

WOOPINews

Woolgoolga and Surrounding Areas June 2021 issue #22

RUOK?




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The Kindness Project



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Like the whale -
Always keep a song
in your heart

1 Share this calendar with someone else

2 Smile at someone. Smiles are contagious

3 Buy the person behind you in line a coffee

4 Leave a treat for your postman

5 Give kind comments to as many people as possible today

6 Cook an extra meal to share with a friend or neighbour

7 Offer spontaneous hugs

8 Look in the mirror and give yourself a compliment

9 Share a book or magazine you have enjoyed

10 Bake a slice for a friend or stranger

11 Text an old friend to check they are ok

12 Write a thank you letter to someone

13 Start a gratitude diary

14 Turn every negative you come across today into a positive

15 Donate a blanket or warm clothes to a homeless organisation

16 Compliment three people

17 Write a kind review for a local business

18 Focus on what you can do and not what you cannot

19 Let someone know how much they mean to you and why

20 Mow your neighbour's nature strip

21 Share a quote you find inspiring to give others a boost

22 List three things that bring you happiness

23 Gift your favourite book

24 Leave a love note for your partner

25 Call a mentor to say thanks

26 Be grateful. List all the kind things others have done for you

27 Hug a tree

28 Give flowers to someone. A friend or a stranger

29 Clean up litter on the street or beach

30 Gift an indoor plant

Some Whaley good advice,
Come up for air ... BREATHE

The Whales do not sing because they have an answer, they sing because they have a song

- Gregory Colbert



Welcome to Woopi News

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

Welcome to Woopi News. We have so much local news to share with you, plus a bit more.

A huge thank you to Surfside Plaza for their R U OK? Fundraiser they held in May. Apart from the afternoon soiree being lots of fun, the event raised \$1175 to go to the [Woohoo Enterprise](#), which is run by the Fluro Friday group who endeavour to do lots of good things around town. They spend any funds they receive locally on suicide prevention, depression support and to help people to understand and accept mental health. The next event organised is a Men's Night at Corindi. They figured the men in the area could do with a check-up from the neck up and have organised a facilitator from the Tomorrow Man to be in town to do just that. You can see more details on page 23.

We have lots of community stories covering [Meals on Wheels](#), [Lifeline](#), [Probus](#), [Red Cross](#), [Blaze Aid](#), [Woopi Gardens](#), [U3A](#), and [Aussie Hero Quilts](#). It makes you really proud to be part of a community that really cares. Our Humans of the Month column highlights two amazing volunteers, David and Annette Dodsworth. You can read this on page 6.

Whale Watch Season is back and so is Peter Ryan's column sharing his self-taught knowledge of whales. If you see Pete up on the headland, go and have a chat. He has so many interesting stories to tell.

We have an update on the Woopi Lake Refurbishment. If you haven't been down there to see the progress, the

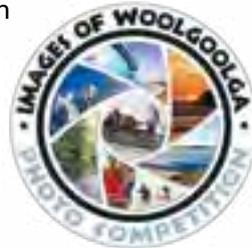
photos will give you an idea of how well everything is progressing.

To bring a smile to your face we had a chat with some of the kids from Rainbow Cottage - check them out on pages 16 and 17.

It's the last month of our Images of Woolgoolga Photograph Competition. You can still vote for your favourites until June 12, then we will announce the top three winners. Then it will be a full-on hectic time for us getting the top photos ready to go to print in our new coffee table photography book.

We want to welcome new advertisers this month, being [Splash n Dash Car Wash](#), [Critters Distillery](#), [Alt Collective](#), [Coffs Law Co](#), [Country to Coast Pest Control](#) and in particular to [Le Dain Designs](#) (check out their centre page spread) in Sawtell. We have been receiving a lot of interest in our magazine from Sawtell, with their community wanting to know more about ours. So, I guess that it works both ways and that we would like to know more about Sawtell. Brett and Ronnie from [XS Surf](#) have opened a new store over there and [One Wave/Fluro Friday](#) are looking to start a Sawtell tribe. So, keep an eye out next month, as all going well, we will bring you a special Sawtell feature inviting you all to make a day trip.

Cheers, Lisa and Brad.



Fluro Friday's Family modeling for Eco Threads at the R U OK? Fundraiser held at Surfside Plaza last month.

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

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



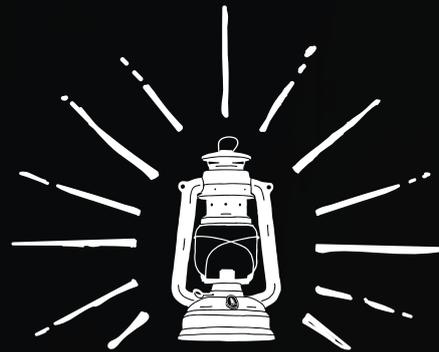
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BUILDING COMMUNITY THROUGH BUSINESS

CHRIS FRASER

When Gin's the "in thing" brew some Vodka instead! The Co-Founder of Critters Distillery talks going against the grain & brewing up a business with a focus on quality process & local sourced ingredients, the importance of community in business, & how minimising the carbon footprint of your business can actually have a positive impact on your bottom line.

CARLINA ERICSON

The Founder of the Australian Festival Industries Conference shares what it's like to throw a party for the party people – how the challenges of the past 12-Months on the Event Sector have made us realise how much we take the Event Industry for granted - & what we can expect to see in Events once this party pooping pandemic is behind us!

DUSTIN BOWIE-FORD

From young gun Chef to Entrepreneur (Ground Earth) to 'Serial Entrepreneur' (add a Burger Joint) Dusty shares with us the challenges of building a local food movement from the frontline & the importance of collaboration & community in building a better business & a better community.

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Woopi News - Woopi Tandoori Nights

Spice up your life and choose Woopi Tandoori Nights for a great night out.

When tourists arrive in Woolgoolga, one of the first things they say is, "Where is the best place to get a curry?"

Our front page photo is of the team from Woopi Tandoori Nights, one of Woolgoolga's favourite Indian Restaurants.

Humble Chef and Owner Amardeep Sandhu followed his passion for cooking by opening this restaurant back in 2019.

Their menu is extensive, covering chicken, lamb, beef, goat, fish, prawn and vegetarian, with majority of the meals available being gluten free.

Menu favourites are the **Tandoori Lamb Cutlets** (pictured below) marinated in yoghurt and spices overnight to ensure peak tenderness and taste, plus the **Saag Gosht** which is your choice of meat or vegetables blended to perfection with fresh green spinach and spices.

Other delicious meals available are:

The Prawn Malabar - a mild curry combined with cream, peas, capsicum and coconut cream.

Lamb Madras - You can choose your own heat level, mild through to hot.

Cheese Kofta - House made cottage cheese balls cooked in creamy masala sauce.

Fish Vindaloo - If you like it, this is what to order.

Punjabi Goat Curry - cooked in the traditional way.

Mumbai Beef - cooked with capsicum and tomatoes and lots of tasty fresh herbs.

Chicken Makhanni - Boneless chicken cooked in a creamy sauce with crushed cashew nuts.

Do-Piazza - Twice cooked onion and capsicum curry with a delicious flavour, available with either Chicken, Beef or Lamb options.

The starters and sides all add to the enjoyment of a night out with Woopi Tandoori Nights.

Try some cucumber raita to cool your mouth down, and their Naan bread is a must. Like the **Goa Naan**, stuffed with onion, capsicum, cheese and coriander or the **Peshwari Naan** filled with coconut and dried fruits. They even have **Chocolate Naan!**

YUM



Owner and chef, Amardeep Sandhu with chef Satpal Singh

Old time favourites like **Vegetable Samosa** and **Butter Chicken** are on the menu, with the kids' favourite being the **Mango Chicken Curry**. It's mild, sweet and tasty. Perfect.

Are your taste buds watering yet?

You can check their menu out online via their facebook page www.facebook.com/woopiTNights plus more photographs of their delicious meals.

Group bookings are well catered for and you can choose to sit inside or out, with the outdoor heaters to keep you warm on the outside, while the curries keep you warm on the inside.

Along with Manager Sukhdeep and the friendly team, Amardeep is happy to cook your favourite Indian meals seven days a week.

They are open for dine-in or takeaway from 5pm each day, with delivery from Emerald to Red Rock available for orders over \$50.

Parties are also catered for.

Bookings are via 6654 0541.

Our front page photo is at the front of Woopi Tandoori nights in Market Street, Woolgoolga and

features Lucy, Kaye, Satpal, Amardeep, Karan and Sukhdeep

Hope you enjoy, let us know how you go!



Humans of the Northern Beaches

Annette and David Dodsworth are volunteers in Woolgoolga, giving up their precious time to help others. They are this month's Humans of the Northern Beaches.

I started by asking them how long they have been in Woopi? A - "I've been in Woopi since 1979 and I moved up from Western Sydney" D - "I've lived in Woopi since 1981 and I moved up from Melbourne".

Wow, both of you had fairly big moves. Where did you meet each other? D&A - "We met in Coffs and have been together for nearly 28 years."

That's super cool. Volunteers are a special type of person. They are people who think of others and decide to use some of their time to help.

I had to ask them why they do what they do? A - "To give back to the community, to make people happy, or try anyway. Once I started, it just got better and I became more involved. I have met a lot of new people, I love it." D - "We recently helped people who were affected by the floods and to be able to assist our locals in the little way we can is very rewarding." A - "We have also been interstate and helped with the bushfires, so it's not just Woopi, it's all over Australia."

How cool is that folks? Not only do they help our locals, they travel interstate to help fellow Aussies, no matter where they are, not asking for anything, any money or reward, just doing it because it gives them satisfaction.

Both Annette and David have recently received special awards from the Red Cross and the NSW Premier honouring them for their time and their more than



20 years of service.

If you guys weren't volunteering what would you be doing? D - "We would be travelling." A - "Yeah that's it, travelling all over Australia. We love seeing new places and new people."

You guys aren't moving anywhere I take it? D - "Mate we love it here and we will never move away, why would you want to?" A - "There are so many groups for people to be involved with here, sporting, etc., but it's not only these groups that keep us here, it's the people. Everyone here is lovely and understands how beautiful it is and how blessed we are."

Well folks, we are blessed, and we are lucky to have people like these two in our community. Are you involved in the community? Are you giving up some of

your time to help others?

Becoming a volunteer is something special, it's your chance to be a part of a much bigger picture and will reward you in ways that you would never have thought.

Annette and David frequent the local cafes, so if you see them about, say hello. They are always up for a chat and would also be able to help you learn how to become a volunteer. All you have to do is ask.

I enjoyed my time with these guys, they are my friends that I call family. *With only one question left to ask... Is it Woopi or Woolgoolga?* A&D - "WOOP!"

Annette and David Dodsworth are Humans of the Northern Beaches and I can't wait to speak to more.

Garreth Nicholls

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Woopi Whale Tales

It's Whale Watching Season again. It's hard to find anywhere better than Woopi Headland to watch this annual migration. There have been a few glimpses so far and if last year is anything to go by, we are expecting many more sightings.

Meanwhile Woopi News has asked local Whale enthusiast, Peter Ryan, to share his whale knowledge with us to help you understand these beautiful creatures a little bit more.

Commercial Whaling began in Australia in 1791 when ships from the third fleet were converted into whaling boats, creating Australia's first primary industry. By the 1850s, the whaling industry employed thousands of men and exported whale by-products worth some four million pounds. The two main by-products from whaling were whale blubber oil, for lubricating, heating, lighting, candles, bases for perfumes and cosmetics. Baleen or whale bone was used for corsets, whips and umbrellas.

First southern right and sperm whales were targeted, followed by humpbacks and other species. Some estimates have up to 15,000 humpbacks taken just off the east coast of Australia between 1949 and 1962 and up to 50,000 humpbacks from the southern ocean between 1947 and 1973. Humpback whaling was banned by the International Whaling Commission back in 1963. Some countries ignored

the ban and continued whaling throughout the Southern Ocean depleting the remaining stocks of humpback. By the mid 60s on the east and west coast of Australia, humpback numbers were as low as 500, placing the humpback in the endangered species category. Whaling continued in Australia until 1978, mainly targeting sperm whales. Cheynes Beach Whaling Station in Western Australia was the last to close in 1978. The Byron Bay Whaling Station had closed in 1962. Scientists, conservationists and a change in public attitude forced the government to introduce the Whale Protection Act 1980, which has now been replaced by the Environment Protection and Biodiversity

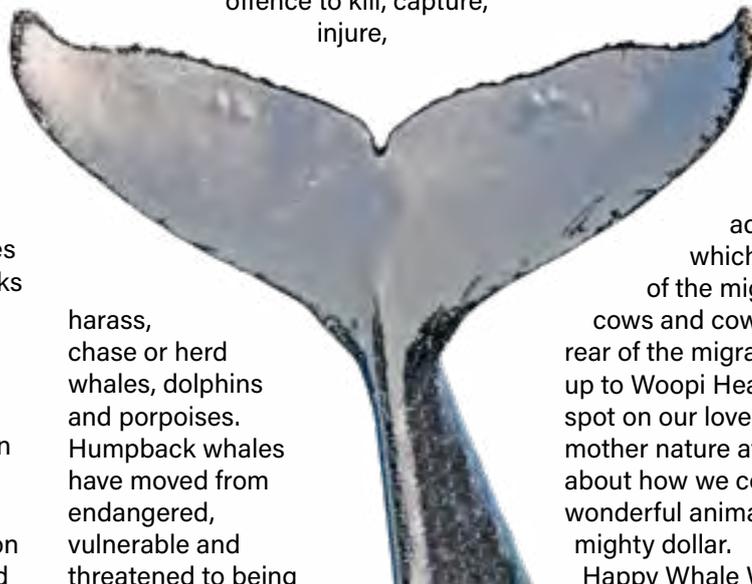
Conservation Act 1999, making it an offence to kill, capture, injure,

harass, chase or herd whales, dolphins and porpoises. Humpback whales have moved from endangered, vulnerable and threatened to being

of least concern. Not judging, but glad those days are over. Since the mid 80s the humpback population has been increasing at around 10% each year, with over 30,000 whales now migrating along the east coast of Australia. Humpbacks spend around six months of the year feeding in the ice cold waters of Antarctica, building up fat storage for the 10,000 km round journey to the warmer water for mating and birthing. The majority of humpbacks begin their annual migration north from June to August and return south from September to November. Their return is dependent on water temperature and sea ice, so the time of the humpback whales' migration may vary from year to year.

