

WOOLPOOL News

Woolgoolga and
the Northern Beaches

May 2021 issue #21



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WOOPINews

The Kindness Project

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunflowers follow the sun, but did you know ... when it's cloudy and grey, they face each other and share their energy. Imagine if we did this too.

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

2
Compliment someone to their boss

3
Text someone good morning or good night

4
Say hello to a stranger

5
Reminisce with a friend

6
Write a card to an old friend

7
Pay for the person behind you's coffee

8
Plant a tree

9
Ring your mum if you are lucky enough to still have her

10
Pick up some rubbish

11
Check in on your neighbours

12
Give yourself a compliment

13 See how many times you can make somebody laugh today

14
Send a kind note to an emergency service

15
Forgive someone

16
Go to your favourite spot

17
Leave your waiter a generous tip

18
Donate to something you believe in

19
Complete a chore that is not yours

20
Leave kindness notes around your community

21
Write a positive comment on a website

22
Cook an extra meal to give someone

23
Treat yourself to some me time

24
Compliment five people today

25
Buy flowers to hand out in the street

26
Post a positive affirmation on social media

27
Call or text an old friend to say you are thinking of them

28
Compliment a child (or their parent) on their manners

29
Make a family member breakfast in bed

30
Mow your neighbour's council strip

31
Donate some time or money

"Keep your face to the sunshine and you cannot see the shadow. It's what sunflowers do." – Helen Keller

Welcome to Woopi News

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

Another month has spun past, beautiful Autumn days have kicked in and Woolgoolga is bustling. A lot of that has to do with The Buster making another random appearance. *You can read more about that on pages 8 and 9.*

This edition we are paying tribute to Mothers. I lost my mum, Lesley, when I was 25 and she was only 50. Brad is lucky enough to still have his mum, Joan, who is 87. I have a stepmother, Ann, who is beautiful, and most months helps proof-read Woopi News. I am a mum and a grand mum which I'm very proud of. I thought being Laura and Jack's mother was the highlight of my life, but that was until Little Freddy and Baby Alba came along. Sorry kids. So Happy Mother's Day to you all, past, present and future. We hope you have a lovely day on Sunday May 9, a day dedicated just to you.



Jim Stevens decided if there wasn't going to be an official march in his beloved Woolgoolga he would go for a Gentleman's (and Ladies) Walk down the street by himself. Once the word was out, he was joined by many and cheered on by even more. Thank you to Jim and co for everything you have done and do.

How amazing is our front page? The photo of Lars Dyrmosse Lund Kristensen is in honour of the Inaugural North Coast CrossFit Championships which are on this weekend. *You can read more about that on pages 4 and 5 and then move on to page 6 and you can learn more about the front page photographer Simon Whittaker.* Simon does some amazing photography work and we feel very proud to have this photo on our front page.

[It's the last month that you can enter our Images of Woolgoolga Photograph Competition. Entries close on May 31 with voting continuing through till June 12. Winners will be announced in our July edition. Don't miss out.](#)

Woopi News wants to say Happy Birthday to one of our contributors, WNB Legal, which turns one this month. KC is most definitely building a fabulous reputation as a trusted and professional solicitor.

Welcome to another new column, Creative Kids, which will be aimed at what's fun and educational for children. And just to prove we really are a true

Woopi magazine we have a recipe for Seaweed Brew sent to us by a reader. I laughed with relief when I realised it was for the garden and not to go with morning tea. *See page 40 for this gem.*

Welcome to new advertisers, Skate and Create, Mid North Coast Physiotherapy, 6 Degrees Co, Made with Love Markets and Natural Elements on Queen.

Without all our advertisers we would not be able to bring you Woopi News each month. So make sure you tell them, "You saw it in Woopi News".

If you never want to miss out on a copy of Woopi News, we now offer a subscription service with deliveries straight to your letterbox. \$30 for 6 months, \$60 for 12 months. Go to <https://woopinews.com.au> subscriptions to sign up.

Cheers, Lisa and Brad.



Lesley Finn



Joan Nelson

We have some messages to mums and a Mothers Day Gift Guide spanning pages 20 to 30.

Anzac Day has just passed, once again restricted because of Covid, but you can't keep good men down.

The Inaugural North Coast CrossFit Classic is being held in Woolgoolga and the Northern Beaches on the weekend of May 1 and 2.

If you haven't seen CrossFit in action, there is a great video on the organiser, CrossFit Woolgoolga's, website. <https://www.crossfitwoolgoolga.com.au/>



The North Coast Classic is expecting over 30 teams of mixed pairs to compete against each other comparing speed, strength, power, technique, teamwork, conditioning and agility.

Many of the participants are local but visiting teams will be participating from up and down the coast.

Most of the competition will be held at CrossFit Woolgoolga's premises in Bosworth Drive. A viewing area will be set up so you can go and watch these prime athletes in action. There will also be two running events held on Sandy Beach and the grassed area at Sandy. It'd be great to go along and cheer them on.

There are three different age groups competing being teens, open and masters, (advanced and scaled) with cash and sponsor prizes on offer.

Our front page guy, Lars Dyrmoose Lund Kristensen, is the co-owner of CrossFit Woolgoolga. He is a former World Champion of CrossFit Masters and Cirque Du Soleil Acrobat.

He and business partner Paul Chambers will be overseeing the two-day event and would love to see Woolgoolga and the Northern Beaches getting behind the athletes.

Thanks again to Simon Whittaker Photography for the photos of Lars.

From Wikipedia: CrossFit is promoted as both a physical exercise philosophy and a competitive fitness sport, incorporating elements from high-intensity interval training, Olympic weightlifting, plyometrics, powerlifting, gymnastics, girevoy sport, calisthenics, strongman, and other exercises. (Phew, I'm exhausted just reading that!)



Finally for people suffering with knee pain...

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

Exclusive report by Ben Leyson

To the person suffering from knee pain.

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

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

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

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

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

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

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

That's why I have created this special 4 page

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

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

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

WHAT TO DO NEXT

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

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

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

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



Timetable for the North Coast Classic CrossFit Challenge

Saturday 1st May

- 7.15–7.45am: Check in
- 7.45–8am: Welcome and Briefing
- 8.30–10.30am: Event 1
- 10.30–12.30pm: Event 2
- 12.30–2pm: Lunch Break
- 2–2.15pm: Briefing (Sandy Beach - South End)
- 2.30–5pm: Events 3 and 4.
- 6.30pm: Dinner at Anchor Kitchen & Bar (optional)

Sunday 2nd May

- 7.30–7.45am: Day 2 Briefing
- 8.00–10.30am: Event 5
- 10.30–11.30pm: Event 6
- 11.30–1pm: Lunch Break
- 1–3pm: Finals

Everyone is welcome to come and cheer the contestants on.
There will be Roberto's Pizzas and refreshments available.



OPEN Prizes:

TEENS Prizes: 1st \$1000 2nd \$500 3rd \$250 <small>EX. ONLY</small>	OPEN Prizes: 1st \$2500 2nd \$1200 3rd \$600 <small>EX. ONLY</small>	Masters Prizes: 1st \$1000 2nd \$500 3rd \$250 <small>EX. ONLY</small>
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MAY
1st, 2nd



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People often ask how do we compete with the big boys.
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Our Front Page Photographer - Simon Whittaker



Meet Simon Whittaker, a humble and hilarious man. Woopi News is honoured to be featuring one of his photos on our front page this month. Apart from being an amazing photographer, he is also a very kind and giving man and I imagine if you're a little shy about being photographed, he would make you feel at ease. Simon covers a couple

of genres of photography which he likes to keep separate but they both have absolutely stunning collections. So if you want some personal shots, business shots or some wedding pics check out his work via Simon Whittaker Photography <https://swp.studio> or En Vogue Wedding Photography on <https://evwp.com.au>

We asked Simon, who as I said is quite humble and not one to blow his own trumpet, to share a little bit about himself and this is what he said.

"I learnt an early appreciation for photography from my father who was a well-respected news and commercial photographer in Melbourne and Sydney. I used to spend my school holidays in the

studio and accompany him on shoots and I remember the exact moment that I became hooked on the art. It was when I watched an image magically appear on paper in the developing tray.

Despite a strong desire to shoot colour film, my father was adamant that I couldn't until I learned how to shoot, process and print black and white work. It ended up being the major factor in my continued love of black and white photography. Truth be told, B&W is still my preference and if anything, there needs to be a good reason to include colour for my genre which is portraiture, weddings, family portraits and portfolios for models and businesses.

In 2014 I finished working as a paramedic here in Woopi and have been building

my photographic business since. I was accepted into the Australian Institute of Professional Photography in 2013 (from memory) and have been lucky enough to be educated and mentored by some of Australia's best photographers, including William Long and Steve Scalone to name a few.

I have picked up some awards over the years but I am finding that I love the learning journey of photography so much, that I decided to undertake a Diploma course at Coffs Harbour Tafe in Photography to fill some gaps in my knowledge, but also to grow. Tafe has challenged me in areas I wouldn't have thought of and as a result I feel has really lifted the quality of what I am doing."

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The 6 Degrees **Festival of New Thinking** invites business people, creatives and entrepreneurs across the Coffs Coast (yes you!) to think differently, apply innovative ideas and create long-term business growth.

Woopi News

Dear People of Woolgoolga,

I would like to thank you all for your wonderful support in my recent Award of the International Women of the Year Community Hero awards. Thank you for all the calls and cards and greetings in the street that I received. It was amazing.

I received the award as part of the work I do with Woolgoolga Lions and Red Cross and was honoured to have Gurmesh Singh as some local support in the audience, as the awards were held in Sydney.

I was completely overwhelmed and extremely proud to have been presented with this and I could not have done it without the support of the local community and clubs of Woolgoolga.

It's still like a dream, I can't quite comprehend it and want to do it all over again.

I have plenty more things I want to instigate and implement in Woolgoolga and can't wait to do more.

Yours faithfully, Jean Vickery



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Woopi News - Buster puts on a Show



The Buster certainly has been in the news this last month.

I think it started from a drone shot that went viral, alerting all the news services about the wreck being uncovered. Time that with school holidays, and the visitors to Woolgoolga Beach seemed to double. It was really sad, and quite distressing for some, to see the number of adults and children jumping on the 128 year old relic, banging it with rocks, pieces being stolen from it, etc. The community outrage prompted the authorities to erect extra temporary signage closer to the wreck and to organise rangers and associated authorities to make regular appearances to try and prevent further damage and theft. David Greenhalgh from Solitary Islands Marine Park is currently organising more permanent signage, including the history of Buster and an explanation of the rules. This should be erected in the next few weeks.

Marine Archaeologist, Dr Brad Duncan, from the Office of Environment and Heritage in Sydney visited Woolgoolga to view Buster and update his data from his 2013 visit. Brad is in charge of 1000s of shipwrecks on the NSW coast and loves Buster. He said he has never

This photo was taken by Ricki Moore on one of the first days that Buster had reappeared.

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

Woopi News - Buster puts on a Show

seen a wreck like it. It was built to be really strong and he suspects maybe it was built to withstand sailing through ice. The planks are extremely wide and the fact the vessel has been buried under the sand for the majority of its years has preserved it extremely well.

The Buster was driven ashore and became a total wreck at the mouth of Woolgoolga Lake on March 8, 1893. The 310-ton vessel, a 39 metre barquentine, was built in Nova Scotia, Canada, in 1884. It arrived at Woolgoolga from Sydney in February 1893 to load timber bound for New Zealand.

The crew put down two anchors and ran a cable to a buoy near the former Woolgoolga Jetty. But when a storm from the south-east hit, the vessel's anchor cable snapped and its holding chains failed. The vessel then broke away from its mooring and eventually beached stern-first 200 metres down the beach, just south of the Woolgoolga Lake mouth. No lives were lost, in fact the terrified crew had strapped themselves to the riggings fully expecting to die at sea that night.

Brad talked about a program which might be good for our area, called Wreck Spotters. It's run up and down the coast so that communities can become the eyes and ears for them and report sightings, take measurements, etc. It's a two-day course. Woopi News will chase it up and see if we can form a "Friends of Buster" group that can help protect the wreck so that it is still here for years to come. Let us know if you're



David Greenhalgh's, from Solitary Island Marine Park, interpretation of what Buster would have looked like.

keen to be part of this via woopinews@gmail.com

His presentation was really interesting. We have part of it on video (I accidentally deleted the first five or so minutes) which you can find if you search Buster Information Session in the Woolgoolga and Northern Beaches facebook group, or go to Woopinews.com.au/buster - it's just a rough video made with a phone. There's some great stuff about other wrecks on there, so worth watching the lot, but if you only want to hear about Buster skip through about 14 minutes.

