

# WOOPINews

Woolgoolga and the Northern Beaches March 2021 issue #19



INTRODUCING HAPPY HOUR 4.30-5.30PM

# SUNSET ROOM

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# The Kindness Project

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

- 1** Share this calendar with someone you think would enjoy it
- 2** Contribute to a cause that you feel is important
- 3** Spend some time in the sun
- 4** Start a conversation with a stranger
- 5** Offer to pick something up at the supermarket for someone
- 6** Offer to help someone with their kids this weekend
- 7** Relax and read a book or a magazine
- 8** Tidy some weeds from a neighbour's lawn or garden
- 9** Buy someone a lottery ticket
- 10** Compliment a parent on their child's behaviour
- 11** Research the scientific benefits of Kindness
- 12** Spend time with someone you think might be lonely
- 13** Do a 10 minute beach or park clean
- 14** Create something like art or music
- 15** Ring a family member you may not have spoken to for a while
- 16** Volunteer your time
- 17** Take notice of all the things around you to be thankful for
- 18** Help a friend to give up a bad habit
- 19** Forgive someone
- 20** Eat dinner at the table with no devices
- 21** Leave a tip for someone who deserves it
- 22** Introduce yourself to someone new
- 23** Gift an inspirational book
- 24** Make a list of reasons why you love someone
- 25** Donate some clothes to charity
- 26** Achieve something out of your comfort zone
- 27** Send a card to someone in a nursing home
- 29** Buy yourself a lottery ticket
- 30** Make someone laugh
- 31** Most importantly, be kind to yourself



Just because you haven't found your talent yet, doesn't mean you don't have one. - Kermit The Frog

Download your own pdf version to keep or share at [woopinews.com.au/kindnessproject](http://woopinews.com.au/kindnessproject)

## Welcome to Woopi News

[www.woopinews.com.au](http://www.woopinews.com.au) - [woopinews@gmail.com](mailto:woopinews@gmail.com) - 0410 052 601 - ABN: 27 728 512 311

Welcome to our March edition. I know, crazy, it's March already.

March 8 is International Women's Day and you will see in this edition we have featured quite a lot of beautiful local women. When we made the shout-out for contributions we underestimated the response and had to keep adding pages. Twelve pages later ... we hope you agree it was worth it. Sorry to anyone we missed. There are soooo many amazing women in this town, we couldn't possible feature everyone.

Our front page photo is Arrawarra's majestic Danielle Wallace, owner of the Sunset Room Bar and Restaurant and the Market Place in Woolgoolga.

A woman of many talents, Danielle has had a successful career in fashion design, making her mark with her designer scarves and ties. Roger Federer has been known to don one of Danielle's ties. She has also designed an exclusive swimwear range for Jantzen. Her designs have graced shelves in Tokyo, London, New York and Sydney.

After many years of living in New York and Italy, Danielle came home to Woopi and opened the Riviera Coffee Shop in Top Town and then the Sunset Room.

You can read more about the Sunset Room and the tenants of the Market Place on pages 18-23.

Pages 4 and 5 share with you an afternoon chat that we had with local Aussie legend Jack Thompson. I hope we did him justice. Jack has had the most amazing and interesting life and is a really nice man. Of course one of us weaselled her way in for a kiss. That cheek is getting very busy.



During the month we went to see Jack's latest movie 'High Ground' at the Saraton Theatre which we enjoyed. We also attended the finale night of Rouge, the cabaret show that the Naidu Theatre Co presented. Starring lots of amazingly talented locals. It was a fun-packed show with lots of singing,



Sharon Galway, Brad Nelson, Lisa Nichols, Elaine McInnes, Rebecca Ross with Tiahna Goldbird in the front - PS Tiahna gave birth to the cutest little baby boy, Harrison Tzaf, shortly after this

dancing and a few surprises.

We paid the little bit extra for VIP tickets which include front row seats with a meal and a glass of wine, which made the night out even more special.



Last but not least this little boy turned 3 during the month and managed to kiss a dinosaur. Happy Birthday Freddy.

(P.S. If you would like to send in your own photo for a birthday wish please do so by the 15th of every month.)

Welcome to new advertisers Ben's Physio, Yurpia from Acutonics, Emily Starr - Naturopath, Lucas from The Shack Barbershop, Deb from Choice Mobile Dog Wash and Sabina from

First Class Accounts. Without all our advertisers we would not be able to bring you Woopi News each month. Thank you.

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!**

# Woopi News chats with Jack Thompson

Recently Woopi News was lucky enough to spend an afternoon with actor and local Woolgoolga resident Jack Thompson. Jack was easy to chat with, we would ask him a question and his answer would be long, generous and of course very interesting.

Jack has over 50 movies under his belt, as well as various TV shows, usually playing the quintessential Aussie larrikin. He recently celebrated his 80<sup>th</sup> birthday at his home in Woolgoolga, which he shares with his wife Leona. This is also where Jack is able to go through dialysis every second day. He is thankful for his second chance at life. When he was admitted to hospital he was told he was only 72 hours away from dying and they had to get him onto dialysis straight away. Jack said there was one doctor who would walk past his room every day, look in and point, saying "You should be dead!" That's how close he came to death. But he isn't going to give up making movies, when he was on the set of High Ground, his latest movie, he was fortunate enough to be able to have the Purple Truck on site, a special bus that travels to help Aboriginal people in the outback to have dialysis locally. It seems like good Karma returning for Jack, as he has had an affinity with our first people since he was very young and has spent many years supporting and fighting for their rights.

## As you can see Jack is sporting a beard and a ponytail.

He has two acting parts he is waiting for (they keep getting delayed because of Covid) where he needs to have long hair and an unkempt beard, and another one where he is required to be clean shaven. So he's hoping they come in the correct order. He said as an actor having a beard is the best way to go, as you can always shave it for a part, but if the part requires a beard it's not that easy to grow one.

Jack first came to Woopi in 1969. He loved the area and had a dream to own his own farm one day. Back then there was no Australian Film Industry and Jack didn't think he would ever be able to afford anything on an actor's wage. But his mate had seen a farm near here that he thought Jack could afford.



Jack's comment to Brad - "Mate, we look like ZZ Top!"

It was 1970 when Jack drove up to see for himself. He was introduced to John Landi, an American guy, famous for building the Big Banana and also the Woolgoolga Motel. He was a banana grower and a real estate agent. He showed Jack farm after farm until Jack decided on one at Upper Bobo, Brooklana, just west of Ulong. John Landi said to Jack, "You sure it's not too far out of town for you Jack!" Jack laughed saying, "Mate, I was in the Northern Territory on a cattle station of over a million acres with no neighbours. How do you think I'll go?"

When Jack was 14 he left Sydney to work as a jackaroo on a cattle farm in the NT. Later he also worked as a sheep shearer on another large farm in NSW.

## Where Jack lives now is 5 minutes from Woolgoolga town centre with bush behind him and the beach in front of him. Jack calls it his default place and added, "Having to stay here whilst travel restrictions are in place is a blessing. I don't care if I never travel again".

Jack has two children. Patrick, from his first marriage, is a builder/carpenter. You might know him from his dalliance with television when he hosted Ground Force, a backyard makeover show. Then there is Bill from his marriage with Leona. Bill went to school at Ulong and Lowanna then Orara High. He studied acting but hasn't ever been too keen to get in front of the camera. He likes working behind the scenes in the grips and lighting area. He appears briefly in High Ground but spent most of the time backstage helping out.

I asked Jack what his favourite movie had been. "I have no favourite. It's like asking who's your favourite child. You can't do it." We discussed a few different ones, including the Sum of Us which he starred in with Russell Crowe. That's the only work they have done together, except for when Russell was seven and his parents were catering on the TV Series Spy Force set where Russell was an extra for a few minutes.

"It's tough times for everyone in our business. It could be five years before the movie industry can look at travelling again." So that means more Made in Australia movies for Jack. He is excited at this prospect.

## Despite overcoming a fair bit of adversity in his younger life, Jack has the most amazing positive outlook. I was intrigued to know his secret.

When he was a young boy his dad worked away as a Merchant Seaman and his mum would put him and his brother David into a boarding school creche where they would stay during the week. She would pick them up for the weekends. One weekend she didn't come to get him, and then another. When he asked when she was coming, he was told that his mother was in hospital and wouldn't be coming again. He was only five when she died. When his dad came

# Woopi News chats with Jack Thompson



home he couldn't cope with the two boys, so his dad's sister organised for them to move in full-time to the Lakehouse Orphanage in Narabeen.

Jack slowly answered my question like this. *(You have to read this with a slow, deep Jack Thompson voice to get the full effect.)*

"We all have things in our life that are not good, but if we are alive and we have our health and we are looked after then, hey, that's good fortune. Take a look around at what happens with other people. I am fortunate as far as I'm concerned. My mother dies and I get placed in the most extraordinary school.

I'm now a patron of the Forgotten Australians. These are people who were sent here, some from England some from within Australia, to children's homes during the war, where they became child slaves. It was a terrible world. I could just have easily, under other circumstances, ended up somewhere like that. But I didn't. I ended up in an extraordinary nurturing environment where I meet this man, who is my friend for life, my brother. I end up with his family, these wonderful people. What's to be unhappy about? You know, I have been very, very blessed. Then to end up here looking out at the ocean ... it doesn't get better than this."

Jack's birth name was John Payne. At his school, he met the above-mentioned best friend Peter Thompson, who became his brother after Jack pretended to get lost one day and

knocked on their door. Peter's family invited him in, and as they say, Jack adopted them. His adopted father was poet and ABC broadcaster, John Thompson. John and his wife Pat included Jack in everything and encouraged him to follow his dreams: firstly living in Arnhem Land and secondly following his love of acting.

Jack gave himself 12 months to break into acting. He went for 27 auditions and finally got the part at audition number 28!

We asked this lovely man how he goes walking down the street in Woolgoolga, like do people harass him for photos, etc.? He said "No, this is my home town. People see me and say 'G'day Jack', and that's it. When I go to Sydney it's a little bit different."

This is true and every local that we have spoken to about Jack has a great story to tell. A story of a kind and generous man who just fits into the town like an everyday person. No pretences from Jack Thompson.

## "I like the people of Woolgoolga and the community and I feel like I am part of the community."

We spoke for a long time this day. Woopi News released a digital story about Jack's latest movie, High Ground, that has just been released in Australian Cinemas. If you're interested in reading about that part of our chat, please go to our website [www.woopinews.com.au/extra-extra](http://www.woopinews.com.au/extra-extra)

If you would like to see the long list of theatre, television and movies that Jack has been in, or awards he has won, go to this link. [www.en.wikipedia.org/wiki/Jack\\_Thompson\\_\(actor\)](http://www.en.wikipedia.org/wiki/Jack_Thompson_(actor))

It's amazing how one person can fit so much into his life, and he's not ready to stop yet! Hopefully, we will be seeing Jack Thompson on our screens, large and small for many years to come.

To end the interview, we asked Jack a question we were saving for last. "Would he please reenact his famous Cleo Centrefold for Woopi News? He laughed (deeply) and said "NOOOOO, not without a considerable amount of photoshopping."

## Thanks for the chat Jack.

An exciting aside: We had taken an R U OK? Bandana as a gift (as well as a Woopi News calendar of course). Jack told us he was one of the original celebrities to endorse the R U OK? Movement back when it first started. He said, with the greatest respect, "Being positive is not something I actively cultivate; it comes naturally through my life. I suppose I have to thank my mother before she died and my father before he left. It's remarkable to me how many people I have met over the years who have been affected by the black dog. Depression so deep that they don't want to be here." R U OK? is a great support."



# OneWave - Fluro Friday's 8th Birthday

## Let's turn the world map fluro for mental health!

Fluro Friday started at Bondi Beach back in 2013, with a mission to give more people the chance to enjoy the beach and surf, to ride waves and talk about mental health. They haven't missed a week of Fluro Fridays since! That's 364 weeks of getting salty and fluro for mental health - even during Covid when they moved Fluro Friday's online.

One Wave have created an incredible fluro community around the world that is bringing colour to mental health one wave at a time. Fluro Fridays have now taken place at more than 200 beaches across over 50 countries.

Woolgoolga joined Fluro Friday creating our own version in 2016.

One Wave and the Fluro Friday movement are celebrating their 8th Birthday this month with a number of Covid-friendly options.

1/ On Friday 19th March celebrate with the rest of the world by being part of



Come and join Fluro Friday team become part of a World Wide Wave for Mental Health

a World Fluro Wave for Mental Health. Meet on Woolgoolga Main Beach at 6.30am for a 7am drone shot and form a giant fluro wave with 1.5 metre distancing between each person.

