for this year but will commence again in October. So maybe put it in your diary for something your kids can get into during Spring, Summer and some of Autumn.

Nippers is open to all children aged 6-14, however they must be able to swim 25m. It will be held on most Sunday mornings from October to April. Activities begin at 9.30am and conclude with a BBQ for parents and nippers at the club. Parents are a vital part of our nippers team, one parent is required to join the club and participate on nipper days.

Through improving their surf, beach and technical skills, children will also be able to participate in competitions and at a number of surf carnivals throughout the summer.

The skills children will develop may also help them to one day save a life.

For more information www.redrockcorindislsc.com.au

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WOOLGOOLGA GOLF CLUB

Results

This past month there has been a lot of rain. We have managed to play most fixtures thanks to the fantastic work of our green keepers.

VETS

9 Hole Stroke

22 February

12 Starters

Winner B. Fairclough

R/Up N. Michener

1 March

21 Starters

Winner Geoff Thompson

R/Up Sue Kempnich

8 March

16 Starters

Winner John Duma

R/Up Bill McAlister

PIZZA Comp

9 Hole Stableford

Sponsor Woolgoolga Pizza Place

1 to 5 March

16 Starters

Winner T. Sutherland 19pts

Ball Prize G. Harris 17pts

8 to 12 March

14 Starters

Winner L. Smith

WEDNESDAY MENS COMP

Sponsor Coffs Coast Sports Physio

17 February

Single Stableford

13 Starters

Winner M. VanZweeden 44

R/Up M. Watson 36

NTP 9th M. Watson, 11th P.

Sweeney

3 March

MidWeek Mens Stableford

54 Starters

Winner P. Sweeney 38pts

R/Up M. VanZweeden 37pts

N. Tarlton 36pts

NTP 7th G. Scott, 9th J.

McNiece, 11th A. Hart

10 March

Mens Stableford

Sponsor Coffs Coast Sports Physio

51 Starters

Winner J. Burley 38cb

R/Up J Plowman 38

3rd J. McNiece

4th I. Thorncroft 36cb

NTP 7th D. Yarnold, 9th P.

Sweeney, 11th I. Thorncroft

Saturday Mens Comp

20 February

Single Stableford

Sponsor C. & R. Weekes

59 Starters

Winner T. Bellamy 39

R/Up W. Bailey 38

3rd J. Thompson

NTP 7th J. Hay, 9th G. Harris,

11th M. Beales

27 February

2 Man Ambrose

72 Starters

Sponsors Waldorf and

Statler

Winners J. Hagarty and T.

Faint 63

R/Up S.Thorn and S. Jones

64

3rd S. Ewart and I.

Thorncroft 64 3/4

NTP 7th C. Cassell, 9th T.

Faint, 11th C. Cassell

6 March

Monthly Medal Stroke

75 Starters

Sponsor Rob Brown Denture Clinic

A Winner G. Singh 68

A R/Up D. Penson 71

A Gross S. Ewart

B Winner P. Sweeney 73

B R/Up N. Power 75

B Gross P. Sweeney

C Winner D. Nowak 72

C R/Up D. Francis 72

C Gross D. Nowak

D Winner J. Burley 70

D R/Up G. Walker 72

D Gross G. Walker

NTP 7th P. Sweeney, 9th A.

Singh, 11th D. Nowak Overall

Monthly Medal Winner G. Singh

13 March

Mens Stableford

87 Starters

A Winner C. Maher 38cb

A R/Up A. Hart 38

B Winner W. Bailey 37

B R/Up J. Plowman 35cb

C Winner A. Dibb 34

C R/Up D. Nowak 31cb

D Winner M. Berube 39

D R/Up R. Kendall 38

NTP 7th A. Dibb, 9th T.

Bellamy, 11th T. Bellamy

Woolgoolga United Football Club

Kicking Goals for the Community

The excitement is building as we sprint to the kick off of the 2021 Season at Woolgoolga United! This also happens to be the 50th year since the club was established and we are certainly gearing up to make it a season to remember.

A big thank you must go to our major sponsors the Seaview Tavern and Woolgoolga Real Estate for their ongoing commitment to ensure we were able to bounce back after last year.