Brad stressed that it is an offence to damage or take parts of Buster or any

wreck even if it washes up on the beach. If anyone has found a part and has taken it home for safe-keeping please get in contact with him as they may be able to restore the pieces. If pieces are returned you will not be fined, but if you know of someone who has taken some, please report it so they can try their hardest to have it returned. His number is 9873 8552 or email him at brad.g.duncan@environment.nsw.gov.au Buster has been the most photographed object on the Northern Beaches of late. If you would like a photo enlarged and printed so that you can frame it, Robert (Wally) Watkins has some available. Prices start at \$50. Give him a call on 0432 508 489.



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TWO TOOTS! and we'll come to you!

Creative Kids



WELCOME to our new regular column, brought to you by Laura Byrne from Rainbow Creative.

Laura is a trained primary school teacher and has a passion for all things sensory and different ways children can learn.

We hope you enjoy.

Sensory Play - The What, Why and How

What is sensory play?

Sensory play is much more than just feeling textures! It is defined as any form of activity that stimulates the senses—touch, smell, taste, movement, balance, sight and hearing. For example an object that requires touch but also produces a sound! Children will often spend long periods of time engaging in sensory play while parents stand there mouth open, wondering how in the world their active child is staying focused on one activity for so long! This is because of the sensory component of the play. Children are not able to tell you when their sensory needs are not being met, but when they encounter an activity that fills that void for them, they know immediately that it is something they need to be doing!

What are the benefits?

From birth, children rely on sensory input to explore, learn and understand the world around them. Sensory experiences are vital for a young child's developing brain and exposure to sensory play helps them build nerve connections in the brain's pathways.

Some further benefits include:

- provides a play-based, hands-on learning opportunity for children
- often they are open-ended activities meaning they can be used in so many different ways, again and again
- improves fine motor skills and hand-eye coordination by manipulating objects
- child-directed learning/play
- provides sensory input, meeting the sensory need of a child
- calming, mindful activity that is also engaging
- captures and holds attention and focus
- sparks creativity, imagination, exploration and investigation
- fun and interesting
- decreases agitation and restlessness
- improves language development and expand vocabulary
- increases understanding of cause and effect concept
- it encourages 'scientific thinking' and problem-solving
- social skills- sharing, playing and communicating.

How do you do it?

Providing opportunities for children to actively use their senses as they explore their world through 'sensory play' is crucial to brain development. Options for sensory play are endless and only limited by your imagination!



Here are some ideas to get you on your way:

* Sensory play for babies can be as simple as blowing and watching bubbles float and pop, feeling them land on their skin, or scrunching coloured paper, crunchy material to hear the noise, feeling the contours and seeing the shapes change. Exploring different textures is also a fascinating experience for bubs. One of my favourite book sets "That's not my..." has a different texture on every page! Perfect for little ones.

* Sensory play for toddlers can include exploring objects of different sizes, textured books, using scented playdough, smelling a variety of herbs and spices, splashing and exploring coloured water, sand pits or watching the colours mix and the patterns form by finger painting or sponge painting.

* Sensory play for pre-school aged children can look like creating shapes and playing with kinetic sand, or playing with musical instruments and listening to the tone and pitch as they strike or blow through instruments softly or forcefully. Scented playdough again and Sensory bins are also a good option for this age too! Bins are full of intriguing items that engage all the senses.

One of the simplest and most effective ways to help children engage their senses is by playing outside and just being in nature, full of rich colours, movement, textures, sounds and smells.

At Rainbow Creative 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>

"Play is the work of a child" Maria Montessori



Women's Health Physio is Available in Woopi



Pelvic issues are very commonly faced by people across the lifespan and are particularly common amongst women. Unfortunately, these issues can be ignored or left unchecked as you can be embarrassed to seek help, holding you back from activities you enjoy- but it is treatable! Leading local physiotherapist Aaron Hardaker caught up with Sarah Brown, physiotherapist at Mid North Coast Physio in Woolgoolga and Moonee with a special interest in Women's Health and pelvic problems.

What is a Women's Health physio?

We are physios who have undertaken further training and work with you to address conditions related to the pelvic muscles and organs. This includes incontinence, pelvic organ prolapse and pelvic pain to name a few. We are

also a great ally for you throughout pregnancy and in the postpartum period for new mums looking to stay active and protect their pelvic floor.

Who should see a Women's Health physio?

Anyone who is pregnant or has recently given birth and anyone suffering from symptoms of pelvic dysfunction can benefit from women's health physio assessment. You don't need to have been referred by a doctor to access women's health physio.

How can Women's Health Physio help?

We have a wealth of knowledge about the anatomy and physiology of the urinary, digestive and reproductive systems, the pelvic organs, connective tissues and biomechanics of the

pelvic floor. We can thoroughly assess your pelvic floor function and help you understand to root cause of your symptoms. We work alongside you to develop a plan to help make lasting change to your daily life.

Through pregnancy, women's health physios can ensure you remain active, reduce low back and pelvic girdle pain and provide you with the knowledge to support your body after birth and in the post-partum period.

Sarah is launching ante-natal hydrotherapy groups from May 4 in Woolgoolga for pregnant mums looking to stay active and manage their aches and pains through their pregnancy. For more info or to book, call the friendly MNC Physio admin team on 1300 27 37 47.



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DFM Accounting would like to introduce our newest member of the team, Andrew Campbell.

Andrew grew up in Moree, NSW and started his accounting career in 2006, straight out of high school, as a cadet accountant.

He attended the University of New England, graduating with a Bachelor of Financial Administration degree in 2011. In 2014 he made the move to Coffs Harbour.

Andrew is a certified practising accountant (CPA), having completed the CPA

Program in June 2016.

Andrew started with our team in November 2020 as a senior accountant and is enjoying the Woolgoolga lifestyle. He has over ten years experience dealing with small, medium

and large businesses, specialising in business structures, trusts and company set-ups, business and tax advice, and audit services.

Andrew enjoys being able to help clients streamline their business processes to gain efficiencies in all aspects of their business.

Away from the office, Andrew is a huge Los Angeles Lakers fan of the NBA and is a proud supporter of the Parramatta Eels in the NRL. He is secretly hoping that 2021 is the year they finally win the comp.

Aside from watching sport, Andrew participates in the Coffs Harbour touch competitions, is an active runner and a keen musician, having learned piano from a young age before teaching himself guitar.



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.

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Woolgoolga Art Gallery - What a Relief



Barb Newby



Carol Treadwell



Jo Holdsworth

Another great exhibition is scheduled for showing this month at the Woolgoolga Gallery.

The exhibition name What a Relief describes exactly what it is. A printmaking exhibition with lots of beautiful relief artwork on show.

A relief print is made by carving an image into a base block, coating it with ink, then pressing a receiving medium over it. The raised areas reveal an image which is the opposite of the original – an exciting moment!

Woodcut originated in China 2000 years ago as a method of printing on textiles and later on paper. Metal etching joined the printing genre in the Middle Ages – another method requiring considerable knowledge and skill.

Linoleum was invented by Frederick Walton (UK) and patented in 1860 as a flooring medium. Print artists were quick to realise its potential as an easier and cheaper medium to use in relief printing.

Jo Holdsworth brought a revival of linocut printing to the Gallery, taking a class in Term Two, 2019. From this has grown an enthusiastic group which meets each week to share the calming process of preparing and carving an image, followed by the excitement of the reveal.

As part of the month's exhibition, Jo is offering a Beginner's Guide to Linocut Printmaking Workshop at the Gallery on Saturday and Sunday, 15 and 16 May. Details available at the Gallery.

Opening Night is Friday 7 May 2021 and the exhibition will run until 31 May.

The Exhibition will provide a wide variety of approach and style by the exhibiting artists, including Jo Holdsworth, Paul Millard, Karen Thio, Margie Hawtin, Barb Newby, Carol Treadwell, Brian Davidson, Sue Trefz and Joelle Bridger.

Framed works, extra editions of prints and cards, as well as the printing press, tools, inks, rollers, lino blocks and etching tools will be on display.

We hope to see you there!

Woolgoolga Art Gallery, 73 Turon Parade, Woolgoolga.
Phone: 6654 1054



Paul Millard



Karen Thio



Paul Millard, Karen Thio, Barb Newby, Jo Holdsworth and Margie Hawtin



What a Relief!

Several titles of relief printing by the Woolgoolga Art Gallery Printmakers
 4 May to 31 May 2021. Opening Night: 6.00pm Friday 7 May, Turon 510
 Woolgoolga Art Gallery, 73 Turon Parade, Woolgoolga 6654 1054



Images of Woolgoolga and the Northern

Images of Woolgoolga Photo Competition has almost 400 entries.

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

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

It's the last month that you can enter. Entries close on May 31 with voting

continuing through till June 12. Winners will be announced in our July edition. Don't miss out.

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

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

To enter or vote you will need to go to www.woopinews.com.au/photo-competition You can enter as many times as you like.

Any enquiries, please send to woopinews@gmail.com

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



Woolgoolga Rainforest by Ashley McDonald



Natural Energy, Woolgoolga Lake by Tenaya Versfeld



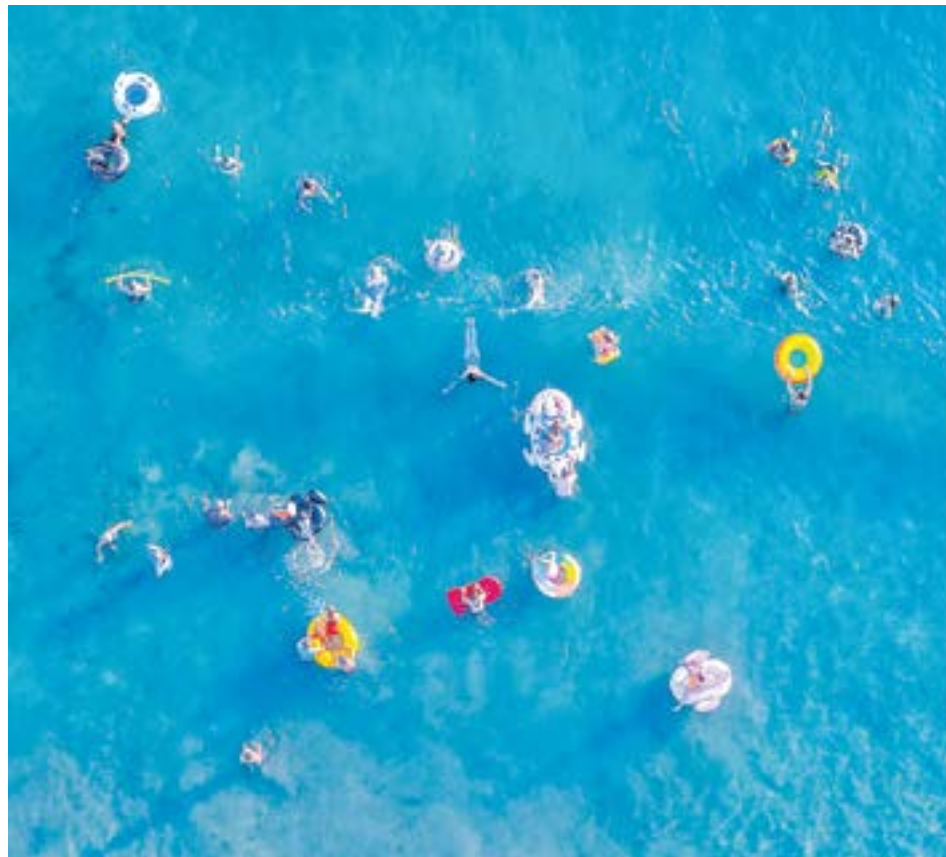
Colours of Woolgoolga by Ricki Moore



Faith before the Storm by Brian (Dino) McGrath



📍 Woopi Headland at Sunrise by Katie Vandermaal



📍 Fluro Friday Floaties by Blyde Nesor



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Phone: 6651 7365

www.linkedtolive.org.au email admin@linkedtolive.org.au

Woopi News - Woolgoolga Amateur Talent Quest

Last month The Woolgoolga Lions Club and Rotary Woolgoolga collaborated in bringing us the Inaugural Woolgoolga Amateur Talent Quest - Your Time to Shine.

The idea was twofold: to showcase new talent and to bring the town together for a bit of fun after a year of living with Covid restrictions.

There were 19 acts covering a capella, solo singers, guitarists, sax and violinists, dancing, cabaret, song and dance, ukuleles, etc. They were all very entertaining, with the full house audience enjoying it immensely.