2/ Post a fluro selfie at home in your brightest attire. Either with your arms outstretched or holding a sign sharing your 'Free the Funk tips' or a message to help someone who is doing it tough. It would be awesome if you could tag @onewaveisallittakes #flurofridaywoopi #flurofriday so we

can bring a whole lot of colour to mental health around the world.

3/ Join a Virtual Event. There will be live music, fluro panel chats, anti-bad vibes circle to share stories and help each other free the funk. Dress in your brightest outfit at home. Everyone is welcome. More details via [www.onewaveisallittakes.com/8thbirthday](http://www.onewaveisallittakes.com/8thbirthday) or keep an eye out on [the flurofridaywoopi facebook page](https://www.facebook.com/flurofridaywoopi).

Any queries give Lisa a call on 0410 052 601 or call in to see Brett at XS Surf.

# Woolgoolga Amateur Talent Show

Everyone has some talent - Some more than others.

If you are from the latter, next month is your time to shine with the inaugural Woolgoolga Amateur Talent Quest brought to you by both The Lions Club of Woolgoolga and the Rotary Club of Woolgoolga.

Singing, juggling, magic, dancing, yodelling, ukelele groups, bands, solo artists, tap dancers, lip syncers, air guitarists, comedians, poetry readers, impersonations... the list goes on.

The Talent Quest will be held at Woolgoolga C.ex Club on the evening of Saturday 17th April.

The committee is seeking local amateur acts to register as part of the night. There are only limited spaces available, so don't leave your run too late.

Application forms are available from the Woolgoolga C.ex Club. Both children and adults are welcome to enter.

Group Acts are limited to five persons and all acts must be appropriate for all ages. See application form for full details. Talent participation fee is \$10 per person, which includes show entry.

Tickets to the event will be available via [C.ex Woolgoolga website](http://C.ex Woolgoolga website) very soon.

Money raised will be donated to the Australian Lions Childhood Cancer Research Foundation.



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<p><b>The Robertson Brothers</b> Fri, April 16, 2021 @ 8pm</p>	<p><b>A Taste of Ireland</b> Fri, April 30, 2021 @ 7.30pm</p>
<p><b>Issi Dye presents Bobby Darin and Neil Diamond</b> Sat, May 29, 2021 @ 2pm</p>	<p><b>World of Musicals</b> Sun, June 13, 2021 @ 4.15pm</p>
<p><b>The Tap Pack</b> Sun, July 4, 2021 @ 2.30pm</p>	<p><b>The 2 of Us - Marina Prior &amp; David Hobson</b> Sat, July 31, 2021 @ 8pm</p>

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# Surfside Plaza Goes Pink

## Pink Stumps Day

A day of fun activities has been planned for the next Surfside Plaza Fundraiser. This time the recipient is the McGrath Foundation. Money raised will ensure more families will have the care and support of a McGrath Breast Care Nurse.

**On Sunday the 14th of March between 2 and 5, you can enjoy the gentle autumn breezes and dappled sunshine of the lovely grassed area outside Taffy's Cafe.**

Enjoy nibbles and drinks, which are included in the ticket price, whilst participating in or watching the activities.

There will be the India vs Australia bowling match where three players representing each country see how many times they can knock the pink stumps down. Each player gets one over, the team with the highest number of wickets will win a prize plus take out the Pink Stumps Day Trophy.



Surfside Plaza are also throwing the challenge out to all businesses to join them. Book a table, enter two players, who will also attempt to take as many wickets as they can during the afternoon, with the winning business named at the end of the day.

Tickets are \$25 and can be purchased from Taffy's or Eco Threads or you can donate to the cause via <https://fundraise.mcgrathfoundation.com.au/fundraisers/peterglattback/go-pink-at-surfside-plaza>



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## Woopi News

Bacon & Egg Roll of the Month – #2 March 2021



**Where:** Diggers (Woolgoolga RSL), 17 Beach Street.

**When:** One Saturday, approximately 11.30am.

**Service:** Order at bar. We arrived just after kitchen had closed and were about to leave when the staff organised for the chef to cook two more meal deals. We were going to have takeaway but decided to stay and waited in the dining room. Service was friendly, with staff bending over backwards to help us. (They were not aware we were there to do this review).

**Time:** Less than 5 minutes - great for takeaways as you order at the bar on the right as you walk in. Parking is easy out the front. They start cooking at 6.30am.

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

**Bacon:** One large rasher.

**Roll:** Sweet plain roll.

**Sauce:** Choice of tomato or BBQ.

**Deal:** Yes, \$9 for roll and coffee.

**Experience:** It was a nice experience, mostly because of the staff and service from the check-in to the farewells. The atmosphere in the dining room is really nice, clean and bright. We love their outdoor eating area but on this day the local Blackadder families were having a reunion. It was lovely chatting with the different patrons and will definitely try the B&E meal deal again soon. - Thanks Diggers

Due to an incredible response to our new Sleep Apnoea service we are delighted to announce an extension to our awesome deal of half price take home sleep apnoea tests going into March and April.

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### IS SLEEP APNOEA TO BLAME?

Symptoms of sleep apnoea include:

- Restless sleep
- Loud, persistent snoring
- Early morning headaches
- Observed pauses in breathing
- Choking or gasping for air.

What if you could have:

- Increased energy and attentiveness
- Fewer morning headaches
- Reduced irritability
- Improved memory
- Increased ability to exercise.

## We are pleased to offer take home sleep apnoea tests!

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# Images of Woolgoolga and the Northern Beaches Photo Competition



Images of Woolgoolga Photo Competition has almost 250 entries.

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

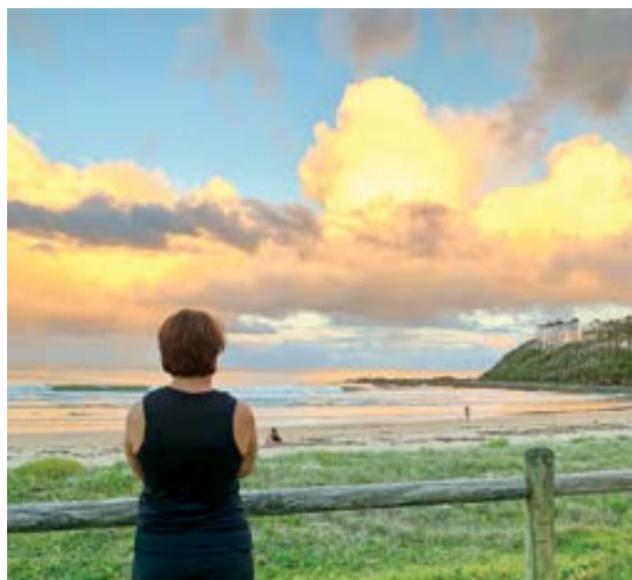
There are so many amazingly talented photographers out there that we think deserve a local platform to showcase their work. At the same time, we're giving them the chance to win one of three iPad Pros and the opportunity to be published in a coffee-table-style book 'Images of Woolgoolga'.

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 liked 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/](http://www.woopinews.com.au/)



Amazed by a perfect sunset - Jane Chapman

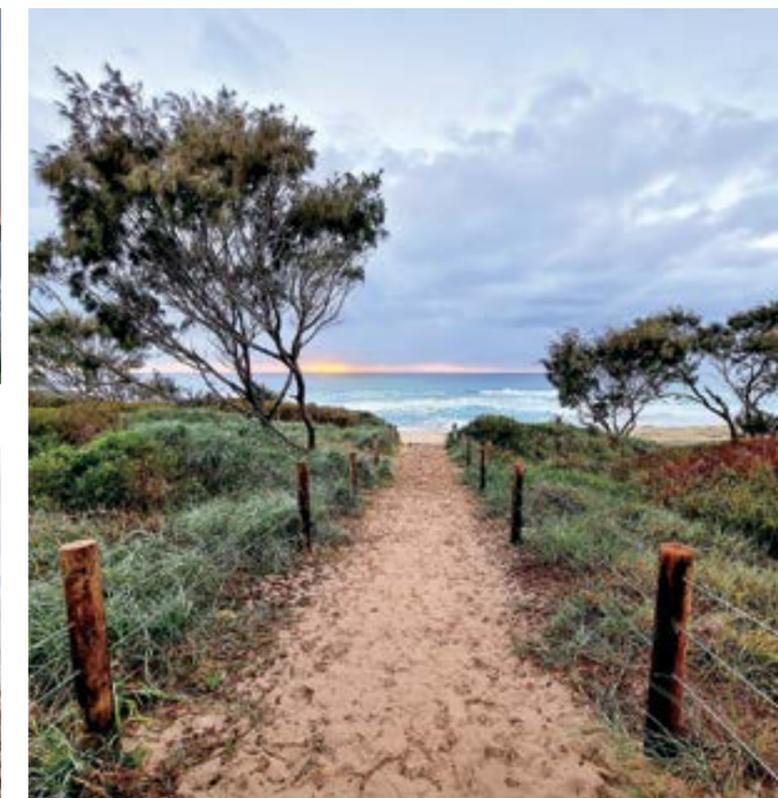
[photo-competition](#) You can enter as many times as you like. Any enquiries, please send to [woopinews@gmail.com](mailto:woopinews@gmail.com) Here is a randomly picked selection of some of the fabulous entries so far.



Moody Broody Woopi Afternoon Sunsets - Kurt Scheuermann



Girl Power - Amy Hannaford



Sunrise at Back Beach, Woolgoolga - Belinda Eighan



This is Livin - Dan Weiss



## WIN A FAMILY EASTER HAMPER!

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Hashtag your pic with [#senditsamwin](#)

Winner selected on March 31





## Coffs Harbour Music Society

Coffs Harbour Music Society has announced their concert program for 2021. The first concert is on Monday March 15, with the Streeton Trio (pictured) at the Coffs Harbour Education Campus. It is very exciting to be able to present this program, especially with the Covid restrictions making it a real challenge.

Founded in Switzerland in 2008, The Streeton Trio won the 2011 Musica Viva Chamber Music Competition and are no strangers to our Coffs Coast audience. The Streeton Trio is described by Musica Viva as 'Australia's most internationally successful piano trio'. Named after the Australian Impressionist artist, Arthur Streeton, the trio has received great acclaim for performances in venues such as Wigmore Hall, Het Loo Royal Palace [Holland] the Shanghai Oriental Arts Centre and the Pablo Casals Festival [Prades]. They will be performing Mendelssohn Piano Trio no. 1 in D minor op 19 and Smetlana Piano Trio in G Minor, op 15. The venue for all concerts will be Lecture Theatre D, the Coffs Harbour Education Campus and will commence at 7.30pm. Tickets are available by calling Alison Herd on 0409 200 922 and are \$45 each. Tickets can also be purchased from Event Brite on the Coffs Music Society Web Site.

Following The Streeton Trio will be the Lior and the Tin Alley String Quartet by Lior and Nigel Westlake of Sim Shalom from Westlake's masterpiece 'Compassion'.

The concert series reaches a fitting climax with Australia's



preeminent string quartet, The Goldner String Quartet and Piers Lane with whom they have previously collaborated. We are eagerly looking forward to Piers Lane's interpretation with the Goldners of Elgar's grand piano quintet, a piece noted for its expansive, almost symphonic sweep.

There will be one more concert in early November featuring the popular Umberto Clerici, joined by pianist Daniel de Bora for a program featuring two of Mendelssohn's finest pieces.

It is important to note that Liz Jamison OAM, President of the CHMS for the past 30 years, has been the driving force behind these concert programs. She is one of a team of dedicated volunteers who so generously continue to give up their time.

We look forward to a very exciting program this year and welcome all members of the Woolgoolga and Northern Beaches Community.

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# What's New in Woopi



Mullaway's Rani Foreman is an End of life Doula offering a new Holistic End Of Life Service and Support to our community and will be holding regular Death Cafe get togethers starting this month.

What is a Death Cafe?  
"A death cafe provides a simple idea of getting together to drink tea/coffee, eat

cake and talk about death and dying. No set topics, agenda or religious bias, just a designated time and location providing the opportunity to be with others; listening, exploring, sharing thoughts and ideas."

**Death Cafe Dates are:**  
**Friday 12th March 10-11.00am at Ground Earth, Woolgoolga**  
**Saturday 27th March 10-11.30am at Wilderness Yoga, Korora**

Those intrigued, please email [rani.foreman@gmail.com](mailto:rani.foreman@gmail.com) to book your spot. You must register to attend. The event is by donation. Buy your own tea/coffee and delicious treat at the cafe and BYO your courageous and open-minded self!



## The West Woolgoolga Sports Complex has a new name.

The new sports complex site in Woolgoolga is to be called **Wiigulga Sports Complex**. In tribute to local Gumbaynggirr heritage and culture. Wiigulga is the original name for Woolgoolga and refers to the black apple tree which is found locally and on the site. It is pronounced Wee-gill-gah.

