

WOOLPI News

Woolgoolga and the Northern Beaches

December 2020 issue #16



Kevin HOGAN MP
FEDERAL MEMBER FOR PAGE

Merry Christmas

2020 has brought many changes and we are all learning how to live our daily lives differently. It is more important than ever to tell the people we love how much we appreciate them.

Together let's look towards 2021 with hope and confidence in the resilience of our community.

Email: kevin.hogan.mp@aph.gov.au

Find us on Facebook: Kevin Hogan MP

Instagram: [kevin.hogan.mp](https://www.instagram.com/kevin.hogan.mp)

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



Welcome to Woopi News

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

Wow, last month of the year we never expected. I don't have to run through all the disasters that have happened but do want to acknowledge the fires, the floods and the unexpected pandemic.

We have been pretty lucky here in Woopi, not having had to suffer severe restrictions, but it was touch and go there for a few businesses for a while. At the moment the vibe in the street is pretty positive with lots of tourists spending their travels in Australia.

Dance and sports groups are slowly starting up again and Fluro Friday is on every week at 6.30am. Hopefully, restrictions will ease completely soon and all we have to keep doing is washing our hands and be mindfull of social distancing.

Woopi News survived when so many print media ceased. We have to thank all of you and our advertisers for that. We couldn't have survived without your support. Which, quite honestly, has been overwhelming at times. I love that people stop us in the streets to say thank you and tell us how much they love each edition of Woopi News. The emails and messages we receive saying the same has really motivated us to keep doing better.



There are a few exciting things happening this month. Unfortunately, Carols by the Sea won't be on this year but keep an eye out for a couple of nice Christmassy things that will be happening in Woolgoolga this month. That is if all goes to plan. 🍀

The Surfboard and Street Art project is going ahead again this year. Boards will start being installed, to brighten our streets any day now.

Shop Local - Shop Woopi Campaign has commenced - you can learn more about it on page 20, followed by nine glorious pages of gift ideas. If you go to any of these shops can you please tell them you saw it in Woopi News. It's great for us all to get the feedback.



Brodie from Subway Woolgoolga with some of the gifts that have been donated to the Christmas Charity Appeal

Subway Woolgoolga has a Christmas Charity Appeal happening, so if you feel like donating gifts or food to those in need please drop them up to Subway. You can read more about this on page 6.

Woopi News is excited to launch a new Photo competition for all you budding or already established photographers out there. Get snapping! You can read how to enter on page 3.

Our Woopi that Was pages are always popular. We have a lovely story this month sent to us by Annette Johnson on pages 35 and 35. It's beautifully written. You almost feel like you are 'doing the messages' with her.

Plus there's lots more positive local news. We hope they all make you feel good.

As we said, the year has gone fast, which for this year is probably a good thing. It seemed especially fast for us at Woopi News. As soon as we finish one edition it's



straight on to the next. Our January edition is going to have a super early deadline due to our lovely printers, QPP, closing early so that their

staff can have a well earned Christmas break. So if you have a contribution you would like to make or would like an advertisement please get them to us ASAP and definitely before December 10.

Our front page models this month are the very cute Alba and Freddy Byrne.



Merry Christmas and Happy Holidays to you all. Much love, Lisa and Brad.

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

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

Welcome to Woopi News

Images of Woolgoolga and the Northern Beaches

Woopi News, along with sponsors, The Woolgoolga and Northern Beaches Chamber of Commerce and Costa Berries, is very excited to launch The Images of Woolgoolga and the Northern Beaches Photo Competition.

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

The competition is going to run for the next six months, giving photographers, amateur or professional, the chance to capture our varying seasons and different activities.

Back in 2012, before Woopi News was a thing, we, Lisa and Brad, ran a similar competition for the Chamber to help find local photos to use in the revamping of the Visitors Information Centre sign on the corner of Boundary and Beach Streets. (Below are a couple of popular ones from that comp.)

This time the 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.

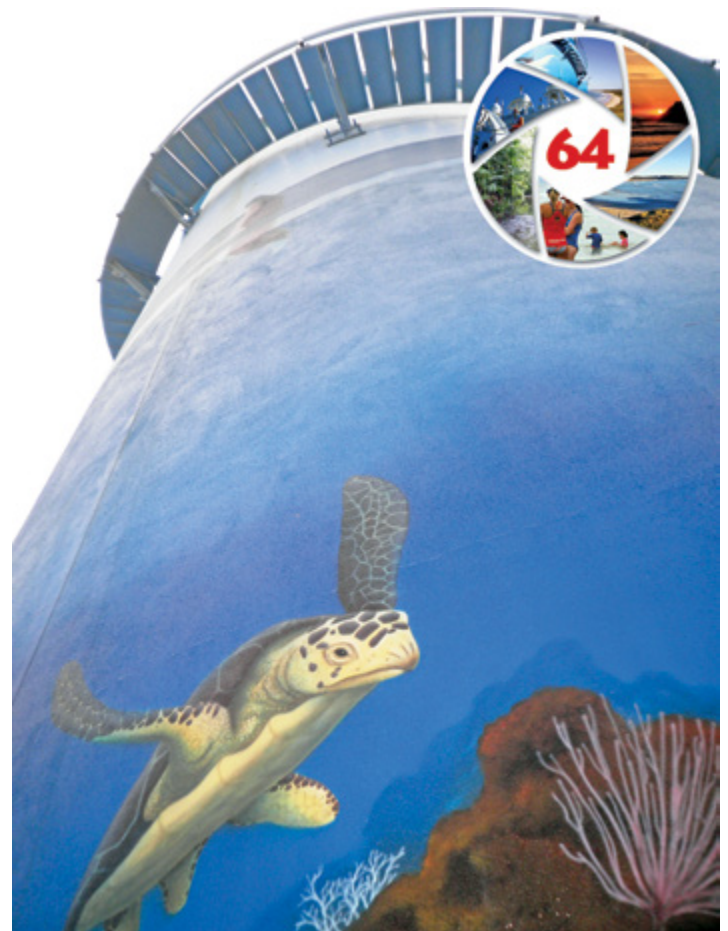
The main rule of the competition is that it has to be local: so of Woolgoolga and the Northern Beaches, from Sapphire to Red Rock and out to our beautiful hinterland, full of bush tracks and waterfalls. The other condition will be that if your photo is lucky enough to be published in our coffee table book, you will need to be able to supply us with a high-resolution copy, to ensure the best quality production possible.

The terms and conditions can be read on the photo comp page at www.woopinews.com.au. To enter you will need to go to the Facebook page www.facebook.com/imagesofwoolgoolga and follow the instructions at the top of the page. The photos will be available to vote on via likes and via the Woopi News website from December 1.



You can enter as many times as you like. We have three categories. Junior (under 18), Amateur and Professional.

To keep you inspired we will throw out a monthly inspiration challenge - for December we are suggesting to hurry up and get photos of the old surf club before it is demolished (or blows over!) Happy Snapping! Any enquiries please send to woopinews@gmail.com



Get your new 2021 Calendar featuring our Photographers of the Month

Woopi News has created a beautiful 2021 calendar from the talented photographers whom we feature each month. There



are photos from popular community and Woopi News photographer, Robert Watkin, Chris Skibba, who has since moved back to his hometown in Wisconsin USA, Woolgoolga's Lisa Davis, Emerald Beach's Karen Newlyn, Corindi's Lu Townsend and Jessica Royal, Sandy Beach's Darren Bromell and Iain Bennett, Emerald Beach's Gail Yager, Safety Beach's Bill Board, David Bryant who lives in Sydney but spent several months here during the Covid shut down period here with his family in Country Club, the lovely Emily Hambly from Woolgoolga and Liz McGinnes, who lives in Sawtell but works in Moonee.

Only \$25 plus \$5 postage or we offer Free Postage if you live in the 2456 postcode area. Use 2456 at checkout. <https://woopimerch.com/products/2021-calendar-woopi-news>



WOOPINews						
JULY 2021						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



WOOPINews						
AUGUST 2021						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



WOOPINews						
SEPTEMBER 2021						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



WOOPINews						
OCTOBER 2021						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31			1	2		
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



WOOPINews						
NOVEMBER 2021						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



WOOPINews						
DECEMBER 2021						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

If you'd prefer to buy direct please contact us via woopinews@gmail.com and we can organise to get one to you.