Pregnant females may leave Antarctica early to give birth in the warmer waters but as a general rule the migration will be led by young juvenile males, followed by adult breeding whales which make up the majority of the migration. Then, pregnant cows and cow calves will be at the rear of the migration. So get yourself up to Woopi Headland or any viewing spot on our lovely coast and enjoy mother nature at her best. Maybe think about how we could have lost these wonderful animals in the pursuit of the mighty dollar.

Happy Whale Watching. - Peter Ryan



Finally for people suffering with knee pain...

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

Exclusive report by Ben Leyson

To the person suffering from knee pain.

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

Or do you feel as though you have never fully recovered from an injury in your early twenties? Perhaps you have been told that surgery is the only thing that can fix it? Even worse, have you been told to just to accept your painful limiting knees and are already missing out doing things you love?

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

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

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

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

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

That's why I have created this special 4 page

report, which 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!

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

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Woopi News - Meals on Wheels

For the past 30 years Woolgoolga Meals on Wheels has been providing nutritious meals, wellness checks and companionship to the elderly and disabled of Woolgoolga.

Woopi Meals on Wheels started out in a local volunteer's kitchen, moving to the United Church Hall, then into the Girl Guides Hall, which was situated where The Seniors Centre is now. Then in 1995 it moved to its current place at the Community Village Hall (Mud Hut).

26 years of the Woopi Branch and it's team of dedicated staff and volunteers continue into the future with an exciting amalgamation. It will now be known as Coffs Coast Meals on Wheels. Still the same great local service with the same friendly local team.

Woopi Meals on Wheels expanded during Covid and took on more volunteers when the restrictions were lifted so that they could continue to serve the community with delivering meals and connecting with customers to make sure they are all doing well.

The volunteers are always received well by the community and many look forward to the visit of their MOW volunteer when they drop off the meals, have a chat and even sometimes share a cuppa. They are committed to working to keep the vulnerable in the community connected and have always been there, and will continue to be there to support those who may be experiencing isolation or loneliness.

For the months of May through October 2021 they are running a Chill and Chats Community voucher



Meals on Wheels staff and volunteers

Vicky Turner, Bronwyn Webber, Leanne Marchant, Lori Jeffrey, Karen Bellamy, Michael Winnel, Camilla Croft, Jenelle McGoldrick, Helen Francis, Linda Stewart and Greg Breen.

program encouraging clients to get out into the community, if they can, for a cup of tea/coffee on them. An initiative made possible with the support of local Woopi cafes.

To access this service you can refer yourself, or a family member or a medical practitioner may refer you. Access to services is available through My Aged Care, the Australian Government entry point to the aged care system. My Aged Care will conduct an assessment and identify long-term goals.

They are also able to provide meals for other people who are not over 65. If you have a disability, are a carer, have recently been in hospital or have an injury, or just need a meal for the freezer – MOW can supply you with meals at a retail price. Just contact the friendly staff on 6654 2870.

New volunteers are always needed for deliveries on Monday and Friday. Office hours are 8.30 am to 2.30pm Monday, Wednesday and Friday. There is an

answer service to receive calls at any other times. You can order online with meals ranging from \$5 to \$7.

www.mealsonwheelscoffscoast.org.au/

The Meals on Wheels concept originated in Britain during WWII, with authorities delivering meals to elderly, frail people. The first Australian service began in 1953 when Mrs E. Watts pedalled a tricycle around South Melbourne. The first meal was soup, roast lamb and plum pudding and cost 1/3d (around 13 cents). In 1954, the Red Cross provided a car and volunteers to deliver the meals.

Meals on Wheels has operated in Coffs Harbour for over 50 years.

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Woopi News - Shred Mums



Shred Mums - Anna Miley, Deb Gentle, Toni Frost and Carlie Boyd with Fiona Page at the front

A group of beautiful local women has recently discovered the fun of skateboarding. Woopi News caught up with a couple of them.

Q: You recently started skateboarding lessons at Skate and Create, how did that come about?

Fiona: I've always been around skateboarding and my husband is a skateboarder. I never considered it until my daughter's kindy teacher asked me if I would be interested in skateboarding lessons (what a legend).

Anna: My friend Deb organised for us to go down to Skate and Create together.

Q: What do your friends and family think about you riding a skateboard?

Fiona: When I first told my friends and family that I was doing skateboarding lessons they all seemed really surprised but loved the idea. Since then it has sparked a lot of interest amongst my friends.

Anna: I am not one to get too worried about what other people think about what I am doing but I know my mum was not that excited about me being on a skateboard! My son Jack thought it was awesome! But he was also keen to tell me he was still better at it than

me!

Q: What have been some of the benefits of skateboarding for you?

Fiona: My husband is a really good skateboarder and I have watched him for years and have always wanted to give it a go but have always been afraid to hurt myself. Giving it a go gave me so much more confidence in my own ability and also the opportunity to hang out with a group of really boss ladies (and Matty).

Anna: I wanted to give skateboarding a go as I had not skated since my early teens when I was dating a skater boy! I love challenging myself and I was genuinely scared of hurting myself, so it was great to have to do some mindset work and get in the zone mentally to keep myself safe and have fun. I am stoked my balance and coordination are hanging in there enough to stay upright on the skateboard.

Q: What did you learn about yourself?

Fiona: That I am capable of so much more and to not be afraid to give new things a go, regardless of how extreme it may seem.

Anna: That my reckless enthusiasm for trying new things and challenging myself is still strong!

Q: Was it as hard or dangerous as you thought?

Fiona: No way. Matty is such a good teacher and we started from the basics, which gave us the opportunity to build up our confidence and go at our own pace.

Anna: Yes, skateboarding is a high risk activity, but Matty is such a professional and progressed us slowly so we were as safe as possible.

What would you say to other women thinking about learning skateboarding?

Fiona: Give it a go. When you walk out of there you feel like you have achieved something you never would.

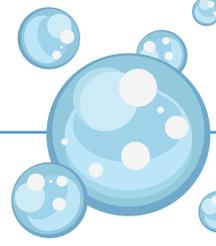
Anna: I encourage you to try it out if it interests you. I felt so stoked after each class and I feel confident now to skate with my kids down to the beach - yew!

Q: Any other comments, thoughts?

Fiona: I would love to see skateboarding make a big comeback for everyone, so get involved and support such an awesome local business.

Anna: Support local business! As a local business owner, I am constantly excited about the thriving business innovation in our area. I love what Matty is doing at Skate and Create.

Woopi News - Splash n Dash



Woolgoolga's only "Hot High-Pressure" Car Wash

Owned and operated by a local family who supports the community in many ways. Des Hunt Exhaust & Mechanical Centre in Bosworth Road has been operating for over 31 years. Specialists in exhausts and full mechanical services, all completed by an experienced and fully licensed tradesman.

Their car wash facility which is around the corner in Featherstone Drive offers nine functions to give your vehicle the best possible wash.

- (1) Low-pressure tyre & engine cleaner
- (2) Low-pressure bug remover
- (3) Low-pressure pre-soak. These functions are designed to soak off the road grime (bugs, etc.)
- (4) High pressure "hot soapy wash" **(this is the only hot wash in the Coffs area)**
- (5) Foaming brush (using high-quality fine hog's hair brushes so as to not scratch your vehicle)
- (6) High-pressure rinse

(7) Splatter wax or foaming conditioner
(8) Clearcoat protectant, which forms a shield on your duco and allows water to bead and roll off

(9) Spot free rinse (this low pressure rinse is done with distilled water preventing streaking and eliminating the use of a chamois).

The facility also offers two vacuum bays, a fragrance applicator, coin and note changer (card facility on the wash bays will soon be installed), and is open 24 hours, 7 days per week.

They also offer a mini car-detailing operation five days per week. Liz can be contacted on 0402 813 999.

Having been built with extra high wash booms, the wash bays can accommodate large prime-movers (trucks), caravans, horse floats, mini excavators on trailers, large boats, motor homes and mini buses. A ramp in one bay allows for washing the top of 4wds and vans. The open, airy & tiled wash bays allow the user a pleasant and safe experience while washing.

No recycled water is used at this facility, only town water and rain water collected and stored from the roof areas. Both types of water are run through a very fine filtration system before they enter the wash.

As mentioned earlier, this wash provides "hot water" on the wash cycle. This is set at 55 degrees so as to remove the grime and not bake it on the duco.

Woopi Splash n Dash Car Wash has been in operation for the past 16 years, providing the people of Woolgoolga and surrounding area with an environmentally friendly way to wash their vehicles, using high quality biodegradable detergents for a clean and eco friendly wash.

For any problems in the washing of your vehicles, mini-detailing or exhaust and mechanical problems you can contact Des Hunt on 6654 2727 or 0439 113 538 or Liz Hunt on 0402 813 999. Both businesses provide a free pick up and delivery service.



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Pregnancy and Post-Natal Recovery - How Can a Physio Help?



Are you pregnant and suffering with back pain? Have you just had a baby and unsure about how to help your body recover? Are you wanting to get back to exercise and not sure when it's safe, or whether your pelvic floor is up to it? Pelvic health physios are an integral part of the healthcare team through pregnancy and the postnatal period. But what exactly can they help with? We caught up with Sarah Brown, pelvic physio at Mid North Coast Physio in Woopi, to find out more.

What can pelvic floor physio help me with during my pregnancy?

Pregnancy is a time of enormous physical change in the body. Pelvic physios are full of information about the changes that occur and what it means for you as you progress through pregnancy. We have post-graduate training in the ways pregnancy affects the various systems in your body- particularly the impact of pregnancy and childbirth on your pelvis, pelvic floor muscles and pelvic organs. We can guide you through the role of the pelvic floor muscles, help you

prepare for labour and delivery, assist in managing pain such as Pregnancy-Related Pelvic Girdle Pain and Low Back Pain AND help you manage any symptoms of pelvic floor dysfunction (e.g. urinary incontinence).

When should I see a physio during pregnancy?

It's a great idea to have a chat with your pelvic health physio and run through some birth preparation as you progress through your second and third trimesters. It's also helpful to check in at any time if you have specific questions about exercise in pregnancy, have a history of pelvic floor dysfunction prior to pregnancy or are experiencing any aches and pains.

What about after I give birth?

After either a vaginal delivery or caesarean, you should see a pelvic health physio at the 6-week mark as you do your midwife/ GP/obstetrician. This is where pelvic health physio can address any birth injuries (perineal tears, pelvic organ prolapse, C-Section scars), assess the function of the

pelvic floor muscles and help you get back to physical activity safely. Pelvic physios will be able to provide advice, guidance, and a plan for rehabilitation after giving birth.

What services do you offer at Mid North Coast Physio?

ALL OF THE ABOVE! I work with women through pregnancy offering birth prep consultations, 1:1 exercise sessions, and run hydrotherapy classes (which are great for relieving pain, reducing swelling and offloading pressure as bub grows in pregnancy).

I also provide individual postnatal reviews from the 6-week mark where we discuss any concerns you have after giving birth, and start to work towards your goals!

Thanks Sarah.

To book your pregnancy assessment, post-natal review, or Healthy Mums Hydro class with Sarah, call the friendly admin team at Mid North Coast Physio on 1300 27 37 47.



mid north coast
PHYSIOTHERAPY
and sports injury clinic

www.mncphysio.com.au

1300 27 37 47

info@mncphysio.com.au

Woolgoolga

PO Box 80,
19 Market Street,
Woolgoolga, NSW 2456

Moonee Beach

Coffs Coast Health Club,
28 Moonee Beach Road,
Moonee Beach, NSW 2450

Toormina

Coffs Coast Health Club,
600b Hogbin Drive
Toormina, NSW 2452

Urunga

PO Box 186,
18 Bonville Street,
Urunga, NSW 2455



Our Woopi Community

'Unstoppable' describes the Woolgoolga Red Cross Volunteers and Members.

World Red Cross Day is celebrated annually in May to mark the birth of Henri Dunant, the founder of the International Red Cross movement. It is also the opportunity to celebrate the humanitarian work of Red Cross members and volunteers who provide so much support for the organisation. This year the theme for World Red Cross Day is 'unstoppable' and our local Branch members and volunteers have certainly shown themselves to be unstoppable in their work to support the disadvantaged with innovative and dedicated programs.

The Woolgoolga community was very well represented, with locals acknowledged with several prestigious awards at a World Red Cross Day ceremony in Sydney. The local Emergency Support Team received the Distinguished Team Award for their work in the bushfires and floods over many months and Megan Hart was recognised with a Humanitarian Partner Award. Local celebrations for those awards will take place shortly.



Recognition was also given to Helen and Paul Hunt (pictured above) whose work over some 20 years was acknowledged with NSW Service Awards. Together Helen and Paul have committed some 20 years to assisting with the annual Red Cross Calling campaign. In the early years they marshalled family and friends to door-knock the whole of Country Club Estate, often in really challenging weather and with considerable distances to cover on foot. In 2012 they confirmed their commitment to the humanitarian movement by officially joining the local Branch. More recently they have assisted with stalls at markets where, as well-known locals, they are able to spread their knowledge of the Red Cross organisation amongst other community members. Helen and Paul are certainly 'unstoppable' in their approach to helping others and are worthy of their awards.



Pictured above is Red Cross Regional Manager Northern NSW, Janelle Cazaubon, Humanitarian Partner Award winner, Megan Hart and Red Cross Representative Judith Jackson.

Megan is a teacher at Woolgoolga High School and has been promoting Red Cross Calling for over 12 years, encouraging and supporting students in the annual door-knock campaign among other fundraising and volunteering initiatives. Congratulations Megan.

If you are interested in learning more about the work of Red Cross, you are invited to attend any Branch meeting, held on the second Tuesday of the month at 1.30pm at the CWA Rooms or phone 0409 600 056.



LIFE · FRESH · LOCAL

People often ask how do we compete with the big boys.

We never aim to be the cheapest. If we did it would simply mean someone in the supply chain is missing out on a fair income for the hard work they do.

We do however aim to bring our customers the very best quality that the local market has to offer.

We do this by simply listening and talking to our suppliers.

We offer a 100% satisfaction guarantee.

Friendly Service is our default position and not contrived. We know how important service is in a world where contact is avoided.