Extensive consultation on the name was undertaken with a number of key Indigenous stakeholders, including Council's Yandaarra Aboriginal Advisory Committee, the Garby Clan Group, Coffs Harbour District Local Aboriginal Land Council, the Garlambirla Guuyu Girrwa Elders Corporation and Aboriginal community members who have a connection to the site, which was historically an important teaching trail for the community.

The principal contractor, Lahey Constructions, expects to start work this month.

# What's New in Woopi

## Critters Distillery is now open for cellar door and tastings between 10am and 2pm weekdays.



They are also offering a unique Critters Distillery experience where you will see how the distillery operates, meet their head distiller and sample a range of specifically crafted vodka cocktail samples paired with an antipasto share-plate, all served by your very own vodka bartender. You will also receive 10% off the cellar door. All for only \$39.50. To book your own Distillery Experience visit <https://www.eventbrite.com.au/e/140733424461> or to learn more about what Critters do and have to offer check out their website [www.crittersdistillery.com.au](http://www.crittersdistillery.com.au) You can find Critters Distillery at 3/24A Hawke Drive Woolgoolga or phone them on 0408 266 894.

## There's a new Physio in Town.

Ben Leyson set up his practice about six months ago at the Crossfit Gym in Bosworth Drive. He combines the latest in neuroscience and physiotherapy to help you stay fit, recover fast and improve performance without needing painkillers or rest. If you're suffering any sort of pain it's worth having a chat with him. If you currently suffering from knee pain have a read of his special offer below.

## House of Hiit 2456 has moved to a new premises.

Now located in Hawke Drive, House of Hiit is a Women's Functional Fitness and Boxing gym offering all sorts of workouts.

The gym opens at 5.15am for open workouts, with a Hiit Class at 6am Monday, Tuesday and Thursday plus at 9.30 Tuesday and 7am Saturday. Boxing Classes are 4pm each Monday.

Hiit Classes are a mix of strength, cardio, circuits and boxing. The Boxing Class has a stronger focus on technique and skill. The Open Gym classes are smaller, less coached and only open to experienced people confident in movements.

It's best if you book a spot via text to 0412 500 242.



## Rainbow Creative has a new website.



Stocked full of fabulous sensory items. Not just the extremely popular sensory boards but also some pretty nifty themed sensory and playdough kits. You can choose from themes such as dinosaur, construction and under the sea and we've heard lots more themes are on the way! Rainbow Creative has also perfected its natural sensory playdough recipe which is infused with essential oils. There is a range of wooden playdough stamps, cutters and other tools available. Some of these are perfect Easter gifts. [www.rainbow-creative.com](http://www.rainbow-creative.com)



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**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

**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](http://www.bensphysiotherapy.com)**



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!

## Market Place - 4 Market St - Sunset Room

The Sunset Room is an Italian Aperitivo Bar and Dining destination that fronts the Market Place Arcade. It's worth a visit either for a drink, a meal or better still, both. The eclectic décor and light up bar really makes your visit special, with a cosy, welcoming atmosphere.

The exciting news is that they now have a beautiful new outdoor deck for alfresco dining. Inspired by Lake Como in Italy, (Danielle, the owner's second home) you can now enjoy the fresh sea air and sunshine or sunset and stars whilst you sip on cocktails, fine wine, boutique beers and the most authentic Italian food you will have outside Italy. Chef Elio Nigrelli of Eliza's in Sydney fame, is always creating new dishes to delight your tastebuds. Fritto Misto, Caprese Salad, Risotto Marinara, Green Pepper Steak, plus more ... all made with fresh local produce. They also make the most amazing Napoli style Pizzas.

Book yourself a table any Wednesday to Sunday evening, Happy Hour is 4.30-5.30pm. See you there. Phone 6654 0715.



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## Market Place - Hair

### Hair Metal



Definitely the funkiest hairdresser in town. Keira and her team are well-known for their amazing use of colour and the latest fashion in ultra-cool hair styling. Being LGBTQIA friendly, they have just introduced gender-neutral pricing.

Hair Metal pride themselves on being a safe space where people feel welcomed and looked after.

"We have the utmost respect for mother nature and use vegan and recyclable products, from our colours and even including our foil," explained Keira. "We strive to deliver quality over quantity."

Open Wednesday to Saturday. Bookings can be made via <https://phorest.com/book/salons/hairmetal> 0422 099 810.



### Kaiden's Barbershop

Another hidden treasure in the Market Place is Kaiden's Barbershop. A fully qualified hairdresser, Kaiden, has been operating his barber shop for eight years.

For an appointment please text Kaiden on 0401 341 762 with your name, time and service and he will get back to you. It's best to give him a couple of days notice.



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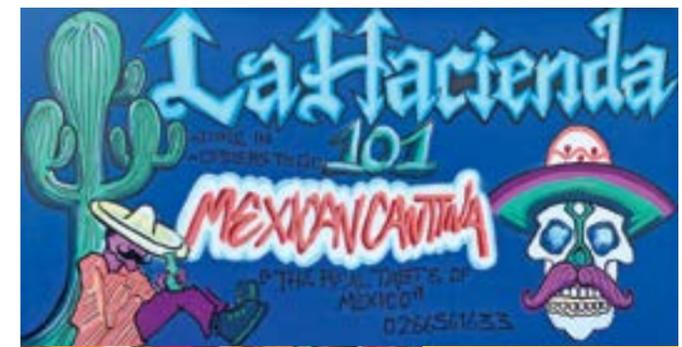
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# Market Place - 4 Market St - The Well Journey

## Nourish your body from within

It has been such an exciting eight weeks since we first opened our doors and we are so happy to be a part of the Woolgoolga community. Every item on our menu has been created with the focus on your wellbeing, ranging from acai bowls, pitaya bowls, smoothies, cold pressed juices, wheat grass and ginger shots, vegetarian & falali wraps and salads, raw treats & daily specials – whilst accommodating for gluten-free, dairy-free and Vegan alternatives. We are confident there is something for everyone to enjoy.

We opted for the cold-pressed juicers as opposed to the traditional juicers - because this technique retains and protects the vitamins, nutrients, minerals, enzymes and antioxidants in the fruits and vegetables and the taste is so clean, smooth and fresh.

We look forward to welcoming more people into our Well Journey. Find us on Instagram and Facebook @thewelljourney and at 4 Market Street, Woolgoolga.



Tracey Matterson and Glen Ford are the owners of The Well Journey, a purpose built healthy eating Kiosk in the centre of Market Place.

# Market Place - Woolgoolga Podiatry and Sunita's

Hi all,

Just taking this opportunity to provide an update on what's happening with us. I am still working behind the scenes but have largely taken a step back from the day-to-day running of the business to focus on raising our twin daughters. For anyone specifically needing to see me for appointments, I will be available by appointment on Saturdays starting shortly. At all other times the practice is in the safe hands of our receptionist, Christie, and our podiatrists Owen and Rosie.

For those who haven't met Owen or Rosie, Owen has recently moved to the area after graduating from the University of Western Sydney. He specialises in biomechanics and is available Tuesdays, Thursdays and some Saturdays.

Rosie graduated from the University of Newcastle in 2017. She specialises in aged-care and diabetes management. She is in-clinic on Mondays, Tuesdays, Wednesdays and Fridays.

**Josie**

## Sunita's Healing Touch Clinic

Whenever anyone asks for a massage recommendation you can be sure Sunita will be mentioned several times. She is the Massage Therapist that Massage Therapists go to. She has gained her qualifications and experience in both India and Australia.

Remedial Massage aims to treat muscles that are damaged, knotted, tense or immobile. It is useful for a number of problems that affect the muscles, tendons and bones.

Sports Massage can be very similar to remedial, but like the name indicates, it is more sports-focused and specific to the muscle groups you use in your gym sessions or sporting game. It is a very effective treatment for people with high stress jobs or those who use the gym/sport to de-stress.

Lymphatic Drainage Massage is a form of gentle massage that encourages the movement of lymph fluids around the body. The fluid in the lymphatic system helps remove waste and toxins from the bodily tissues. Some health conditions can cause lymph fluid to build up. Lymphatic drainage

massages can benefit people with lymphedema, fibromyalgia, and other conditions.

Or you can just go for a relaxing massage, where you can unwind and relax. Sounds wonderful.

Sunita also has a range of supplements available.

She is open most days but you are best to make an appointment either via 6654 8752 or 0474 554 215.



The Market Place has one premise available that can be leased full time or as a pop up store.

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## Kevin HOGAN MP FEDERAL MEMBER FOR PAGE

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**Lismore Office:** ph: 02 6621 4044  
63 Molesworth St, Lismore

**Find us on Facebook:** Kevin Hogan MP

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Authorised by K Hogan MP, National Party of Australia - NSW, 63 Molesworth Street, Lismore NSW 2480

## Market Place - 4 Market St - Sea Salt

### Gourmet Takeaway Fish and Chips



Fine seafood dining from a takeaway box. We use only premium wild caught Australian and New Zealand seafood. The fish are jumpin' fresh, succulent, crisp fried and deliciously more-ish! We offer quality classic fish and chips and our seafood has a modern Australian twist. Our blackboard menus will leave you spoilt for choice with a fresh range of wraps, gourmet burgers, and vegetarian options. Our fresh, daily-made salads are healthy, satisfying meals on their own or perfect accompaniments to the seafood dishes.

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## Market Place - Woolgoolga Vet Clinic

Your local vet clinic with an experienced team of trained professionals lead by Dr Jim Osman.

Woolgoolga Vet Clinic provides care to all creatures, great and small. We are committed to providing quality services to our clients and their pets.

Jim's sister, Emma Cruickshanks, is a very welcome recent addition to the practice. Emma and her family moved here from Singleton, where Emma has been working as a vet for the past 18 years. She has a keen interest in large and small animal procedures/medicine so will be an excellent fit for our varied workload. Along with her three kids she loves riding her horses in the state forest and competing in campdrafting, as well as walking her five dogs in the bush or on the beach.

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[www.woolgoolgavetclinic.com.au](http://www.woolgoolgavetclinic.com.au)



The Woolgoolga Vet Clinic Team  
Emma Cruickshanks, Kerryn Horvat, Jim Osman, Kara Henderson and Marvel behaving himself very well at the front

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

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# Woopi Women Celebrated



Jean Vickery has made it to the finalist list of the NSW Woman of the Year. Good luck Jean - Woopi is behind you all the way

It's International Women's Day on Monday March 8 and one of our favourite ladies has been selected as a finalist in the NSW Woman of the Year Awards.

Jean Vickery! She is one of only six finalists in the NSW Women of the Year Awards in Community Hero category.

Over 300 applications were received for the awards program this year. Jean has been a dedicated volunteer for more than 60 years, through fundraising initiatives, charitable services and as the Woolgoolga Lions Club President.

Bushfire and drought relief are two of Jean's focus areas. She travelled to affected communities to understand the best ways to help. Ms Vickery also assisted at her local bushfire evacuation centre through Red Cross Emergency.

From fire to water, Ms Vickery is a driving force behind fundraisers for the Disabled Surfer's Association. Successful purchases include all-terrain wheelchairs to promote inclusivity.

The octogenarian never lets age stop her from learning new things like technologies. Ms Vickery continues to motivate those around her and even made reusable face masks in response to the COVID-19 pandemic.

We think Jean is already a winner, and hope she enjoys her trip to Sydney for the awards ceremony.

## International Women's Day

IWD is a global day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating women's equality.

IWD has occurred for well over a century, with the first IWD gathering in 1911 supported by over a million people. Today, IWD belongs to all groups collectively everywhere. IWD is not country, group or organisation specific.

Woopi is full of amazing women. We hope you enjoy these next few pages full of beautiful women, inside and out, sharing some advice on how to embrace life and make the most of this gift of being a woman.

We're not into man-bashing. Women are just as strong as men and should support each other, our children and of course all men, in the most positive way.

International Men's Day is on November 19 and if the Woopi guys are keen we will do the same thing in that edition.