WOOPINews						
2022 CALENDAR						
JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
5	5	5	5	5	5	5
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9
10	10	10	10	10	10	10
11	11	11	11	11	11	11
12	12	12	12	12	12	12
13	13	13	13	13	13	13
14	14	14	14	14	14	14
15	15	15	15	15	15	15
16	16	16	16	16	16	16
17	17	17	17	17	17	17
18	18	18	18	18	18	18
19	19	19	19	19	19	19
20	20	20	20	20	20	20
21	21	21	21	21	21	21
22	22	22	22	22	22	22
23	23	23	23	23	23	23
24	24	24	24	24	24	24
25	25	25	25	25	25	25
26	26	26	26	26	26	26
27	27	27	27	27	27	27
28	28	28	28	28	28	28
29	29	29	29	29	29	29
30	30	30	30	30	30	30
31	31	31	31	31	31	31



They say the best thing about being self-employed is that when you talk to yourself you can call it a staff meeting.

But seriously, sometimes all the benefits of being self-employed or working from home can be redundant if you're going stir-crazy without any like-minded people to talk with. There are a few different business groups you can join, mostly in Coffs and mostly aimed at the, ahem, more mature business person ... but not any more! Local Event Entrepreneur, Carlina Erickson has

started the new Good Vibes - Woopi Young Professionals Network. It's an informal group aimed at bringing together young professionals, primarily solo entrepreneurs, aged 20 to 40.

The group aims to facilitate social interactions and occasions where people can meet, socialise and network regularly.

It isn't a membership body but rather acts as an unceremonious group of people who share common circumstances and interests.

It's a fabulous idea, I've had a quick

look at the group, as I am, *ahem*, too old to join and I can already see some awesome members. A web designer, a solicitor and an accountant, plus of course Carlina, who you may have read in an earlier edition of Woopi News has a Festival Consulting business that, pre-covid, had organised a conference for festival organisers which was attended by people from all over Australia.

The Woopi Young Professional Group has already had one get together and is planning the next one to be on Friday 11th December at 4.30pm at The Anchor Bar and Kitchen for some happy hour Christmas drinks.

Just turn up or contact Carlina via the Good Vibes Facebook group www.facebook.com/groups/woopiyoungprofs or you can contact her via carlina@australianfestivalconsulting.com.au

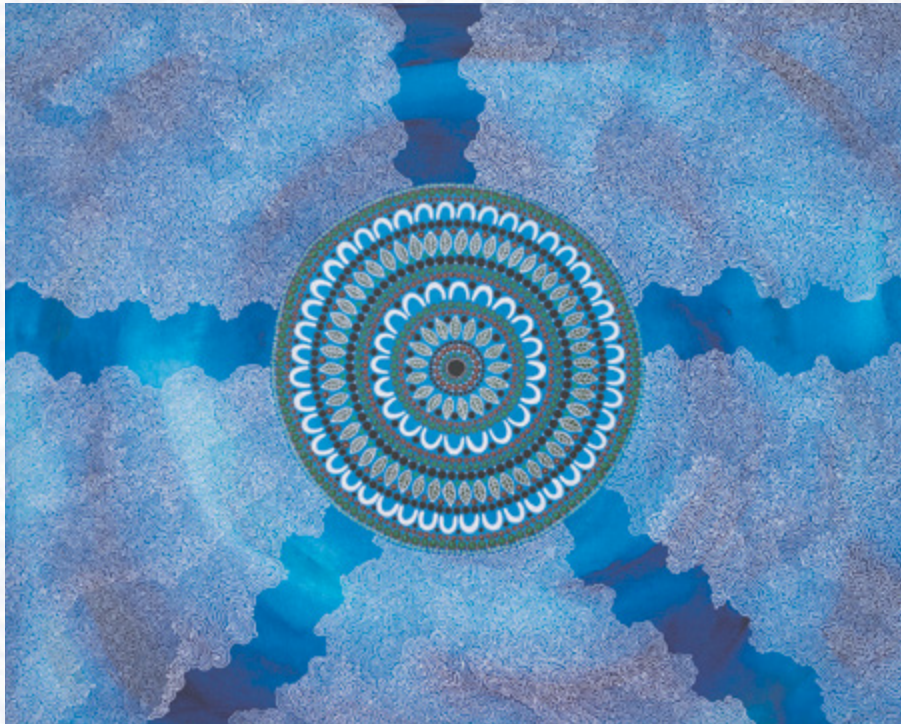
You guys are the future of our town. Woopi News will support you and we hope you have fun on the way.

West Woolgoolga Sports Complex Aboriginal Design

The West Woolgoolga Sports Complex will be an inclusive, vibrant and healthy community space for locals and visitors to gather, play, compete, practice, learn, perform and celebrate.

Coffs Harbour City Council worked in partnership with the National Aboriginal Design Agency on an EOI for an Aboriginal design for the site.

This is an important site for the northern Gumbaynggirr community and we wanted to honour this connection through the design. Mullaway based Gumbaynggirr artist Tulli Stevens' piece, 'Gawbarri' was chosen.



© 'Gawbarri (meet, get together, gather)', Tulli Stevens, National Aboriginal Design Agency

Gawbarri

(meet, get together, gather)

Paying homage to the beautiful Woolgoolga; where the rainforest meets the sea. This artwork consists of one single continuous line throughout the ocean inspired background. The dot painting in the centre represents the rainforest and bush tucker, the Wiigul (black apple tree) with the fruit being foraged. The continuous line representing the walking tracks, journeys and stories held on the land of the proposed site. The pathways lead to the centre, bringing the community together to a meeting place.

Principal design consultant Populous worked with Tulli throughout the design:

The artwork has beautifully captured the design story of Gumbaynggirr Country, where the rainforests meet the ocean and the West Woolgoolga Sports Complex creates a place for gathering. This facility will be the hub of the region and will bring together the local community. The main expression of the artwork will be in the entry screen to the north east of the centre which will act as a beacon for the main gathering point of the site. A large representation of the artwork internally will bring colour and enliven the entry space.

POPULOUS



Tulli Stevens is a 24-year-old Gumbaynggirr artist living in Mullaway on the Mid North Coast of NSW. Tulli has lived in Mullaway her entire life with her art influenced and inspired by nature and culture. Her paintings reflect family, community, and the complex, elemental beauty of patterns in nature. Adventuring through the walking tracks, beaches and bush in Woolgoolga and the surrounding areas has strongly influenced Tulli's appreciation of nature and her connection to Country, especially through learning about bush tucker and stories shared on this land. Tulli views art as a form of meditation and self-connection, finding the process of creating to be more important than the finished piece.



NADA: A SOCIAL ENTERPRISE OWNED AND RUN BY SALTWATER FRESHWATER ARTS ALLIANCE

Woopi Wonders

Subway Woolgoolga's Christmas Charity Appeal – 2020

Christmas is a time for giving, forgiving and for families to be together - no-one should feel alone. 2020 has not been that great for many and the effects of this may last for some time.

Subway Woolgoolga, in River Street, Top Town, has started a Christmas Campaign to help people in need.

Kiara, Carly and the team are collecting donations of gifts for kids of all ages, who might not have the opportunity to receive something this Christmas. If you can help by buying a gift, please wrap and label with the gender and age and drop them up to Subway. An updated list will be provided in the weeks leading to Christmas via Subway, Woopi News and the Woolgoolga and NB What's Happening Facebook group, to ensure all ages have been covered.

The Subway team is also asking for non-perishable goods to be donated so they can be placed in hampers. Soap, underwear and toiletries will also be helpful.

If any local businesses would like to be involved please contact Carly on 0409 822 453. Every little bit helps, so it could be a voucher or a product.

Kiara and Carly have also been in contact with a women's and children's refuge who will definitely be recipients. As will Pete's Place, who consistently provide much needed help and assistance to those doing it tough in the Coffs Coast community.



Nicki, Noah and Brodie from Subway with some of the donations to help those in need, that have been received for the Christmas Charity Appeal

If you know of anyone local or any families that would benefit from this appeal, please contact Subway or Woopi News.

All items donated will be delivered by the Subway staff and Fluro Friday Tribe the week leading up to Christmas.

If you are not in a position to donate,

but you would like to make someone's day, there are plenty of Christmas cards in the Subway store for you to write messages to families and people in need. Just call in.

Let's bring on a happy, healthy and safe Christmas 2020 for everyone - Woopi Style.

BP Woolgoolga
TWO TOOTS! and we'll come to you!

MERRY CHRISTMAS

From our team to you and your families!

 KC53 185R14 \$95.00	 KH27 215/60R16 \$145.00	 KH27 205/55R16 \$145.00
 KL33 225/55R18 \$245.00	 HT51/AT51 265/65R17 \$245.00	20% OFF WHEEL ALIGNMENTS*

*Conditions apply. See in store for details. Offer ends 31.12.2020. Not to be used in conjunction with any other offer.

f Find us on: **facebook.**

woolgoolga
servicecentre

35 River Street, Woolgoolga
6654 0111

Woopi Wonders



Ollie and Tahlia, The Kindness Crusaders

The girls are on a Christmas mission to cheer up people who might have to spend their Christmas in hospital. They are gathering as many knitted or crocheted decorations that they can and will deliver to the hospital during Christmas week.