We are "Where Fresh Meets Local"



Woopi Fresh

Shop 3 / 66 River Street, Woolgoolga

www.woopifresh.com.au

Phone 0417 144 710



Woopi News - Woolgoolga Lake Update

The foreshore stabilisation of Woolgoolga Lake Reserve has been a long time coming and is now progressing very well.

Background: The Revive Woopi Lake campaign began with Bill Buckless (pictured below) in 2009. At the time he was the Secretary of the Northern Beaches Residents Association (NBRA). A 10-point proposal was given to Coffs Harbour City Council's General



Manager to improve water quality, foreshore erosion and revegetation, as well as the reserve, amenities and walkways.

In 2018 attention was brought to the forefront again when Bill and long-term residents, Mike Kelly and George Cooper, met with Andrew Fraser, Gurmeh Singh and the then Lands Minister Paul Toole, who pledged that something needed doing before we lost this asset forever!

A call went out for community support for a meeting on moving forward.

In February 2019 over 150 concerned residents attended a meeting at Woolgoolga Lake. Hon. Kevin Hogan, Gurmeh Singh, Deputy Mayor Tegan Swan and the media attended.

From this meeting a core group of ten go-getters, representing all aspects of the community and their concerns, was formed. The Woolgoolga Lake Working Group (WLWG).

Woolgoolga Lake foreshore stabilisation and part of a walking trail

was proposed to the NSW Government through the 'My Community Project' grant round, early in 2019. The proposal, along with 15 others from the community, was shortlisted. All the proposals were voted on by the community. The Woolgoolga Lake (over 2000 votes), along with two others, received the most votes and were funded \$75,820 in early 2020.

The WLWG has been supporting the project from the voting stage and now playing an important role towards the implementation phase with Council. Working with Coffs Harbour City Council, during the consultation period, the WLWG worked to change the original proposed plan.

An environmental coastal engineer was engaged to provide a more sustainable stabilisation that requires less maintenance than the original plan. This then led to requiring more funds! WLWG Inc applied and was awarded two grants. An Environmental Sustainability Grant of \$20,000 for the replanting and turfing of the proposed



Market Street, Woolgoolga • 0423 079 867 • Monday to Friday 9-5 • Saturday 9-3 • Sunday Closed

Woopi News - Woolgoolga Lake Update

foreshore stabilisation and also a Council Community Infrastructure grant of \$85,820.

In March this year, just before the big rain event, the foreshore stabilisation commenced. Luckily the large sandstone blocks were placed earlier and prevented further erosion. Currently the area is still roped off to allow for plants and turf to become established. Since this rain event the lake has only been closed for ten days in total, therefore great for fish species to breed and for all the other ecosystems and environments that thrive within a healthier lake system.

Next project:

The WLWG Inc has currently applied for grants to complete the infrastructure of the picnic area. New picnic tables and chairs, shelters, outdoor shower and water bottle refill stations, plus extra bench seating. If you would like to support the WLWG Inc, grant applications, letters of support from community members, other community groups and local businesses would help their chances of success, proving community support for the proposed projects.

Currently there are a couple of projects requiring more member and community assistance, being Lake water quality testing and Woolgoolga Lake Landcare Group. New members and expressions of support are always welcome. Contact the group on email: wlgw2456@gmail.com



The Woolgoolga Lake stabilisation before and after. Note the location of the bench seat to compare the foreshore improvement.



Tatty's



Surfside Plaza
SHOPPING CENTRE

Enjoy coffee, burgers, shakes and much more in the lovely outdoor courtyard.

Great Coffee Tasty Food



6654 7747 – Monday to Friday 6-4, Saturday 6-2, Sunday 7-1

Woopi News - Woopi Kids

When you're spending the day at a place named Rainbow Cottage, how could your kids not be feeling happy.

Rainbow Cottage Early Learning Centre in Woolgoolga has been caring for and educating Woopi kids for over 33 years. They are looking after children of children who have made lifetime memories being

a part of the Rainbow Cottage family. These little people are the future of Woolgoolga. We asked a few of them a couple of questions and their answers are sure to bring a smile to your face.

Question: If you had to give all of your toys away, who would you give them to?



Andy: I would give them to my friends



Sonny: I would give my toys to my cousins



Eden: My family



Rainbow Cottage
EARLY LEARNING CENTRE



Woolgoolga

- A not-for-profit community-based long day care service operating Monday to Friday from 7:45am-5:45pm
- Providing high quality early childhood educational programs including a full preschool and school readiness program the year before school
- Focused on creating meaningful early childhood experiences
- Offering large, natural, open outdoor learning environments
- Led by a team of highly qualified, dedicated, and passionate educators
- Catering for children from 2-5 years
- Located in the heart of Woolgoolga
- Proudly providing education and care to families in our local community for over 33 years

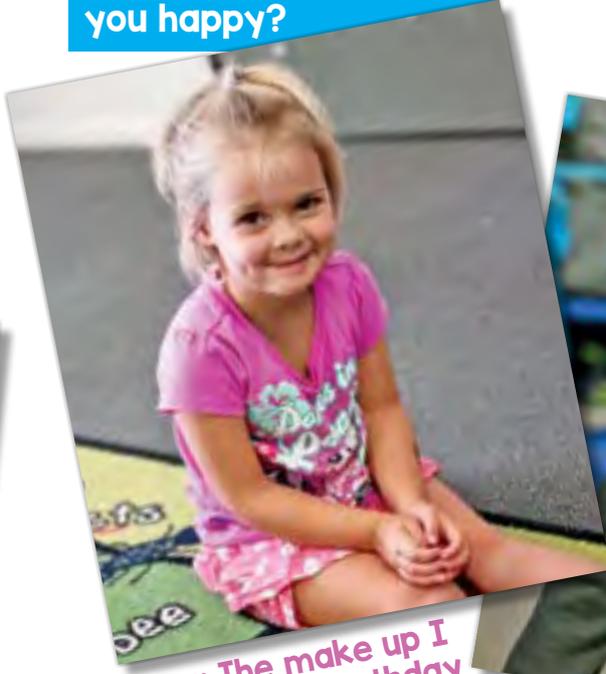
TAKING ENROLMENTS FOR 2021 NOW! 71 Turon Parade Woolgoolga

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



Question: What makes you happy?

Will: playing with my toys, Chase and Boulder



Ivy: The make up I got for my birthday



Charlotte: playing with my brother



Nyah: When my friends share with me



Vaccination against influenza (flu) remains important this year. Flu is a highly contagious viral infection that can cause widespread illness and deaths every year. Vaccination is our best defence against flu viruses.

Behaviours such as increased hand washing and social distancing helped to stop the spread of flu viruses in the community last year. Relaxing social distancing restrictions this year may allow flu viruses to recirculate, even if they were hardly seen in 2020.

Flu Vaccinations are now available at Woolgoolga Coastal Chemist, helping protect the community from influenza.

**Vaccination experts recommend flu vaccination for all people aged 6 months and over.*



Woolgoolga Coastal Chemist

46 Beach Street, Woolgoolga 6654 1893



What is a Sensory Board?

A sensory board or busy board (as they're often called) is an engaging wooden board covered in fun hands-on activities for children to manipulate, explore and experiment with. These activities often include spinning, flicking, sliding, rotating, twisting, ringing, rolling, zipping, opening and closing objects and everyday items like zippers and latches. Children naturally want to play with all the things that they're not allowed to like light switches, buttons, door knobs, buckles, etc. Rather than saying no, these boards provide a great alternative for little ones to learn about these different mechanisms and objects they're interested in. These boards provide the opportunity for children to learn through play and interaction while keeping them educated and happy.

Why use a sensory board?

Fine Motor Skills

Through the use of sensory boards, children develop their fine motor skills (ability to use and coordinate small muscle groups) by learning how to pinch, twist, slide, flick, push, pull and spin.

Hand-Eye Coordination

These boards allow children to practise and perfect their hand-eye coordination, a skill required in many areas of life such as sports, reading, writing, etc.



Problem Solving

Sensory boards encourage natural curiosity and investigative skills. For example, "If I want to open this door I need to undo this lock."

Language Development

Children develop language by talking about their experiences. A sensory board offers the perfect way to play with different types of textures and objects assisting children to build new ways of talking about the world.

Cause & Effect

Sensory boards allow young children to develop their understanding of the cause and effect relationship. Their behaviour and actions result in a response such as, "If I spin this, it will make a sound."

Mindfulness

In addition to being fun, using a sensory board can have a therapeutic effect on children and adults! The boards can provide a space for people to sit, fiddle and process big emotions, be present or just zone out.

Confidence

Children feel an increased sense of self-worth and confidence through the achievement of any activity which they are able to complete independently.

Sort and Categorise

Sensory boards encourage children to explore and investigate. Their brains learn to identify and categorise different objects and differentiate various sensations, such as soft and hard or smooth and rough.

At Rainbow Creative in Woolgoolga, we have lots of options for sensory play available, such as sensory activity boards, scented playdough, playdough kits and themed sensory bins. <https://rainbow-creative.com>

"The beautiful thing about learning is that no one can take it away from you - B.B. King

FEATHER & NEST

SHOP 11/ 53 BEACH ST, WOOLGOOLGA
NEXT TO BLUEBOTTLES CAFE
FEATHERANDNEST.COM.AU



KATIEPLEDGER
ACCOUNTANTS

TIPS ON HOW TO PAY LESS TAX

Act before 30 June 2021!

Australia's corporate tax rate ranks alongside those of the highest-collecting nations of the developed world. So, it is no wonder that it brings pure joy to Australian taxpayers when they can legally minimise their tax or in turn, increase their tax refund.

But how?

Review your income leading up to year's end.

The Tax Office assesses your income when an invoice is issued (accruals basis) although there are some cash basis exemptions. So, it might be advantageous to hold off on invoicing prior to 30 June and defer income.

Consider prepaying eligible expenses.

If you are a small business, you may be eligible to claim a tax deduction for prepaid expenses including rent, business insurances, some utilities, interest.

Conduct a stocktake.

If your business carries stock then a stocktake is required before year end. Ensure you identify any unsaleable or damaged stock as this could be used as a tax deduction.

Review your debts and write off any bad debts.

There is no point paying tax on money you are unlikely to receive. You can claim a deduction for any debt outstanding for 12 months or more that you have made a reasonable attempt to recover.

Full expensing of depreciating assets.

The full asset expense allows a business to claim an immediate tax deduction for any depreciable asset that will be used in the business. This applies to almost every business in Australia, for assets purchased between October 2020 – June 2022.

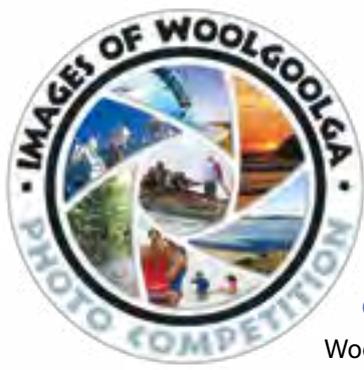
admin@kpaccountants.com.au



Katie Pledger Accountants

0427 601 756





Images of Woolgoolga and the Northern

LAST DAYS TO VOTE !
Images of Woolgoolga Photo Competition has over 400 entries.

Woopi News, along with sponsors The Woolgoolga and Northern Beaches Chamber of Commerce and Costa Berries, is proud to have brought you this exciting competition over the past 6 months. There are so many amazingly talented photographers out there who 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.'

Entries have now closed.
Voting is open until June 12.

The top 100 or so photos will be published in a beautiful, glossy, coffee-table book. This book will be published and for sale in August 2021, just before Father's Day and Christmas.

To vote you will need to go to www.woopinews.com.au/photo-competition You can vote for as many photos as you like but only once per photo.



📍 Anonymous Sand Sculpture at Mullaway Beach
by Maree Crook

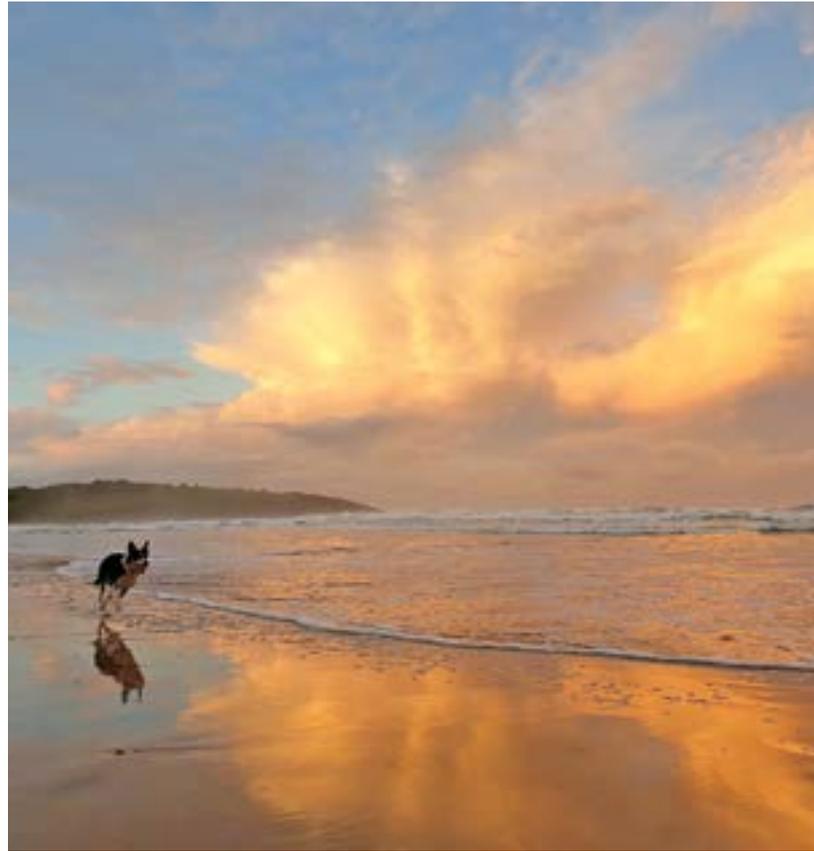
Any enquiries, please send to woopinews@gmail.com
Here is a randomly picked selection of some of the fabulous entries so far.