One thing we did notice when asking women to send in their photos is that most of them hate getting their photo taken. Especially the older generation. Why is that? What can the younger women of today's world teach us that will help our self image? Next month's Woopi News we would love anyone who thinks they can help us with the answer to this to send us your selfie with tips on how to take the best pics or how to just accept your beauty as it is. [woopinews@gmail.com](mailto:woopinews@gmail.com)



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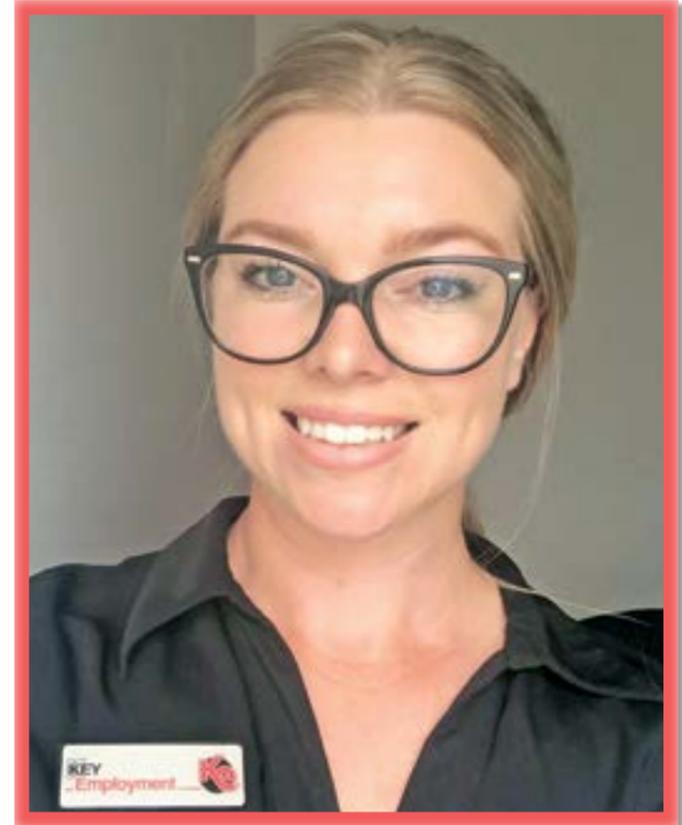
# Woopi Women Celebrated



No one is you and that is your power.  
 Nikea Stratman, Woolgoolga



You can't pour from an empty cup. Take care of yourself first.  
 Chelsea Dennis, Key Employment



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# Woopi Women Celebrated



I am so grateful for the wonderful people I serve each day and the love and joy that brings. Stay strong, stay true to yourself, live with integrity and show kindness to others. As a wonderful woman once said to me: Love your storm clouds, Love your sunshine and that's where you will find your rainbow. ❤️ Gail Turner, Lalu Lalu



Be bold enough to make the hard decisions and determined enough to follow through. Look after yourself first, this will put you in a better mindset to look after those around you and make the most of every day. ❤️ Stasha Dunn, Staysharp Accounting



Jacinda Ardern has said, "It takes courage and strength to be empathetic." To me a strong leader is compassionate, one who stands up for social injustices, sees kindness as a strength, understands we all have different journeys and one that sees the best in people. This is what I aspire to. ❤️ Sue Currie, Safety Beach



How fortunate are we to live in a country where education, healthcare and our rights as women are a given! Happy International Women's Day to all our sisters all over the world ❤️ Karen Coatsworth, Eco Threads



She was done with anything that didn't bring her peace, She realised she didn't have to prove herself, She realised vanity is the enemy of dignity, and a beautiful woman is one who doesn't compare herself. She counted her own blessings and discovered self love.

It was this day her life changed.

❤️ Maryanne Priest, Psychologist - One to One Psychology



Woopi is full of humans who love life, every bit of it, to the bone! We share everything mostly, but we are here as a dynamic community where women rule for once! We support each other. ❤️ Ronnie Pilon, XS Surf

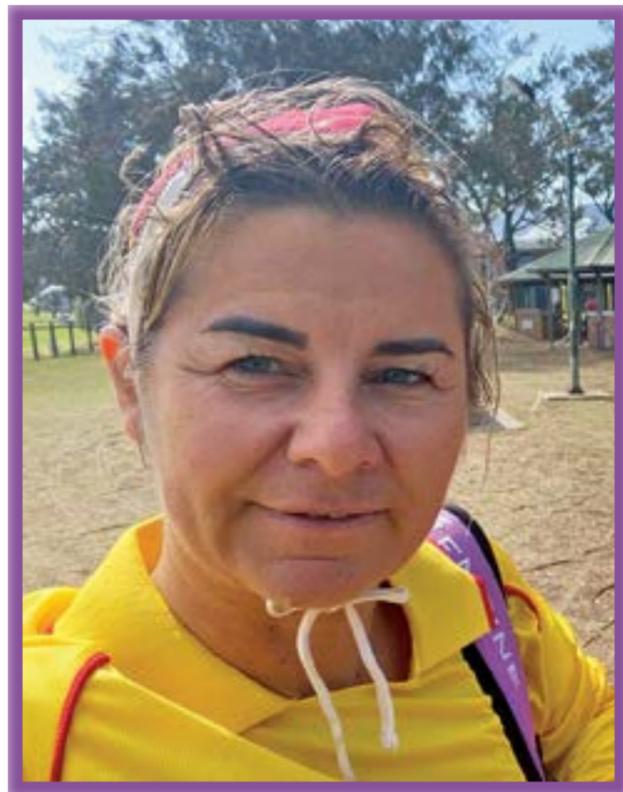


Life isn't about finding yourself. Life is about creating yourself. (George Bernard Shaw)

❤️ Jo Johnson - Mitre 10



# Woopi Women Celebrated



A wise friend shared this with me recently. I'm not sure of the original poster, but I'm sure they would be happy for me to share with you all. Your impact on people is bigger than you think. Someone still giggles when they think of that funny thing you said. Someone still smiles when they think of the compliment you gave them. Someone silently admires you. The advice you give has made a difference for people. The support and love you've offered others has made someone's day. Your input and opinions have made someone think twice. You're not insignificant and forgotten. Your existence makes a positive difference, whether you see it or not. ❤️ Kathy Bear, Teacher, Lifesaver



Each day is precious. Fact. Too often we are busy and exhausted and looking for quick fixes to help us feel more vibrant. Ladies, slow down, listen in! Making decisions that are informed by careful reflection rather than reactivity are POWERFUL in living your best life. ❤️ Anna Miley, Mullaway



When moving to Woolgoolga and the region, I firstly joined all of the women in business networks and met as many female business owners as I could.

I believe you can gauge the strength of a community by the strength of the female connections, and the way new people are welcomed.

❤️ Sarah Poole, One Fine Day and Woopi Brewery

## FLAVOUR Mediterranean Restaurant



2/18 Market Street, Woolgoolga - BYO, Dine In & Take Away - 0404 901 200

# Woopi Women Celebrated



Kindness is not always about what you say, it is also about what you do. ❤️ Ollie (front)

Actions speak louder than words, it's better to spread kindness than to spread negativity. ❤️ Tahlia (back)

If you don't jump you can never fly.  
Dance like no one is watching,  
Text and email like it will be read in court someday ❤️ Nicole Mackay, Coffs Coast Sports Physiotherapy



The achievements of every woman should be an inspiration to another, raise each other up, be strong, be courageous, be kind and above all be you. ❤️ Laura Unwin, Woolgoolga



"Each time a woman stands up for herself, without knowing it possibly, without claiming it, she stands up for all women." Women's rights have rightfully developed drastically over the years, but we still have work to do. Empowering and educating other women is a passion of mine. There truly is no joy like helping those around you realise their worth and their potential. As women, we owe it to ourselves to unapologetically celebrate in our success and be proud of our ambition. Happy International Women's Day to the wonderful people of Woolgoolga. ❤️ Kiara Edwards, Solicitor and Owner of Subway Woolgoolga

# Woopi Women Celebrated



Cherish the friendships you have with the special women around you. They will have your back and make you stronger. Be generous with your time and enjoy every moment. Happy International Women's Day to all the amazing women I call friends. ❤️ Jane Miles, Woolgoolga



Breaking barriers of all kinds is something I am extremely enthusiastic about. Encouraging women to go for whatever it is they want and never settling is my greatest passion. It's so much more rewarding to build someone up rather than tear them down. ❤️ Michelle Hanson, Corindi



"Always look on the bright side of life." So over-quoted - but so true and essential to fulfillment, relationships and mental health. From one of my favourite poems, Desiderata: "With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy." ❤️ Laurie Pilon, Woolgoolga



Faith is daring to put your dream to the test. It is better to try something and fail than to try to do nothing and succeed. ❤️ Gay Murray, Feather & Nest



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# Woopi Women Celebrated



I am a strong believer of 'everything happens for a reason!' I had an extremely hard lesson in this through a personal experience when my children were young, and I have carried this belief with me every day since. Good or bad, we are exactly where we are meant to be ... right now.

Our path is mapped out for us and it is all part of the journey, so go along for the ride.

They are hard words to swallow, trust me ... I know!

But when you are feeling down or not achieving what you hoped, or a relationship has fallen apart, remember that there is always someone worse off than you. It never seems like it at the time, but there is. We need to embrace our experiences and grow from them, it is what makes us stronger.

And make sure each day you pop a smile on your face as there is always something to smile at.

I read a quote just the other day that said, "Life is the biggest party you'll ever be at." So live it and smile at it, we only get one shot. xx ❤️ Sherry Lee - Event Manager, Another Tasty Event



"It is possible and rewarding to be a Mompreneur" ❤️ Cheryl Midavaine Principal, Woolgoolga Real Estate (with daughter Jess)



Love each day a little louder.  
 Passionately. Fearlessly.  
 Without limits.

Life is precious ... so take it.  
 Moments are precious ...  
 embrace them.

Appreciate the woman you  
 are ... and the woman you  
 will become.

❤️ Natalie Lye, Owner/  
 Operator Aussie Rural  
 Fencing OFF TRAX



# Woopi Women Celebrated

My mum once told me when I was just six, that you can "Count your true friends on your right hand and still have fingers left over," I'm pretty sure I just shrugged my shoulders and skipped away.

However I most certainly understand now ...

Albeit my personal version is all about Onion rings, and no doubt the inner rings of the onion are always the sweetest!

Our onion rings are our tribe, the women in our lives that will raise a glass to cheer on our accomplishments, kiss our knees and wipe our tears when we fall from grace.

They have our trust and do not seek permission to kick our butts when they think it necessary.

They listen to our ramblings and ideas until midnight. They will hotly debate with us, yet can agree to disagree. These women are our greatest strength and strongest allies. They have our back in battle, yet know when to retreat. They have an inner knowing when we need space and when we don't.

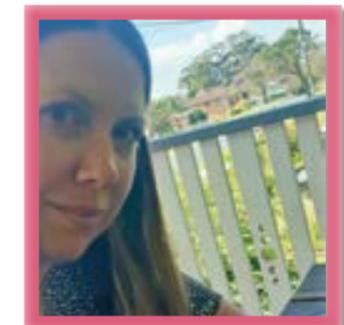
They will be there when the champagne and laughter flows and continue to show up when the bar is dry. These women are the fingers mum told me about. Our sweet inner circle ○ Onion rings.

❤️ Piere Kelly - Community Sales Manager, Plantations Lifestyle Village



The glorious garden of the world has no limit except in your mind - What matters is how quickly you do what your soul directs. Rumi

❤️ Rashmere Bhatti, True Local - Respected writer, historian and dedicated to community development work for our town and region.



Dream big, work hard and make it happen.  
 ❤️ KC Hilton, WNB Legal

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# Woopi Women Celebrated



Growth, experience and empathy come from connecting with people who are outside your circle and echo chamber. Respect not only diversity in appearance, but diversity in opinion. ❤️ Samantha Mountstephen, The Sugar Kitchen



One woman's success should be an inspiration to another. We should raise each other up not tear each other down. Be kind and understanding everyone is fighting their own battle. Be kind. Be humble. ❤️ Alexis Grayson



Fill your life with adventures, not things. Have stories to tell, not stuff to show. ❤️ Lisa Jenyns, Woolgoolga Motors (photo is daughter Isla)



Try to smile every day. We all have such busy lives but at the end of the day if we can't smile and do our best to be happy, why work so hard? ❤️ Kristy Harvey, Harvey Excavations



# Woopi Women Celebrated



Always look on the bright side of life and enjoy every moment. ❤️ Chris Ewart (centre)

We are the bosses, stop talking. ❤️ Evelyn Ewart (on Chris's lap when asked what she thought was important about being a girl)

Live in a way that adds value. The way you treat those around you should reflect how you would like to be treated too. Kindness is contagious, so do your best to spread it around. ❤️ Valerie Swan (Back right)

In the spirit of #choosetochallenge (IWD2021 theme) ... Imagine the things we could achieve if we chose a little more kindness and a little less judgement.

Because it's really easy for someone to point out how they think it could be done better, but it's not so easy to be the one actually doing the work to make it better.