If you would like to help them out and can knit or crochet something Christmassy the girls would be super grateful.

They can get their mums to drive them to collect from you or if you can, please drop them into Karen at Eco Threads in Market Street (thanks Karen)

Pictured here are some that have already been donated by the lovely Sharon Sinclair.



Nexus Gym Members take on the numb butt challenge

The crew at Nexus Gym in Woolgoolga were hoping to raise \$10,000 for kids cancer but instead raised an incredible \$22,708.51.

They did this as a team of 20 members, painstakingly exercise cycling an amazing combined 15,743.4 kms, as part of the Great Cycle Challenge.

Special mention to Sukhi Hundle for raising the most funds. She cycled an incredible 1008 kms and of course to Ben and the Nexus Crew for encouraging everyone on the way.

Nexus Gym is one of the many gyms in Woolgoolga that are not just about exercise but about community and inclusion. Nexus is at 3 Fawcett Street, Woolgoolga, opposite the skate park, and is open 24/7 - Check out their memberships via www.nexusgym.com.au





Rainbow Cottage

EARLY LEARNING CENTRE
Woolgoolga

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



TAKING ENROLMENTS FOR 2021 NOW! 71 Turon Parade Woolgoolga

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



Woopi News - Marine Rescue Woolgoolga

Thank you to the crew at Woopi News for giving Marine Rescue Woolgoolga this opportunity to share what is happening in our organisation with the community.

It's been a difficult time for all of us during this COVID-19 pandemic. We have had to cease all training and fundraising events since March in order to help stop the spread. We still maintained a 24/7 call-out system to respond to any and all incidents that occurred.

Luckily for us, there were only 3 calls for assistance, provided by the excellent crew of Woolgoolga 30, over the lockdown period. One was a Jump-Start off



Crew members Brian, Steve and Tyler being taken through a First Aid drill by trainee Coxswain Josh.

Corindi beach, and the other was a Tow from Woolgoolga Headland back to Arrawarra Beach.

Over the last two months, we have taken part in two searches, each for a missing swimmer off Red Rock, and one long night search 10-20 nautical miles off Arrawarra Headland for a reported Flare Sighting. One of the searches and the flare sighting were found to be false alarms.

We are excited to announce the return of our monthly Woolgoolga Beach Markets on Saturday the 12th of December.

This will be our first market since March, and we are

looking forward to getting back out there to raise valuable funds for our organisation. Our markets will occur every second Saturday of the month down at Woolgoolga Beach Reserve.

As always, we are actively recruiting volunteers to fill any of the roles within our unit. These include Boat Crew, Radio Operators and Fundraising crew. If you would like some more information, please give our Unit Commander Mitch a call on 0417 403 520.



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.



GURK SINGH

Licensed Real Estate Agent

We are committed to providing our clients with a service they won't find anywhere else. We pride ourselves on our reputation; doing things the right way, every day. After all, your happiness is our measure of our success.



**FREE
Market
Appraisals**

nolans

0418 411 743 | nolanpartners.com.au

Humans of the Northern Beaches

Sasha Kennedy

OK, so I'm just going to say that this beautiful human I am talking to has the best smile ever! Yes, the warm and lovely Sasha is my next Human of the Northern Beaches. Sasha is co-owner of Ground Earth, located in Market St and it's the perfect location for a chat.

I asked Sasha how long she has lived in Woopi? "I'd say about 7 years."

And where did you move from? "We moved from Melbourne. We used to holiday at Arrawarra. My parents would come up every summer ever since I was a baby. Anyway, my husband and I were living overseas and he got a phone call about some work here after the storms about seven years ago. He literally got off the phone, we packed our bags and we moved straight here".

So it was a holiday destination originally? "Yeah sure was".

Sasha has the warmest of hearts to accompany her beautiful smile. A smile so genuine, one gets the sense that it's OK to be loved, or

that yes, life isn't so serious. I actually try to make Sasha laugh when I go to Ground Earth just so I can see her smile in full song.

I then asked her about the origins of Ground Earth. "So, we were living in Bali with two young kids and it just wasn't working how we wanted it to. I was standing at a market when I noticed this ring that had Buddha's feet on it. At the time it really connected with me. Like it was what I needed to do. I needed some ground earth. So I raced home on my motorcycle, grabbed some coin and purchased it. After moving around a bit, we had moved back here and I was working for a retail company at the time and I wanted to do something for myself. I wanted a place in Woopi that had a community feel to it. Where people could relax and not have to rush, a place to hang out and meet like-minded people. A place that was like me, gluten-free and gave you the option to care about what you were eating, a place that if you have dietary needs it could serve you. At the time there wasn't anywhere in Woopi



we could eat and this shop was for lease, but I wouldn't be here without our chef Dustin Bowie-Ford and now we have Ground Earth".

Dustin, folks, is the best chef this side of the Himalayas.

I then asked Sasha could she imagine bringing her kids up anywhere else? "Absolutely

not. I pinch myself every day." So you've found your Ground Earth? "Yes".

This left my last and most famous question - Is it Woopi or Woolgoolga? "It's Woopi" Sasha is a Human of the Northern Beaches and I can't wait to speak to more.

- Garreth Nicholls

REBALANCE

Remedial Massage Therapy

Phone 0407 992 011 for Appointments

When I first walked in to Re-Balance I almost needed a walker due to the pain. I was shuffling my feet and eased onto the massage table in stages of painful movement. I could not turn over easily. After a few visits I am able to walk freely, get out of, and make my bed. I am continuing with two visits a week and have returned to the gym to regain my strength and flexibility.

Ricki Moore

I walked into Kyle's rooms with long term back pain and very sore feet that would make me cry due to plantar fasciitis. After a few treatments I am standing straight without pain and can walk all day in comfort!

Rayna Davidson-Hill

Woopi News - Woopi Women

Woopi has so many amazing women doing amazing things. Let's see if we can help to make a Woopi Woman the International Woman of the Year of the Coffs Coast 2021.

The three major women's groups in Coffs Harbour, the Zonta Club of Coffs Harbour Inc., Business and Professional Women (BPW) of Coffs Harbour and the Coffs Coast Business Women's Network (BWN) have once again joined forces to organise a special Breakfast Meeting and Presentation on International Women's Day, March 8, 2021.

The aim is to acknowledge the positive contribution of women and girls in our region.

If you have someone you would like to nominate, the criteria that need to be addressed are as follows.

1. Demonstrates a significant contribution to empowering members of the community, in

particular women and or girls.

2. Is actively engaged with the local community in either a voluntary, community, business or professional capacity.

3. Is a resident of the Coffs Coast (Coffs Harbour Local Government Area and Bellingen Shire).

The two awards will consist of an inscribed trophy and publicity for the women and their cause. A cash prize of \$1,000 for the major Award Winner, jointly sponsored by Coffs Harbour City Council, and \$250 for the Runner Up, sponsored by One Agency Real Estate, allows both the winners to advance their objectives. All finalists are recognised and acknowledged for their own achievements.

Nomination Forms are now available by email from wotyearcoffs@gmail.com as well as Facebook / IWD Coffs Coast Woman of the Year Award 2021.

Closing date is December 7.



Local Safety Beach resident Bell Brown from the Coffs IWD committee strikes the #ChooseToChallenge pose. - A raised finger to show your commitment to choosing to challenge inequality, pledging to call out bias, and actively questioning stereotypes.

ROB BROWN'S

DENTURE CLINIC



Rob can advise you on all your denture and mouth guard needs...
"For that one on one service you can trust"

NO REFERRAL NEEDED!

6654 1452

6/66 River Street, Woolgoolga



NORDIC 21

Large Chair and Ottoman
PRIME LEATHER

\$1399

Colours available

Black Leather / Oak Timber
Grey Leather / Oak Timber
Blue Leather / Oak Timber
Latte Leather / Dark Brown Timber



Beatties

Quality Furniture

Monday to Friday 9am-5pm Saturday closed Sunday 9am-12pm

Cnr Pioneer St & Duke St, Nambucca Heads PH: 6568 7484

www.beattiesfurniture.com.au

Woopi Wonders - Rural Fire Service Woolgoolga



Pictured above are Jacob Sutherland, Noel Bultitude, Mark Osborn, Sam Fifita, Jeff Luke, Maree Coonan, Ali Stewart, Tayne Deacon, Silas Sutherland & Scott Hodgkinson. They

are all members of the Rural Fire Service in Woolgoolga. How would you like to be in this amazing photo taken by Simon Whittaker and part of this brave and selfless brigade? There are many reasons to join the NSW RFS. You may want to protect your families, your friends, your home and assets, your community, and your way of life.