📍 History repeats By Sam Hill



➤ Arrawarra Headland light show by Justin Dendle



➤ Freedom - after the rain by Sarah Bailey



➤ A beautiful day on Woolgoolga Beach by Barry Callister

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injury**

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 Work cover injuries/conditioning
 Physical capacity assessments
 Hydrotherapy, dry needling
- Radial Shockwave Therapy:
 Treatment for tendinosis/calcific,
 plantar fasciitis, myofascial release
- Exercise Physiology: Strengthening,
 Health & Disease Management

- Pilates: Gym, individual and classes
- Remedial massage
 Acupuncture / TCM
- NDIS provider
- Motor vehicle injuries, DVA, EPC
- EXOS bracing, taping and bracing
 Fibreglass plastering and removal
- Physio product sales
 Braces, crutches, moon boot hirage

Woolgoolga 6654 2477 – 3 Fawcett Street Coffs Harbour 6651 9622 – 78 Albany Street
www.ccsp.net.au

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

What's On in Woopi

DREAM ON!

Saturday 5th June 9am -4pm

Come and gather on Gumbayngirr Country to connect, to dance and sing, to share culture and celebrate life!

Dream On is a free annual community cultural event designed to showcase and celebrate the cultural achievements of our regional First Nation's people. Yarrawarra means Happy Meeting Place so this is a gathering in spirit of what our cultural centre is all about.

The day unfolds with ceremony and welcome to country and delivers a broad range of fun and engaging activities at The Yarrawarra Aboriginal Cultural Centre.

The Gallery & Bush Tucker Café will be open as well, whilst the grounds are alive with activity with market stalls, performances, kids and adult cultural workshops, bush tucker and medicine tours, elders yarning circle and scrumptious native foods.

There will also be a jumping castle, kids obstacle course and face painting. This is a drug and alcohol-free family event. 69 Red Rock Rd, Corindi Beach. Ph: 6640 7104.



Australia's Economic Recovery

Australia is the third fastest growing economy in the world

More people are employed today, than before the pandemic

Unemployment rate has dropped from 7.5% to 5.6%

Kevin HOGAN MP
FEDERAL MEMBER FOR PAGE



What's On in Woopi

Woolgoolga Red Cross Branch's Friendship Afternoon Tea

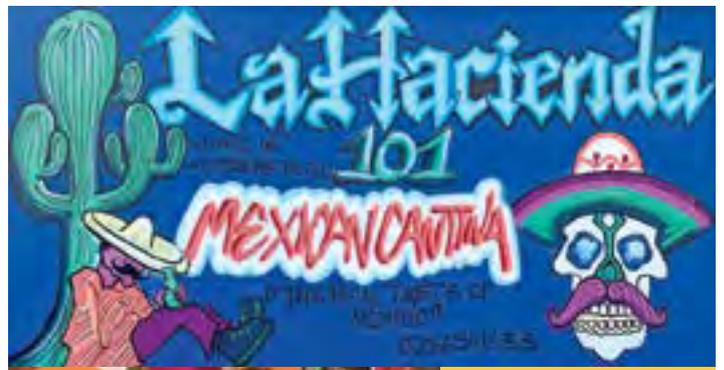
All are welcome to come and make some friends, enjoy some local entertainment and a scrumptious afternoon tea.
 Date: Friday 25th June 2021.
 Time: 2pm-4pm. Fee: \$2.00 (just to cover cost of hall hire).
 Venue: Woolgoolga Senior's Centre, 6 Boundary Street.

The Tomorrow Man comes to Corindi

Hosted by Brett Pilon from XS Surf and One Wave Fluro Friday - An opportunity for men to meet and connect. To explore how they can look after themselves, their mates and families. Too many men are taking their own lives. This is time to have a no-holds-barred conversation about the state of man, how to help each other and how to break the stereotype. This program has been extremely popular when held in Woolgoolga and timely for the men of Corindi.
 Date: Monday 7th June 2021.
 Time: 6pm-9pm. FREE - light dinner supplied.
 Venue: Amble Inn, 7 Tasman Street, Corindi Beach.

Sensory Overload

Enjoy a sensory sundowners experience at Critters Distillery. Local illustrator and designer, Alykat Creative will be sharing her Australian flora and fauna inspired artwork. Local food artist Byron Goh from Cafe Ophelia will be sharing selected canapés using local native produce. Local bespoke distiller Chris Fraser will be sharing samples of in-house artisan spirits used to create drinks by the talented cocktail maker Kamil Piotrowski.
 Date: Sunday 13 June 2021
 Time: 4-7pm
 Price: \$125 pp
 Dress: Smart Cocktail.



Burritos
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 tostadas
 nachos
 tacos
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 - are you hungry yet?

Mexican beers
 tequilas
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Bookings essential



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 EMERALD BEACH
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Open from 5 pm Thursday to Monday
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What's On in Woopi

Beekeeping Workshop

An introduction to Beekeeping Workshop will be held by Coffs Beekeeping Supplies at the Woopi Bee Shed, 23 Hawke Drive on Saturday June 12 at 1.30pm.

This free workshop is perfect for people first learning about bee keeping or those thinking of becoming a bee keeper, but not quite sure how much work is involved. You will learn the pros and cons of the different types of hives available, your obligations, safety features, etc.



Alan Thomas, the President of the Coffs Harbour Amateur Beekeeping Association, and well known apiarist, will be giving the presentation.

Bookings required via CoffsBeekeepingSupplies@gmail.com or 0447 308 906.

Woopi Gardens Workshop

Using Abundant Seasonal Foods with Louise Hensby. Sunday June 20, 10am till 2pm - 79 Scarborough Street, Woolgoolga. Tickets essential via eventbrite.

6 Degrees CONNECT - Tour And Free Co-working Day

Have you been wondering what this co-working space is all about? Curious about who else is working out of this kind of space? Do you want to try it out before you sign up?

Then this is the moment you have been waiting for!

Check out all the facilities at the 6 Degrees Woolgoolga Co-working Space. Morning tea at 10am plus Free Co-working after.

Local Luminaries - Building Community Through Business

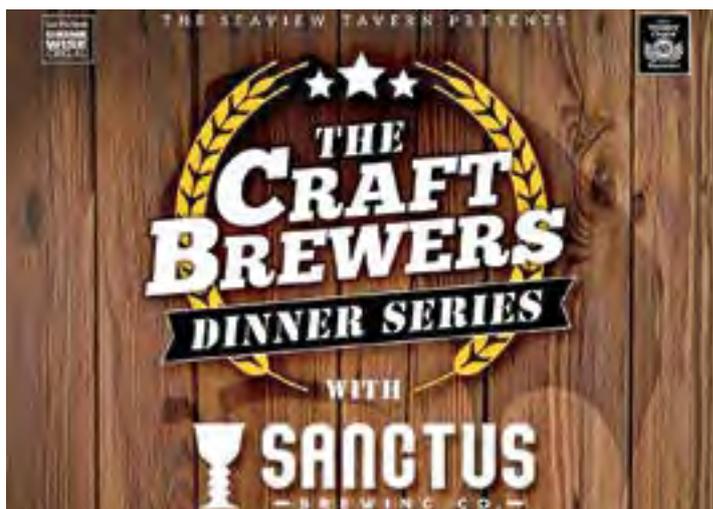
Woopi Luminaries is hitting the road, connecting with some great local business minds sharing their insights including; CHRIS FRASER – Co-Founder of Critters Distillery CARLINA ERICSON – Founder of the Australian Festival Industries Conference DUSTIN BOWIE-FORD – From young gun Chef to Entrepreneur (Ground Earth).

Enjoy a few drinks and a bite to eat as we explore the topic of 'Building Community Through Business.' [Tickets essential via Eventbrite.](#)

Election Candidate Info Session - Northern Beaches

Council is holding an information session for people considering nominating as a candidate in the upcoming local government elections.

The local government elections will be held on 4 September 2021. Council is holding a number of information sessions for people thinking about nominating as a candidate in the elections. The session will help you decide if standing for the election is the right decision for you and will also explain what to expect if you are elected. The sessions will be facilitated by Emma Broomfield, Founder and Chief Educator at Locale Learning.



An Evening of Great Food And Sensational Beer

Sanctus Brewing Co will be showcasing four great beers. The Seaview Tavern's head chef has created three tasty courses to complement them plus you will also receive a 4 pack of Sanctus beer to take home.

Date: Friday 4 June 2021

Time: 6:30pm to 10pm -Fee: \$55 per person

Venue: Seaview Tavern 51 River Street, Woolgoolga.

What's New

Aldi Moonee?

An application has been placed to open an Aldi store at the Moonee Market Place.

Domino's Woolgoolga

Domino's Pizza have put in an application to open at Woolgoolga Central. They are hoping to remain open till 2am.

African Drumming Classes

Have started behind the Furniture Station at 21 Beach Street, Woolgoolga every Tuesday from 6-7. Drums provided \$25 - www.drummergirl.com.au



Takeaway Taffy's on Nightingale Street

You can get a great take-away coffee from the new cart (next to Shell's by the Sea Takeaway). You can ring through your order via 0422 275 922 then park right out the front for fast easy pickup. (Isn't that The Headlight Guy in the photo?)

Subway Woolgoolga Winter Charity Appeal

Subway have put out a new appeal for blankets, tents, tarps, non-perishable goods, socks, scarves and warm clothing and food. All items can be dropped in to Subway and will be taken to Pete's Place, the homeless shelter in Coffs, each Wednesday. Any meals prepared will be put into takeaway containers to keep their freezers full. You may also donate to Subway's Pay it Forward card and food will be given to those less fortunate.

Keep an eye out for 'Artist Magazine'

Created by I'm an Artist Productions.

This magazine focuses on Local Artists in our community. Artist Magazine has been made available to our community completely free in an online and printed form! Have a look out for this magazine filled with so much info on our artistic community!

Artist Magazine

By 'I'm an Artist' Productions

Coffs Law Co. welcomes criminal lawyer Jonathon Paff.

When the sh#! hits the fan
Jonathon Paff is your man!

Jonathon is available for advice & representation on all matters relating to state and federal criminal offences, including but not limited to: drink driving, AVO's, breach of AVO's, drugs, assaults, firearms & fraud.

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60 Moonee Street, Coffs Harbour, NSW 2450
www.coffslawco.com.au

What's New in Woopi



Body Works Woolgoolga has a new owner

Chrisi O'Brien (pictured left) has moved from staff to owner and is now proud to offer you all the usual beauty services that Woolgoolga Body Works is known for. Brow Laminations and Eye Lash Lifts, IPL, Facials, Microdermabrasion, Peels and LED Light Therapy Massage, Waxing, Tinting, Henna, Nails etc. Rikki and Jess will still be working in the salon. You can view prices and book your appointment online via their new super easy booking service www.fresha.com/a/woolgoolga-body-works-woolgoolga-2-5-market-street-rwtuisu/booking or go to their facebook page and click the link. How easy is that! Congratulations Chrisi.

New Guided Meditation classes

Zara is holding classes on the 2nd, 3rd and 4th Sundays of the month. 5.30pm \$20. Mud Brick Hall, 8 Boundary St, Woolgoolga - www.zaraenergyhealings.com

There's a New Sign Company in Town

Coast and Country Signs are now supplying amazing signs in the Northern Beaches. Ashlee and Dan Keating have moved back to town and can supply you with signage, stickers, labels, etc. Check their facey out - www.facebook.com/coastandcountrysigns

Top Knotch Brasserie

in Corindi at the Amble Inn has a new Winter menu. It's always a great meal. You can check it out via www.ambleinn.com.au/bistro

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NO REFERRAL NEEDED!

6654 1452

6/66 River Street, Woolgoolga

What's New in Woopi

A Womens' Health Physiotherapist

Mid North Coast Physiotherapy, at 19 Market Street, Woolgoolga has a new Womens' Health Physiotherapist on board.

Sarah (pictured right) has introduced ante-natal hydrotherapy groups for pregnant mums looking to stay active and manage their aches and pains through their pregnancy. She can also help if you are pregnant and suffering with back pain, or if you have just had a baby and unsure about how to help your body recover. If you want to get back into exercise and not sure when it's safe, Sarah can help you know if your pelvic floor is up to it. For more information or to book, call 1300 273 747.



Feelin' Toastie

River Street, Top Town, Woolgoolga has another new fabulous business.

Owned by the lovely Charntal and Chaise from the Moonee Coffee Cart, they will be supplying you with gourmet toasties, fresh grab-and-go salads and baguettes made daily, and her famous and delicious house-made cakes and desserts.

Coffee and shakes also available. 2/58 River St. Don't miss out!



A little about our business:

With over 30 years of experience, DFM Financial Group Accountants specialise in all business and personal taxation services.

We have a strong team based here in Woolgoolga and benefit from a larger group of Financial Specialists throughout NSW.

We welcome new business consultations and can provide the expertise and advice you need to make the right business decisions.

We work with everyone from start-ups to well established businesses looking to expand operations, improve business efficiencies and increase profitability.

We can look after your business with the preparation of Business Activity Statements, bookkeeping, Accounting compliance and payroll; so you can look after the really important things like running your business.

Taxes touch every aspect of personal finances – from income and investments to superannuation, home loans, financial plans and assets to transfer to future generations. We have strategies and tax structures that can significantly reduce your taxes, increase your cashflow and build your wealth.

We look after every aspect of Self-Managed Superannuation Funds from set-up and management to Audit and Advice.

DFM Financial Group Accountants are experienced, accurate, reliable, informative and knowledgeable on all tax matters.

WOOLGOOLGA

4/5 Market Street
Woolgoolga NSW 2456
Phone: 02 6654 1690

COFFS HARBOUR

182 Pacific Highway,
Coffs Harbour NSW 2450
Phone: 02 6652 6977

PO BOX 1564,
Coffs Harbour NSW 2450

www.dfmgroup.com.au

Le Dāin

BOUTIQUE LOCATED AT 36 FIRST AVENUE, SAWTELL

The Boutique is situated on First Avenue in Sawtell. The store has a luxe look, but don't be misled, clothing and accessories start at \$10.00! They pride themselves in dressing ladies of all sizes (8-20 plus) at any age (18-90+) for any occasion (Casual, Work, Race days to Formal). There are experienced stylists to help you and have after hours and free local delivery services to all areas. Le Dāin Designs Boutique is renowned for their personal one on one 'old school' service!

You can expect to find a wide selection of AUSTRALIAN made garments in this store, which is always refreshing to see. The stand out features of this store are, definitely something that has been worked on over the years. They have lounges to relax on, not just for the men... there is always someone who isn't into shopping and wants to sit down! Refreshments or a glass of bubbles (at certain times) are offered to their customers. They're also small dog friendly! Make overs, photo shoots and styling adds to the list. Definitely a DESTINATION Boutique!