It was not necessarily a fundraiser, as the focus was on the acts. However over \$3300 was raised and donated to Childhood Cancer Research. Lions President, Jean Vickery, said she was incredibly proud of the night with a highlight being special guest judge Jack Thompson in the audience. All the judges had a hard job choosing the winners but came through announcing the winners as:

Senior Winner, Casey Alexander (Singer songwriter, guitarist)

Senior Runner up, VVS (Two Violinists and a saxophonist)

Junior Winner, Calamity Thorncroft (Cabaret song/dance)

Junior Runner up, Paige Saban (Singer songwriter, guitarist)

Jean said, "There will be another night organised soon. It was all about fun. Not a fundraiser but a fundraiser. I'd like to give a big thank you to Woolgoolga people who always get behind things."

Woopi News would like to share with you a bit more about each of the winners, Casey and Calamity.

Casey Alexander, 16 from Sapphire Beach, won the Senior Division, with his original song 'Come Home'.



Casey is a talented pop singer and guitarist, known for his gorgeous tone and chilled vibe, entertaining people on the beautiful Coffs Coast, covering the likes of Ed Sheeran, Shawn Mendes and James Arthur.

In 2020, Casey won the Coffs Harbour Singing Eisteddfod (Pop Music category) and came Top 10 in an online International Singing Competition.

Casey is a Year 11 student at Coffs Harbour Senior College, where he is studying Music and hopes to make a career out of it.

Casey loves his singing lessons with Karen Hutchinson, a Woopi local, and can't speak highly enough of her support and teaching.

Casey has performed at Ground Earth, Anchor Kitchen and Bar, Beachhouse Cafe and The Amble Inn Hotel.

Casey has recently recorded his original song 'Come Home' and will release it in the next few weeks.

If you'd like to see Casey perform, he has two gigs coming up at Anchor Kitchen and Bar. Sunday 16th and 30th May, 4-6pm.

To hear Casey's acoustic sound, check out 'Casey Alexander Music' on Facebook <https://www.facebook.com/CaseyAlexanderMusic>

or his YouTube channel: https://www.youtube.com/channel/UCPC_CzihBGWhFNPpAYDndXA

Casey loves performing for Woopi locals, as they have been so supportive of young artists.

He is available for gigs, parties and weddings and can be contacted via his Facebook page 'Casey Alexander Music'. or via 0477 386 478.

Never miss an issue of Woopi News with our subscription service. Delivered to your letterbox. \$30 for 6 months and \$60 for 12 months. Go to <https://woopinews.com.au/subscriptions>

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OFF TRAX





Hi I'm Calamity Tallulah Thorncraft. I'm 9 years old and I love to dance, sing and act. I've been dancing at Woolgoolga Performing Arts Studio since I was two years old. My favourite styles of dance are ballet and jazz. But I also love to be with my friends, surf, skate, make art and play piano. I am so grateful that I get to have so many opportunities in my home town to perform.

When I won the talent show I was so overjoyed and surprised because there were so many fantastic performances in the junior section and the senior section was just brilliant.

I want to thank the Lions and Rotary Club for putting on such a great night.



I did a Song and Dance for my performance because I love musical theatre and when I'm older I want to be a movie actress.

I have many people I look up to including my sister Delilah, Ginger Freudenstein, Natalie Wood and so many others.

Later on in the year I am going to be in my first theatre performance 'The Wizard of Oz' at the Jetty Theatre in Coffs with lots of my friends from my dance studio.

I really want to thank Miss Jade and all my teachers for always believing in me and making me challenge myself to reach my goals.



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tacos
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Sunday Soiree at Surfside Plaza - R U OK? Fundraiser

Quite often the team at Surfside Plaza gets together and holds an afternoon soiree with some nice food, drinks, raffles and a fashion parade, then donates the profits to a charity.



It is beautiful sitting under the Poincianas in the courtyard outside Taffy's, chatting with friends, listening to music and watching the beautiful fashions from Eco Threads being modelled by popular locals of all ages and sizes.

Well this Mother's Day they're going to do it again! From 2pm you can bring your mum and the rest of the family.

This time proceeds from the day will go to R U OK?, which will be spent back in our community, helping to bring support and awareness to suicide prevention. Eight Australians a day take their own life, that's one every three hours! So it's certainly a good cause. You can have fun and spoil mum at the same time.

You've probably already had lunch but there will be \$10 light meal deals from Taffy's and Thai Chai Yo available, plus tea and coffee. But if you're after something a bit harder, you can BYO drinks.

All mums will receive a free gift, plus there will be lots of prizes being raffled off, so you might even win her something extra special.

Bookings are a must and a \$5 deposit is asked to reserve your table. Call into Eco Threads or Taffy's to book your space or phone Karen on 0423 079 867. See you there!

Mother's Day Sunday Soiree at Surfside
 May 9 at 2pm
 Come and treat mum to an afternoon of music and fashion whilst you enjoy the ambiance of the Surfside Plaza Courtyard.
 Fashion Parade by Eco Threads
 \$10 Meal Deals by Taffy's and Thai Chai Yo
 Raffles Galore
 Live Music
 Refreshments available or BYOG

Please book your table via Eco Threads on 0423 079 867 \$5 deposit required. All money raised will go to R U OK? Suicide Prevention and Awareness in Woolgoolga.



Taffy'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



The Plantations

Community recently held a fashion parade in their very swish clubhouse.

Karen from Eco Threads brought along her new line of Australian-made fashions.

Eco Threads has transformed over the past 12 months and now stocks a lovely range of quality (mostly Australian-made) fashion.

They still have some of their old favourites in store and cover all sizes. Their Plus Size range is very popular, as well as the new men's and children's wear they have added. Beautiful jewellery, bags and essential oils available.

Karen and partner Ian have some great plans for their business in 2021, so keep an eye on their store for new and exciting things about to happen.



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

Mothers Day Messages



Melissa Twaits

To my dearest mother, Melissa Twaits (aka my best friend).

Thank you for always giving me nothing but love, support, guidance and never-ending reassurance in my life. You are nothing but an absolute blessing to me and I could never imagine my life without you. Thank you for being the most caring mum I could ever ask for, thank you for always listening and forever being patient with me. You are the most amazing person I have ever met and I am so proud of you and all of the things that you have taught me throughout life. You are the strongest woman I know and I am so thankful to call you my mum. Happy Mother's Day, I love you forever and always, Koonka xxx



Elaine McInnes

To my dearest Ma,

You are the strongest, most caring, most loving and definitely the craziest lady I know!

Thank you for being the greatest Mum (and Mum-In-Law) in the world. I feel so happy and proud to be your daughter.

Happy Mother's Day Ma!

Love you to the moon and back, Leana and Jimmy Xoxo



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

Mothers Day Messages



Leanne Bartlett

Mum to us and Mama Barto to many! Thank you to the woman who loves us unconditionally, inspires us with her strength and big heart. We love and appreciate you not just on Mother's Day but every day of the year!



Terry Reynolds

In 1945 my mother and her mother escaped from Dresden only 72 hours before it was bombed. They eventually were reunited with my grandfather, my great-grandparents and other surviving family members and over several years made their way to Australia where they made a new life.

Happy Mother's Day Mum, and to all the mothers who wish for something better for their children.

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Mothers Day Messages



Leanne Finn

Happy Mother's Day mum, we hope that you enjoy it. Love from your favourite child and Aynslee



Tamily Harling

Happy Mother's Day to the most beautiful, wonderful, caring, hilarious, extra soul I know. I appreciate you and I love you forever. You have been my rock, my sly eye looker and best friend since the day I was born. I wish I could be spending this and many days with you. Hopefully soon. Love you loads. Jess and your grandson Winston xxx



- A not for profit community based long day care service operating Monday to Friday from 7:45am-5:45pm
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Mothers Day Messages

Vicki Bartlett

Dear Mum
Thanks for always being there for me during the good times and the bad.
The smell of your perfume and your soft cuddles are still so comforting, despite the age I am.
I am grateful for everything that you do for me and our family.
I am so glad I chose you to be my Mum.
I love you!
Happy Mothers Day.
Casey x



Karyl Miley

You are my safe place, thank you for always being there. Love Anna, Jess and Beth



Nerissa Nalder

Mum you are the best mum ever. We love you so much.
Thanks for everything you have done for us, we couldn't have asked for anything better. We love you and hope you have the best Mother's Day ever because you deserve it. Lots of love Bella and Eli xx

Laura Byrne

Happy Mothers Day Mummy.
Sorry we always pull silly faces in photos.
We love you lots.
Love from Freddy and Alba



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Mothers Day Gift Guide

The Made with Love Markets are on Sunday 2nd May, just one week out from Mother's Day ... and look at all the local Northern Beaches stalls that will be there!

WOOLGOOLGA

Get Lit Candles & Melts - <https://www.facebook.com/glcandles>

Furnishin Designs - <https://www.facebook.com/furnishindesigns>

Critter's Distillery - <https://www.facebook.com/CrittersDistillery>

Mamas Little Stitches - <https://www.facebook.com/mamasmallstitches>

Enrich & Connect - <https://www.facebook.com/EnrichAndConnect>

Faustine Designs - Instagram @faustinedesign

EMERALD BEACH

Heart & Stone - <https://www.facebook.com/heartandstonejewellery>

Rustic Kindness www.facebook.com/Rustic-Kindness
Shashinka (Judith Webster)

Ter's Treasures - <https://www.facebook.com/TersTreasures07>

CATricot (Catherine Woodroffe)

Sewkay and Scultables - Kay & Stephen

SANDY BEACH

Sandy Beach Candles - <https://www.facebook.com/sandybeachcandles>

SAPPHIRE BEACH

Resin Bug - <https://www.facebook.com/resinbug1>

MOONEE

Foliage Designs - <https://www.facebook.com/FoliageDesign>
Vendeer (Jane Arnott)

KORORA

Inspired Creations by Kerrie - <https://www.facebook.com/inspiredbotanicalsbykerrie>

Abi & Co - <https://www.facebook.com/abiandcocollection>

ARRAWARRA

Takara Too - <https://www.facebook.com/TakaraToo>

CORINDI

Bakarindi - <https://www.facebook.com/Bakarindi>
Mamma Earth Art- Instagram @Mamma earth art

The markets are held on level 1 of the Plaza Car Park from 9 till 2. Well worth a visit.



Get Lit Candles

Heart & Stone



Inspired Creations by Kerrie

Resin Bug



Ter's Treasures

Takara Too



Bakarindi

Faustine Designs



Mothers Day Gift Guide



Framed Turtle Canvas Art
\$55.00
That Beach Shop
3/62 Beach Street
Woolgoolga
Coconut Bowl \$12.50



Monstera tripod planter
- 3 sizes starting
at \$49.90 Mitre 10
Featherstone Drive,
Woolgoolga



Chopping
boards from
\$55
Big Garden
Furniture
20 Bosworth Rd
Woolgoolga

Beautiful organic
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Mothers Day Gift Guide



Huge selection of locally-made Macrame hanging pots. What mum could resist. Natural Elements Store on Queen Street.



Picnic Hampers. These can be made up ready to go with gourmet cheeses/deli meats/wine etc or just buy as a stand-alone gift. Lots on display at the Bluebottle Retail Store.



This stunning set of 42 positive affirmation cards designed to remind your mum how awesome she is are locally printed and available via <https://www.mssharonjoy.com/shop>



Brimming with messages of love, practical tips, inspiring quotes, heartfelt reflections and funny anecdotes, this book is the perfect present. \$15 Feather & Nest, Shop 11, 53 Beach Street, Woolgoolga



Booshie Boxes, Small sweets box & mini bottle of wine with Mother's Day cookie \$55 (without alcohol \$50) See the full Mother's Day range on Instagram @booshie_boxes or Facebook Booshie Boxes Call or message Jess on 0423 877 893 for more information

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Mothers Day Gift Guide



Kip and co slippers \$39
Sienna nail polish \$28
Bopo self-love body oil \$35 Botanicus Boutique (next to Bluebottles)



Heart Garland \$21.90
That Beach Shop
3/62 Beach Street
Woolgoolga



Tea light candle holders from \$11
Door stoppers from \$44
Big Garden Furniture
20 Bosworth Rd
Woolgoolga



Don't forget to tell them you saw it in Woopi News!



natural elements store



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62 Beach Street Woolgoolga – 0400 728 769

Mothers Day Gift Guide



A definitive range of homeware, travel and outdoor accessories to enhance and complement the perfect lifestyle your mum deserves. Lifestyle blankets, leather tote bags, leather wallets, tumblers, picnic/wine table, canvas tote bags. "However you do life ... do it with style." <https://lifestylething.com.au/>




natural elements on Queen

Live the Lifestyle
Spiritual Boho Bliss












Queen Street Woolgoolga – 0400 728 769




Mothers Day Gift Guide



Stunning Fashion, Scarves, Bags and Jewellery to suit every mum. Eco Threads, Market Street, Woolgoolga



From Left : Status Anxiety Volatile Purse \$49.95
Moe Moe Earring \$34.95
Angus & Celeste Banksia Mug Set \$45
Miss Frankie Nail Polish \$22
The Perfume Oil Company \$29.95
Feather & Nest, Shop 11, 53 Beach Street, Woolgoolga



Adderton Beauty is a beautiful range of Treatment Mineral Make Up, a natural alternative to all other foundation types. Glorious lush lipsticks and eye makeup to make mum even more beautiful. Lalu Lalu Cnr Market and Nightingale Streets



The Intrinsic Affirmation range combines beautiful design with positivity to create inspiring stationery, gifts and homewares that make a difference in people's lives. From \$19.95 Natural Element Store 62 Beach Street Woolgoolga



The 2021 Inika Organic Mother's Day Collection. This little set includes Phytofuse Renew Maca Root Day Cream teamed with the Phytofuse Renew Resveratrol Serum. Both Best Sellers and the perfect pair to gift this Mother's Day! The Good Beautician Monterey Arcade, Coffs Harbour. www.thegoodbeautician.com.au

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10:00am - Families' Service
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northernbeachesanglicans.org.au
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the feel Good Page



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With the world focused on the COVID-19 Vaccination, we would like to take the time to talk about another type of vaccine out there. The Flu Vax - It is recommended you get annual influenza vaccine before the influenza season starts. The peak of influenza activity in Australia can vary each year. Typically, it occurs between June and September but we offer vaccination services all year round so come in and get vaccinated today.