This year 27 teams will take the field proudly representing WUFC! These teams are comprised of 382 registered players - 29% of which are female players!

Our Wolves will proudly compete in the Men's 2nd Division competition, while our Wildcats will take on the zonal challenge in 1st Division. We also have our Men's 3rd Division and Over 35s, as well as our Women's 2nd Division and Over 30s ready to go. In our junior ranks we have fielded all ages except 14s boys which is a strong showing for the club, particularly after the disrupted season last year.

Our home ground - Clive Joass Memorial Fields, High Street Woolgoolga - is excitedly undergoing a facelift with the fields being top dressed and work beginning on our new facilities - stay tuned for more on that. We look forward to seeing our supporters at our home ground cheering on our teams this season - lets go Woopi!



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PO Box 800, Woolgoolga
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HARVEY EXCAVATIONS PROUDLY SUPPORTS THE FOLLOWING GROUPS:



Woolgoolga Ladies Bowling Club

Tuesday 23rd February

The first round of the Four a side competition. This will run until the 11th May 2021. The first round Woolgoolga went up against another Woolgoolga team. Woolgoolga Gold (D) Woolgoolga Green at home. Best of luck for the rest of the competition which will be played at all clubs down to Scotts Head. Some matches will be held at Woolgoolga as will the Pennant team competition. This will also run until 13th May with some matches at home. All welcome to come and spectate.

Rink 12 M Carruthers, R Gurber, V Valentine (D) F Streeter, S Goodsir, D Porta. Rink 13 S Sweeney, S Lund (D) J Lynn. N Haines.

Thursday 25th February

A visiting team from Park Beach played on rink 11. A Stone, P Russell, Y Schmidt (D) Woolgoolga S Bracher, S Goodsir. M short. Rink S Sweeney, Y Cunick, H Dunbar (D) C Mitchell, L Virag, J Hampstead.

Tuesday 2nd March.

One game of triples and a game of pairs. Rink 5, J Kowal, V O'Brien, D Porta

(D) F Streeter, M Carruthers, C Boyden. Rink3 H Dunbar, S Lund (D) M Campos, M Short. Also this week the 2021 Singles Ladies Championships. Y Cunick won due to J Womersley having to concede due to ill health the whole club wishes her a speedy recovery. L Walsh had to forfeit to S Lund, E Nielsen (D) S Sweeney,

L Kaufmann (D) J Lynn.(Byes) S Bracher, H Pallister, J Gurber. Thursday 4th March L Kaufmann (D) S Bracher, J Gurber (D) H Pallister, S Lund (D) Y Cunick, W Bracher (D) E Nielsen.

Friday 5th March

L Kaufmann conceded to J Gurber, W Bracher (D) S Lund. The Final was played on Saturday 6th March between R Gurber (D) W Bracher. So Jocelyn (Rae) Gurber is the 2021 Singles Champion.

Tuesday 9th and Wednesday 10th March

Woolgoolga hosted the Ladies Mid North Coast District Open and Senior Fours. Bowlers from all over the district came Woolgoolga Ladies who represented Woolgoolga at



the Mid Nth Coast District Open Fours Wendy Bracher, Helen Pallister, Rae Gurber and Skipped by Val Valentine as far away as South West Rocks. At one stage we had 96 players competing. Woolgoolga had two teams playing in the open Fours, One of Woolgoolga Teams (pictured above) made it to the final they were W Bracher, H Pallister, R Gurber skipped by V Valentine. They played a team from Urunga, L Tarrant, J Bathgate, H Hoffman Skipped by J Brown this was such a nail biting final with Woolgoolga leading all the way, then Urunga ended up winning with their final bowl making it Woolgoolga 18, Urunga 19.

This was a great game to watch and played with great spirit and friendship.

Thursday 11th March

One game of Triples was played but sadly with two ends to still be played the skies opened up and down came the rain. The final Score C Mitchell, S Sweeney, S Lund (D) J Lynn, L Virag, M Short.

We are still running Thursday night Twilight Bowls and will be running past Daylight Saving end. It has been good to see some new faces at Twilight. All equipment supplied. Any questions on Twilight or Bowls please phone M Brookes on 0411 278 289.