Dressing Ladies of All

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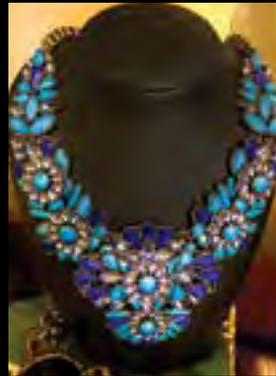
Designs



Meet the Owner and Stylist Carole Beros

Carole started out in design overseas, and ended up in Australia back in the 80's. She married, had children, and returned to her passions, which are Fashion Styling and design, writing, photography and enjoying the buzz of working with the general public. She is the owner of Boutique Le Dain Designs in Sawtell. Le Dain Designs Jewellery and accessories are also available at Beachfront Opal Cove Resort. Carole and her staff are committed to assisting ladies to look and feel their best at any stage of their lives. The boutique has an old school feel, with the buzz of today. Come in and experience a 'Touch of Paris' in Sawtell.

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the feel Good Page



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5.30pm

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Cost \$20.00

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Contact Zara 0431013256
zaraenergyhealings.com



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Contact Simone 0431 434 538
info@drummergirl.com.au
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Easy Ways to Feel Better

Three ways to get the most out of your coffee.

Like most people, I love my morning coffee. This is why I have investigated different ways to get the most out of your caffeine hit with the least amount of side effects.

Before we dive into these tips and hacks, I would like to share some of the science behind caffeine and talk about some of the side effects. Caffeine works on a neurotransmitter in your brain called adenosine, which accumulates in the brain throughout the day, dampens brain activity, and increases feelings of tiredness and low mood. Caffeine blocks adenosine receptors in the brain, keeping adenosine from attaching to them, which results in higher perceived energy levels, mental alertness, and enhanced mood. However, not everyone tolerates caffeine well and consumption can come with downsides, including addiction or dependence, increased blood pressure, anxiousness, and sleep disruption.

Now we understand some of how caffeine works, let's talk about some of the ways to hack it for your benefit.

My first tip: No coffee after 10 am. Although the initial buzz of coffee lasts in between 2-4 hours, it actually stays in your system for up to 12! This means any coffee after 10 am has the potential to influence your sleep. It also goes without saying that anything more than 2 cups a day is pushing the boundaries of healthy consumption.

My second tip: Drink at least 500mls of water before your first cup. Caffeine dehydrates the body significantly. Any water you consume after your first cup won't be absorbed properly. Always hydrate before you caffeinate to decrease dehydration. This can make a massive difference for the rest of your day.

My third tip: Mix butter, coconut oil or ghee with your coffee. The fat essentially slows the absorption of caffeine and creates a much smoother buzz. Don't use any vegetable oils or butter blends as these are inflammatory



for the body, stick to the real stuff! There you have it, three ways to get the most out of your coffee.

Ben Leyson



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Josie Prime | 7/4 Market Street | Woolgoolga 2456

6654 8860

Woopi News - Our Woopi Community

Woolgoolga Probus has a new Life Member



Robyn Rooth receiving Life Membership with President Laurie and Life Member Des Saunders

At a recent Woolgoolga Probus Meeting, members voted unanimously to make Robyn Rooth a Life Member of the Club in recognition of her outstanding service.

Robyn initially joined the Woolgoolga Ladies Probus Club on 1 April

1989. In September 2009, Woolgoolga Probus Club admitted the first ladies into the club, having previously been an all-male club since its formation in 1987. Robyn was inducted into the Club in October.

At the Club's AGM in

March 2010, unable to fill the role of Secretary, Robyn was approached and agreed to take on the position. A position she continues to fill to this day.

She has agreed each year to continue in that role in the knowledge that the Club cannot function without a Secretary.

Since Robyn joined Probus she has given outstanding service to the Club.

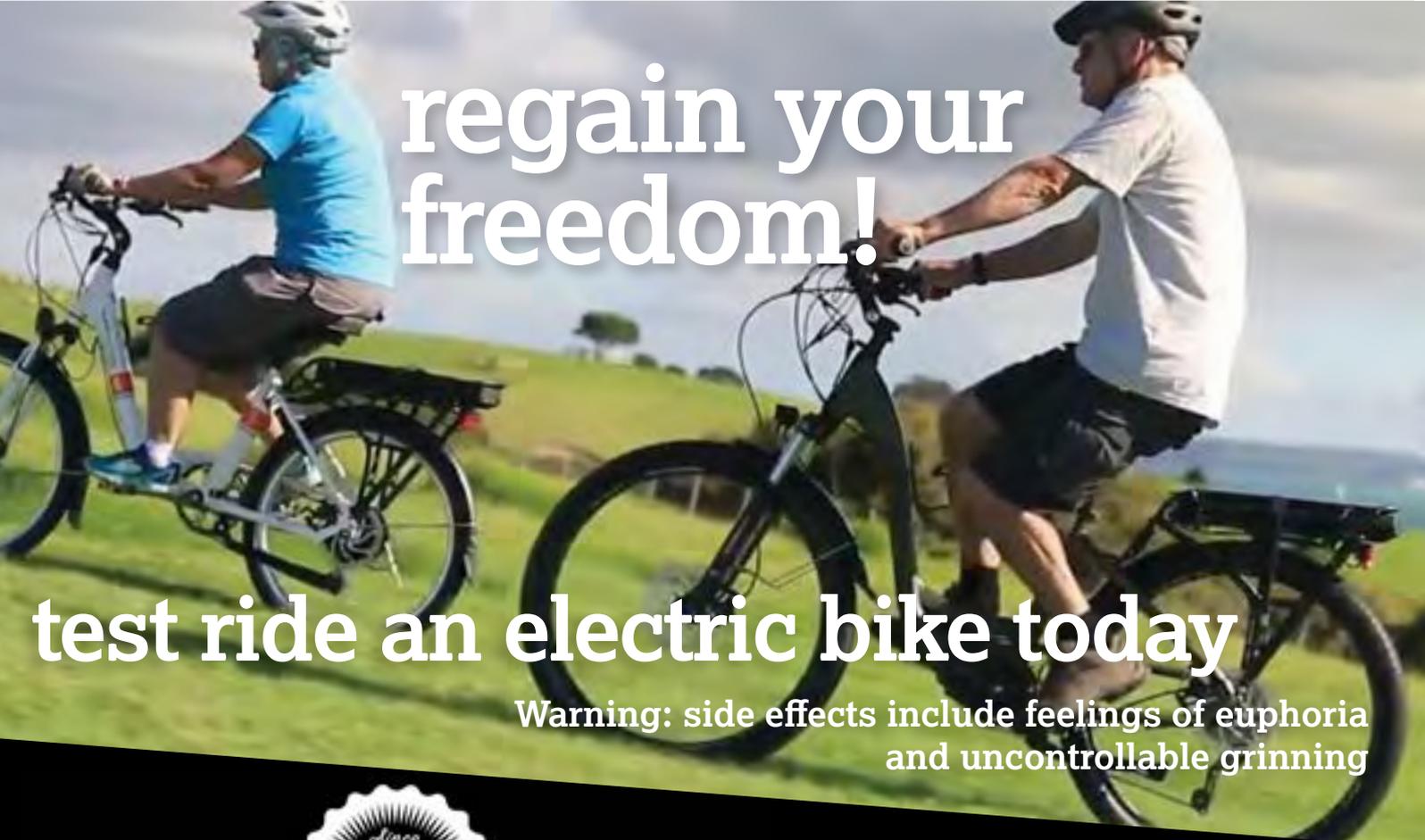
Robyn and husband John, also a Life Member, remain active members of the club to this day.

Congratulations Robyn.



BlazeAid

BlazeAid is a volunteer-based organisation that helps communities rebuild fencing and other structures following natural disaster. A BlazeAid camp was set up at the Corindi Caravan park in April and the team of volunteers has been hard at work replacing the fences which were destroyed in the recent flooding event. It is also apparent



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Our Woopi Community

that they are helping to rebuild more than just fences.

The flooding event has left residents with a variety of challenges to deal with and some were still feeling overwhelmed. Now that BlazeAid is working side by side with the affected families it's wonderful to see spirits lifted and sense the strong feelings of gratitude and optimism that a helping hand generates. Most of the volunteers have travelled from afar and all are more than willing to get their hands dirty helping people that they had previously never met; it is perhaps for these reasons that they are making a real difference on so many levels. Help is also coming from throughout the local community, as friends and neighbours check in on each other and pitch in to help clean up and rebuild.

So far ten properties have been assisted by BlazeAid, with another four in progress. The camp of volunteers still has a few more weeks worth of work to do before they move on. Although heavy rainfall slowed their efforts in the beginning, they are now making good progress. The camp has plenty of volunteers, both fencers and cooks and the weather has been a lot kinder in recent weeks.

The volunteers are committed to the work they do. They have strong skills and experience. Many have helped at multiple BlazeAid camps over the years before coming to Corindi. It's clear that they are enjoying their time in Corindi and it seems they have some entertaining stories to take home with them after a close encounter with a brumby as well as a snake or three. They are hardworking people who enjoy a challenge and deserve the heartfelt thanks that they receive.

Thank you to local volunteer Lisa Jenyns for story and photos.



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Woolgoolga Community Gardens

Do you want to grow your own vegies and don't have a space big enough at home?

Do you want to learn about building a compost heap the size of Everest?

Or learn all about permaculture, healthy eating, and sustainable living practices?

Do you want to get down and dirty helping to make compost or building something?

Have you wondered what worm farms are all about?

Or want to say hello to our beautiful native and honey bees, on the way to the shade house to buy some plants, and prize-winning pickles and jams?

Would you like to just sit under the Lillipillies and enjoy the peace and quiet?

Or share in the company of others by volunteering in the gardens?

Woopi Gardens can cater to all abilities and hope you will find an activity that suits you. It's not all hard work!

They have a great reputation for their morning tea time chats!

Community Gardens are:

A place to grow food, learn and connect with people.

A safe and generous place for you to enjoy.

A healthy environment - growing your own food provides you and your family with fresh, nutritious food and because it involves physical activity, community gardening promotes physical fitness and health.

You can learn a lot at a Community Garden. Workshops and guest speakers will inspire you and you'll get great tips from fellow gardeners (see the latest offering below).

Community Gardens are used for community education such as waste minimisation, recycling and sustainability through composting and mulching.

Community Gardening is a social activity involving shared decision-making, problem solving and

negotiation, increasing these skills among gardeners. "Community gardens foster a sense of community and belonging."

Are you involved with a local community group interested in meeting together in the Woopi Gardens undercover outdoor facility?

Or do you have a skill you'd like to share with others by providing free workshops for the community?

Get in touch, they'd love to hear from you!

Over the past twelve years Woopi Gardens has grown immensely, from an empty paddock to a flourishing garden.

The members would like to share their space with you.

They have created a beautiful and productive community garden for Woolgoolga, and are still growing.

Situated at 79 Scarborough Street, Woolgoolga, Woopi Gardens is open Monday to Saturday 8am-12pm.

They'd love you to join them on their journey!



Woolgoolga Community Gardens PRESENTS:



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

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

WHERE: Woolgoolga Community Gardens - 79 Scarborough St, Woolgoolga
VENUE: Undercover Outdoor Facility
DETAILS: This is a ticketed event, please go to [eventbrite.com.au](https://www.eventbrite.com.au) to BOOK
COVID: COVID protocol in place at this venue.

Date & Time	TOPIC	PRESENTER
SUNDAY 20TH JUNE 10AM TO 12PM	Using Abundant Seasonal Foods	Louise Hensby
SUNDAY 18TH JULY 10AM TO 12PM	Foods to Boost Your Immune System	Louise Hensby
SUNDAY 22ND AUG 10AM TO 12PM	Meal Planning Strategies to Manage Stress	Louise Hensby




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





Woolgoolga Regional Community Gardens (WOOPI GARDENS)

The Woolgoolga Community Gardens is building a sustainable garden and community centre accessible to all. We encourage community involvement, the promotion of good health, wellbeing and environmental awareness via a shared garden space for people of all ages, abilities and cultures to enjoy.

Everyone is welcome!

Find us: 79 Scarbrough Street, Woolgoolga
 Open: Monday to Saturday – 8am to 12noon
 Send us an email: woopigardens@gmail.com
 Join us on Facebook: www.facebook.com/woopicommunitygardens
 Website: www.woopigardens.com.au
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Chair and Ottoman PRIME LEATHER

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Large **\$1999**

Woopi News - Our Woopi Community

Lifeline North Coast provides a 24/7 telephone crisis support service. The service is delivered by volunteers who are skilled and equipped to assist those who call by providing support to people in crisis and offering referral options.

They also provide other community services. These include: general face-to-face counselling, free problem gambling counselling and education sessions, free financial counselling, suicide intervention and mental health workshops.

Each year over 1 million Australians reach out to Lifeline for support, and up to nine Australians die every day by suicide. That is more than double the road toll. 75% of those who take their own life are male, with suicide being the leading cause of death for Australians between the ages of 15 and 44. People in rural populations are two times more likely to die by suicide. Every dollar that is raised locally goes straight back into local telephone crisis support. For every \$39 donated a life is saved.

Have you ever wondered what it's like to Volunteer?

Meet Cheryl Post, Services Manager of Lifeline North Coast. *"I've been with Lifeline North Coast for over 4 years now. I just popped in and found the manager at the time so friendly that I decided I would volunteer.*

I had heard good things about Lifeline NC as an organisation and the dedicated staff.

As a volunteer, I really enjoy the variety of tasks and the different customers you meet. Knowing that by volunteering, I directly contribute to keeping the crisis supporters on the phones helping those in need 24/7 in our local community. Every dollar we receive from a sale goes back into our organisation."

Are you interested in joining the team of Volunteers in the Lifeline Coffs Harbour and Toormina Shops and Warehouse?

As a Lifeline retail volunteer, you will help to assist in running all aspects of the retail shop to directly fund the 24-hour crisis support line. Your few hours volunteering can and will save lives!

There are also behind-the-scenes volunteers who help with jobs like sorting, categorising, pricing, and preparing donations for the shop floor. If you love sorting and organising, and have an eye for detail, this might be for you!