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Chemist

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Our Woopi Community

Woolgoolga Red Cross Rides Into Success

An impressive convoy of some 72 motorcycles set out from the Seaview Tavern carpark to start the 2021 Red Cross Dice Run organised by the local Red Cross Branch. The bikes travelled north to Brushgrove, on to Coutts Crossing Tavern and finished at the Golden Dog at Glenreagh for lunch. All bike riders were given dice which were tossed at each stop – and prizes were given out for the highest and the lowest scores. The guys involved voted it a great success and are keen for another run before the year is out.

Just as importantly, a considerable amount of money was raised for the Red Cross Calling Appeal which provides funding for the everyday work of the humanitarian organisation. The Branch is particularly grateful to members Bruce Chorley and David & Annette Dodsworth for their organisation, to the Lions Club for the breakfast barbecue, and to the generous sponsors who all ensured a wonderfully successful event on a perfect Autumn day.



Photographs by Ian Wade and Gordon Letts



Woolgoolga's own Tuition Hub

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

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6654 8397 or 0435 979 535

Monday-Thursday 3:30-6:30pm

www.theeducationcentre.com.au

Our Woopi Community

Australia's Biggest Morning Tea is a community event that raises vital funds to make a big difference for those impacted by cancer.



1 in 2 Australians are diagnosed with cancer before the age of 85. Cancer Council Australia wants to change that, and this is just one of the ways you can help. Your morning tea will help bring us one step closer to a cancer-free future. Find out more about how your fundraising helps. Woolgoolga has a number of teas happening.

Monday 26th May, CWA Hall, Beach St, Woolgoolga (next to Diggers RSL, 10 till 1 - this one has been held at The Pines Estate for the past 4 years but this year Gail Lineham is really looking forward to hosting in the CWA rooms.

Thursday 27th May, Woopi Gardens, 79 Scarborough Street, 10am. Join the Community Gardens crew for morning tea and have a look around at what they are up to while you are there.

Thursday 27th May, 10am at the Plantations Leisure Lifestyle Village Club house.

Friday 28th May, 10am at Vision Property Sales, 49 Beach Street, Woolgoolga. Vision will set up a marquee and chairs outside on their deck and grass to make it a lovely relaxed afternoon.

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82 Beach St, Woolgoolga

MAY SPECIALS

RUMP STEAK \$22 KILO

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Woopi Gardens and the Healthy Towns Program



Funded by Healthy North Coast through the North Coast PHN Program.

The Healthy Towns Program was set up to improve health and wellbeing in selected North Coast communities. From this initial undertaking, Woolgoolga Community Gardens was chosen to facilitate an ongoing program.

The final presentation in this first 3 month series will be on Sunday 23rd May, 10am - 12pm.

Georgina Lock will present a Women's Wellness workshop called 'Hormone Health and Energy'.

All these presentations are FREE and COVID Protocol will be in place.

Bookings are essential through 'Eventbrite' - times and ticketing details are as shown in our advertisement below. Enquiries to Helen 0421 225 369.

Woolgoolga Community Gardens

PRESENTS:



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

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

WHERE : Woolgoolga Community Gardens - 79 Scarborough St, Woolgoolga

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

DETAILS : This is a ticketed event, please go to [eventbrite.com.au](https://www.eventbrite.com.au) to BOOK

COVID : COVID protocol in place at this venue.

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

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Humans of the Northern Beaches

Margie Hawtin of Woolgoolga is this month's Human Of The Northern Beaches

She is a Fluro Friday regular, so I snuck my interview in during a Fluro Friday gathering. I started by asking Margie how long she has lived in Woopi? *"I've lived here now for ten years."* Nice, and you moved from where? *"So, I had twelve months in Coffs Harbour before moving to Woolgoolga because I couldn't get a place I wanted here, then before that I was in Brisbane."* Did you grow up in Brisbane? *"Yes I grew up in Brisbane."*

Ok folks, before I go any further, it's not that often you hear of someone moving from the Sunshine State to NSW right? But hold on, it is Woopi we are talking about.

So Margie how did you come to find this lovely place called Woolgoolga? *"My friend of 70 years moved to Emerald Beach and I had visited her ... I would say ... about three times and so, during the last trip I asked her if she could look for a flat for me, and she did."* Margie, what was it you fell in love with here in Woolgoolga? (pauses) *"Because it wasn't a big city, I don't like big cities, I've never liked them."* So you'd had enough of Brisbane? *"Yeah, I did. I'd just had a big accident and I'd just had enough."* Margie, folks, has touched many peoples' hearts here in Woopi and the Northern Beaches, mine especially.

When I see Margie my smile lights up, my arms stretch out, and no matter what sort of day I'm having, I'm always better after seeing her.

So you would never know this warm and lovely soul has come from Brisbane. On meeting her and experiencing her beautiful light, you'd think she has lived here her entire life. It's fair to say Woopi, and its Humans, has definitely touched, or let's say healed her in some ways. Maybe a lot. So you've settled into Woopi and now call it home? *"I have, I just love Woopi. I love it so much."* What's the one thing you love the most about Woolgoolga? *"The community spirit here and everything about it. It's just so different to a big city."* Margie, you attend Fluro Friday, is that like a second family to you? *"Oh definitely yes."* What does Fluro Friday mean to you? *"It means a huge amount to me. It got me through four deaths in twelve months, it really helped me get through that."* Did the people who attend Fluro Friday help lift you up and were there for you? *"Yes, they have been there for me. They are just an amazing group of people. Yeah, I don't ever want to leave*



Fluro Friday." Has it healed you in some way? *"Oh yes a lot."* And that made the love for Woolgoolga a lot deeper at the same time? *"Yes, big time."* Can you imagine moving? *"No, my daughter wants me to move back to Bribie Island but I said no way. They haven't got the same community spirit there."*

Woopi is a place for healing. I can totally agree with that. Margie Hawtin is a budding artist and has regular screenings of her work at the Woolgoolga Gallery including "What a Relief!" which will be showing at the gallery this month from May 8.

This left my last and most famous question - Is it Woopi or Woolgoolga? *"Oh it's Woopi for sure!"* Margie Hawtin is a Human of the Northern Beaches and I can't wait to speak to more. - Garreth Nicholls

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Woolgoolga Performing Arts Studio

With theatres remaining open and performance opportunities rising, the local talent is seizing the moment and making the most of every chance they get to be a part of these experiences.

2021 has already been an incredible year for Woolgoolga Performing Arts Studio and the local arts community, as the Jetty Memorial theatre continues to host a variety of productions from professional local theatre groups.

Many staff and students of Woolgoolga Performing Arts Studio are heavily involved in community theatre within the area and their contribution to these productions is inspiring the next generation of performing arts students!

The students of WPAS are so incredibly lucky to be training with working and active directors and choreographers of such productions, as their active experience both on stage and behind the scenes brings fresh, exciting and relevant wisdom to their lessons.

WPAS staff members Tim Gibbs, Billie Jo Dukes, Teo Ross, Sheridan Simson, and Studio Owner and Director Jade Naidu are working on a number of shows that will take place throughout the year, in roles including Choreographer, Director and Stage Manager.

From May this year you can experience one of these incredible productions featuring some of WPAS very talented staff and students.



INTO THE WOODS (CHMCC)

May season

Directed by Tim Gibbs

Choreographed by Teo Ross

Stage Manager: Sherydan Simson

TWISTED (H.I.T MEDIA SOLUTION)

September Season

Choreographed by Teo Ross

Stage Manager: Sherydan Simson

THE WIZARD OF OZ (CHMCC)

September Season

Directed by Billie Jo Dukes

Choreographed by Ginger Freudeinstein

Stage Manager: Sherydan Simson

MAMMA MIA (CHMCC)

November Season

Choreographed by Jade Naidu

Assistant Stage Manager: Sherydan Simson

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Woopi that Was

The Life of Woolgoolga's old-time identities. (By Pat Davis)

Susannah Charlotte Hughes, born to parents James Hughes and Elizabeth Payne at Ganmain, and Great granddaughter of First Fleet Convicts John Small and Mary Parker, and granddaughter to first school teacher Matthew Hughes of Richmond.

Susannah, aged five, her parents and four siblings all moved to Ulmarra area in 1865 where another six siblings were born. Susannah was only 18 at the time of her marriage to George Henry Collins, which required her father James to consent to her marriage.

George Henry Collins was born to George Collins and Margaret Fleming at St Albans. The Collins family, with six of their children, also moved to Ulmarra area in 1872.

George and Susannah lived in the Swan Creek, Coldstream & Ulmarra area after their marriage in 1878 where nine of their children were born. George was a farmer. In 1897 George and Susannah moved to Woolgoolga where George was employed as a labourer and Mill Fireman at the towns Sawmill.

George and Susannah had ten children; the first, George Arthur (1880) only



1934 L-R Front Marie & Bruce Davis, Glen, Max & Ray Jenkins, Daphne Jenkins (Nee Turner) Ethel Hofmeier nee Susannah Charlotte Collins

lived for 16 days. And their tenth child Frederick Collins, born in Woolgoolga (1898), sadly only lived nine days.

George Collins had a contract in 1899 to build the road between Woolgoolga and Corindi.

George also worked as a butcher, farmer and sawmill fireman in Woolgoolga. According to a newspaper report in 1917 George was running for election in the Government, details as reported.

Daily Examiner Thu 15 Mar 1917 Page 4

On Thursday evening Mr Collins, the selected Labor candidate, addressed about thirty-five electors in the Sea View Hall, and was accorded a patient hearing. His address was on similar lines to that delivered at other centres, and which have already appeared in print. He advocated the abolition of the Upper House, and twitted the recent Government with having deliberately failed to carry out their pledge in this respect when they had the opportunity. He was in favor of the nationalisation of health, and also considered that the National Party was covertly trying to bring about conscription. At the conclusion of the address several questions were asked and answered. The usual votes of thanks concluded the meeting.

George and Susannah's children are: Ethel Susannah Margaret married Henry Hofmeier (1906), Ilma Georgina Elizabeth married James Alexander Knox (1904), Alice Isabella May married

Richard Wallbank (1903), Harrietta/Henrietta Emma married George Turner (1907), Owen Alfred Victor married Elsie Eveline Matilda Smith (1909), Cecil George married Annie Kathryn Rieson (1916), Minnie Eliza married Ernest Hofmeier (1914), Eric James married Gladys Pike (1916).

Some of the names of Susannah's descendants still living in Woolgoolga and other parts of Australia and Malta are, Collins, Hofmeier, Knox, Turner, Wallbank, Davis, Jenkins, Skinner, Mahoney, Lattin, Hewitt, Donohue, Kohn, White, Northam. (Please accept my apologies for names I've missed.)

Many of the long-time residents of Woopi will remember Howard Knox and daughter Peggy playing at dances held in the old pavilion in the 1950s. Howard was George and Susannah's Grandson and Peggy's Great Granddaughter.

Susannah helped form a large part of Woolgoolga's early development. Many of her obligations and community activities included in the 1910s were instrumental in organising and holding many fetes and dance functions in the town, raising funds for the building of the first Church of England, and many other building projects. Susannah resuscitated the School of Arts and Library. She was a founding member of the Red Cross. A member of committees arranging functions, honouring men who enlisted prior to going to both WW1 and WW11 and again on their return, and sending of parcels to Australian soldiers overseas.