Before you point the finger at what someone else is doing, take a look at how many fingers are pointing back at you. Then either raise that hand to help make a difference or politely put it over your mouth and have a think about what you can do instead. (Said with a whole heap of love and embracing the opportunity to encourage us all to consider things from new perspectives x.) ❤️ Tegan Swan (Front left)

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# Woopi Women Celebrated



When we talk about empowering women, we sometimes view this as an individual process; that it is something we must do for ourselves. I disagree. Rather, I think that the process of empowerment comes from supporting other women. It could be as simple as bonding over a cuppa, or as complex as helping someone to leave an unsafe relationship. It is about nurturing sisterhood. There is nothing more empowering than helping another woman succeed. ❤️ Amy Hannaford, Woolgoolga



We are super passionate about women in business, women supporting women and local businesses coming together to create the most wonderful shopping experience for our amazing community. ❤️ Bec and Niki, Botanicus Boutique



Working with my Soul Modes in life, parenting, relationships and business has been life changing. I encourage every woman to learn about the Modes and explore how they can work with them to move the needle forward in all areas and have it feel good! ❤️ Sharon Joy, Certified Soul Modes Mentor



Exploring our beautiful local rainforests, bushland and beaches is something I love sharing with children and families in our community. I believe we should all spend more time outdoors discovering new places, and connecting with Nature for our health and happiness. "Keep going ... Keep growing!" ❤️ Paula Skinner, Arrawarra



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# Woopi Women Celebrated



You are never too old to dress up and have fun! Live, laugh and keep going! ❤️ Shanaine New, Moonee



The woman you're becoming will cost you a lot. She will cost you relationships, self doubt, people, family, spaces and material things. Choose her over everything, because at the end of every day she is all you have. ❤️ Jade Naidu, Woolgoolga Performing Arts Studio and Naidu Theatre Co



Happy International Women's Day

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# Humans of the Northern Beaches

## Mikayla Ross

Mikayla is the owner and driving force behind the Beach House Cafe in Woopi's main street. She is this month's Human of The Northern Beaches, with her popular cafe being the perfect place for a chat.

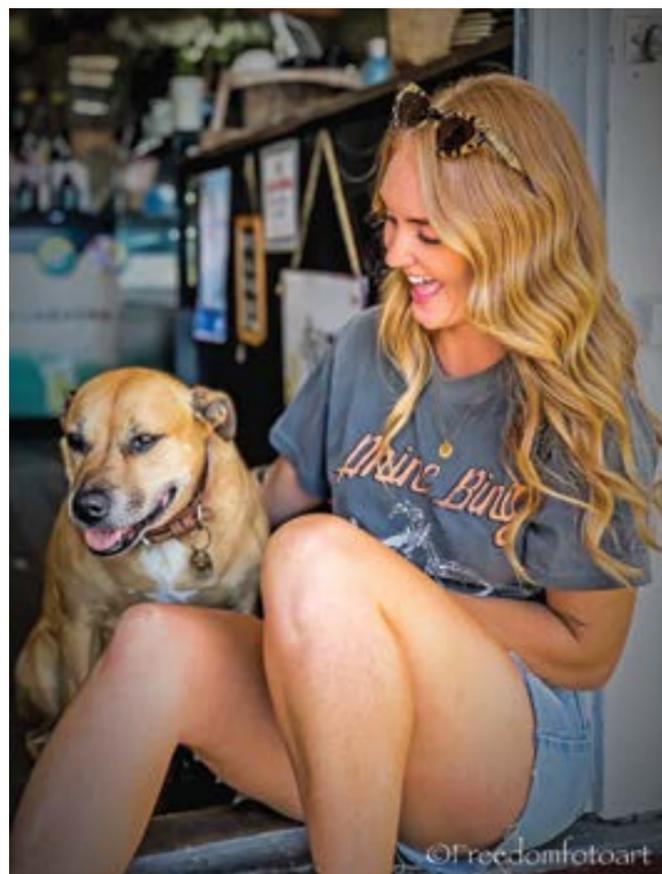
Mikayla once called northern England home, so I had to find out why home is now here? I asked Mikayla, *How long have you lived in Mullaway?* "I've been in Mullaway now for six years." *And where did you move from?* "Originally, England".

*Wow, so how long have you been in Australia?* "I've been in Australia for nearly eight years." *Yeah ok, how did you find this lovely little place we call Woopi?* "A friend of a friend recommended it to us because of our farm work. We were in the Gold Coast at the time, so we moved down here to extend our visa. We had to pick fruit for 88 days. I then scored a job at the Seaview Tavern and was working two jobs. I met the then owner of the Beach House and was offered a job to take over the role of manager. I said yes, so I could stay here longer and that's how I got my residency." Just imagine moving to a place where, when it rains it's not for long, where everything is green and lush, has a perfect beach, the people are friendly, and you are mostly warm the whole year round. But it is in another hemisphere and it's on the other side of the planet! I can admire Mikayla's strength and determination to travel the world but to then say 'I'm not coming home, I'm going to live here in Woopi', makes me envy her courage.

When I first met Mikayla, I was taken by her beautiful eyes, her smile and her strong but bubbly energy and of course her accent, yes, the one that makes you smile when you hear it. Probably because most of our country's ancestry and DNA hails from where she grew up.

*Have you been a business owner before?* I asked. "No". *So, was it a very nervous thing for you to do?* "Oh Absolutely. It's the best thing that I have ever done, but it's also been hard at times." *Yeah, ok so how long have you been the owner of Beach House?* "Five years in March".

*Tell me about Honey,* (her dog) the one everyone pats and secretly feeds. "I love Honey. Actually everybody loves Honey. She's the best, she is pretty much human, people actually come here just to see her and get upset if she's not here". *She is part of the culture here, hey?* "Yep!"



*And you love your staff?* "I love my staff very, very much. They are everything to me, they are family." *You must miss your own family?* "I do and I can't wait to go back and see them. It's been two years, but you know, COVID, grrrr". *What has kept you here, what has kept you in Mullaway and Woopi, what is it you love about the place?* "Everything, absolutely everything. Why wouldn't you want to live here, it's Paradise?" *So, there are no chances of you moving in a hurry?* "Nup absolutely not". *Awesome!*

Beach House is open seven days and employs 18 locals and a couple of backpackers. I asked Mikayla my final and most popular question. *Is it Woopi or Woolgoolga?* "Woopi". Mikayla Ross is a Human of The Northern Beaches and I can't wait to speak to more.   
 - Garreth Nicholls

# LBE

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# Woolgoolga Performing Arts Studio

## It's the year for adults & parents!

There is something about 2020 that has brought all adults and parents back to the heart of doing something they love - The Performing Arts!

Whether you are a beginner, an ex-professional or somewhere in between, our adult classes are becoming incredibly popular and loved at WPAS this year! There's something for everyone, whether it's singing, acting, tap, jazz, lyrical/contemporary, pilates, boxfit. Adults this year is for YOU!

### Adult Movement Class 7.30-8.45pm Tuesdays

Rebecca Ross is back in the studio and offering progressive dance and movement! Exploring all styles of movement that "light us up". We use these techniques to develop and grow our own love, confidence and understanding of dance, movement and creativity and our own unique expression of that. PLUS really Embodying that essence; owning it like the QUEEN/KING you truly are!

### Dynamic Divas Vocal Group 5.30-6.30pm Wednesdays

A class for all our Stage Mum's - Industry Professional Instructor Tim Gibbs brings his hugely popular Dynamic Divas class to WPAS - Working on contemporary mash-ups, ballads, rock songs and everything in between. Lots of laughs to be had and plenty of tunes to be belted out! With the occasional glass of Prosecco also!

### Adult Acting 7.00-8.00pm Thursdays

Improvisation, scripts, playwriting and a whole lot of dramatic fun! Studying techniques for film, television and theatre - the fun never ends with our Adult Acting classes!

### Adult Musical Theatre - 8.00-9.00pm Thursdays

This class is geared to create a base level of excellence in Musical Theatre for all students regardless of experience

or background. A must for anyone looking to further their creative career or those who wish to be the best at their hobby.

### Pilates Classes - from 9.15am Wednesdays & Fridays

Elise Bocking's Pilates classes deliver a seamless combination of fun and hard work. The focus is on core and pelvic stability and spine and joint mobility to strengthen your core, improve your balance and posture and calm your mind. Barre is a fun, high energy class set to combine elements of ballet, Pilates, Yoga and Strength training. It is a low-impact, high-intensity workout designed to sculpt and tone the whole body. Slow Flow is a slower paced Pilates class more focused on mobility and stretching. Own mat required.

### Adult Jazz - Mondays 6.00-7.00pm

Our Jazz students are building on the basics of jazz technique to popular and old school music. Some examples of the techniques our Jazz students will learn include turns, kicks, leaps and body isolations, combinations, develop strength, flexibility and coordination.

### Adult Tap Mondays 7.00-8.00pm

Our progressive tap classes will have adults learning the basics of tap technique, developing style, accent as well as building on their sense of rhythm and their confidence when it comes to performances. Our tappers love dancing to popular age-appropriate music and getting LOUD!

### Adult Fitness/Boxfit Wednesdays 6.45pm & Saturdays 7.45am

Instructor and qualified PT Tegan Hayley facilitates Boxfit and Conditioning Classes at WPAS! For both students and adults, join her APEX Fitness Training Classes!

Please email [info@woolgoolgaperformingartsstudio.com](mailto:info@woolgoolgaperformingartsstudio.com) for more information or to trial one of these classes!



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# Woopi that Was

Coffs Harbour Regional Museum has a great website blog that shares local stories about the history and culture of the Coffs Coast.

They recently added to their page some information about the old Woolgoolga Adventure Village and asked Woopi News if we could share it.

Of course we jumped at the chance.

The Museum recently digitised a collection of photographs of Woolgoolga Adventure Village. A tourist attraction from the 80s built for children, it contained miniature houses from fairy tales, a working miniature railway, a lake and a large park.

When they originally shared the images, they received a reply from someone who remembered that every Woopi kid had their birthday party there at some point. Not only that, but her parents now lived on the site where the Woolgoolga Adventure Village once stood.

The new residents kindly gave permission for Museum staff to visit the site and take photos of what the Village looks like now.

Anything in the Village made of wood was destroyed by termites. The residents were forced to remove the damaged houses, but cleverly repurposed what remained. The remaining section of a Sepik hut has been repurposed into a chicken coop.

The mini castle has been repainted and is still used by the residents' grandchildren to play in.

The tree stump house still has its original paintwork, including the bright red front door. It was heartening to see the spirit of preservation shared by the residents living on the site of the former Woolgoolga Adventure Village. Rather than knock the buildings down, they were lovingly refurbished and repurposed.

The site is now privately owned and is not open to the public. The Coffs Harbour Museum received special permission to visit and photograph the area.

You can still enjoy the trip down memory lane by viewing the entire collection of images from then and now for free on Coffs Collections.

<https://coffscoastheritage.info/2021/02/woolgoolga-adventure-village-then-now>

Thank you for sharing with Woopi News.



Above is the Miniature house back in the 80s and below what it looks like now. The house has been repainted and is still used by residents' children and grandchildren to play in.



Leana McInnes and friend standing on top of a tree stump house in the Woolgoolga Adventure Village, mid-1980s.

The Woolgoolga Adventure Village on Pullen Street opened in 1977 and was built and run by Trevor and Anna Freestone.

It included miniature houses children could play in, including tree houses, New Guinea spirit houses, and a space shuttle.

The village also had a rideable miniature railway, and offered donkey rides.

If you have a 'Woopi that Was' story that you would like to share with our readers, please email us at [woopinews@gmail.com](mailto:woopinews@gmail.com)

# Woopi that Was



Above left is the Miniature cottage back in the 80s and above right what it looks like now. It has had a new coat of paint, a brightly decorated front door and a great big tree tucked into its roof!



The Old Kiosk at the Woolgoolga Adventure Village was popular with the kids. You would line up to buy your tickets here and it's also where you would buy a drink or an ice cream treat.



Leana McInnes and Evelyn Steadman outside the Witch's House cottage from Hansel & Gretel in the Woolgoolga Adventure Village, mid-1980s. Inside was a cage to hold captive children and an oven as in the fairytale.

Property Sales

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Grant brings an exceptional standard of professionalism and enthusiasm to our award-winning team.

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## Stay Sharp with Stasha

### Is your employer paying your superannuation?

Just because you see it on your pay slip each pay cycle does not confirm that your employer has paid it to your nominated superannuation fund. The amount on your payslip is merely a liability for them to pay.

Employers must pay Superannuation Guarantee at a minimum, every three months. If it is not paid and received by the superannuation fund by the due date, the employer is not entitled to a tax deduction for this business expense, when paid late.

The due dates are as follows:

- 1 January to 31 March is due 28th April.
- 1 April to 30 June is due 28th July.
- 1 July to 30 Sep is due 28th Oct.
- 1 October to 31 Dec is due 28th January.