All profits from Lifeline Shops directly support to operate the 24-hour 13 11 14 Lifeline Crisis Line, which answers over 1500 calls every month across the North Coast.

What is in it for you?

- Personal & professional growth
- Giving back to your community
- Meeting new people and making new friends
- Learning new skills and experiencing new things
- Training and development opportunities
- Improved potential career opportunities

Contact Cheryl

Post Lifeline
Services

Manager on
0459 578 767

and have a chat.



Mick Hundal's

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Woopi News - Our Woopi Community

University of the Third Age (U3A) offers intellectually stimulating courses, covering a wide spectrum of topics, including the arts, sciences, history, leisure, language, computing and fitness.

Woolgoolga has a fabulous group whose interest focuses on Australian history.

On the day that Woopi News attended, the topic was Caroline Chisolm, the 19th-century English humanitarian known mostly for her support of immigrant females and family welfare in Australia. Most of us would recognise her face, because it was featured on the familiar \$5 bank notes from 1967 to 1990. The way that tutor John Imrie (pictured right) shared the



stories was both interesting and humorous. We could have listened to him all day. John is 94 and as a child experienced the Great Depression. He served in the RAAF during World War II. John researches his topics thoroughly and introduces his ardent listeners to the men, and especially the women, who helped shape Australian society. His tales are usually very positive and enlightening but he is known for bringing in the cheeky,

not so scrupulous characters on the way.

A group of about 25 or so people meet every second Friday at Diggers RSL and sit through a casual and very educating morning. They break mid-morning for coffee and a chat.

Membership is \$75. You join online via www.coffs.u3anet.org.au or email the membership Secretary at member@coffs.u3anet.org.au



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Woopi News - Our Woopi Community

Aussie Hero Quilts

is a lovely group of people who sew amazing custom quilts and laundry bags for our Australian deployed troops, to help cheer them up whilst they are away from home. The quilts are designed around the interests and personalities of the recipient. So, that could be their favourite footy team, a hobby, their favourite car, a singer or a movie they particularly like.

Aussie Hero Quilts has been going since 2012 with sewers from all over Australia able to contribute a square or more to any quilt in the process. Over the past ten years they have sent more than 12,931 quilts and 29,997 laundry bags over to the troops.

For this amazing group of sewers, quilters, appliquers, embroiderers, binders and unpickers the quilts are a symbol of their gratitude for the service and sacrifice that has been made by many brave men and women.

Woopi News recently caught up with Aussie Hero Quilts Woolgoolga, when they were making an extra special presentation to some returned Australian Defence Force veterans. Missing from the pics is Kerry Noonan who served on the HMAS Hobart. Kerry lives in Brisbane but face-timed in to receive his quilt. All four men were ecstatic with their gifts.



Sitting are Pamela Lund, Glenda Kennedy, Margaret Jones, Nola Barker, Jo Harland, Jenny Duma, Rosemary Sztorch, Kerrie McCormick.

*Holding quilts left to right. Grant McCormick, Michael Gibson and Colin Sztorch
Michael's Quilt reads:*

Michael J Gibson RP Viet Nam HMAS Hobart March 68 to October 68



*Colin Sztorch RP HMAS Sydney Vung
Tau Ferry
Viet Nam 1971 1972*



*Grant McCormick A22405
Armament Fitter - RAAF
Viet Nam 13/3 -16/10/68.*

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Woolgoolga Performing Arts Studio

We are building up to an exciting few months at Woolgoolga Performing Arts Studio!

Our two training programs VTP (Vocational Training Program) and TPP (Theatrical Production Program) have some exciting events on the way! Not to mention our Theatre Company, NAIDU Theatre Co, has some exciting projects and productions coming up in 2021 and 2022.

SCHOOL DAYZ!

An exciting musical written by the TPP students at Woolgoolga Performing Arts Studio!

Our TPP students train 4+ hours a week in just theatre and production skills alone, and what a remarkable job they are doing writing their first musical 'School Dayz!'

Students are writing and developing their own characters and story lines for this show, featuring some of your favourite songs from School Musicals and Shows.

The future of theatre is so DAZZLING when you look at the skill set and talent of each of these performers, who are not only starring



in this show, but taking on extra roles to train in areas such as producing, marketing and design, dance captains etc.

This program trains students in all facets of theatre and production. Students are allocated production roles throughout the process to gain knowledge

and enhance their skills working behind the scenes. Everything that it takes to produce a show. Pair this with the task of performing as well and we are creating well rounded and diverse artists (and humans!)

School Dayz features and highlights all of these incredible performers,

performing some of your favourite musical songs from High School Musical, Hamilton, School of Rock, Matilda and more!

Don't miss out on these performances, staging at the Coffs Harbour Regional Conservatorium Theatre on Saturday 24th & Sunday 25th July!

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Audio File

News from 87.6 FRESH FM (Woolgoolga's Own)

G'day Woopi! ... that beat just goes on and on!

Of late again, we've had a great response from listeners locally, interstate and even overseas! Yeah ... overseas!

The word is out, as Clyde Bramley bass-player from the Hoodoo Gurus, The Hitmen and The On & Ons says "Fresh FM, possibly the greatest radio station in the world"!

He's right! A radio station in little old Woopi is being heard everywhere!



Woolgoolga's Own



Please keep those requests coming for that song you just won't hear anywhere else. They will always find their way into a relevant playlist and most certainly in the 'Drivetime' program at 4-7pm every day. We challenge you! As yet we've found every tune that's been requested. So, got a little piece of gold you can't find and want to hear? Let us know.

Australian and local music is something, as you know, that needs the greatest support. FRESH FM support it like no other. We thank, as always, the artists we play for their support by providing music and doing introductions for us. Of late, we have music in from Fast Cars, The Hussey Hicks, Issy Burnup, Andy McGarvie, Natalie Henry, The Winnie Blues, Kaitlyn Thomas, Miguel Rios, Jeb Cardwell and the latest album from local band Unison. All these can be heard in the ALL AUSTRALIAN program slots.

CDs keep coming in from artists and like always we have some give-aways of some great new releases. Our featured CD this month is 'Mirage' by Settlement, a trio that features Paul Berwick Ex-Happy Hate Me Nots, Jim Dickson Radio Birdman, Passengers & The Saints among others and Chris Welsh Ex-Screaming Tribesmen & Died Pretty. To be in the running for a Settlement CD drop a line via the website or Facebook page. Congratulations to those lucky listeners that scored CDs last month!

DON'T FORGET! FRESH FM follows you wherever you go through our apps. There are four ways of listening to us: the old way on your radio via radio 87.6 on the FM band, by direct link to <https://s3.radio.co/sc2c861965/listen> or for 'Android' users by the STREEMA platform. On your android phone, download the 'Simple Radio' app and select 87.6 FRESH FM Woolgoolga. These are FREE, the services are just great and they take Woopi simply, EVERYWHERE.

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.

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

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

Car Maintenance Tips

Keep Your Cool

One of the most common causes of breakdown on Australian roads is engine overheating. Most of the time the cause is a fault in the cooling system. Modern engines run hotter, with higher pressures and they power more components, so they require a highly functioning cooling system. These modern cooling systems work hard, and they don't take too kindly to neglect. A thorough check of the cooling system is a significant part of every service that we carry out. Here is a quick breakdown of just three of the checks that we do with an explanation of why we do them.

Coolant Test: We take a sample of coolant from the radiator and test the quality and concentration of the coolant. Aged, contaminated, or diluted coolant offers less protection against corrosion and is not as efficient at cooling your engine. The correct concentration of coolant raises the boiling point of the water in your radiator - essential for proper circulation and cooling. The coolant test, as well as referring to the manufacturers' guidelines, allows us to advise when a system flush and coolant replacement is due.

Pressure Test: To test for leaks a tool is used to pressurise the whole cooling system and check that it can hold the pressure. A failed pressure test means that there are leaks that might have otherwise gone undetected. This test can also help diagnose weak hoses and check that the radiator cap is able to hold the correct pressure. A fatigued radiator cap will allow the coolant to leak when the engine is running and it won't be maintaining the proper pressure of the system when the engine is running either.

Current Test: A strong stray current taking a shortcut through the coolant can cause modern radiators to corrode quickly. This accelerated corrosion can cause leaks within months, even in brand new radiators. It's called electrolytic corrosion. An unacceptably high current just means that an electrical component, such as the headlights, for example, is not properly earthed. This simple fix can save a radiator.

When it comes to the cooling system it is essential to pick up on little problems early, before they become big problems. If the cooling system fails it puts your engine at risk. Regular cooling system servicing and maintenance will



give you the best chance of staying in the fast lane; not stranded on the side of the road. - Bryson Kelly, Mechanic





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Stay Sharp with Stasha

End of Financial Year is fast approaching!

The lead up to 30 June is the time of year where everyone runs out looking for those last-minute tax deductions to reduce the burden of the annual tax bill or improve their tax refund. Only the work-related or business-use percentage of the items you buy are tax-deductible. The item needs to be necessary to perform your work and often required by your employer. When buying larger items, you may want to ask your accountant if the asset will be fully expensed in the current year or spread over a number of years (depreciated). This applies to work on investment properties too.

So how do deductions affect your tax payable/refundable position?

When you buy an item for \$100 and include it as a tax deduction, it does not reduce your tax payable by \$100. It reduces the income that you will be paying tax on. Therefore, you are only receiving a percentage of that \$100 back and the percentage depends on what tax bracket you are in. It is a good idea to only spend money on things you need.

There was some good news announced last month in the 2021/22 Federal Budget.

It is important to not get too caught up in the budget announcements without first checking if the legislation has been passed. Not all announcements are legislated; some are immediate, and others can take months or even years.

The following are some of what I consider to be the more important announcements:

The low and middle-income earners tax offset (LMITO) which was originally only going to be on offer for one year, keeps being extended. It is now proposed to be extended again to include 2022. Taxpayers: depending on their level of taxable income can achieve up to \$1080 tax offset

Superannuation Guarantee is currently only payable where the employee earns greater than \$450 in a calendar month. It was announced that this threshold will be removed. The change will come into play in the income year after the legislation is passed. However, the government only expects this to have occurred in time for 1st July 2022. Also, it is important to note that the Superannuation Guarantee percentage will increase from 9.5% to 10% from 1/7/2021.

Changes to the tax residency rules. This looks to simplify the tests undertaken to determine if someone should be treated as an Australian resident for tax purposes. When someone is treated as an Australian resident for tax purposes, they gain access to the \$18,200 tax-free threshold and the lower tax bracket of 19c in the dollar. Whereas a foreign resident is taxed at 32.5% on all taxable income between \$1 - 120,000. The proposed new test means a person who is physically present in Australia for greater than 183 days in the income year will be considered an Australian tax resident.

The temporary full expensing of small business assets which started on 6th October 2020, has been extended to 30 June 2023. This removes the limit on the small business instant asset write-off threshold, which was previously lifted to \$150,000 just over 12 months ago.

Finally, while we at StaySharp Accounting celebrate our first full year in business, I would like to thank those of you in the community who have supported us over the last 12 months. Back in March, I welcomed Joanne to the team as my Administration Assistant. We look forward to seeing both familiar and new faces as we head into a new financial year.



Book a meeting with Stasha:

Individual Tax Returns, fee from \$121.
Rental Property schedule from \$110.
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Principal Accountant

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Email: stasha@staysharpaccounting.com.au

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

Colleen Annette Collinson - Woolgoolga - 26th April 2021

Noel John Teege - Woolgoolga - 26th April 2021

David James Shorter - Emerald Beach - 29th April 2021

John Rowland Mostyn - Moonee Beach - 2nd May 2021

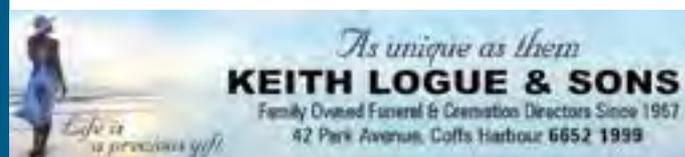
Stephen Thomas Martin - Woolgoolga - 7th May 2021

Dharam Singh - Woolgoolga - 11th May 2021

George Kudrins - Safety Beach - 13th May 2021

Manjit Kaur Singh - Woolgoolga - 19th May 2021

Judith Chesney Coward - Sandy Beach - 20th May 2021





Legal Fact or Fiction?

Just when I think I have heard it all, a client tells me another piece of advice they have received that is “absolutely the truth!” about a legal issue. I know that there are a lot of knowledgeable people in our community, with a lot of great ideas, and probably even some real-world experience of their own dealings with the legal system to add to the mix, but as a solicitor, I have to say that I hear a lot of legal myths being reported as the truth.

Here are some of the more popular legal untruths that I hear regularly:

1. “If someone dies without a will, their money goes to the Australian government”

I’m not sure which bush lawyer started this one, but it seems to be in regular circulation. The fact is, in NSW we have legislation that sets out who inherits someone’s estate if they pass away without a will. A person would have to pass away without a person entitled under the legislation which includes spouses, de facto partners, children, parents, siblings, grandparents, and aunts/uncles before the estate would go to the State. That being said, it is better to have a will in place to make sure your estate goes to whom you want it to go to, rather than relying on legislation to make the right decision for you.



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

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

2. “You don’t need to report a motor vehicle accident to police.”

There are plenty of circumstances where a motor vehicle accident needs to be reported to NSW police - it is a requirement if a vehicle needs to be towed, if someone is injured, or if any person involved fails to provide their details. Even in circumstances where it is not required, your insurer will often require that the matter has been reported to the police to claim injuries or property damage. So, while it may not be legally necessary to report every minor accident to the police, make sure you at least get the other driver’s details and the registration number of the other vehicle so that it can be reported later if you find out it is needed.

3. “Online comments are not defamation”

To all the keyboard warriors who think that they will not be liable for expressing an opinion on a website or social media site, unfortunately, you are not excluded from potential legal action if someone suffers harm to their reputation because of your comment. In fact, you could be held liable just for liking someone’s defamatory post or comment, sharing or re-posting a defamatory comment, inviting or encouraging negative comments, or even just sharing a post or defamatory comment about someone with a close friend. Don’t think you can get away with it by setting up a fake profile either. Google was ordered to reveal the identity of anonymous users in a recent defamation case. So my advice is to think it through before you type!