George & Susannah Golden Wedding Anniversary August 1928

Woopi that Was

Susannah Charlotte ran a fruit shop and tea rooms on the eastern side of River Street, as well as being a mid-wife at most births in the village. She delivered most of her grandchildren. Future owners of the Tea Rooms were Mrs Crossley then Mrs Toovey. (These tea rooms were in what was later to be Billy Richards Draper Store.)

She was a founding member of the Woolgoolga CWA in April 1933 as described in the following newspaper article from *Coffs Harbour Advocate Friday 8 April 1938 Woolgoolga CWA*.

On Friday afternoon last, Woolgoolga Branch celebrated the fifth anniversary of the formation of that branch at a birthday party on the beach. Twenty-four members attended and it was a most enjoyable outing. A feature of the occasion was a decorated birthday cake surmounted by five candles, which was cut during afternoon tea time by Mrs Collins, the oldest member of the branch. The refreshments were served in the pavilion, and several appropriate toasts were honored. Dancing afterwards was indulged in.

Then the most honoured form of recognition was bestowed upon her in 1938 as per following Newspaper articles

Daily Examiner Sat 17 Dec 1938

Page 4 - SWITCHING ON - C.R.C.C EXTENSIONS.

Yesterday was a gala day for Woolgoolga, when the town was en-fete to celebrate the official switching-on of electric light generated by the Nymboida hydro-electric scheme.

A picnic for the children was held in the afternoon, and at night a community tea took place in the jetty pavilion which was presided over by Mr A Johnson, chairman of the Celebrations Committee.

Among those present were Crs Carl T Schwinghammer and Joseph Reid (Clarence River County Council), Mr C M Pollack (Grafton), Messrs M Cunningham (President Coffs Harbor Chamber of Commerce), H I Lovett (Secretary Coffs Harbor Chamber of Commerce), Crs P Burke and R G Jackson, Mr A W Lord (Chief Engineer Clarence River County Council), F C Tregurtha (Southern Superintendent),

A C Smith (Coffs Harbor staff), W Cody (installation Inspector, Coffs Harbor) O Featherstone (Chairman, Woolgoolga Progress Association), W H C Graham (member of the celebrations committee).

Apologies for absence were received from Sir Earle Page, MHR, Messrs C G Wingfield, MLA, Roy Vincent, MLA, Cr G W Fitzgerald (Chairman Clarence River County Council), Ald D W MacPherson (Mayor of Grafton) and Cr Hooson (Dorrigo Shire Council).

The lights were officially switched on by Mrs G Collins, one of Woolgoolga's oldest residents, to the accompaniment of hearty cheers which echoed the residents' appreciation and joyfulness. Other old residents present as guests of the celebrations committee were Messrs W Redpath, H Light, E Hawkins and Mrs G Young.

The first benefits of the light were reflected in hundreds of bulbs brilliantly lighting the pavilion for the occasion, which made new history for Woolgoolga.

The toast of the "Clarence River County Council" was proposed by Mr Johnson and supported by Mr Colin Pollack and Cr Burke. Responses were made by Crs Schwinghammer and Reid. Mr Lord responded on behalf of the staff. Dancing was held when the tea ended.

The Daily Examiner Friday 23 Dec, 1938
Page 9 - ELECTRICITY

ELECTRICITY - WOOLGOOLGA EXTENSION SWITCHING ON CEREMONY

As briefly reported in the "Daily Examiner" on Saturday, the official switching-on of electricity in Woolgoolga took place on Friday last at the beach reserve. The function took the form of an entertainment for the children in the afternoon and a community tea and dance at night.

In the afternoon a romp for the children was held on the reserve. Each child was given sweets, nuts and drinks.

The main ceremony commenced at 6pm with a community tea in the beach pavilion. The hall was decorated with flags and bunting and the tables set in the form of a square, were also prettily decorated with flowers and heavily laden with dainty foods. About 150



Susannah outside her house in Ocean Street 1944. This house is long gone, it was three houses up from the corner of Ocean and Carrington west side.

persons sat down to tea.

To exemplify the announcement of modern lighting over that of other days, tea was taken by the light of candles. These were extinguished when the lights were switched on and kept as souvenirs by those present.

SWITCHED ON - After tea had been disposed of, Mr A Johnson, chairman, called on Mrs G Collins, one of Woolgoolga's oldest residents, to officially switch on the lights. This was done amidst cheers and the pavilion and grounds were flooded with light. Hundreds of lights were strung along the terrace adjacent to the pavilion and made a brilliant spectacle.

THE TOAST LIST - The chairman (Mr Johnson), after the toast to "The King" had been honoured, proposed the toast to "The Clarence River County Council".

Mr Colin Pollack supported the toast. In doing so he eulogised the CRCC for their enterprise in making electricity available to the Central and Far North Coast. Their undertaking was the hallmark of success and wherever electricity was mentioned the council was referred to as an indication of what perseverance and service could do. That night they could see the result of years of agitation. Woolgoolga was now within the ambit of the council's activities. They had suffered from the lack of electricity in the past and he felt a new era was now open for Woolgoolga. Thanks were due to the council and its staff and he hoped the people of Woolgoolga would assist the council by availing themselves of the facilities offered.

Woopi that Was



Holding shovel is Eric Collins with his wife Gladys. This photo taken around 1963-64. It is said that the event was to commemorate electricity coming to Woolgoolga and Eric Collins and family were chosen to plant the tree honouring his mother Susannah Charlotte Collins who turned the ceremonial switch on to supply the township of Woolgoolga. The youngest girl is Lana Donohue (nee Turner) Great Granddaughter of Susannah.

Cr P Burke, of Dorrigo Shire Council, also supported the toast. He thanked the committee for the invitation to be present. He referred to differences he had had in the past with the C.R.C.C. but said the members of the council were men of such high calibre, that all differences had long been forgotten and their associations now were most happy and friendly.

The CRCC was definitely a SERVICE TO THE COUNTRY, continued Cr Burke, and their undertaking was second to none in Australia. Their activities were far-reaching and there was no telling what their limit might be in the future.

Cr Carl T Schwinghammer, in replying, apologised for the absence of the chairman of the CRCC (Cr GW Fitzgerald), who was indisposed. He thanked them for the way in which the toast was honoured. He referred to the wonderful progress the council had made in the past and to the contemplated activities of the future. They had the most efficient staff procurable to manage their affairs and there was not a better managed concern in Australia. There were no dividends to pay as was the case with a proprietary company, as all profits were returned to the people.

To date this great concern had spent £800,000 in extensions, he continued, and in the near future the expenditure would be over £1,000,000. The service was almost 100 per cent efficient. They had a permanent staff of 140 or 240 with casuals. The wages bill amounted to £30,000 per year.

He said that very shortly the council would be extending its operations to the commercial side of electricity by the establishment of a sales department for electrical appliances. He trusted that the people of Woolgoolga would avail themselves of the opportunity offered to further assist the council in its endeavor to provide modern utilities to the people by enjoying the benefits electricity provided.

Cr Joseph Reid also responded. He gave a brief history of the formation of the CRCC and the arduous work of the pioneers of the movement, mentioning the names of the late A J Pollack and Sir Earle Page. But he said one great pioneer of the movement must not be forgotten, Mr W J Mulligan, to whom the fullest credit must be given. He was a silent worker who did yeoman service in the early days of the movement. They did not receive much support, but by pluck and dogged persistency

brought into being the organisation seen today. It was the first undertaking of its kind in Australia brought about by their own efforts.

Mr A W Lord, Chief Engineer of the CRCC responded on behalf of the staff. He thanked the people of Woolgoolga for the help given to his officers which made the work of the extension to Woolgoolga most pleasant. He hoped they would enjoy the benefits electricity would provide for them. Electricity was going to be a great factor in the progress of Woolgoolga. He paid a tribute to the work of his investigation officer, Mr Claude Smith, and construction foreman Mr I Amos.

Referring to the southern superintendent, Mr F C Tregurtha, Mr Lord said he was an office in whom he had great confidence, and he assured the people of Woolgoolga that when they had had dealings with him, they would hold him in the same high esteem he and the people of Coffs Harbour and other places did.

CUTTING THE CAKE - A beautiful three-decker cake, which had occupied pride of place on the official table during the proceedings, was cut by Mrs Carl Schwinghammer, Mayoress of South Grafton.

Mr R G Jackson proposed the toast of the ladies, and congratulated Mrs Graham (Secretary) on the success of the function. Mr M Cunningham responded on behalf of the ladies. Cr Burke proposed the toast of other helpers, including Grafton City Council for loan of bunting and the press, to which Mr O Featherstone (President of the Progress Association) responded on behalf of helpers. Mr Jackson proposed a vote of thanks to the chairman, which was carried by acclamation.

BALL - A grand ball followed. A huge crowd attended and danced until the early hours of Saturday morning. Music was provided by Hann and Pardoe's orchestra, and Mr R Toovey efficiently controlled the proceedings.

George Henry Collins died in 1933 aged 80 and Susannah died 1945 aged 85, both are buried in a joint grave at Woolgoolga.

People who Make Woopi Woopi



Mia and Tamika Van Doorm from Grafton were lucky enough to spend some of their school holidays in Woolgoolga



Arrhh the Pirate Family Slingsh went for a respectful play down at Buster during the month. No planks were walked (on)




Lanna Harrison, Lily Hallawell, Ausrae Harrison and Pearl Frost (plus photo bomber) enjoying a treat from Tango Juice Bar



The hardworking team at the Corindi-Woolgoolga SES are after more volunteers. They meet every Tuesday at 7pm. Give them a call on 6649 1251 for more info.

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Our Woopi Community

Seaweed Garden Brew

The pile of seaweed at the beach inspired one of our readers, Lisa Jenyns, to share this garden tonic recipe.

It's the ultimate environmentally friendly nutrient-packed brew: it'll save you from buying the packed in plastic products, contains 100% local ingredients, it costs nothing to make AND it helps you grow healthy vegies.

The process is simple, it just takes time and once you make a batch it lasts for ages.

This is how to make a Seaweed Brew for your veggie garden.

Fill a sturdy bucket with rinsed seaweed (you can collect up to 20 litres of seaweed per day in Woolgoolga but if you're reading this from somewhere else, just check with your local council or marine park). Add some herbs like comfrey or borage for extra minerals and nutrients then fill to the top with rainwater (this is helpful to support the good bacteria. I am not sure how it would go with chlorinated water). Put the lid on but don't push it down tight.

Find a spot that's out of the sun for the bucket to brew, a bit out of the way is a good idea too as it will go through a stinky stage. Stir with a stick every other day for a week or so and then after that just occasionally when you remember.

It usually takes about 3-4 months to turn into a brew that looks and smells just like the commercial seaweed solutions. It's not that I have loads of patience - I just forget about the bucket and I'm rewarded for my earlier efforts when I



find it again. Also, don't give up when it goes through the stinky stage because before long it will smell fine and all the seaweed will break down into liquid. (It shouldn't be used if it smells awful).

Definitely dilute it well before using on the garden, most recommendations are around the 1:10 with water and apply to the garden as often as weekly. It can be stored in the bucket or poured into recycled containers. Any sludge on the bottom is safer in the compost bin, as it's a bit too much goodness to go straight on the plants.

** Please remember that buckets of liquid are a drowning hazard, so keep yours where children can't access it.*



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

Cody John Cook - Woolgoolga - 25th March 2021

Carolyn Ann Crook - Red Rock - 26th March 2021

Subdev Nasib Grewal - Woolgoolga - 28th March 2021

Diann Lynette Geyson - Corindi Beach - 29th March 2021

Gordon Edward Demery - Arrawarra - 7th April 2021

Pauline June Sales - Emerald Beach - 11th April 2021

Mary Elizabeth Ford - Woolgoolga - 11th April 2021

Geoffrey Bernard Taylor - Arrawarra - 18th April 2021

Joy Estelle Ballantyne - Woolgoolga - 19th April 2021

William Emmerson Craddock - Woolgoolga - 19th April 2021

Elizabeth Rose - Woolgoolga - 21st April 2021



Our Woopi Community

A Message from Kevin Hogan Woolgoolga School Leaders Event

I held the annual School Leaders event in Woolgoolga recently, with 100 school leaders and family attending.

The guest speaker for the event was Duane March.

Duane has worked in amazing locations around the country such as the Great Barrier Reef and Raine Island and currently works at Dolphin Marine Conservation Park in Coffs Harbour.

Duane also established the Dolphin Marine Rescue, a not-for-profit charity devoted to the wellbeing of Australian marine and terrestrial wildlife along the NSW coast through rescue, rehabilitation, release, conservation, education and research.