This means that if the employer is utilising a superannuation clearing house, they need to process the batch payment a week early to ensure it is processed in time. If an employee has not provided the employer with their super fund details, this is not an excuse to not pay it on time. Each employer has the responsibility to nominate a default fund and pay the super by the due date. The employee can then roll this over to their preferred fund. Employees can now see on their MyGov if superannuation is being paid by their employer. You may need to link the ATO to be able to see this, otherwise ask your accountant to check for you on their tax agent portal.

### So, who is entitled to Superannuation Guarantee?

- Casual and permanent employees over the age of 18 who earn greater than \$450 (before tax) in a calendar month, this includes Australian residents and temporary residents, backpackers or working holiday makers.
- Generally, those under 18 are not entitled to superannuation guarantee, unless they work greater than 30 hours a week.
- Some Contractors, where they mainly supply a business with labour and are otherwise treated like an employee, even if they provide an ABN and an invoice.

The rate of superannuation guarantee is currently 9.50% of gross ordinary time earnings (OTE). There is a list on the ATO website that details what is considered OTE for the purposes of Superannuation Guarantee.

### So what happens if a business does not pay superannuation guarantee on time?

The employer should prepare a Quarterly Superannuation Guarantee Charge Statement for the relevant quarter (within a month of the super payment being late). This means declaring the amount of super payable for the quarter and any late payments made. The ATO then adds interest (currently 10%pa) and charge an administration fee of \$20 per employee, per quarter. This is then assessed and a debt payable to the ATO is raised. The ATO then pay the superannuation guarantee and interest to the employees nominated fund.

### What if your employer has not been paying your superannuation guarantee?

Firstly, have a talk to them about it. Hopefully they will agree to do the SG Charge Statements and organise a payment plan with the ATO rather than you having to report them using the ATO online tool. Google: report unpaid super contributions from my employer online tool, click on the ATO link and follow the prompts.

## Five minutes with Woopi News

### Dorn Critchlow Bayley

My (Lisa's) very first boss at my first job was Dorn, back when she owned the Ampol Service station with her then husband Steve in South Grafton. Dorn is a born and bred Woopi Girl and I have been asking her to write us a Woopi that Was story for a while now as she has the best memories of the old days. But in the meantime she is our Five Minutes with Woopi News.

*What has brought you back to Woopi today?* I've come to attend my friend John Newman's memorial tomorrow. I'm a bit tired as I stayed up late with friends last night catching up with each other. Lots of laughs.

*What has been the biggest change you have noticed?* Woopi has changed, with lots of development, but my biggest surprise was Waterloo Street, where I grew up - it has curb and guttering!

*What is special that happened this weekend?* I managed to score a couple of old pieces of timber from the old surfclub. We spent many years involved with the surf club. I really would have loved the old front window where we used to rent out the surf-o-planes.

*Where is your favourite place to go when home?* I love it on the headland. We always go home via the shortcut, lol, and I always go and visit my parents at the cemetery.

*What is your favourite memory?* We used to love swimming in the ocean off Yellow Tail. (she said pointing out to the rocks, or the suction as we called it.) We called it the mangle hole. You'd jump in, let the wave wash you back, grab onto the conjevoi, squirt your friends and come out all mangled.



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

Gregory Philip Wright - Woolgoolga - 21st January 2021

Pam Elliott - Woolgoolga - 22nd January 2021

Kabul Singh Benning - Woolgoolga - 22nd January 2021

Melissa Jane Mitchell - Moonee Beach - 30th January 2021

Thomas Walter 'Tom' Gilbert - Red Rock - 3rd February 2021

David Allen Stephens - Woolgoolga - 12th February 2021



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# Car Maintenance Tips

## Them's the Brakes ...

While some of our customers have brakes which seem to have an eternal life, we find others have worn their brakes down to the last millimetre well before their time. The former group of people are deservingly proud of themselves as they smile smugly over yet another good brake report. They are generally the more mature, conservative type of drivers who like to spend their money on other things besides brakes. Here are a few of their secrets ...

 Get yourself off to a good start by asking for quality brake pads. Shopping around for the cheapest brake service probably won't save you money in the long run, instead stick with a local mechanic that you trust.

 Remember it's a brake pedal, not a footrest. When you are finished braking, take your foot away from the pedal. The more you ride your brakes the quicker you wear down your brake pads and rotors.

 Regular stomping on the brakes can be worse than constantly riding them. If you have a habit of jumping on the brakes in

a panic, then it might be a good idea to re-assess how much space you should leave between yourself and the driver in front.

 Take note of the brake report when you have your car serviced. If your mechanic has recommended new brake pads before your next service, then don't wait until you hear the screeching sound of metal on metal to book it in. Healthy rotors can be damaged by worn out brake pads which will leave you with more to fix.

 If you carry a little junk in the trunk, leave it behind. This probably only applies to utes that can carry significant weight, but the formula is that the more weight in the vehicle the harder the brakes work. All in all, there are a lot of driving habits that can influence how your brakes wear. It's being aware of and limiting them that will save you money in the long run. When the time comes to service your brakes we will give you options such as having your brake rotors machined on the car instead of replacing them, whenever possible. It's always good to see customers get the best value. Drive safe.

*Bryson Kelly, Mechanic*

# Audio File



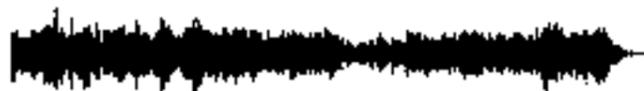
## News from 87.6 FRESH FM (Woolgoolga's Own)

G'day Woopi! We have the rock, we have the roll, we have that beat that just goes on and on!



WELL ... we must apologise for leaving the airwaves just a little too often of late. So many Woopi blackouts doesn't help keep you entertained. BUT what you do get as feedback tells us, when it is happening ... it is supreme music!

We can't express how happy we are that so many people have taken up the opportunity to install the apps on their devices. Local and international listeners alike 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 direct link. <https://s3.radio.co/sc2c861965/listen> . These are free services and they take Woopi simply, EVERYWHERE.



As always we are supporting ALL Australian independent artists and a shout out and thanks go to Stuart Coupe, Rebel Music and Foghorn Records for the latest music provided to us. They really support our programming and of course the give-aways we provide to the active listeners. Congratulations to those lucky listeners that scored CDs last month!

This month the featured artist for give-aways is our local lady Sara McCafferty who has generously provided us with some CDs for lucky listeners. Give us a call or drop a line and we'll put you in the running to win a copy of her remastered re-released CD 'Beyond All Reason'. Not only is Sara a great musician but she practises locally, undertaking "sound modality". Her tuning forks are not only great in the studio but help your body to "heal and transform".

Sara, like many artists, is providing us with voice intros to her music, providing a unique personal touch. Of late and to be heard right now are renowned names like Catherine Britt, Kristy Cox, Jesse May Kitchen, Gareth Koch, Cilla Jane & Toria Richings who have all given voice introductions to their new releases.

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](mailto:fresh.fm.87.6.radio@gmail.com)

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

# Mind your Mind



## What did you say?

What comes out of our mouths has a BIG impact. What we say to others does matter, and once it is said, it cannot be unsaid.

Talking is still our primary mode of communication (although digital communication is threatening to take over!) and it is easy to slip into a mindless mode of talking that can have unintended outcomes. We might even find that talking is impulsive and a mask or distraction from where we actually need to be focusing our attention. For example; gossiping!

Becoming aware of how we are communicating, both verbally and through our body language, can significantly improve our relationships and our success in life.

## March Is Red Cross Calling Month

For almost thirty years the Woolgoolga Red Cross Branch has been conducting its annual Red Cross Calling Door knock campaign in this area. Over those years the people of our northern beaches area have shown their generosity over and over again, with many thousands of dollars raised to support the humanitarian work of the movement in our local communities.

Our local services include Hands On at the Woolgoolga Retirement Village, the Emergency Services Team which has been extremely busy providing bushfire relief, Telecross calls for vulnerable people at home alone (and more lately calls to people in hotel quarantine) and the knitting and distribution of our popular Trauma Teddies. The tireless volunteers really appreciate the support of our community.

This year, due to Covid restrictions, the volunteers will not be door knocking but are relying on that local generosity to support street settings where collection boxes will be available. Please keep an eye out for the donation buckets at various venues or at their street tables. Red Cross thank you for your assistance.

*Red Cross has been calling for almost 30 years. This old newspaper photo is from 1998 of Barbara Weaver, Ruth Hunt and Beulah Crute*

problem, or support a person to make better choices? When we are speaking kindly we are taking into consideration the feelings of others and moving the conversation in a positive direction.

## Is it true?

Exaggerating or bending the truth to suit our personal bias or to soothe our ego is common! We are not intending to outright lie but we often stretch the truth or speak in a way that isn't authentic or a true expression of what we want to communicate. Ask yourself, what is it that I really want to communicate?

## Is it necessary?

It is important we do not censor ourselves and are confident to speak truthfully and compassionately. However, sometimes the timing is not right, or we might not be talking to the right person/people or it might not be the right context.

Mindful communication helps us to communicate with greater clarity and effectiveness. It is not about censoring your communication. These three simple questions can make a big difference to our connection with others.

As always, I would love to hear your experience as you implement these mindful practices into your day.

**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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## Inspiring Women in the Law



Since Woopi News is celebrating women this month for International Women's Day, I thought I might do something a little different for my "legal" article.

I work in a profession that was traditionally a male dominated industry, but Australia has come a long way since then and I want to inspire more women, of all ages, to consider a career in the legal industry.

The first woman to graduate University with a law degree in Australia was Ada Evans who graduated from the University of Sydney in 1902. Unfortunately, due to attitudes at the time, Ada Evans, was not actually able to use her degree and did not practise law until 1918. It took Parliament a few more years to pass legislation to allow women to practise the law in Australia and it was a Victorian solicitor, Flos Grieg, who became the first female solicitor to practise in 1905.

Since then, women have flooded the profession, but for a long period they were often channelled into specific areas of the industry considered to be more female-friendly, such as family law. Attitudes have now changed, and today you are just as likely to see a female solicitor dealing with million-dollar commercial mergers and acquisitions, or a female criminal barrister in a high-profile murder trial, or

even a female Chief Justice of the High Court, as a male counterpart in the same role. A report published by the Law Society of NSW in July 2019 indicated that female solicitors now outnumber their male counterparts at both a state and national level, except for WA where the gender balance of solicitors was about equal. I might be showing my age here, but this is a substantial improvement from when I was in university and the law building lecture halls were predominately filled with male classmates.

Why did I choose a career in the legal profession? Because of a woman, who to this day probably does not even know, how much she influenced and inspired me. As a child I wanted to be a doctor (or maybe a princess!). As a teenager that changed to wanting to pursue a career in forensic science. So it made sense to choose legal studies when I was given the choice of legal studies, history or geography in Year 11. It turned out to be one of those moments in life that made me completely change direction. My legal studies teacher was incredible, she made even the driest case law sound interesting and relevant by using examples appropriate to my age group, and often had students act out scenarios in class to demonstrate the issues raised in cases we were studying. She engaged the class in heated discussions and debates about legal theories and the impacts of law on society and went above and beyond to keep her students interested. I enjoyed her class so much that I enrolled in a Bachelor of Laws at University and have had absolutely no regrets.

**There have been a lot of other inspirational women I have come across in the legal industry in my 10 plus years as a solicitor.**

As a law student I worked as a court officer with a female District Court Judge who taught me to consider cases from both sides before making a decision. I worked with a female client who was so inspired by her own medical negligence case that she went on to study law as a mature age student and become a solicitor herself in her 50s. I have worked with female victims of crime who refuse to be victims despite what they have been through and work hard to get their life back on track. I am inspired every day by my clients' stories and the legal challenges they face. I have also worked with some amazing women behind the scenes who have helped me get to where I am now and often don't get the recognition they deserve.

Is life as a female solicitor easy? I'm not going to lie and say that it is. It is always going to be a challenge to balance a career which requires a lot of long hours, hard work, concentration, and dedication against wanting to have a family and spend time at home with children, but that is the same with any profession. And yes, there are still plenty of people out there who do not want to work with a female solicitor for whatever reason, but I see that as their loss not mine. Do I like being a solicitor? Yes! I love what I do despite the challenges and would not have it any other way.

So while it's not my usual type of "legal" advice, my advice to all the women out there thinking about a career in the legal profession is: work hard and make it happen, there is no limit to what you can achieve. **KC Hilton, WNB Legal.**



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Whilst the Windows 10 OS (Operating System) was first released over 5 years ago, there are still a lot of users still using previous versions such as windows 7, windows 8 and windows XP.