4. “I don’t need a lawyer, they cost too much”

This is like saying you don’t need medical treatment because your doctor costs too much. The need has nothing to do with the cost! While I will agree that there are plenty of big-firm lawyers out there who charge an hourly rate that makes me cringe, there are also plenty of private solicitors that do pro bono work, legal aid, IRO-funded workers’ compensation claims, free initial advice, fixed fee rates or legal work where fees are only payable on a successful outcome. In many areas of law, solicitors’ fees are regulated and capped by legislation. Solicitors are also required to advise you of their fees upfront and how they will be charged in a costs agreement that you have to sign and agree to. Even after you have signed a costs agreement, if you disagree with a solicitor’s fees once you have received their invoice, you can apply to have the costs independently assessed by the court. How many industries can say the same? Many people achieve a much better result and much quicker outcome once they have had appropriate legal advice. Ask a solicitor about the costs before making assumptions about fees, each matter is different, and you won’t know what options might be available to you until you ask.

And of course, the most untrue statement of them all that I personally find most offensive – “Lawyers do not know how to have fun”

I would like to put that myth to rest immediately. I have plenty of fun when I’m not working! As many of my clients also know, I like to have a laugh at work to lighten the mood as well!

If you need any legal advice, please speak to a real solicitor rather than relying on some of the legal myths floating around out there. This is what we are here for.

KC Hilton, WNB Legal.

A Fundraiser Challenge Grow to Mo

Prostate cancer is a serious disease that affects thousands of men each year.

Peter from Taffy's and Justin from Thai Chai Yo are throwing out a challenge to other business owners to join them in their latest fundraising venture - From Grow to Mo, in aid of Prostate Cancer Awareness.

The challenge is to grow your hair from June 1st to October 31st, then on October 31st all participants will have their heads shaved in a pre-Movember fundraiser at Surfside Plaza. They then move on to phase two, which is growing a moustache for Movember.



A weekly photo will be taken outside of one of the businesses to follow the progress of the follicles on each head. Sponsorship requests and donations will be asked for along the way.

Below is a list of those joining the challenge so far. Anyone can opt out by donating \$300 to the cause and supporting the remaining team members on their social media pages.

If you would like to join this challenge please contact Peter from Taffy's or any of the entrants.

Nominations so far are:

Peter (Taffy's), Justin (Thái Chi Yo), Dan (Bluebottles), Brett (XS Surf), Scott (Woodseys Wheels), Darren (Bedazzled), Matt Wilson (not pictured) and Sam (Woopi Backpackers). Keep an eye on Woopi News to follow their progress.



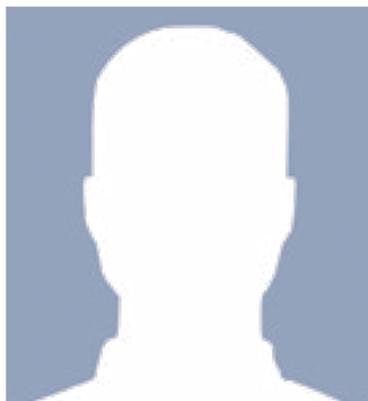
Peter Glattback



Justin McKay



Dan Weiss



This could be you!



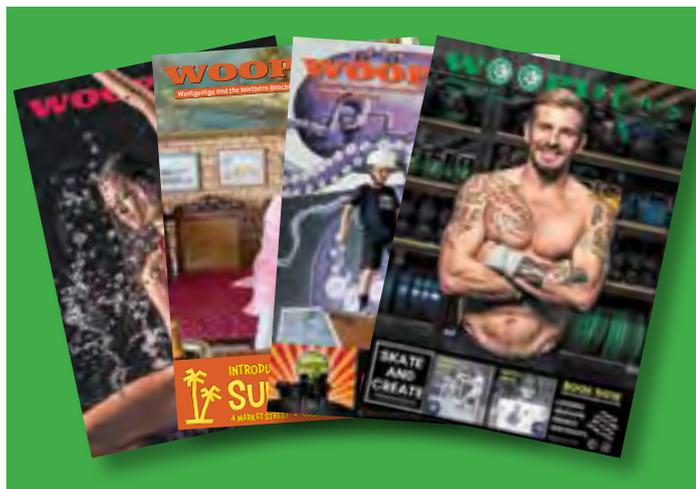
Brett Pilon



Scott Bocking



Sam Newman



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This is not our article. I am simply passing it on as we have encountered some weird issues such as the following as a result of some windows 10 updates recently. Please read.

Microsoft said that Outlook is suffering "email visibility issues", with widespread reports of text disappearing after being entered into a new message, and of existing messages having no body text at all.

IT administrators said they were rolling back a recent Office update that appears to be the root cause; both desktop and 365 users are reporting issues.

"We're investigating an issue with email message visibility in Outlook. Outlook on the web appears to be unaffected," Microsoft said in a brief status advisory.

Users worldwide reported a variety of text input and visibility problems. There were confirmed reports of the issues impacting Australian and New Zealand users.

Administrators reported that disabling



auto update and rolling back to a previous version worked; Outlook Web Access (OWA) and access via phone-based client also appeared to be unaffected.

Microsoft advised it had "identified the

root cause and are applying a fix, which will reach affected users over the next three to four hours.

"Users will need to restart the Outlook client to apply the fix after it's received".



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Woopi Sport - Woolgoolga United Football Club

This year marks the 50th Anniversary for the Woolgoolga United Football Club.

Plans are set in motion for a special celebration function on Saturday 21st August, 2021.

Ian Cork and Rick Burton were foundation players for WUFC in 1971 and are both looking forward to catching up with their old team mates and reminiscing about the early days at the club. Ian and Rick are pictured holding one of the earliest playing strips worn by the players.

If you are an ex-player and would like to contribute your stories about the club's history please phone 0427 956 755.



Foundation players Rick Burton and Ian Cork holding one of the earliest strips worn by Woolgoolga United Football Players.

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Sunday
Aug 1st 2021
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Woolgoolga



Ian Cork and Rick Burton meeting with David King planning for the 50th Anniversary Celebrations



Cheryl Midavaine

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Woopi Sport - Woolgoolga Golf Club

Congratulations to Woopi Vets' Golf who are celebrating their 19th birthday.

The commencement of Woopi Vets' Golf was the brainchild of Ron & Shirley Strauch (pictured) of Darlington Park.

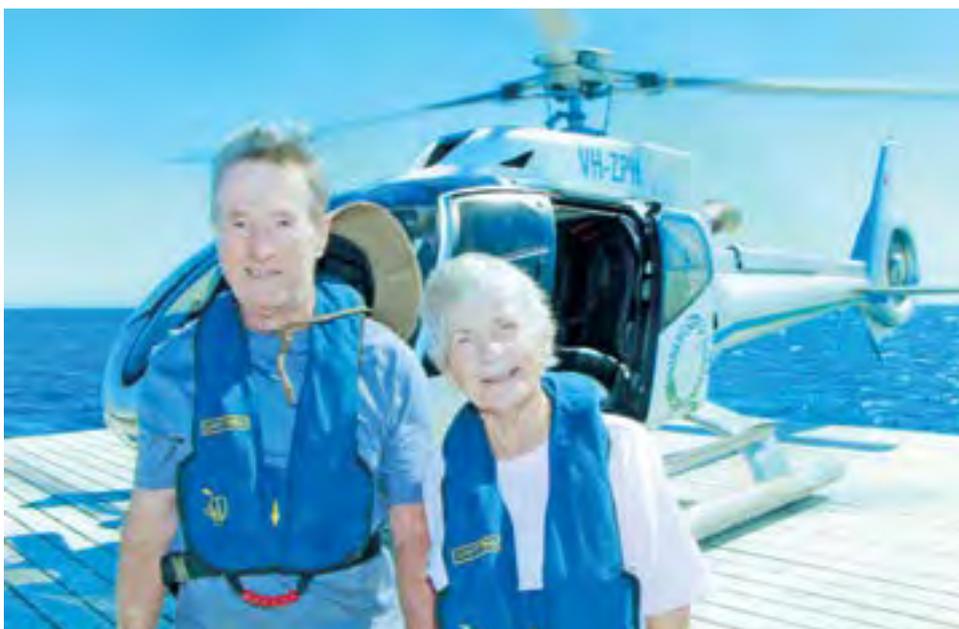
On 13th May 2002 they teed off at Woopi Golf Course for the first time. Many have come and gone over the years but the camaraderie has never wavered.

The original concept to start a Vets' comp was to encourage anyone, men and ladies, over 50 to come and give golf a go.

There is no joining fee, as visitors can play for \$13.50 or golf club members for \$10. If you don't have a handicap, one will be given on your second game and you are a fully-fledged Woopi Vet.

The game is for 9 holes, alternating from the front 9 to the back 9 each week. They tee off from 7am to 8am every Monday except for public holidays.

Handicaps are generous until you win, then the handicapper strikes. Everyone



will win eventually, then suffer a drastic reduction until they work their way back up.

They donate all their profits to charity. Over the years, Woopi Vets have donated to Volunteer Sea Rescue, Riding for the Disabled, Westpac Helicopter

and more than \$5000 to Camp Quality. They certainly have done their bit!

If you'd like to give it a go, just turn up or if you have any questions, phone Ron on 6649 2324 or 0438 492 020. He's looking forward to hearing from you.

Woopi Sport - Woolgoolga Golf Club

With the arrival of autumn, the course is in pretty good shape. The amalgamation with Wyong Leagues Club has provided some new benefits for our members.

Results

VETS

9 Hole Stroke

19 April

18 Starters

Winner J. Finlay

R/up R. Strauch

26 April

21 Starters

Winner Chris Robinson

R/up Miriam Sullivan

3 May

14 Starters

Winner Sue Kempnich

R/up Trevor Kempnich

10 May

18 Starters

Winner Miriam Sullivan

R/up Roy Spencer

PIZZA COMP

9 Hole Stableford

Sponsor Pizza Place

Woolgoolga

19 to 23 April

26 Starters

Winner G. Mallett 26pts

R/up P. Sweeney 22pts

3rd T. Macrae 19pts cb

26 to 30 April

22 Starters

Winner S. Camseoloise 21

R/up R. Willing 20

3rd F. Gillett 19cb

3 to 7 May

14 Starters

Winner L. Smith

10 to 14 May

Winner B. Barnes

WEDNESDAY MENS

18 Hole Stableford

Sponsor Coffs Coast Sports
Physio

21 April

73 Starters

Winner R. Kendall 38pts

W/up D. Yarnold 35pts

3rd S. Thorn 34pts cb

4th P. Maguire 34pts cb

28 April

71 Starters

Winner T. Newman 41

R/up G. Thompson 36cb

3rd D. Hanson 36

4th D. Yarnold 35cb

5 May

57 Starters

Winner R. Witcombe 37

R/up C. Clarke 35 cb

3rd I. Thorncroft 35

NTP 7th W. Bailey, 9th K.

Mavin, 11th M. Beales

12 May

51 Starters

Winner M. Van Zweeken 36cb

R/up A. Cork 36cb

3rd M. Sutton 36

NTP 7th Z Mikulski, 9th J.

Melanos, 11th A. Walters

SATURDAY

24 April

18 Holes 2 Man Multiplier and Individual Stableford

100 Starters

Winner R. Treweek and R.

Quittenden 67

R/up Mali Loomes and M.

Perfremment 66 cb 3rd S. Thorn

and C. Clark 66 Individual

Winner T. Trefz 39 Individual

R/up J. Penson 37 cb

1 May

MONTHLY MEDAL

18 Hole Stroke

Sponsor Rob Brown Dental
Clinic

66 Starters

A Winner M. O'Brian 68

A R/up N. Tennant 70

A Gross A. Hart 75

B Winner T. Trefz 72

B R/up G. Jurotte 75

B Gross T. Trefz 90

C Winner D. Francis 68

C R/up R. Gray 69

C Gross R. Gray 90

D Winner A. Dibb 69cb

D R/up G. Thompson 69

D Gross A. Dibb 93

Monthly Medal Winner

D. Francis

Super Senior Winner

T. Trefz

8 May

4 Man Ambrose

Sponsor Geyson Family in
Memory of Len Geyson

57 Starters

Winners B. McDonald B.

Carson, J. Holmes, A. Cork

58 1/8 R/ups G. James, G.

Penfold, W. Biggins, G. Harris

59 1/4 3rd M. C. Loomes, M. J.

Loomes, S. Kendall, R. Kendall

59 1/2 NTP 7th S. Gresty, 9th

W. Biggins, 11th W. Stone

15 May

2 Man Aggregate and Individual Stableford

Sponsor Bush Quality
Furniture

78 Starters

Winners G. Ellem and R. Gray

73

R/up A. Maric and C. Mezher

68cb 3rd S. Thorne and A.

Hart 68

Individual Winner R. Gray 40

Individual R/up T. Trefz 38

NTP 7th J. Waite, 9th W.

Skinner, 11th D. Penson



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Ace, Xavier and Riley from the u12's, racing to win the all time favourite flags

Another season of surfing fun has come to an end for the Woolgoolga Junior Surf Life Saving Club.

The club is very thankful to their sponsors, in particular Costa Berries, who came on board as a major sponsor for the Juniors for 2020/2021 season, and will again be the major sponsor for the 2021/2022 Season.

The Costa sponsorship has enabled Woolgoolga Junior Surf Life Saving club to continue to provide its members with quality apparel, repairs to equipment, provide the kids with great awards for their achievements and aid their teams in travelling to competitions. In a year that was extremely hard for the club to fundraise due to COVID, Woolgoolga Junior Surf Life Saving club has greatly appreciated the sponsorship from Costa and will be introducing a new award that provides an outstanding club member with a dedicated Major Sponsors Award (the Costa Award) in our 2021/22 season. This award will acknowledge a club member who promotes and displays great sportsmanship, dedication, fairness and inclusion.

We look forward to an ongoing relationship with Costa that benefits the wonderful future lifesavers in our club and acknowledges the wonderful contribution the fabulous Australian Company provides us with.

Tango Juice Bar has been a sponsor of the club's Greenhats (members aged under 6-7) for quite a few years now. They have supplied the club with the beautiful bright green rashies worn by the kids when participating in the nippers program. Tango also supplies the club with vouchers to be used by age managers weekly, to reward effort, improvement or great attitude shown at Nippers on Sundays. The kids love the idea of 'winning' a free ice cream or smoothie after a hot morning at nippers. We thank Tango for their ongoing support.