Duane, a Woolgoolga local, is a wonderful example of someone who followed his dreams and made them a reality.

Student leaders play an important role in the life of their school community and it's important to recognise them



and thank them.

I would like to thank the students, teachers, mums, dads, carers and grandparents who came along to the event.

Australia's Economy Continues to Boom

It's great to see the latest job and economic figures. They are very positive.

The unemployment rate has dropped from 7.5 per cent at its peak to 5.6 per cent in March. Job advertisements are at the highest level in two decades, and consumer confidence has hit a 12 year high.

We have more to do but there is no country in the world you would rather be in on both a health and economic front right now.



TIME TO LOOK AT YOUR
GUT HEALTH?

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Maybe it's time to look at Gut health

Striving for good gut health can be hard. It plays multiple roles in keeping the body and mind healthy but can also suffer from multiple hinderances, such as a poor diet and medications (e.g. Antibiotics).

Here at Woolgoolga Coastal Chemist, we believe a healthy gut not only improves your physical health but also mental wellbeing. Our professional health team are always available for a chat about gut health and what you can do to improve good bacteria and prevent bad bacteria from growing.

Many Australians suffer from gastric distress and gut issues in silence, using band-aid solutions instead of treating the source. Meena is more than happy to make a booking to talk 1 on 1 regarding gut issues and how to treat, prevent and invigorate yourself with better gut health.

We also have a fantastic range of vitamins and probiotics that can help with your journey to a healthy gut and restore balance. So, come on in and see the team today!

Mind your Mind



Love Your Heart

I am jumping at the chance this month to talk about your mum's heart. Did you know that cardiovascular disease is the leading cause of death for Australian women?

I draw your attention to this sobering statistic not because I want to alarm you

but rather to educate you and your mum (or sister, aunty, neighbour etc.) on the mindful choices you can both make to keep her heart healthy.

Cardiovascular Disease (CVD) is the broad term to describe disease of the heart and the blood vessels. Risk factors for CVD include family history of CVD, high blood pressure, high cholesterol, being overweight, being inactive, smoking and having other diseases such as diabetes and poly cystic ovarian syndrome. Depression and chronic severe stress are also linked to risk for CVD.

Now some of these risk factors are out of our control. Others we can reduce through making mindful daily choices. I want to use this article today to draw

awareness to the process of making healthier choices for ourselves. In particular making the choice each day to move your body.

Breaking bad habits is hard. Forming new habits is easier (but still challenging) and they usually end up taking over the old unwanted habits. For example, it is so hard to say no to your piece of chocolate left over from easter but it is not too hard to say yes to eating an apple as well. So let's make a mindful choice to create the positive habit of fifteen minutes of exercise everyday to support increased cardiovascular health.

As you are reading this, perhaps you are already coming up with all the reasons why that is not going to happen. Now here comes the mindset work!

Firstly, you have got to really want to reduce your risk for CVD. Either you value your cardiovascular health or you don't. To build a new habit we need to value what we are doing.

Bad habits often stem from negative thoughts, some common ones are; 'not being good enough' or 'not being worthy' or 'it's too late for me'.

A health-positive mindset requires you to really value your health. If you want to reduce your risk of CVD you

need to value the benefits of exercise.

Be gentle with yourself if you notice these types of thoughts popping up for you. It is common. To get me off to my exercise class, I have to repeat the mantra, "I am worth this, everyone benefits from me being healthy" all morning until I am actually there!

Secondly, you need to take regular and positive action (no matter how small) towards your goal. Your new habits need to be repeated until they take over the old habits. If you are really resistant to exercise then you are going to start with a walk around the block or along Woopi main beach to see Buster.

If you are a more active person but realise you need to be more proactive in maintaining your CVD health, then you might consider an exercise class or increasing your activity in some way that suits you.

Woolgoolga has an abundance of exercise and wellbeing services. Take care of your heart Mums!

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

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

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Easy Ways to Feel Better

The dangers of Mouth Breathing and One Easy Way to Fix It

Let's imagine it's allergy season. You can smell different aromas and all of a sudden, the nose gets stuffed, airways collapse and you are feeling rubbish.

The more your nose gets stuffed the more you breathe through your mouth. When this happens you may realise that more mouth breathing causes more mouthbreathing as symptoms get worse and your nose gets stuffier. It turns out there is some science to why we don't feel 100% when our nose is blocked and we breathe through the mouth.

Mouth breathing changes the body, decreases pressure in the airway, creating less space for air to pass through, making breathing more difficult. Not to mention we lose our inbuilt filter and air conditioning system (our nose). Surprisingly, the biggest exacerbation happens if we mouth breathe during sleep. In fact mouth breathing in your sleep causes the body to lose up to 40% more water.

During the deepest restful states of sleep the pituitary gland secretes hormones that communicate with cells to store more water. If the body doesn't reach this deep sleep, often due to snoring, obstruction or mouth breathing, the gland does not secrete the hormones and the body needs to release water through urination. This means that constant getting up to urinate is often a sign of mouth breathing during sleep. In fact chronic insomnia is often just a breathing problem. These breathing and sleeping issues can even be a contributing factors for high blood pressure, ADHD and diabetes. Mouth breathing can even contribute to dental disease, think of how furry your teeth are in the morning when you first wake up.

The solution is easy. When you are awake throughout the day, breathe through your nose as much as possible. When you are asleep, a practice called mouth taping is the most effective. This involves cutting a piece of tape (micropor from the



chemist works great) and sticking it on your lips. It only needs to be a few cm in size. My partner and I have been doing this for nearly 8 months, when we say goodnight we both put our tape on and go to sleep! Very romantic.-
Ben Leyson.

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Car Maintenance Tips

Rats!



Nest building, hoarding, having babies and gnawing on everything in sight are year-round occupations for rats. You might not realise that this has anything to do with your car maintenance, but it can. At this time of year food becomes scarcer and nights get cooler; rodents are looking to upgrade their digs. They are doing their best to break into garages, sheds and even homes if they can. An engine bay might seem like a dangerous place for a rat family, but from their point of view it's perfect. Rats are active at night so once a car is parked for the evening the

discerning rat has an easy choice – cold garage or nicely warmed engine bay. Then he invites all his friends over. If you have kids that leave the car in a similar state to mine, then the smell of sticky leftovers makes for even hotter property.

While it is the shelter that attracts, it's all your expensive wiring and hoses that entertain. A rat's teeth grow continuously and to keep them short and sharp they must chew. Electrical wiring is the perfect squishy but firm teething toy. Modern cars have more wiring, modules, computers and sensors than ever, so extensive damage can happen in a short space of time. Some manufacturers are also introducing a new ecofriendly plant based (soy) insulation material as an alternative to petroleum-

based plastic-coated wiring. While there are reports of rats favouring the new flavour and seeking it out, in my experience soy marinated or not, rats like wires and will happily chew either.

The damage we have seen includes;

A shredded air filter with bits of air filter being sucked into the engine causing a stuck throttle plate;

Chewed washer bottles and hoses leaving the driver without windscreen spray and giving the rats a sneaky midnight drink;

Nests of dry leaves and materials tucked in right beside the engine leading to the smell of burning while driving;

Chewed wires throughout the engine bay and because rats can squeeze in just about anywhere this can be time consuming to repair.

Perhaps the worst case was a rat that had crawled up the air vent and died deep in the air-conditioning system. The entire dash had to be

removed to get that one out. Keep this in mind if using baits as you don't want one to die somewhere inconvenient.

The question of how to prevent rodent damage is difficult and depends on your situation. We are about to trial a Capsaicin (from chilli's) infused insulation tape which is used to wrap essential wiring; let's hope it works otherwise I'll just be adding an extra spicy kick to the soy flavour.

I would suggest checking under the bonnet between services for signs such as nesting material, damage and droppings. Lock up any food sources such as dog biscuits that might attract rats to your garage. Various traps and repellents are available at Mitre 10. If you have an ongoing problem at your place it is a good idea to talk to a pest control professional. Any damage should be repaired immediately to ensure your car remains safe to drive.

Bryson Kelly, Mechanic



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- The Tap Pack

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Stay Sharp with Stasha

My business clients often ask me about employing someone.

The employee could be their first or an addition to their growing team. It is important to employ the right person for the job, but the first step is to be clear about the tasks the role will involve. Consider your current team and see if perhaps anyone could upskill or be promoted.

The next step is identifying who within your existing team will be training the new employee and what steps they are going to take. This will help you decide on the skills or qualifications you desire the new employee to have. Too often people employ without thinking things through, simply because they are too busy, or they do not want to do specific tasks anymore. It is important to employ before you get too busy, providing you have sufficient cash flow, as you or a member of your team will need to invest their time in training the new employee. Once you are clear on how this will work, inform the other employees and ensure they are ready to take on board the new employee and then advertise the position.

With the end of COVID-19 income supports like Job Seeker and Job Keeper, one would expect more people to be looking for work, so be prepared to sort through the applications and put them into order, and interview in batches. Always consider how a person will fit in with your current workplace culture, meet with the favoured candidates a few times before you make your final decision.

If this is your first employee; I suggest you discuss with your accountant your employer obligations including single touch

payroll (STP) and super stream compliance as well as which software program would be suitable if you do not already have one that includes a payroll module. You will also need to register with the Australian Taxation Office (ATO) as an employer to report and pay the tax you withhold each pay period.

The new employee must complete and sign a TFN Declaration, you can also request they complete a Super Choice Form and provide them with the current Fair Work Information Sheet. You should also consider if your employee should sign an employment agreement. This will cover information about the employment arrangement, the relevant award and pay rate, any overtime, penalty rates, or allowances they will be entitled to under their award or if there is no award, ensure that the conditions offered are enough to align with the national employment standards. In some industries, it is common practice to include confidentiality clauses and clauses to prevent the employee from opening a business close by in competition with you or approaching your clients if they leave to work for one of your competitors.

Excessive staff turnover is a huge expense to any business. The time it takes to train that person, the knowledge they have gathered about your business processes and clientele is valuable to you as their employer. There is a natural amount of attrition that will occur in any business ie. family is relocating to another town, a staff member retiring, or leaving to start a family. However, in some

workplaces employees leave due to negative workplace culture, lack of training and opportunities to upskill or obtain a promotion, too much pressure or stress due to poor management or lack of policies and procedures, conflict with another work colleague or simply chasing more money. It is important to meet with your employees once or twice a year to do a pulse check. Find out how they are feeling about their role, responsibilities and where they fit into the team. Discuss their ongoing training and where they want their career to lead to in the future.

Most importantly, follow up and follow through with this process. Simply filing that questionnaire in the drawer does not achieve anything. The worst meetings are



where great ideas are shared but none of them are ever put into action. Finally, no one likes a boss who thinks that a pay cheque is enough. Always remember to thank people - a few words can go a long way.

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So you want to be an Entrepreneur

You have had this great business idea bubbling away at the back of your mind for a while now and it feels like the right time to make it happen, but how? From one Mumpreneur to another, starting a business is not easy! As much as I would like to say it gives you the flexibility to set your own time frames and manage your own destiny, unfortunately, the reality is that you often spend a lot of your so-called "free" time working on your business outside of work hours! But with a bit of forward planning and research, you can get your business set up in the right way early on and hopefully avoid some of the more costly mistakes that can occur when starting a business.

First, you need to think about how you want to structure your business

as a legal entity – are you going to be a sole trader, a partnership, or a company? If you are going to register a company, who will be the shareholders – you, other family members, a family trust? When you are trying to decide on the right business entity, you need to consider the right structure for your business right now, but also think about how your business is likely to change in the future. It might be quicker and simpler when you are just starting out to be sole trader, but what if your business grows and you decide to take on a partner to share the load, or your level of risk increases and you need the sort of asset protection that a company or trust could offer. These are all important considerations when deciding on a business entity as well as the financial, taxation and reporting requirements of each structure. Get some legal and financial advice regarding the various types of business structures available before you get started so that you can make the best choice of business entity for your circumstances.

Another issue to consider before you get started is what legal documents you may need to get in place in order to set up and protect

your business for the future. Depending on the type of business and the business entity you have decided on, there could be a number of things you need. A company constitution or trust deed will be required if you are going to operate as a company or a trust. A partnership or shareholder agreement can be crucial to sorting out potentially costly disputes later if you are operating as a partnership or company. If you are a professional services business, you may need a template contract for your clients to enter into so that the services to be provided and fees are properly disclosed. If you are engaging subcontractors, a subcontracting agreement should set out the agreed payment rates for work performed and timing of payments as well as the requirements for the subcontractor to have his/her own insurance in place. These are just some of the more basic examples of the sorts of legal documents a business may require. Keep in mind that any legal documents also need to be reviewed at regular intervals to confirm that they continue to comply with any updates in the legislation and remain suitable for your business as it grows.