Volunteering also offers the opportunity to learn new and valuable skills that will not only assist you in your voluntary role but in day to day life and even your workplace. It is also an opportunity to meet people you wouldn't normally meet. For many members, it's also about being part of a wonderful tradition and an organisation with a very proud history.

If you would like to join, now is the time. They are currently recruiting new members before their latest training courses are implemented.

For more information visit <http://www.rfs.nsw.gov.au/volunteer/Join-the-NSW-RFS> or call the Mid North Coast Team Office on 6651 6133

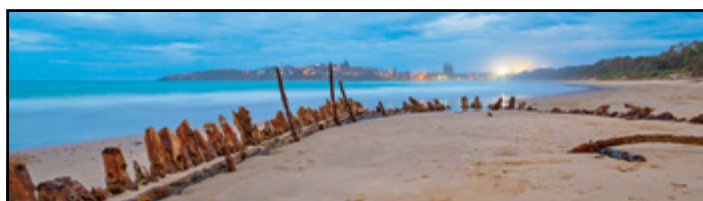


LIFE · FRESH · LOCAL

People often ask how do we compete with the big boys. We never aim to be the cheapest, if we did it would simply mean someone in the supply chain is missing out on a fair income for the hard work they do. We do however aim to bring our customers the very best quality that the local market has to offer. We do this by simply listening and talking to our suppliers. We offer a 100% satisfaction guarantee. Friendly Service is our default position and not contrived. We know how important service is in a world where contact is avoided. We are "Where Fresh Meets Local"



Woopi Fresh
Shop 3 / 66 River Street, Woolgoolga
www.woopifresh.com.au
Phone 0417 144 710



Cheryl Midavaine

WOOLGOOLGA
REAL ESTATE

62 Beach Street, Woolgoolga

6654 2333

www.woolgoolgarealestate.com.au

Speak to us about helping you with all facets of Real Estate:

- Property Sales
- Property Rentals
- Holiday Accommodation

Photographer of the Month



Mark Henderson

I am a local photographer, always looking for the extraordinary in the ordinary. I want to give my viewer a different perspective from what they might otherwise not see, and capture special magical moments in time. I enjoy most styles of photography including landscape, wildlife, studio, macro and events. I especially like to do family or single-style portraiture with a difference. I like to add an edge to my photography, something a little different from the rest. I'm always looking for different light to create a special moment with intrigue, wonder

and excitement. If you're looking for something a little different from the norm in a photographer, feel free to contact me and talk about a shoot. markjhendo@gmail.com or 0428 419 559.



Attention Photographers!

You can enter our Images of Woolgoolga and the Northern Beaches Photography Competition. See page 3 for more details



Woopi News - Woolgoolga Library

The Woolgoolga Library has been in its Ganderton Street home for 20 years now.

The original Library was opened in 1965 in River Street. It had a stock of 1111 books. It only operated seven hours a week and was run for the first 12 months by the Country Women's Association

(CWA) volunteers.

Closing in 1979 to start a new bookmobile service, the library reopened in 1987 in a cramped space in the Boundary Street mud-brick building.

The current, purpose-built library attracted much praise from the public in 2000 when it opened with longer

opening hours, a much wider collection of resources, a children's area and meeting room facilities.

"The community adopted Woolgoolga Library as their place to connect very early on," said Digital Resources Librarian Surinder Kaur, who began working at the branch in 1997, and is still a familiar

face to library members. "I ran Storytime for young families, and I've seen those same children now finish their HSC and complete university."

Surinder believes the biggest change she's seen in the past decades has been the advance in technology and the services now offered online - but the library remains a key and valued hub for residents and visitors.

"The moment there is a change in the community we become the first destination to ask for help," she said. "In the last six months, we have become experts in filling out the forms for Queensland border passes. Since the blueberry industry boomed in the last 10 years, we have become the first destination for completing employment forms. Every winter, we also see visitors using our services



Pictured above at the opening in 2000 are library staff Di Ward, Anne Burnett (Chief Librarian), Karen Johnson and Surinder Kaur

INDIAN RESTAURANT

Mick Hundal's

SPICE RACK

- DINE IN • TAKE AWAY
- BYO • HOME DELIVERY

6654 1900 • 0418 550 337
5/31 River Street Woolgoolga
Hot, medium or mild - just ask when you order!

www.spicerackindian.com.au

HAM RAFFLES
ARE BACK!

WEDNESDAYS & SUNDAYS
plus BONUS HAMS FRIDAYS
till 23 December

NOW BOOKING END-OF-YEAR FUNCTIONS
Personalised Menus - Private Venues

17 Beach St Woolgoolga (The Club with the Helicopter)
6654 1234 info@woolgoolgadiggers.com.au

Social & Corporate Events

Call 6654 2111
for Rates & Dates

51A Safety Beach Dr Safety Beach

Woopi News - Woolgoolga Library

– especially grey nomads from Victoria.”

“The most striking feature is the stained-glass windows and artworks by the Woolgoolga Art Group, which showcases local creative talent and celebrates life in Woolgoolga at the time,” explained Surinder. “The community is proud of its colourful Sikh community and I remember at the opening, I came dressed in my Panjabi suit with my harmonium and a Bollywood dance was performed. The Chief Librarian, Anne Burnett, decided to have signs in both English and Panjabi languages and I translated them.”

Twenty years on, the library has evolved to offer much more than books, expanding its services to provide eBooks, eAudio, eMagazines,

online newspapers, films and a new range of information databases to tap into.

Countless families enjoy Storytime, author talks and educational workshops. Not to mention the many people who rely on the library for free access to computers and wifi. COVID-19 restrictions have seen a recent move to online events until face-to-face events can return.

To celebrate this anniversary, a special birdbath has been placed in the library garden.

Woolgoolga Library is open Monday to Friday, 10am-1pm, and Saturdays 10am-12noon. Visit libraries.coffsharbour.nsw.gov.au for more information on library services.



Woolgoolga Library staff today
Surinder Kaur, Jann Small and Rebecca Wyatt.

The Palms
CABANAS • BAR • DINING

BOOK A TABLE WITH US!

TOORMINA
Hotel

13 MINORCA PL, TOORMINA NSW 2452 | 02 6653 1039 | WWW.TOORMINAHOTEL.COM.AU



Burritos
enchiladas
tortillas
tostadas
nachos
tacos
quesadillas
spicy dips
handmade corn chips
- are you hungry yet?



Mexican beers
tequilas
cocktails
selection of wines
- you won't go thirsty!



Plenty of vegetarian
and vegan options



Bookings essential



Available for functions



**101 FIDDAMAN ROAD,
EMERALD BEACH
(02) 6656 1633**

Open from 5 pm Thursday to Monday
(closed Tuesday & Wednesday for siesta)

What's New



Tango Juice Bar and Ice Creamery have a new look.

Since Kane and Ainslie have taken over the popular Juice Bar they have been making lots of positive and exciting changes. They recently commissioned Jimmy Wags to paint some funky new artwork and they have rebranded the whole store with new colours and an updated logo in delicious summery colours. But some things never change, they still have the same great smoothies and juices available plus an amazing selection of ice creams to cool you down on these hot summer days.

The Tango Team is also carrying on the Tango tradition and are remaining proud sponsors of the Woolgoolga Nippers. Summer hours are 8am till 5pm with sushi available from 9.30 each day.



Are you in pain and nothing seems to work?

Concerned about the addictive nature of pain medications?
Have unresolved headaches or musculo skeletal pain?

Acupuncture can resolve many pain complaints
and can be a stand-alone treatment or
complementary to conventional medicine.

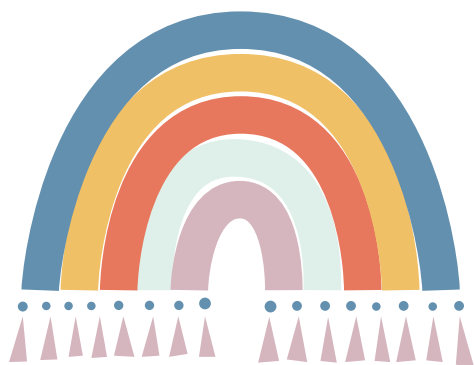
adam.  mara
Registered Acupuncturist

For bookings: 02 6654 7054

Enquiries: 0400 402 911

Shop 1 / 8 Nightingale Street Woolgoolga





Rainbow Creative

Rainbow Creative is another new business that has recently evolved in Woopi.