Junior Champion for 2021 for the second year running is Xavier Poole and the Woolgoolga Junior Surf Life Saving Club Person of the Year is Lily Bartlett. Congratulations to both of you.



Eliza, Annabelle and Mackenzie from the Under 8s

Season results are:

Under 14s

Boys

- 1st – Riley Nugent
- 2nd – Aidyn Pearce
- 3rd – Brock Pearce

Girls

- 1st – Ava Wilson
- 1st – Lily Bartlett
- 3rd – Lucy Clem



↑ Bridie and Poppy from Under 11s ready to race!

← The cutest group of Greenhats you will ever see. Top photo is with manager Luke Fluechter, bottom photo is them sharing their Tango Juice Bar sponsor logo.

Thank you to Ryan Poole and Amy Hannaford for photos.

Under 13s

Boys	Girls
1st – Finn Casper	1st – Charlotte Ricketts
2nd – Roy Gulliford	2nd – Clare Edwards
3rd – Harry Mitchell & Beau Banks	3rd – n/a

Under 12s

Boys	Girls
1st – Xavier Poole	1st – Lara Hannaford
2nd – Riley Burgess	2nd – Isabel Kelly
3rd – Koby Kudrins	3rd – Chloe Burton

Under 11s

Boys	Girls
1st – Thomas Ricketts	1st – Bayley Johnson
2nd – Lennex Casper	2nd – Lily-Mei Wong
3rd – Jordy Macpherson	3rd – Danika Denner

Under 10s

Boys	Girls
1st – Joshua Howard	1st – Olivia Kelly
2nd – Dylan Hannaford	2nd – Zara Johnson
3rd – Karter Banks	3rd – Hannah Burton

Under 9s

Boys	Girls
1st – William Jamieson	1st – Khloe Pepper
2nd – Eric Greenwood	2nd – Olivia Hicks
3rd – Alexander Greenwood	3rd – Quinn Chaplin

Under 8s

Boys	Girls
1st – Kalani Brown	1st – Eliza Kelly
2nd – Blair Hampton	2nd – Kokoda Bailey
2nd – Cooper Anderson	3rd – Iris Greenwood

Under 7s Encouragement Award

Boys	Girls
Ben Burton	Matilda Singh

Under 6s Encouragement Award

Boys	Girls
Cillian Kearney	Bonnie Harris



What a great season, see you all in October 2021



Winners are Grinners

On the Number One podium is the "No Points", boat crew, not living up to their name. Meg Matthews-Frederick, Jessica Barber, Tim White, Kathryn White and Shari Genoli.

Woolgoolga SLSC had a number of athletes proudly representing the club at the recent Australian Titles held on the Sunshine Coast.

The boat section had four crews competing throughout the week, all of whom qualified through the round cuts to compete in the finals. The Masters 120yrs Women's crew, the "No Points", finished the first day of competition by bringing home a gold medal!

On the same day, the 220yrs Men's crew, the "Long Stokers" made it through to the final and finished in 6th place.

Day 2 of the competition saw the Open Women's team competing in the Short Course event, in which they had seven races throughout the day. The Whippets narrowly missed the podium to finish in 4th place. The Barracudas were competing in the Reserve Men's division which had the highest number of competitors in the week and made it through to the quarter-finals. The Whippets again competed on Thursday and Friday in the Open Women's and made it as far as the Semi-Finals on Saturday.

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Woopi Sport

The team has also been recognised as the 9th ranked Open Womens crew in the country. Thank you to the Boat Captain, Trevor Clark, and sweeps of the crews, Damien McSkimming and Tim White.

Woolgoolga SLSC also had three competitors in beach events which were held at Mooloolaba. Damon Striegher, Shari Genoli and Lindy Schofield all competed in the beach sprint, and Shari and Lindy were both also competitors in the Flags. Both Shari and Damon qualified for the Semi-Finals in their respective categories and did the club proud. Lindy Schofield also ran the 2k beach event, and was outstanding in the Short Board Surfing, where she earned Woolgoolga another Aussie podium finish, winning a Bronze Medal!
 Congratulations to all competitors, and enjoy the off-season!

Top: "Long Stokers", John Portsmouth, Denis Crosley, Wayne Bailey, Ian Thorncroft and Tim White.

*Right: "The Whippets", Kathryn White, Shari Genoli, Johanna Tarrant, Meg Matthews-Frederick and Damien McSkimming
 Photos by Emma and Debbie White.*




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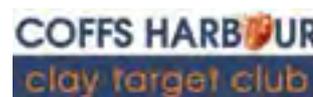
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 PO Box 800, Woolgoolga
 NSW 2456

HARVEY EXCAVATIONS PROUDLY SUPPORTS THE FOLLOWING GROUPS:



Woolgoolga Ladies Bowling Club

Woolgoolga Ladies Grade 3 Pennant Team:
Tuesday 20th April
 Woolgoolga (D) Sawtell at Sawtell Club.
Thursday 22nd April
 Woolgoolga (D) Park Beach at Woolgoolga Club.
 Woolgoolga 4 a Side Orange Team
Tuesday 20th April
 Woolgoolga Orange Team (D) Woolgoolga Green team.
Wednesday 21st Woolgoolga
 Orange team had a wet day catch up at Sawtell
 Woolgoolga Orange (D) Sawtell
Thursday 22nd April
 Woolgoolga Orange Team (D) Sawtell at Woolgoolga.
 Woolgoolga Green Team was (D) by North Beach at North Beach Club.
Thursday 22nd April
 Social Bowls played a game of pairs F Amos, V Wood (D) C Mitchell, L Virag.
Tuesday 27th April
 Woolgoolga Pennant Team (D) South West Rock at Woolgoolga
Thursday 29th April
 Macksville (D) Woolgoolga at Macksville
 Woolgoolga 4 a Side Orange
Tuesday 27th April
 Woolgoolga Orange were (D) by North Beach at North

Beach
Thursday 29th April
 Woolgoolga Orange was (D) by CEX Coffs at Woolgoolga.
 Woolgoolga orange played a wet day catch up with Urunga in the afternoon and (D) Urunga.
 Woolgoolga 4 a side Green
Tuesday 27th April
 Woolgoolga Green (D) Sawtell at Sawtell club.
Thursday 29th April
 Woolgoolga Green (D) Urunga at Woolgoolga.
 Social
Thursday 29th April
 Played 3 bowl triples 18 ends. P Greenwood, and C Boyden shared a position of lead, F Amos, L Fairhall (D) G McInerney, C Mitchell, S Sweeney
Tuesday 4th May
 Woolgoolga Grade 3 Pennants (D) CEX Coffs at Woolgoolga.
Thursday 6th May
 (D) by Sawtell at Woolgoolga
 They are now out of the game and waiting for their overall placing in the competition.
Tuesday 4th May
 Woolgoolga Green (D) by CEX Coffs at Coffs Harbour Club.
 Now the 4 a side's Orange and Green teams are waiting



Life members Maureen Short and Julie Womersley

their placings
 Social
Thursday 6th May
 Played 3 bowl triples Greg McInerney, S Sweeney, M Short (D) J Lynn, Glenda McInerney, L Fairhall.
 Social
Thursday 13th May
 F Oram, P Greenwood H Dunbar (D) J Hampstead, J Lynn, N Haines at 16 ends of three bowl triples, the other game was a game of pairs

L Fairhall, W Bracher (D) C Mitchell, M Short
 Pennant results Grade 3
 Came third out of 8 teams, Woolgoolga 4 A side Orange came in 2 out of 7 teams, Woolgoolga Green 4 a side came in 5th out of 7 teams. Well done Woolgoolga.
 Woolgoolga has three teams of Four that are going to the State Competition at Foster/Tuncurry. We wish these teams the best of luck.



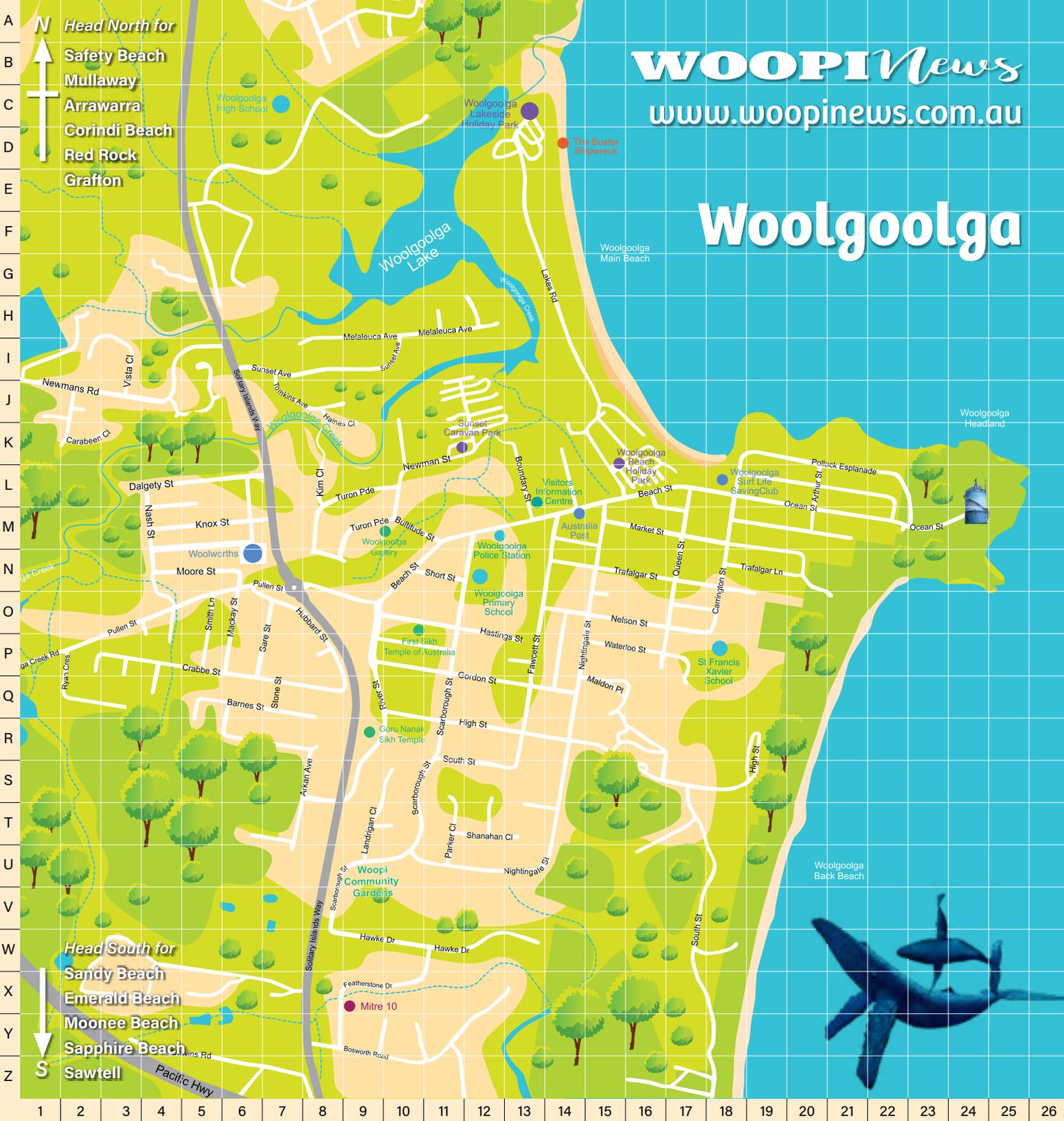
Image: Barry McCulloch

BUSTER'S
 BRASSERIE
OPEN 7 DAYS
LUNCH
 12pm - 2pm
DINNER
 5.30pm - 8pm*
 *may extend subject to demand

It's my club
 cex.com.au



Woolgoolga



Woopi News Advertisers in June

- 2450 Constructions *
- A & G Mallett Specialist Builders *
- African Drumming (Drummer Girl) M,11
- All Coast Electrical *
- Alt Collective M,17
- Anna Miley Yoga *
- Aussie Rural Fencing *
- Beatties Furniture *
- Ben's Physiotherapy Z,11
- Big Garden Furniture Z,11
- Body Works M,16
- BP Woolgoolga Service Centre O,9
- Byrne Plumbing *
- C.ex Woolgoolga - Buster's L,13
- Coffs Coast Chem Free Cleaners *
- Coffs Coast Law Co *
- Coffs Coast Sports Physiotherapy M,14
- Coffs Harbour Hyundai *

- Country to Coast Pest Control *
- Critters Distillery W,13
- Crossfit Woolgoolga Z,11
- DFM Financial M,16
- Eco Threads M,15
- Education Centre M,16
- Feather and Nest L,15
- Good Beautician *
- Hair by Sarah *
- Haircuts at Home L,10
- Harvey Excavations *
- House Washing Specialists *
- Ian's Handyman Service *
- Ison Tile and Stone *
- Jankianand Studio R,10
- Jurotte Roofing *
- Katie Pledger Accountant L,15
- Kevin Hogan, MP *
- La Hacienda 101 *

- Lalu Lulu M,15
- Le Dain Designs *
- Linked to Life *
- MacRae Electrical *
- Meditations with Zara L,13
- MNC Physiotherapy M,16
- Nolans *
- Northern Beaches Anglicans P,11
- One Agency *
- Piggott Excavations *
- Rainbow Cottage M,9
- Rob Brown Denture Clinic O,10
- Saratone Theatre *
- Spice Rack Q,9
- Splash n Dash Carwash X,10
- Staysharp Accounting O,10
- Sunset Room O,15
- Taffy's M,15
- The Shack Barbershop O,10

- Valaxus Y,9
- Village Market M,17
- WNB Legal Q,12
- Woodseys Wheels M,16
- Woolgoolga Bathrooms & Kitchens *
- Woolgoolga Cleaning *
- Woolgoolga Coastal Chemist M,15
- Woolgoolga Diggers M,11
- Woolgoolga Finest Butcher L,17
- Woolgoolga Garage Door Centre X,13
- Woolgoolga Motors Y,9
- Woolgoolga Performing Arts Studio X,9
- Woolgoolga Podiatry M,15
- Woolgoolga Real Estate L,16
- Woopi Fresh O,10
- Woopi Gardens U,9
- Woopi Tandoori Nights M,17
- XS Surf L,17
- * = not shown on this map

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