In some cases, users may have to keep using these older Operating Systems

in order to effectively run certain programs and software as they aren't compatible with Windows 10. However, for the average everyday user, here are 5 reasons to make the switch to Windows 10.

Windows 7 & 8 are no longer supported - this means that technical assistance and software updates are no longer available to the user. This may leave your PC at risk as without updates, the security features will not run effectively.

**Automatic updates - even though in some cases this can be an annoying feature, often it allows your software and programs installed to run effectively. To keep them up-to-date and running with windows 10 it helps take the guess work out of any potential issues for your PC.**

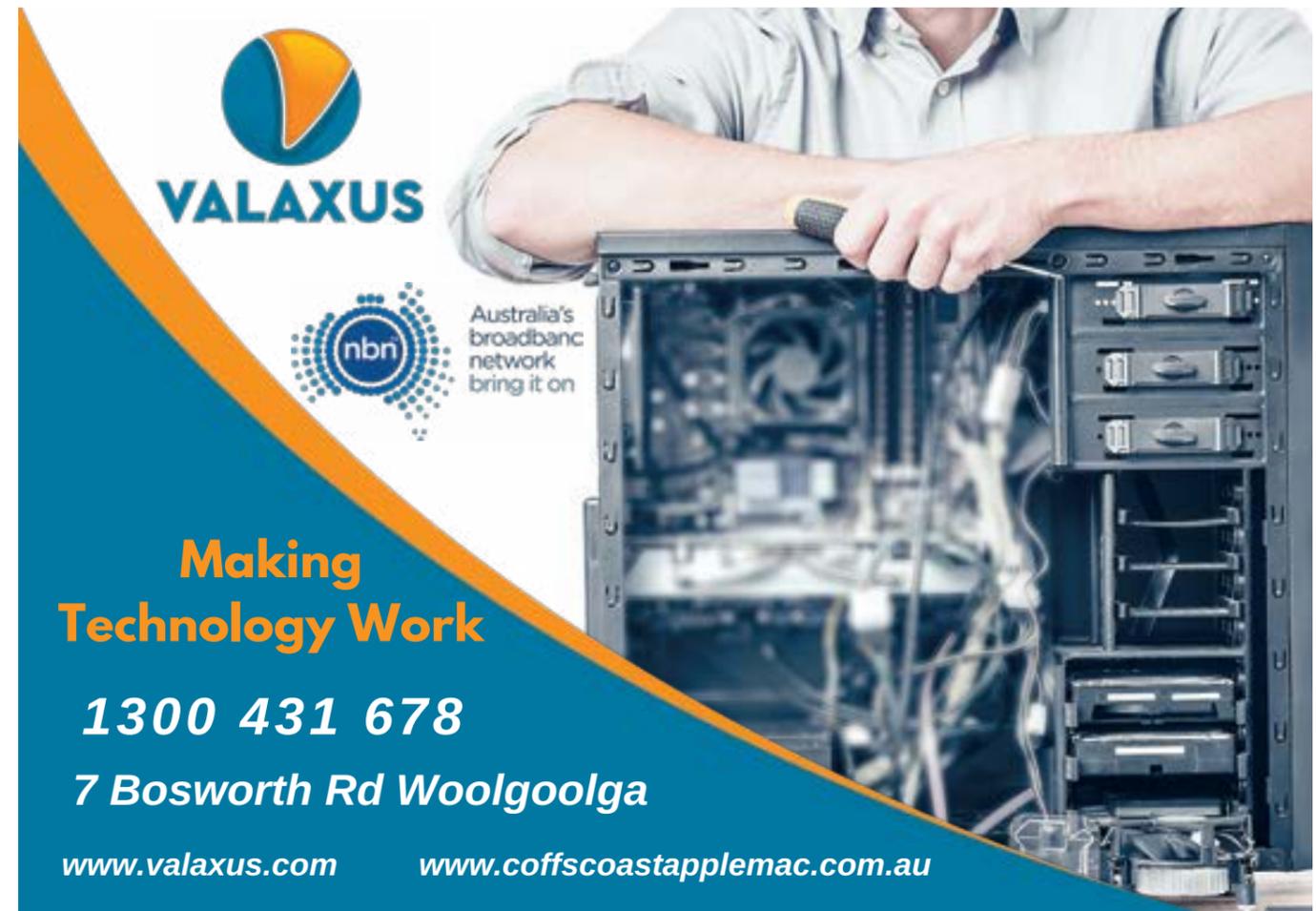
Microsoft Defender - this is the update OS based antivirus and is included with the Windows 10 update. This provides

protection against software threats such as viruses, malware and spyware. This is important as it is constantly updated, which again is extremely important for the integrity of your PC.

Windows 10 is much faster - when comparing to older OS's Windows 10 boots, shuts down and performs faster than the older OS. If your current PC is slow, and has Windows 7 - chances are the upgrade to Windows 10 will make it faster.

Easier to use - I realise people generally do not welcome change. However, when making the switch to Windows 10 from 7 (and even easier from 8) the user will find that it is much easier to use and will pick it up much quicker than expected. It is an extremely intuitive OS and will take the guess work out of most everyday activities.

**Although not everyone will agree with me, but this is what I have noticed when advising my clients to make the switch.**



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# Our Woopi Community

## Probus Is Back.

After a lengthy break from formal meetings due to COVID restrictions, Probus is resuming meetings at the Diggers RSL Club each Month.

The Probus Club is aimed at retired and semi-retired people and offers coffee mornings, outings and a general meeting once a month. Membership also offers the opportunity for you to meet more people in the community and to make new friends.

Outings include a range of venues. This year so far, they have visited the Yarrawarra Cultural Centre to see the exhibition on The Cleverman Television series. Their next outing will be to the Sikh Heritage Museum, which promises to be very interesting. It will be followed by lunch at the Temple.

Future plans include a visit to an Alpaca farm and a lunch at a local venue. At our general meetings, we have invited guests who speak on a range of topics and generally prove to be interesting and informative and sometimes present challenging views.

If you are interested, you can ring either of the people listed below to find out more or you can come to the General Meeting at the RSL Club (the one with the helicopter) on 27 February at 10am for coffee and a chat before we begin the meeting at 11am.

Please ring Laurie 0488 018 044 or Robyn 0418 646 801.



## Meet the Woolgoolga Evening View Club's New Committee 2021.

Back Row; Val Chalker, Joy Hussey, Ann Patulny, Yvonne Wright, Pam Wright, Lorraine Dorahy. Front Row: Elfie Garbers, Glenys Jamieson, Linda Reynen, Kay Backman.

The View Club meet on the second Wednesday of each month at C.ex (Bowlo) Club at 6pm. If you would like to become part of this very social group please contact woolgoolgaeveningviewclub@gmail.com or 0427 541 032. The club support The Smith Family with the Learning for Life programme helping disadvantaged children

## In Case of Emergency



A defibrillator has been located on the outside wall of the new Woolgoolga Surf Club for all to use in the case of an emergency.

Sue Neil, Director of Education, North Coast Branch SLS (pictured above) recently ran a training workshop for the Silver Salties on how to use the new machine.

The defibrillator will be accessible 24/7, once you activate it, it starts giving you step by step instructions on what to do next. Make sure you dial 000 for emergency assistance first.

In the next edition of Woopi News we will go through how it works in more detail. Let's hope no one actually has to use it, but what a great addition to our community.



Laurie making a purchase at the shop at Yarrawarra Cultural Centre

## CWA Woolgoolga wishes to thank all who supported us with our Summer Raffle.

We raised over \$400 which will go to the CWA Disaster Relief Fund.

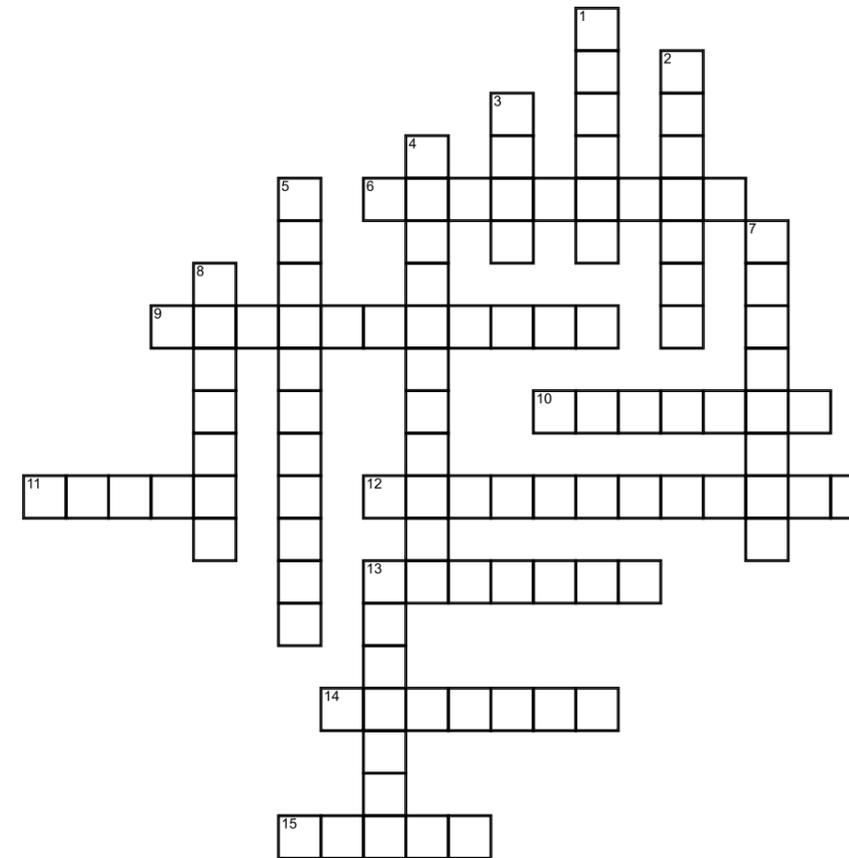
During the isolation period, our Handicraft Officer Kerrie had the idea that all of us could make a quilt square using the theme of the seaside. She would then put all the squares together into a child's quilt that we could raffle.

This was a great bonding exercise, keeping us all connected when there were no meetings.



# Woopi puzzle time

## Woopi Trivia Crossword



### Across

- 6 Funky Hairdresser
- 9 What can you play at the Woolgoolga Senior Centre
- 10 Bacon and Egg Roll of the Month
- 11 Main feature in this edition
- 12 Legendary local actor
- 13 Gourmet Fish and Chips
- 14 Surname of NSW IWOTY finalist
- 15 Owner of Woolgoolga Podiatry

### Down

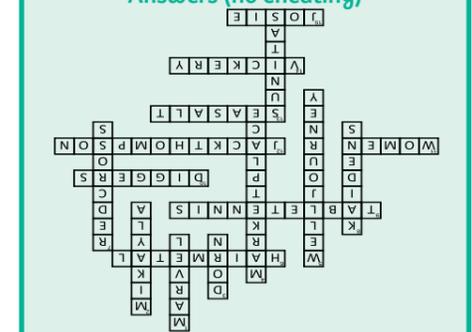
- 1 Name of dog featured in Woolgoolga Vet Clinic Photo
- 2 Human of the Month
- 3 Five minutes with Woopi News
- 4 Arcade in Market Street
- 5 New healthy juice and food bar
- 7 Who is calling this month
- 8 Barbershop in Market Place
- 13 Healing clinic

## Woopi Findaword

J B C F R D S U  
 W A T Q N I S B X U L S  
 D L O B U T O F G U T G P N R F  
 O R P K T O W R H L Y E D I R P C A H W  
 B E E M O T Z J O N E Y G H O N O B P E A  
 R S X A G E I D I G N I T Y O O R N W T E  
 A O J R E S R K I N D N E S S T T I G I V  
 V P I V T I Q U R W Y M M D D I S W R N O  
 E R W W H X F R N R E W O P M E V N Y G L  
 U C O E N O I T A R I P S N I A S Z I  
 P G R R T A T L G I R L P O W E R D E  
 Y D Y E A S P I R E M A V D D E E  
 O S S P M N S R E S P E C T C K E  
 J A W O M E N U C U A U B Z T  
 M P O S I T I V E I P Z I  
 G E D U T I T A R G N  
 Q R W I S D O M U  
 K D U N M C K  
 C Y X E S  
 T P Y  
 Q

- ASPIRE PURPOSE
- BOLD QUOTES
- BRAVE RESPECT
- DIGNITY SEXY
- EMPOWER STRONG
- GIRLPOWER SUPPORT
- GRATITUDE TOGETHER
- IGNITE UNITE
- INSPIRATION WISDOM
- KINDNESS WISE
- LOVE WOMEN
- POSITIVE WORDS

## Answers (no cheating)



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# Woopi Sport - Woolgoolga RSL Women's Golf Club

We're back! The Ladies of Woolgoolga RSL Club Golf Club are now back at the picturesque Safety Beach Golf Course and eager for a good 2021.