Laura Byrne, part of the Woopi News family, has taken a break from her career as a primary school teacher to bring up her young family. When the COVID pandemic first happened and all the parks were shut down she and her husband, Alex, set to building their then two and a bit-year-old Freddy his own park with a fort and a cubby. Inside the cubby, they built the most amazing sensory wall for Freddy to play with and a few little low sections for Baby Alba who was yet to be born.

Freddy and his friends spend hours there playing with all the buttons and locks experimenting and exploring whilst having fun. This then gave Laura the idea of creating some sensory boards for inside the house.

Sensory Boards are fabulous for young children to explore and experiment with whilst developing fine motor skills through learning how to pinch, twist, slide, flick, push, pull and spin. This leads to perfecting their hand-eye coordination, a skill required in many areas of life such as sports, reading, writing etc.

Children learn to problem-solve through experimentation and are able to explore the concept of cause and effect with these boards. Sensory boards encourage natural curiosity and promote investigative skills. For example, they think: "If I want to open this door I need to undo this lock" or "If I spin this, it will make a sound" Sensory boards can act as a mindfulness practice as they have a therapeutic effect on anyone who touches them. They can provide a space for children to sit, fiddle and process big emotions, be present or just zone out.

Laura, being a school teacher, knows that children feel a sense of self-worth and increased confidence when they achieve something independently, like unlatching a lock, exactly what these boards provide. They are really portable and can move from room to room, be taken outside or in the car with you. At the moment, Rainbow Creative is selling small 40 x 40cm boards, but they also have plans for larger freestanding boards. Most of the pieces



used are hand-made and all come with their signature hand-made rainbow.

Your choice in colours, pictured here are traditional pink and blue but non gender-specific boards are available or to suit your own colour theme. They can be customised as well or personalised with your child's name.

Because each one is handmade to order there is a seven day turn around and Rainbow Creative offer free delivery or pick up if you're in the Woolgoolga area.

To order call or text Laura on 0402 284 580 (leave a message as she might be with baby Alba) or check out their [Facebook or Instagram page @rainbow_creative](#) (there are two underscores there).



Perfect for Christmas

What's New

Banana Benda's new Smoothie Bar 🍌

While you're down getting your fresh fruit and vegetables from Steve and Nicole, just behind the United Servo on Solitary Islands Way, you can now treat yourself to one of their fresh fruit smoothies.

They have this fabulous new smoothie bar set up out the back, where you go and choose your fruit; banana, mango, blueberry, or raspberry, then add your fresh turmeric, cinnamon, or honey and choice of milks or coconut water. You can even browse their new indoor plant selection while you wait.

Also available is freshly squeezed cane juice, perfect for kids sports. Steve has it packed in bags that you can freeze, then once thawed



snip and drink. Sugarcane is ideal for getting an instant punch of energy if you are low or feeling lethargic. The Sucrose in sugarcane is effective in replenishing your lost energy because it

gets easily digested by your body. So, next time you feel dehydrated or low on energy, you know what will get your spirits rocking within no time.

If you haven't had a chocolate-coated frozen banana since you were a kid, get down to Banana Benda's and relive that taste sensation. 🍌



A little about our business:

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

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

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

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

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

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

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

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

WOOLGOOLGA

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

COFFS HARBOUR

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

PO BOX 1564,
Coffs Harbour NSW 2450

www.dfmgroup.com.au

What's New

Eco Threads - A new and exciting range of Australian Made men's and women's clothing is available at Eco Threads, which is the new name and ethos of the old Asian Outlet store in Market Street. Still the same owners, Karen and Ian are excited to introduce this range which also looks after the plus-size lady. Recently they co-hosted a Sunday afternoon fashion parade event on the grassed area at Surfside Plaza. Due to COVID restrictions, they were only permitted to invite 50 people. It was a lovely afternoon in the sun with lots of laughter and a chance to view some of the new fashion range. They also managed to raise \$800 for Legacy.



The new Hub Cafe at the Woolgoolga Surf Life Saving Club has opened.

It has to be the best view in Woolgoolga, with lovely cool breezes flowing through. Cat and Jono already have cafes in Sawtell and at the Coffs Harbour International Stadium and have now opened here in our lovely town. As you can see from the photo below you will still see lots of familiar faces as they will be employing local staff and buying local produce whenever they can.

There is an extensive all-day breakfast and lunch menu plus all your favourite drinks. Go and give them a try and a big Woopi Welcome.



First Aid Certificate for only \$100 per student

For details and bookings: woopifirstaid.com

Woopi
Woolgoolga
First Aid

Woopi First Aid provides professional Training and Assessing and with 25 years experience as a Paramedic, Clinical Training Officer and Theatre Orderly, you will get the best possible delivery.

Find us on Facebook: [WoolgoolgaFirstAid](https://www.facebook.com/WoolgoolgaFirstAid)

Christmas Gift Guide - Shop Local Shop Woopi

Shop Local Shop Woopi

Woolgoolga Town and surrounds has survived the pandemic, with most of our cafes, restaurants, shops and businesses remaining open and doing ok. We have even been lucky enough to have new businesses open and there are several in the planning.

This is largely down to our community choosing to shop local ... with a little bit of help from our tourists.

So keep it up Woopi, there are not too many things that you can't get in Woopi so Shop Local - Shop Woopi every possible time.

The Woolgoolga and Northern Beaches Chamber of Commerce is giving you some extra incentive, by creating a new Shop Local campaign that gives you the chance to Win \$2000 in Woopi Dollars.

All you have to do is spend \$30 or more in participating stores, write your name on the back of your docket, and you will go into the draw for your chance to win.

Look for the bright yellow stickers on the entry boxes.



Woopi Dollars can then be spent back in any of these participating stores.

For a full list please go to www.facebook.com/shoplocalshopwoopi or www.woopinews.com.au

If you're a business who would like to be involved in the Shop Local Campaign please reach out to one of our volunteers to send you the information on how you can join up. It's never too late.

Big thank you to Marney Jeffries, Sharon Galway and Brett Pilon for coordinating this campaign. I know a lot of work goes into it, but I'm pretty sure the community of Woolgoolga is very thankful.



natural
elements
store

Beautiful Fashion
For Every Occasion



62 Beach Street Woolgoolga – 0400 728 769

Christmas Gift Guide - Shop Local Shop Woopi



Jo Johnson, from Mitre10, Gay Murray from Feather and Nest, Brett Pilon from XS Surf, Karen Black from That Beach Shop and Linda Landi from The Natural Element Store all hoping you will choose to Shop Local Shop Woopi this year

LIMITED EDITION

Christmas Packages available

Choice of 3

Save up to \$99!



EMMAS
skin.beauty.nails



Every Gift Voucher purchase in December will automatically go into the draw to win a prize hamper valued at over \$220!!



CAN'T DECIDE?

We have Gift Vouchers available to purchase for any monetary value!

CALL EMMA ON 0408 442 187 OR POP IN FOR MORE DETAILS 32 EMERALD HEIGHTS DRIVE, EMERALD BEACH

Christmas Gift Guide - Shop Local Shop Woopi



Dennis the Dog Planter
\$32.99
Mitre10 - 3 Featherstone Dr,
Woolgoolga



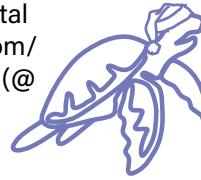
No-tivational Calendar

14 gorgeous original Coffs Coast images and 12 faux-spirational quotes, this is perfect for the person in your life that doesn't take themselves too seriously. \$25
To order message Modern Digital on Facebook (www.facebook.com/moderndigitalAU) or Instagram (@moderndigitalAU)



Beautiful and useful Carnivorous plants

\$20 - Secret Valley Plants
Down the alley, 58 River St
Woolgoolga



• GIFTS • HOMEWARES • KIDS • LIFESTYLE •

Merry Christmas & Thank you all for your ongoing support x



(02) 6654 9301

Shop 11/ 53 Beach St, Woolgoolga NSW



Lenovo Laptop

15" Screen, 8GB memory, 256GB SSD Storage. Mention Woopi News & get free data transfer from your old computer. \$799. Valaxus 7 Bosworth Rd, Woolgoolga



Kitchenware & Giftware

- Kitchenware
- Glassware
- Blankets
- Gas Stoves
- B.B.Q.s
- Bed Sheets
- Bed Spreads



Top Town
Shop 4
58 River St

0474 522 441
0491 345 619

New second store opening in November 1 / 2-8 Harbour Dr Coffs Harbour

Find us on Facebook



Christmas Gift Guide - Shop Local Shop Woopi



Gorgeous Ceramic Houses

Made in Emerald Beach by Susan Romyn. \$10 each. Available from her Studio/Gallery 84 Fiddaman Rd, Emerald Beach. Text or call 0418 997 261 to make appointment to look and buy.