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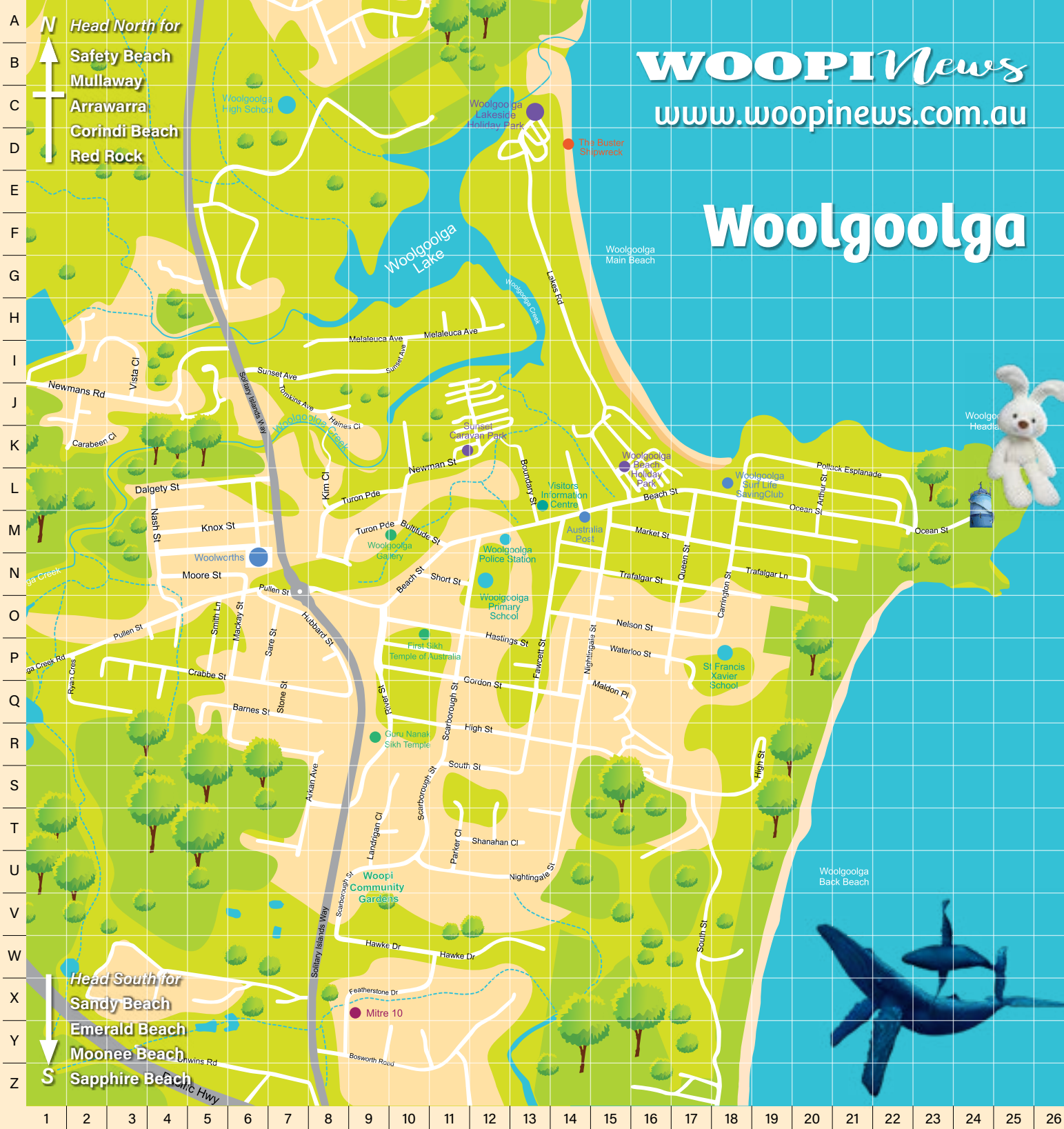
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- Saraton Theatre *
- Seaview Tavern O,9
- Spice Rack Q,9
- Staysharp Accounting O,10
- Sunset Room O,15
- Taffy's M,15
- That Beach Shop L,16

- The Shack Barbershop O,10
- Valaxus Y,9
- Village Market M,17
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