Tuesday 4th was our first fixture book game, a 4 Person Hartball, a fun way for 24 ladies to start off the competition year. Winners were Roma Johnson, Janelle Coleman, Carole Stone and Jo Elwood, 73/58 ¼. Runners up Gaile Mackenzie, Kerry Slater, Cathy Anderson and Yolly Gallacher, 77/62 on c/b from Allyson Turner, Wendy Rogers, Trish Hill and Kathy Coombs.

The very social 9 Hole Wine Run is running again, playable over the week and a good way to fit in extra practice.

Pro Terry is always available to give lessons, and the pro shop has a good range of clothing and equipment.

The wonderful ground staff have been busy over the summer break and, amongst other work are rebuilding several greens this year.

New members and players are always welcome at our very friendly club and many visits are made to other clubs throughout the year and reciprocated.

**This month we play Hartball, Coloured Ball, Stableford and 4BBB and our Open Day is Tuesday 23 March and always a very successful day. The members look forward to welcoming you at Safety Beach Golf Course.**

Carole Stone being presented with TWO hole-in-one trophies at Woolgoolga RSL Women's Golf Club's recent Presentation Day. What an achievement and in consecutive weeks. Carole is with outgoing President Leanne Clark



2020 Overall Club Champion, Merryl Kyburz with outgoing President Leanne Clark on left and incoming President Linda MacDonald

For more details please call the Clubhouse on 6654 2111

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# Woolgoolga Golf Club



## Woolgoolga Golf Club Clubhouse and Pro shop

The Woolgoolga Diggers RSL has provided the Golf Club with bar facilities. This enables members and visitors to meet and relax before, during and after a round of golf. It is open 7 days week from 7:30am to dusk and can, on occasion, be available for private functions. It is very popular with the Safety Beach Locals who live within walking distance to the club. The Pro shop is in the same building as the Clubhouse.

### RESULTS:

#### Woolgoolga VETS 9 Hole Stroke

25 January 18 starters  
Winner R. Richardson

R/up B. McAllister  
1 February 25 Starters

Winner Trev Kempnich  
R/up Di Richards

8 February 24 starters  
Winner G. Richards

R/Up J. Finlay  
14 February 22 Starters

Winner Di Richards  
R/up Dick Cooper

#### PIZZA COMP 9 Hole Stableford

Sponsored by Pizza Place  
Woolgoolga

January 16 to 21  
25 starters

1st Mark Loomes  
2nd A. Singh

3rd S. Thorn  
4th Mali Loomes

25 to 29 January  
23 Starters

1st W. Biggin  
2nd R. Kendall

3rd B. Mallett  
4th G. Mallett

1 to 5 February

28 starters  
1st G. Penfold

2nd G. Geysen  
3rd R. Willing

4th F. Gillett  
8 to 12 February

19 Starters  
1st S. Stephens

2nd M. Watson  
3rd D. Cooper

4th P. Crook

#### Wednesday Mens Comp Mens 18 Hole Stableford

January 20  
29 starters

Winner L. Smith 41  
R/up M. Watson 39

NTP 7th L. Smith, 9th G.  
Shute, 11th M. Watson

27 January  
80 Starters

Winner R. Treweek 41  
R/up J. Cox 38

3rd P. Sweeney 37 cb  
4th A. Walters 37

NTP 7th D. Hansen, 9th G.  
Bailey, 11th D. Hansen

3 February  
Stableford 76 starters

Winner A. Walters 42  
R/up G. Williams 38 cb

3rd G. Mahoney 38

4th J. Burley 37 cb  
10 February

Individual Stableford  
87 Starters

1st C. Cafferky 44  
2nd W. Bailey 41

3rd D. Watson 40  
4th R. Isaacs 39 cb

5th D. Lee 39 cb  
NTP 7th T. Smith, 9th G.

Scott, 11th D. Yarnold

#### Saturday Mens Comp January 23

4 Person Ambrose  
112 starters

Winners M. Watson, A.  
Singh, G. Walker, G. Jurotte

55 5/8 R/up N. Clayton, D.  
Penson, M. Beales, A. Hart

57 3/8 3rd P. Hopkins, D.  
Hopkins, C. Cassell, A. Dibb

58 5/8 NTP 7th S. Graham,  
9th M. Beales, 11th C. Cassell

30 January  
Mens 18 Hole Stableford

106 Starters

A Winner S. Stephens 40pts  
A R/up R. Lock 39pts

B Winner J. Haydon 37pts cb  
B R/up C. Mezher 37pts

C Winner A. Stunt 40pts cb  
C R/up J. Clark 40pts

D Winner G. Ellem 39pts  
D R/up A. Peacock 37pts

6 February  
Mens Monthly Medal

Stroke 101 Starters  
Sponsor Rob Brown Dental

Clinic  
A Winner S. Graham 67

A Gross L. Toms 71  
B Winner D. Yarnold 74

B Gross L. Hill 92 cb  
C Winner J. Stewart 68

C Gross J. Stewart 89  
D Winner R. Mackenzie 69

D Gross A. Waite 96  
Super Senior S. Dunn

NTP 7th R. King, 9th C. Lang,  
11th R. Hinds Medal or Medal

Winners R. Maude  
13 February

#### 4 man Aggregate and Individual Stableford

81 Starters

1st C. Clarke, A. Hart, M.  
Beales, S. O'Dell 142 cb

2nd B. Smith, P. Sexxton, J.  
Hay, G. Standing 142 3rd B.

Stunt, A. Stunt, C. Walsh 140  
Individual A. R. King 38 B.

J. McNeice 41 C. M. Berube  
41 NTP 7th S. Dunn, 9th M.

VanZweeden 9th R. Isaacs

# Woolgoolga Mountain Bike Club

During the last twelve months the Woolgoolga Mountain Bike Club has been competing in the NSW North Coast Enduro series. A total of nine clubs from Taree to the border competed for individual results and also in the club championship. It was Woolgoolga's first season in the series and after six rounds they came away as overall club champions. When you consider the club is one of the smallest and youngest, it really shows how many talented riders we have on the Northern Beaches.

The Enduro format has become the most popular style of racing as you are only timed on the descents. That means that the climbs can be ridden at whatever speed you are comfortable with saving your energy for the timed downhill stages. Stages range from two to six minutes depending on the course and most courses will consist of six stages. Enduro is a very social form of racing as you can ride the course with your mates and then take turns to race down the timed stages. The format allows you to have as many attempts at each stage as you want in the time allotted which also takes a lot of the pressure off.

On the back of the 2020 club championship the Woopi club have now begun an interstate series against NSW and Qld clubs. After the first round we are in 4th position. With three rounds to go and one planned on our home turf in May, local riders will be doing their best to claim another trophy.

If you are interested in finding out more info about the Woopi MTB club or general info on the local riding scene drop into Woodsey's and chat to the staff or hit up the clubs FB page. It is a great family sport and an awesome way to get out in the bush and have some fun.



Scott Bocking from Woodsey's Wheels with the Champion Club trophy which Woolgoolga Mountain Bike Club recently won during the NSW North Coast Enduro Series



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# Woopi Sport - Cross Fit

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**MAY 1st, 2nd**

## The Inaugural North Coast Classic is about to rock Woolgoolga.

A weekend of CrossFit Challenges where mixed pair partners (one male, one female) compete against other athletes in a number of tasks to see who is the strongest and fastest.

## The two day competition is on the first weekend in May so you better get training.

You will be tested via a number of parameters such as conditioning, power, strength, technique, teamwork, agility and speed. The team who claims victory on Sunday afternoon will possess the full package.

Most of the competition will be held on premises at CrossFit Woolgoolga, but they will also be taking advantage of the beach and other sites in the Woolgoolga area.

There are three different age divisions being teens, open and masters. Within these age groups there is an advanced and a scaled division. In the advanced division the teams compete for money prizes whereas in the scaled division the teams can win sponsor prizes. To register to participate please go to their website.

Lars Kristensen and Paul Chambers, the co-owners of Crossfit Woolgoolga, are expecting teams from all over Australia to make the trip to Woolgoolga for the North Coast Classic.

## Hopefully a Woopi couple will win.

Woolgoolga CrossFit is a very welcoming inclusive gym located at 24 Bosworth Drive.

Check out their website [www.crossfitwoolgoolga.com](http://www.crossfitwoolgoolga.com) or give one of the team a call on 0457 113 186.

# Woopi Sport - Table Tennis

After moving to the Woolgoolga area or retiring here, you may find yourself looking for activities you can partake in where there is not much expense involved. Where you can get some physical benefit and where there is some social contact.

At the Seniors Centre, (6 Boundary Street) cerebral activities like computer skills and personal health management are on offer. In addition there are bus trips to regional areas, theatre trips and morning teas available. A number of more physical opportunities are also provided including Thai Chi, pilates, yoga and table tennis.

Now a lot of us remember the good old days with the table tennis table set up in the garage or basement. The challenge was hitting the ball without having the follow through hitting the walls, gardening equipment or the usually low ceiling. At the Seniors Centre, there is room for three tables to play at the same time, without interfering with each other or the walls and ceiling.



There is an organised Table Tennis group which meets every Thursday from 1 to 3pm. Players usually take turns playing pairs with different partners and intermittently resting or having some tea and biscuits. The exercise is not strenuous, but, the benefits include improving balance, hand-eye coordination and aerobic

stimulation at a slightly higher rate than just sitting or walking. Some days you might feel like playing every game. Other days you may only have a single game and enjoy the rest of afternoon with a tea or coffee and chatting with other players who are resting between games.

Contact the Senior Centre on 6654 7311.

**CrossFit Woolgoolga**  
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# Woolgoolga Ladies Bowling Club

## Tuesday 26th January

Australia Day was really well attended with the ladies and men's clubs playing together, with players coming from other clubs in our district. There was a total of 52 players, which allowed us to use 13 of our 14 rinks. The afternoon game was three bowl pairs, this was then divided into three separate games of eight ends like a mini carnival. After every eight ends you played on a different rink with different players. This concept went down well as you were able to play other teams. This was followed by a BBQ and of course the good lamingtons. The women's club would like to thank all that organised the day, and the CEX Woolgoolga staff. Also to all the players who attended and for putting up with the heat in the afternoon.

## Tuesday 2nd February

Woolgoolga held the first carnival of the year, our Twilight High Tea. The carnival is a versatility fours game. So your team of four will play a singles, triples and two pair games. The atmosphere and friendship was great and

we had teams from Sawtell, Urunga, Kempsey, Park Beach, CEX Coffs and CEX Woolgoolga. So there was a great representation from our district and beyond and great to see all rinks full. After the game we all went in for a fabulous high tea thanks to Dayrell and helpers. Also a big thanks to the committee that makes the day run so smoothly. The winning team was a combination of Sawtell and Urunga, 2nd Kempsey, 3rd Sawtell, 4th Woolgoolga. Again what a great day and the rain held off until we finished playing.

## Thursday 4th February

Social Bowls rink 11 S Sweeney, L Fairhall, W Bracher (D) M Carruthers, J Hampstead, M Short, rink 9 C Mitchell, L Virag, S Lund (D) E Nielsen, H Dunbar, N Haines. This week we had our 2021 Pairs Championship of walking pairs 21 ends Monday 8th we had 5 byes and three games M Brookes, J Barratt (D) S Lund, V Valentine, R Gurber D Porta (D) J Womersley, E Nielsen, H Pallister, C Boyden (D) N Haines, H Dunbar.



A Combination of all the winners at the recent High Tea

## Tuesday 9th February

M Brookes, J Barratt (D) R Gurber, D Porta, W Bracher, M Short (D) H Pallister, C Boyden, J Hinchley, J Hampstead (D) L Walsh, V O'Brien, S Bracher, S Sweeney (D) J Lynn, M Campos. Thursday 11th M Brookes, J Barratt (D) W Bracher, M Short, S Bracher, S Sweeney (D) J Hinchley, J Hampstead. Final Saturday 13th M Brookes, J Barratt (D) S Bracher, S Sweeney. The final was a great game to watch and thanks to the many with many spectators, and all players that participated. Early next month will come the club singles champion for 2021 and also our district pennants. This is a stiff

competition with all clubs in the district competing so keep a look out for results. Don't forget we still have twilight bowls on Thursday night for all beginners or players contact M Brookes on 0411 278 298.



Woolgoolga Pairs 2021 Champions  
Meryl Brookes and Janet Barratt

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