Sharon Joy Affirmation Cards

This stunning set of 42 positive affirmation cards designed to remind you how awesome you are, locally printed and available in store at Woolgoolga's very own Feather & Nest as well as via Sharon's website. www.mssharonjoy.com/shop

Lucybelles Boards

Christmas Sugar Cookies

Don't forget Santa's favorite cookies this year. These personalized Christmas cookies are a great gift for someone special or an addition to your own Christmas Day table.

\$2.50ea - standard cookie

\$3.00ea - large/detailed cookie

No minimum orders

Contact via Facebook: Lucybelles Boards

Instagram:

@lucybelle_boards_bakes_cakes



Sham, Jo and the Team from Woolgoolga Mitre 10 would like to thank the local Community for supporting our Family Business during this very trying year. We wish you and your Families a very Merry Christmas and look forward to assisting you in 2021.

3 Featherstone Drive, Woolgoolga Ph: 6654 1229

Open for your convenience throughout the Christmas period – only closing for Christmas & New Years Day!

Christmas Gift Guide - Shop Local Shop Woopi

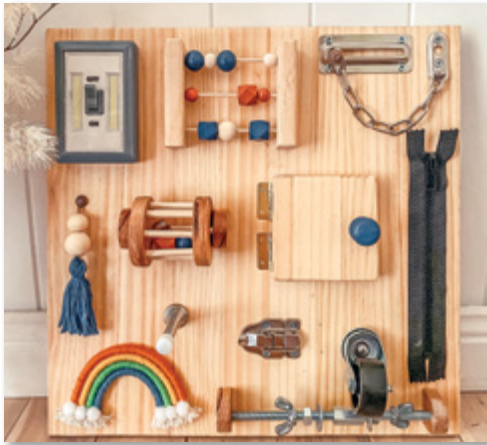


Couple in love Garden Statue

43x23x59cm \$129.90
Mitre10, 3 Featherstone Dr,
Woolgoolga

Sensory Boards

To keep the little ones busy,
40cm x40cms \$110
The Rainbow Creative
0402 284 580



Hand made shell hanging heart

30x25cm \$41.50
That Beach Shop 3/62
Beach St, Woolgoolga

Status Anxiety - Ruins Wallet

is the perfect gift
for someone special
Features full grain
soft shrunken pebble
leather and 13 card
slots. \$99.95. Feather
and Nest, Wharf Street,
next to Bluebottles



ANGUS & CELESTE

Macramé Hanging Planters

Featuring an understated minimalist
boho style, with a ceramic bowl
S: \$49 L: \$149
Feather and Nest, Wharf Street,
next to Bluebottles



Slumped Glass Sculptures,

Handmade in Indonesia
From \$59
The Natural Elements Store
62 Beach St, Woolgoolga



Old Guys Rule

T-shirts. \$43
XSSurf, 76 Beach St,
Woolgoolga



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

Christmas Gift Guide - Shop Local Shop Woopi



The Clean Living Gift Pack by Rohr Remedy

The ultimate ethical, clean, transformative beauty gift pack including honey myrtle body wash & desert lime body moisturiser and a wooden, natural body brush. - \$69.00. Available for purchase at The Good Beautician. Monterey Arcade, 100 Harbour Drive. Coffs Harbour. Owned by Local Mullaway Resident



Vegan Sweets

Small box consisting of 4 pieces of your choice \$16 or large 6 pieces for \$24 Order via instagram or Facebook on the Love's Harvest Page via Direct Message

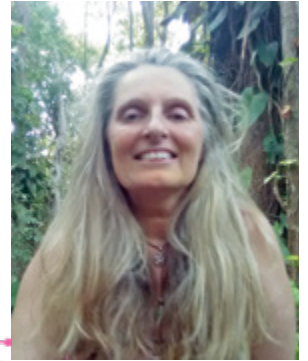
Readings with Katie

Includes Numerology and Oracle cards. Insights & Clarity as we head into 2021.

Allow 1.5hrs \$80

Bookings can be made online at www.pinksky.com.au

Gift vouchers available from Magpie Books Woolgoolga or message Katie @pinkskysunset on facebook. www.pinksky.com.au/treatments



The Wandering Folk Native Wild Flower Picnic Rug

Print inspired by our favourite Australian native wildflowers and foliage. Comes with its very own brown woven strap, so you can carry your picnic rug wherever you roam. 164cm x 147cm \$190 Botanicus Boutique, Wharf St, Woolgoolga



Wheat-free, Odourless Heat Packs

Longer lasting heat for natural pain relief. From \$32 www.enrichandconnect.etsy.com



Free Spirit Macrame Bag

Available in four colours - \$59

The Natural Element Store 62 Beach St, Woolgoolga



Spend over \$50 to go into the weekly draw for a \$70 gift voucher, just post on facebook and tag @XS SURF or instagram and tag @xssurf1

76 Beach Street, Woolgoolga 6654 1049

Christmas Gift Guide - Shop Local Shop Woopi



New U Collection
Size 8 to 18 - Comes in
Apricot and Blue
The Natural Elements Store
62 Beach St, Woolgoolga



**Landscapes of the
Coffs Coast Calendar**
Photos by Liz McGinnes
[www.facebook.com/
lizmcginnesphotography](http://www.facebook.com/lizmcginnesphotography)



Get Lit Candles & Melts
Beautifully scented candles and melts
www.getlitcandlesandmelts.com
or alternatively, you can shop their Signature
Line at Beachouse Cafe. Prices start at \$12



Glasses Cases

These are extra clever as they flatten down when empty freeing up room in your handbag. Available in different patterns and colours. Only \$20.00
Lalu Lalu Cnr Market and Nightingale Sts, Woolgoolga

We take away the stress and make the conveyancing process simple and easy.

Buying or Selling Property? Fixed Fee Conveyancing Service

With over 15 years experience in the conveyancing industry, you can rest assured your property matter will be handled with professionalism and integrity. We are cost conscious and therefore implement a fixed fee structure ensuring you will not have any nasty surprises at settlement. We will communicate with you in plain terms - no legal jargon!

Kylie Dean is a Woolgoolga local, now living in Sapphire, who has worked in the region's conveyancing industry for more than 15 years. Kylie is fully PEXA certified and was among the very first conveyancing professionals to adopt this pioneering technology (electronic conveyancing) when first launched in 2016. Her comforting nature and talent for simplifying the more confusing aspects of the conveyancing process means that she keeps matters smooth and stress free for her clients.

KD Property Conveyancing

Conveyancing Woolgoolga and the Northern Beaches

17a Headland Road, Sapphire Beach New South Wales 2450

Business Hours:

Monday - Friday: 9am - 5pm, Saturday - Sunday: Closed

After hours and mobile appointments available by request

Kylie Dean – 02 6600 1446

kylie@kdpropertyconveyancing.com



Christmas Gift Guide - Shop Local Shop Woopi



OASIS Shadow Framed Painting

100 x 100cm \$165
That Beach Shop
62 Beach St, Woolgoolga



Byron Terracotta Birdbath

50x60cm \$69.90
Mitre10 - 3 Featherstone Dr,
Woolgoolga



Oracle and Tarot Cards
Choose from a range at Magpie Books, great christmas gift ideas at an average of \$28 per deck. Visit Andy at Magpie Books 1/44 Beach Street Woolgoolga



Billabong Beach Bags

Only \$29.99
XSSurf, 76 Beach St,
Woolgoolga



THAT BEACH SHOP



Bring a natural coastal harmony and warmth into your home with coastal colours and natural textures

Wide range of affordable coastal homewares from seashells to unique furniture pieces

New season ranges starting to arrive instore now!

Open 7 days and also online www.thatbeachshop.com.au
We ship Australia wide.

Shop 3/62 Beach Street, Woolgoolga
Phone: 6654 2092 Mobile: 0418 402 073

THE GOOD BEAUTICIAN

Complete your gift list now!

Give the gift of self care and relaxation

Gift Vouchers available for all products and treatments, valid for 12 months from the purchase date.



100-104 Harbour Drive, Monterey Arcade, Coffs Harbour
www.thegoodbeautician.com.au

Christmas Gift Guide - Shop Local Shop Woopi



Double Crystal Pouch Necklaces

\$25
www.wrappedincolours.com



Who doesn't want an Icecream voucher for Christmas?