Like all great ideas, you also need a place where your business can grow and thrive. If you are planning to work from your home, check with your local Council regarding any restrictions in your residential zone – these commonly include restrictions on the number of signs/advertising you can have at the property, the number of employees a home business is able to have onsite, and any parking considerations that may be required for customers. Be aware that if you use a

specific area of your home to generate income, you could be liable for capital gains tax in the future. If you are going to lease a commercial space for your business, make sure you understand the terms of the lease, the period it applies to and whether you have an option to renew the lease in future should you wish to do so. Whether you are going to be working from home or a commercial space, ensure that you have the appropriate public liability or other insurance in place in case of any accidents.

If you are thinking about starting your own business, these are just some of the early issues you could face. The best thing you can do is get the right information and plan ahead so that you can get started on the right foot. It is going to be a challenge, but it could also be the start of something great.

This business owner will be celebrating the first birthday for WNB Legal on 1 May, 2021.



To my amazing clients who have either moved with me or have decided to engage my services in the last 12 months, my supporters who have gone above and beyond to help me make this work, and to all my fellow local business owners who refer clients to me regularly, you have all been wonderful and my little business has grown substantially and become a success thanks to all of you. I am looking forward to many more business birthdays in the future. Cheers!

**KC Hilton,
Solicitor, WNB Legal.**



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

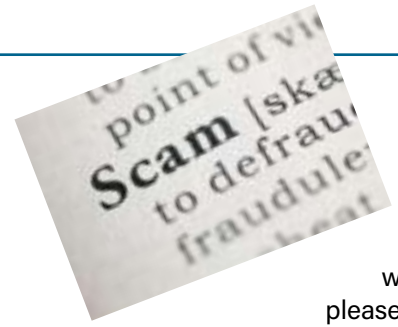
Contact KC Hilton on 0419 464 946 or khilton@wnblegal.com.au for further information.

Nick's Nerdy News



common in our community and can vary their approach, but always have the same agenda - to rob you via a remote session on your computer or online device. These tactics can vary from a fraudulent "NBNco" call notifying you that if you do not follow the prompts then your internet service will be cut off, through to a billing error from "Telstra" where they would like to reimburse you! Another common one is from "Microsoft support" telling you that there is an issue with your computer, and they need remote access to solve the issue. All of these have been around for a while, however a new approach has emerged and has exploited the obvious ground work performed by NBNco and Telstra technical support team to create a false issue for the end user and capitalising on the interruptions our area has been experiencing - and already it has worked.

If you receive a phone call explaining they are from Telstra and they have noticed some interruptions to your internet service due to the NBN ground



work, please hang up – but if you are concerned it was legitimate, initiate contact with your ISP through appropriate channels. If you know of someone who is not tech savvy, please help spread the awareness of this new tactic so we can all be informed, as a community.

I realise this is recycled information, but I have been inundated with situations where people have been scammed recently so thought I would revisit this as a public service announcement and help spread awareness.

As we all know, scam phone calls are




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Our Woopi Community

Woopi Connect, the on-demand public transport service, has been extended to include Red Rock. Anyone wanting details on how to book the service, and the cost, can phone 02 6654 0581 (and select the option for Woopi Connect and speak to a staff member of Forest Busline), or you can download the Woopi Connect App from the App Store. Details also available on <https://woopiconnect.com.au>



Red Rock Residents Reaping Rewards



Member for Coffs Harbour Gurmeh Singh at Red Rock Multi-Use Centre with (from left) local resident Tess Wilbe, the centre's Community Liaison Officer Phil Molloy, Committee Vice-Chair Mick Johnston and Committee Member John Thompson.

The Red Rock Multi-Use Centre is in better shape following an \$18,790 State Government funding boost, said Member for Coffs Harbour Gurmeh Singh.

The funds are from the Community Building Partnership Program, which delivers improvements to local facilities and creates positive social, environmental and recreational outcomes.

Mr Singh said local residents are extremely proud of the Red Rock Multi-Use Centre, an extremely important focal point for the village.

"The centre proudly plays host to book fairs and other events, meetings and celebrations, and has even been a polling place for elections," Mr Singh said.

"This funding is for the much-needed repair and replacement of windows, doors and corners of the building damaged by exposure to the elements, and refurbishment," Mr Singh said.

"I congratulate the centre's committee on identifying the improvements needed to make this facility an even greater place for members of the community to gather.

It's anticipated the upgrades will lead to an expanded usage of the centre, and I know this is precisely what the committee members are actively seeking to achieve."

Mr Singh said applications are open for the 2021 Community Building Partnership Program, unlocking \$27.9m for community infrastructure projects across the State.

Audio File



News from 87.6 FRESH FM (Woolgoolga's Own)



Woolgoolga's Own

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

Surprise! Surprise! Surprise! In the past couple of weeks we have made contact with some legendary artists from overseas and here in OZ, Like Boris Blank from Yello and Grace Knight from the legendary Eurogliders, who has sent us their latest CD 'The Blue Kiss Project' to give away. SO! To win it, just email us with the name of their HUGE hit from 1984. The first correct answer will get this great album delivered to their letterbox! The music from the album will be featured in our ALL AUSTRALIAN programs Monday and Thursday 1-4pm and Wednesday and Saturday 7-10pm.



Recently we had a talk with local member Kevin Hogan about our transmission issues and he promised that he will take the matter to the Minister for Communications. If you are having problems picking us up on your radio, tranny or in the car please email him with your concerns. Kevin Hogan MP Kevin.Hogan.MP@aph.gov.au We need all the support we can get! That said, we still have loads of local and international listeners tuning in via our apps. Those listening apps can be downloaded from the Apple Store for FREE or for 'Android' users by downloading the 'Simple Radio' app and select 87.6 FRESH FM Woolgoolga. If you want stream to your computer there's direct link. <https://s3.radio.co/sc2c861965/listen> These are free services and they take Woopi simply, EVERYWHERE.

FRESH-FM still and always will support local and national music as much as we can. New music keeps coming in daily from the likes of Red Rebel Music, Foghorn Music, publicists Stuart Coupe, Varrasso PR and enterprising artists like DUNX, HUSSY HICKS, DRAWING ARROWS, JEB CARDWELL, THIS LIST GOES ON! Again, all found in our ALL AUSTRALIAN programs, so tune in and we're sure you'll want more of these artists to listen to.

Stocks have run a bit low, but congratulations to those lucky listeners who scored CDs last month! As usual we still have a few here, so give us a call or drop a line and we'll put you in the running to win some fabulous new Australian music.

The call 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 or website to know when we have programs running and for special announcements. Keep an ear out for a new program by announcer Geoff Tregenza coming soon.

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

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

Woolgoolga Golf Club

Another weather affected month. Golfers are dedicated and some will play in any weather.

Results

2021 WGC Singles Matchplay

Winner A. Hart (21 Holes)

VETS

9 Hole Stroke

29 March

17 Starters

Winner N. Michener

R/up D. Cooper

12 April

18 Starters

Winner G. Anderson 28

R/up D. Cooper 31

19 April

16 Starters

Winner J. Finlay

R/up R. Strauch

PIZZA Comp

9 Hole Stableford

Sponsor Woolgoolga Pizza Place

29 March to 2 April

20 Starters

Winner K. Partridge 26

R/up P. Crook 20

3rd J. Haydon 17pts

12 to 16 April

9 Hole Stableford

Sponsor Woolgoolga Pizza Place

Winner P. Connors 18 cb

R/up D. Cooper 18 cb

3rd J. Haydon 18 cb

MIDWEEK MENS

Mens Stableford

Sponsor Coffs Coast Sports Physio

31 March Stableford

90 Starters

Winner C. Bailey 39 cb

R/up J. Hayden 39

3rd P. Maguire 38

4th D. Hansen 36 cb

5th M. VanZweeden 36

NTP 7th Neil, 9th M. Hott,

11th G. Jurotte

7 April

Mens Single Stableford

Sponsor Coffs Coast Sports Physio

22 Starters



Aaron Hart 2021 Matchplay Champion

Winner J. Jurotte 34

R/up L. Hill 33 cb

NTP 7th I. Thorncroft, 9th K.

Mavin, 11th I Thorncroft

14 April

18 Hole Stableford

Sponsor Coffs Coast Sports Physio

77 Starters

Winner G. Shute 39

R/up G. Kennedy 36 cb

3rd G. Stephens 36

4th J. McNiece 35 cb

NTP 7th B. Fairclough, 9th

M. Van Zweeden, 11th D.

Yarnold

SATURDAY MENS

27 March

2 Man Team Aggregate

and Individual Stableford

Sponsor Bush Design

Winners R. Kendell and Mark

Loomes 68 R/ups T. Bellamy

and I. Thorncroft 67 3rd D.

Penson and S. Ewart

Individual Results

Winner A. Hart 38

R/up S. Jones 37

NTP 7th A. Dibb, 9th T.

Bellamy 11th T. Bellamy

Saturday Monthly Medal

3 April Individual Stroke

Sponsor Rob Brown Dental

Clinic

102 Starters

A. Winner M. Hutchinson 67

A. R/u;p A. Stratford(vis) 69

B. Winner L. Hill 71

B. R/up T. Swan 73

C. Winner R. Hinds 71

C. R/up G. Penfold 72

D. Winner R. Richardson 77

D. R/up G. Walker 78 cb

Monthly Medal Winner G.

Hutchinson

Super Senior Winner L. Hill

NTP 7th G. Penfold, 9th M.

Couts, 11th M. Hutchinson

10 April

Mens 2BBB + Individual

Stableford

Sponsor Coast to Coast

Couriers

Winners S. Dunn and T. Trefz

63 cb

R/up D. Morrison and J.

Plowman 63

3rd D. Francis and R. Maude

64

Individual Winner C. Bailey

68

Individual R/up A. Stunt 70

NTP 7th M. Beales, 9th M.

Holt, 11th M. Beales

17 April

18 Hole Stableford

Sponsor Woftam Golfers

21 Starters

Winner A. Maric 38 pts

R/up T. Macrae 33pts

NTP 7th B. Stunt, 9th G.

Ansic, 11th B. Carson

Woolgoolga and District Longboard Club

Woolgoolga & District Longboard Club was established in 1989 and has continued to prosper through the participation and enthusiasm of the local volunteer members.

Being fortunate to reside in such a wonderful coastal town, the popularity of ocean recreational activities and in particular, longboarding, has increased dramatically.

The club is family-focused, with many members married with children, many females both young and mature, indigenous surfers, and disabled surfers and representing a diverse variety of occupations and backgrounds.

One of the great benefits of sport and our surfing club is that we can all help and learn from each other, provide a healthy and safe environment for the younger generation to participate and feel part of the club.

The club conducts social competitions on the second Sunday with the emphasis on fun, safety, camaraderie, and family participation, followed by a social barbecue. Our prime location at Arrawarra ensures a steady stream of visiting national and international surfers.

Woolgoolga Longboard Club has a contingent of active competitive surfers and is a high-profile club at all the longboard competitions along the east coast of Australia.

The club, while family focussed, with an emphasis on fun and safety, is also highly competitive. With our members being former World, Australian and many NSW state age champions, we also represent WLC at the Disabled Surfing Association fun days and compete in the adaptive surfing competition.



Each year in November, we organise and manage the Woolgoolga Longboard Classic – one of the oldest and most well-known longboard competitions on the east coast.

Profits raised from this event have previously been donated to the Cancer Council of Australia and the Disabled Surfers Association. Last year WLC purchased a Defibrillator which is kept at Arrawarra beach and available to the public.

Further information on the club or membership application is available by emailing woolgoolgalongboardclub@gmail.com



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Woopi Cross Country

The Mid North Coast cross country series has just begun on Sunday mornings. There is 2km, 5km and 10km options, with the 2km starting at 9am and the 5 & 10km starting 9:30. These runs start in different locations each week.