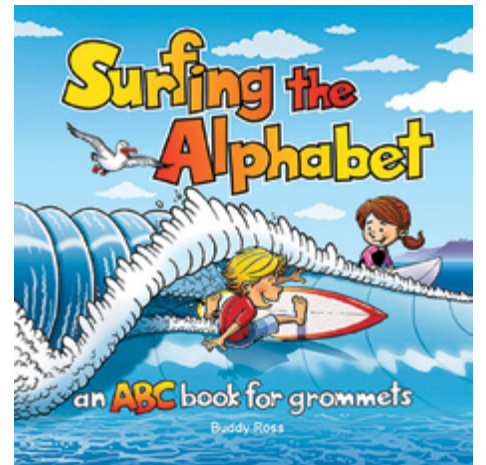
Tango Juice Bar and Ice Creamery
70a Beach Street Woolgoolga

Bertocci Hams
Australian pork, double smoked and full of flavour. Enjoy Christmas without breaking your bank, Ham purchases will put you in the draw for a \$50 in-store voucher
Woolgoolga's Finest Butcher, Queen St, Woolgoolga



Surfing the Alphabet Book

\$25 XSSurf, 76 Beach St, Woolgoolga



The Beach Fixes Everything

timber sign 30x30cm \$27.90
That Beach Shop 3/62 Beach St, Woolgoolga



Beautiful Rattan Jewell Box

Hint Hint, this is what Lisa wants!
\$135 Lalu Lalu
Cnr Market and Nightingale Sts, Woolgoolga



Woopi News 2021 Calendar

Featuring photos from the Photographers of the Month - \$25
www.woopinews.com.au



ONE FOR THE GUYS (or Brad)! Beard Oil

and assorted products from \$19.95
The Shack Barbershop, River Street, opp Seaview

Christmas Gift Guide - Shop Local Shop Woopi



Colourful Basket

Made from recycled packing straps, Great for the environment and great for you \$55 Lulu Lulu Cnr Market and Nightingale Sts, Woolgoolga



Mr Hemp Oz Wax

Mullaway \$6. Locally Made, 100% Organic and exclusive to The Garage Boardstore Mullaway



Pressed Flower Gift Cards

Small tags 50mm x 80mm \$1.80 each or 3 for \$5.20
Large tags 65mm x 110mm \$2.20 each or 3 for \$6.20
Available from the Woolgoolga Gallery



The Perfume Oil Company

Roll-On Perfume Oils are as natural as can be, using pure, fine oils in an organic carrier, with no drying alcohol or nasties. The perfect gift or a lovely treat for yourself. \$29.95 Feather and Nest, Wharf Street, next to Bluebottles



coffscoast *sports* physiotherapy

Quality care for your injury

<ul style="list-style-type: none"> Sports Injuries, Orthopaedic/Joint Rehab Neck and back injuries General and tendon injury rehab Hip, knee and ankle injuries Shoulder, elbow and hand rehab Work cover injuries/conditioning Physical capacity assessments Hydrotherapy, dry needling 	Pilates: Gym, individual and classes
<ul style="list-style-type: none"> Radial Shockwave Therapy: Treatment for tendinosis/calcific, plantar fasciitis, myofascial release 	Remedial massage Acupuncture / TCM
<ul style="list-style-type: none"> Exercise Physiology: Strengthening, Health & Disease Management 	NDIS provider
	Motor vehicle injuries, DVA, EPC
	EXOS bracing, taping and bracing Fibreglass plastering and removal
	Physio product sales Braces, crutches, moon boot hire





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

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

The Village Farmers Market

Nature's insect repellents

They look a little bit like something from another planet or an old school novel but carnivorous plants are a beautiful and helpful addition to any household.

Carnivorous plants are predatory flowering plants that kill animals in order to derive nutrition from their bodies. But don't worry they're not going to eat the family dog, they only eat things like insects, spiders, crustaceans and other small soil and water-living invertebrates and protozoans, lizards, mice, rats, and other small vertebrates. (They got me at mice and rats, give me ten!)

Carnivorous plants pull off this trick using specialised leaves that act as traps. Many traps lure prey with



bright colors, extra-floral nectaries, guide hairs and leaf extensions. Once caught and killed, the prey is digested by the plant and or their partner organisms. The plant then absorbs the nutrients made available from the corpse.

Most carnivorous plants will grow without consuming prey but they grow much

faster and reproduce much better with nutrients derived from their prey.

Believe it or not, they're pretty easy to care for, most carnivorous plants grow in boggy soils with acidic, or ericaceous compost. Keep this well watered and ensure it never dries out. Choose a bright, sunny spot to grow your carnivorous plants in

summer and move to a cool, frost-free place in winter. Remove faded flowers and leaves as you need to. Pretty cool.

You can find a selection of these natural insect repellents at the Village Farmers Market every Friday or call in to Secret Valley Plants, down the alley at 58 River St, Woolgoolga.

Specialised Fencing Services

- Exclusion • Post and Rail
- Stock • Residential/Domestic
- Excavation • Inspection/Assessment/Scope Reporting
- Make Safes

Brennan 0466 900 424

Natalie 0447 276 755

aussieruralfencing@gmail.com

www.aussieruralfencing.com



AUSSIE RURAL FENCING

OFF TRAX



10 Tips to Caring for your Carnivorous Plants

1. Grow carnivorous plants in sun
2. Keep carnivorous plants cool in winter
3. Grow carnivorous plants in moist compost
4. Water carnivorous plants with rain water
5. Grow carnivorous plants in ericaceous compost
6. Don't feed carnivorous plants with insects
7. Don't fertilise carnivorous plants
8. Don't tease carnivorous plants
9. Deadhead carnivorous plants
10. Control pests on carnivorous plants

WOOPHI'S FINEST BUTCHERY

BEEF • PORK • LAMB • CHICKEN

82 Beach St, Woolgoolga

DECEMBER SPECIALS

AUSSIE HAMS \$13.99 KILO PRE-ORDER

WE ARE NOW OPEN SUNDAYS 8AM-12PM
PHONE 6654 8877

The Village Farmers Market

ecogene Beeswax Wraps



Originally from Japan, Miho is the founder of local beeswax wraps brand, ecogene.

After making and using beeswax wraps to reduce her own family's plastic footprint, Miho decided to launch her own brand earlier this year with the aim of having an even bigger positive impact on the planet.

The ecogene wrap collection consists of over 20 beautiful designs. Each design represents a specific food item, making it easy to quickly find any of the wrapped foods you have in your fridge. They truly are the next generation of beeswax wraps.

Fiesta Fermentations Kombucha



Fiesta Kombucha is a delicious and locally produced kombucha.

Recently founded by owner and brewer, Max Knight, this rather chic brand is focused on authentic small-batch brewing methods to produce a much more refined and elegant kombucha than you are likely to find on the supermarket shelves. Fiesta Kombucha uses organic produce and is a refreshing and healthy alternative to many other carbonated drinks. Drop by and explore some of the interesting flavours and treat yourself to a large cup of cold booch!

Solitary Island Succulents



A small home-based nursery in Sandy Beach specialising in the growing and propagation of Succulents, Cacti and Agave.

Peter aims to provide well established plants at affordable prices to everyone. He travels to various areas around NSW to source unusual plants and will try to find the plants that people request. He offers advice to all regarding planting conditions, soil mixes and general questions. If you require any information he's happy to have a chat. Every Friday at the Woopi markets.



Local Products

FARM TO PLATE

EVERY FRIDAY

Queen Street Basketball Courts

7am to 11.30am

Instagram icon VILLAGEFARMERSMARKET Facebook icon VILLAGEFARMERSMARKETWOOP!

Another tasty EVENT
anothertastyevent.com.au



Woopi Gardens Are Open Six Mornings A Week!

All members of the community are welcome to visit, or join the friendly team and give them a hand to grow the Woolgoolga Community Regional Gardens into the future. There is always something to do. You are sure to find something you'll enjoy!

The Plant and Market Stall is blossoming at the moment and is the Community Garden's main fundraiser. It's open from 8am till 12noon Monday to Saturday and the first Sunday of each month.

Another exciting addition is the new shade house and shaded tunnel, so call in and see the great range of plants on offer. There are lots of orchids, hanging baskets, ground covers, indoor plants, bulbs, flowering shrubs, succulents, seedlings, fruit trees and foliage plants. You can also ask one of the volunteers to pick you a



bunch of fresh herbs for dinner. You will also find award-winning jams, pickles, sauces and chutneys for sale. Grab a Boomerang Bag while you're there and believe it or not, they sell masks too!

Would you like to contribute? Woopi Gardens gratefully receive any donations of plants, pots, seedlings and cuttings etc. from the community.

Everyone is welcome to visit.

You will find the gardens at 79 Scarborough St, Woolgoolga.

You can also visit them via Woopi Gardens Facebook page or for more information ring Helen on 0421 225 369.