Mid North Coast Cross Country Calendar

02/05/21 Bongil Bongil (Williams Road, Bonville)
09/05/21 Habitat Coffs Harbour (meet Dolphin Marine Conservation Park)
16/05/21 Heritage Park Road Runs (Bee Close, Partland/ McKean Race 3)
23/05/21 Mullawarra (Beach Road, Arrawarra)
30/05/21 Sherwood Road, Bucca
06/06/21 Nambucca (Morrison Park, Swimming Creek Rd)
13/06/21 Settles Road, Bucca
20/06/21 Sandy Beach (Reserve, Sandy Beach Road)
27/06/21 North Coast Road Races, Corindi – separate entry, different starts, 8am 10km, 9.30am 5km followed by 2km
04/07/21 Emerald Beach (Reserve, Fiddaman Road)
11/07/21 Overhead Bridge Road, Bundagen
18/07/21 Arrawarra Forest Road (Arrawarra/Corindi area)
25/07/21 Diggers Beach (Reserve, Diggers Beach Road)
01/08/21 Sealy Lookout (hosted by Coffs Trail Runners)
08/08/21 Mt Coramba - King & Queen (cnr Bruxner Park, Central Bucca and Mt Coramba Forest Roads) different starts, 8am 10km, followed by 2km then 5km
15/08/21 Store Road, Bucca
22/08/21 Lakeside (Lake Road, Woolgoolga)

29/08/21 Relay & Presentation (Dolphin Marine Conservation Park, Orlando Street CH)

All events will start at 9am, except the three specified with the 2 kms, followed by a common start for the 5 & 10 kms about 9.30am.

Cost is \$1.00 Registered Runners (Athletic or LA clubs only), \$2.00 Unregistered Runners, \$5.00 per family or a season pass, \$20 Registered or \$40 Unregistered.

Points will be scored in age groups determined by the early interest in the three distances e.g. the 2 kms will probably offer more younger age divisions and the 10 kms more older divisions. Points will be awarded on a basis of one for finishing plus one for every runner you beat in your age division e.g. If you beat four other runners you score 5 points. Interclub points are scored on a 20 for the winner down to 1 for twentieth with only five runners to count per club/team. Contact is Steel Beveridge 6656 2735.



Kevin HOGAN MP FEDERAL MEMBER FOR PAGE

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

Woopi Cross Country

WOOLGOOLGA CROSS COUNTRY meets every Monday afternoon at the bus bay in front of Woopi High. Running starts at 4:30pm. It costs \$1 to enter and anyone who wants to run just shows up before 4:30. People can choose to do 1 (2.4km), 2 (4.8km) or 3 laps (7.2 km), and the idea is to try and beat your own time each week.

Points are also awarded for entering each week. You get 1 point if you complete a run but don't beat your time, 2 points if you equal your best time, and 3 points if you beat your best time.

RESULTS, Week One, 11.04.2021.

ONE LAP - 2.5 kms : Lincoln Chambers 11.30, 1; Dylan Hannaford 12.06, 2; Hayden Counter 12.28, 3; Amber Hundle 12.43, 4; Kweller Happ 12.47, 5; Sandon White 12.56, 6; La'kya White 12.59, 7; Reuben Wong 13.07, 8; Edison Happ 13.18, 9; Corrine Happ 13.20, 10; Drew Bennett 13.42, 11; Craig Hundle 13.42, 12; Lily-Mei Wong 13.51, 13; Andrew Wong 13.53, 14; Mai'ana Teal White 15.57, 15; Lesley White 15.57, 16;



Keelan Birch & Annabelle Swainston 16.11, =17; Jasmine Bennett 16.28, 19; Craig Bennett 16.30, 20; Austin Hundle 17.48, 21; Ben Haagsma 18.14, 22; Freya Hannaford 18.17, 23; Aurum White 21.59, 24; Shane White 22.00, 25; Ciara Hannaford 24.31, 26; Amy Hannaford 24.33, 27; Janie Mahoney 24.47, 28; Bob Wright 29.20, 29.

TWO LAPS - 4.8 kms : Ann Drew 28.54,

1; Steel Beveridge 60.09, 2.

THREE LAPS - 7.2 KMS : Rodney Koopmans 36.09, 1; Tim Sutherland 38.29, 2.

Reminder - If you can not make it to Mondays run start at 4.30pm, run one, two or three laps of the course and send your time to Steel on steelyn@gmail.com

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Woolgoolga Ladies Bowling Club

We certainly had buckets of rain which threw the bowls calendar out a bit, so we have a few pennant and 4 a side teams games, that will have to be played when a day becomes available. *Tuesday 16th March* Two games of three bowl pairs 20 ends, Rink 10, S Bracher, W Bracher (D) J Lynn, C Boyden. Rink 11 H Dunbar, S Goodsir, J Hampstead (D) H Dunbar, S Sweeney, N Haines. Woolgoolga also had three teams that represented us in the District Triples Team 1 H Pallister, M Short, S Lund. Team 2 R Gurber, J Barratt, D Porta. Team Three L Walsh, J Hinchley, E Nielsen. Due to rain no more bowls for this week.

We were unable to play bowls again till Thursday 25th March Rink 10 S Sweeney, J Hinchley, N Haines (D) J Lynn, S Bracher, M Short. Rink 11 C Mitchell, V O'Brien, D Porta DRAW WIN with W Bracher, L Fairhall, E Nielsen after count back it was D Portas team that won.

It has been decided that Thursday Night Twilight will continue until the conditions are too damp or cold. So if you want to play

and never have, it's a great place to start. All equipment supplied. Phone Meryl Brookes on 0411 278 298.

Over the next two months Woolgoolga ladies will start Pennants, and 4-a-side games, playing other teams in our district. This is clubs from Woolgoolga all the way down to South West Rocks.

Tuesday 30/3/21 Woolgoolga Pennants grade 3 team lost to Park Beach (played at Park Beach), will have to do a catch up game with Sawtell. 4-a-side Woolgoolga Orange team lost to CEX Coffs Harbour (played at CEX Coffs), 4-a-side Woolgoolga Green lost to Urunga (played at Urunga). There are a few games that the 4-a-side teams have to catch up due to rain.

Thursday 1st April Social played a game of triples, C Mitchell, S Bracher, H Dunbar(D) C Carto, L Fairhall, N Haines. Pennant teams were able to fit all their games in this week with only a few drops from the sky.

Tuesday 13th April Pennants Grade 3 Woolgoolga (D) Macksville (played at



Woolgoolga), Thursday 15th lost to CEX Coffs Harbour (played at CEX Coffs). 4-a-side Woolgoolga Orange *Tuesday 13th April* BYE *Thursday 15th April* (D) Scotts Head (game played at Woolgoolga) 4-a-side Woolgoolga Green

Tuesday 13th April (D) Scotts Head (game played at Scotts Head)

Thursday 15th BYE *Social Bowls Tuesday 13th April* played a game where every 5th end, they changed teams. The following players took part, as leads M Campos, M Carruthers, S Sweeney, M Brookes Skips, S Goodsir, J Womersley, L Walsh, and J Hampstead. *Thursday 15th April* S Sweeney, L Fairhall (D) C Mitchell, J Hampstead.



Image: Barry McCulloch



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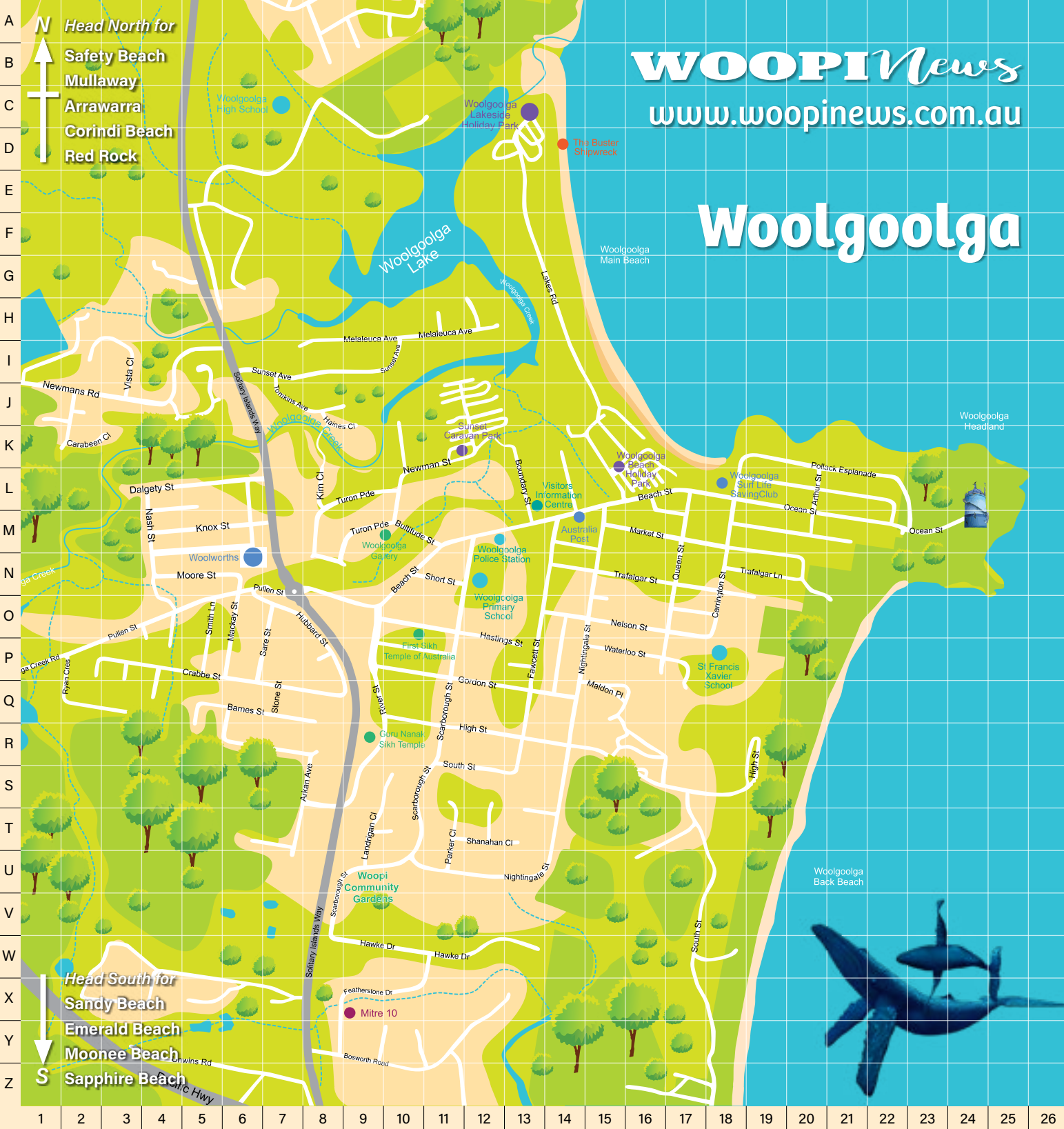
DINNER
5.30pm - 8pm*

*may extend subject to demand

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Woolgoolga



- 2450 Constructions * M,17
- 6 Degrees M,17
- A & G Mallett Specialist Builders * M,15
- Acutonics M,15
- All Coast Electrical * M,14
- Anna Miley Yoga * M,14
- Aussie Rural Fencing * M,14
- Beatties Furniture * M,14
- Ben's Physiotherapy Z,11
- Big Garden Furniture Z,11
- BP Woolgoolga Service Centre O,9
- Byrne Plumbing * M,14
- C.ex Woolgoolga - Walter's L,13
- Coffs Coast Chem Free Cleaners * M,14
- Coffs Coast Sports Physiotherapy M,14
- Coffs Harbour City Council * M,14
- Crossfit Woolgoolga Z,11
- DFM Financial M,16
- Eco Threads M,15

- Education Centre M,16
- Emily Starr Naturopath M,15
- Emmas Skin,Beauty, Nails * M,15
- Feather and Nest L,15
- Good Beautician * M,15
- Hair by Sarah * M,15
- Haircuts at Home L,10
- Harvey Excavations * M,15
- Headlight Guy * M,15
- House Washing Specialists * M,15
- Ian's Handyman Service * M,15
- Ison Tile and Stone * M,15
- Jankianand Studio R,10
- Jurotte Roofing * M,15
- Kevin Hogan, MP * M,15
- La Hacienda 101 * M,15
- Lachie Burns Electrical * M,15
- Lalu Lalu M,15
- Linked to Life * M,15

- MacRae Electrical * M,15
- Made with Love Markets * M,15
- Mitre 10 X,9
- MNC Physiotherapy M,16
- MTB Bookkeeping * M,16
- Nolans * M,16
- Natural Element Store L,16
- Natural Element on Queen M,17
- Northern Beaches Anglicans P,11
- One Agency * M,16
- Piggott Excavations * M,16
- Rainbow Cottage M,9
- Rob Brown Denture Clinic O,10
- Saratone Theatre * M,16
- Skate and Create W,13
- Spice Rack Q,9
- 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
- Woolgoolga Bathrooms & Kitchens * M,17
- Woolgoolga Cleaning * M,17
- Woolgoolga Coastal Chemist M,15
- Woolgoolga Diggers M,11
- Woolgoolga Finest Butcher L,17
- Woolgoolga Gallery M,10
- 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
- XS Surf L,17
- * = not shown on this map

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