Australia's
broadband
network
bring it on



**Making
Technology Work**

1300 431 678

7 Bosworth Rd Woolgoolga

www.valaxus.com

www.coffscoastapple.com.au

Woopi Wonders - Happy 70th Wedding Anniversary

Stan and Rae Arentz

There are no guarantees in life and every day should be counted as a gift, and one Woolgoolga couple is certainly counting its blessings after 70 years of married life together.

Congratulations to Stan and Rae Arentz who celebrated their 70th Platinum Wedding Anniversary on 11/11/2020, a rare occasion.

Stan and Rae were married in 1950 at the Saints Mary & Joseph Catholic Cathedral in Armidale, NSW. They met in Armidale when Rae was just 18 and Stan was working for his father's local taxi business. He picked Rae up from the train station to drive her home and from that point, the couple was smitten.

When asked to reveal the secret to success for a happily married life; Stan says the answer is simple - compatibility and compromise.

"It is a very long trip if you don't get along together and make those compromises when you need to," he said. "Rae is a lovely woman. I am lucky".

The couple has four children Dan, Steve, Kathy and Deborah, 11 beautiful grandchildren and 2 great-grandchildren, Jacinta and Holly.

Stan, now 91, was a Bank Manager for the CBA (now Westpac) and originally Rae, 88, worked for the CSIRO as a secretary.

Both were incredibly hard-working and made many sacrifices to raise their family. They lived in numerous towns across NSW including Tamworth, Bathurst and Toukley as Stan moved to new locations with the bank to take on promotions. They moved to Coffs Harbour 44 years ago and lived in Korora Bay for most of this time.

Rae spent many years as a community volunteer including more than 20 years of service to the Coffs Harbour Meals on Wheels as well as assisting with the canteen at St Augustine's Primary School.

They both love their sport and Stan was a long-time member of the Coffs Harbour Golf Club securing 2 Holes in One. He still has his clubs in the boot! Rae played lawn bowls for the West Coffs Women's Bowling Club for many years and competed at Pennants level as well as enjoying years of A-grade tennis and squash. Her great love is the beach and Rae body surfed until she was in her early 80s.

Stan and Rae moved to Woolgoolga & District Retirement Village in March 2019, to be closer to their grandchildren who attend St Francis Xavier Primary School. They enjoyed a lovely weekend with

family to celebrate their special anniversary and are looking forward to more happy days with family and friends in Woolgoolga.

They received letters of congratulations from the Queen, the Governor-General and the Prime Minister honouring this great achievement.

Happy Anniversary Love Birds!



Stan and Rae's wedding day on November 11, 1950



Seventy years later they have had a lovely time celebrating their platinum wedding anniversary.



Rae with grandchildren Madeline and Luis



Woopi that Was

My legs have faint little scars.

I got them doing the messages when I was little, mainly from boxes and things poking through string bags.

I didn't have to use string bags - 'Take the basket,' my mother used to say. If you did, other kids knew you were doing the messages for your mother. At least you could hide the string bag in a pocket and then they wouldn't know on the way there.

Sometimes they didn't know both ways if you sneaked home the back way. It ran from behind our property all the way to the highway opposite the baker's shop. "It'll be the main road one day," Nan used to say but it never was. A new highway cut across it and houses were built on it. The only time it was used as a road was when my brother drove his 1928 Dodge along it and when he taught us all to drive. It didn't matter if you hit bushes and things.

But mostly we used it to take the billy cart to the baker's. My Nan only ever wanted half a loaf. On the way home, we ate the flaking soft bits off it. Once we put a stick in it to see if she would notice when she cut it. If she did, she never said.

But shopping wasn't all that bad. If Nan needed something, she always gave us threepence or sixpence. Not that mum or dad didn't have enough money to give us something for doing messages. They just didn't believe that kids should be spoiled. They treated us all the same.

The main shop we went to was Richards. It was big and smelled of food stacked in sacks and boxes on the shiny, wooden floor. Johnny Richards

used to slide up and down behind the big wooden counter. I always wanted to grow up and have his job and a big white apron like he wore. You could eat all the broken biscuits. You could sneak some across the counter to kids the way he did. And there'd be all the smells.

Another good thing was the library out the back. Miss Anderson ran that and the office. My Nan used to invite her to Christmas lunch. I wonder where she went for Christmas when my Nan died. Perhaps she died first.

Mr Richards was kind too. He slipped boiled sweets over the counter. He had a round voice that knew things. He was a man people turned to. My grandfather was his friend. They turned to each other.

My grandfather used words like 'old chap' when he wrote letters to my father when he was a boy. And he sent him 'funds' to cover his expenses when he holidayed in Brisbane with his aunts. (Not spoiling children only started when my father had children.)

A basket might've saved my legs a bit but not for sure. Harry Hines used to make them and sometimes a bit of cane would stick out. Harry lived in the pump house alongside our land. It was built between the creek and the old railway line. The train stopped running before I was born. It went up to the bush for the logs and then down to the mill. Then it went down to the jetty with the timber for the ships.

Harry used to turn the pump on to fill our tanks which were old steam train

boilers. There was one at the mill and one at our house. Sometimes he went to sleep and didn't turn it off. The tanks overflowed everywhere and the mill men swore. It was fun but eventually one of us kids had to run across the paddock and wake Harry.

My grandfather made up the idea of the water system. We had flush toilets and showers and a bath. He asked the town people would they like to share it but they didn't want to pay money.

Harry died in the pump house and my brother Tom found him. He'd been dead a long time. He had to wait there for the policeman who asked Tom to help carry Harry. My brother was little then but he still remembers that.

Billy carts were really the best way to carry the shopping. But I never had one. If my brother or cousin came, we took their billy carts. I was mostly allowed to pull them home.

The first-ever chemist came to our town just after I started to do the shopping. I loved going into his shop because of its clean smells. Were they better than the newspaper shop? I had a magazine on order every month from England and I used to buy dad's pink Bulletin there and Tom got the Phantom comic. I guess the newspaper shop was the best.

I was hardly ever given a message to the chemist shop. My Nan looked after our cuts and scratches. She bought medicine from the Rawleigh's man. My brother and cousins and I would gather around his open port full of pills and ointments, reading the labels and smelling the smells while he and Nan

Surfside Plaza
SHOPPING CENTRE

Surfside Plaza
Shopping Centre

58 Beach Street
Woolgoolga NSW 2456

Taffy's

Great Coffee Tasty Food



Ladies and Mens
Fashion

Australian Made

Eco Threads

Sizes 8-24

Taffy's
6654 7747

Monday to Friday 6-4
Saturday 6-2
Sunday 7-1

Eco Threads
0423 079 867

Monday to Friday 9-5
Saturday 9-3
Sunday Closed

Woopi that Was

talked about the cures.

Nan used Mercurochrome or Acriflavine most of the time.

After having adventures in the bush, we had lots of yellow and red spots from her treatments. If it was bad, she would put dressings on them and sometimes poultices for drawing out.

If you went the back way to do the messages you could walk past the chemist shop before crossing to Richards. You could smell its smells as you walked past and you could see all its pink and white things through the windows. It made me glad I'd washed my hands and scrubbed my knees before coming out.

The few times I went in there, he talked importantly, like Mr Richards. But he didn't speak much. He hired Johnny Richards' sister to work for him and she did most of the talking.

The chemist was the person people went to instead of the doctor or because there wasn't one. He fixed up cuts and scratches like my Nan. He gave medicine for coughs and colds and babies. One weekend I cut my big toe on the lawnmower. I was taken to the chemist and he said we'd have to wait for the doctor because we had one then. He and I waited in his dispensary for hours and talked a lot.

After that, I became a friend of the chemist. When I got off the bus from school, I would spend five minutes or so talking to him. On Saturdays, I hung about in the dispensary making black coffee and counting pills.

My mother used to worry that people would talk. That I would get a reputation because the chemist had become divorced. Reputations were things that people in our town gave you when they couldn't think of anything nice to say. But the chemist was an important friend. He lent me interesting books and taught me aspects of driving my brother had overlooked.

The chemist had other friends too, the characters of the town. They would sit on his steps every Saturday morning discussing the weather and the price of beef and bananas. Politics. People passing.

One was Old Snow. Another was Old Frank. Another was my other grandfather.

Old Frank was interesting because he was rich but had holes in the soles of his shoes. My other grandfather once took him to a funeral and Old Frank complained about the bindi-eyes. Old Snow's surname was Hedwards and I always thought people who said that were trying to sound posh. The chemist would come out between prescriptions to chat with the characters and laugh with them. Or at them.

The chemist is not the chemist anymore. He is a real estate agent. The new chemist does not have to fill in for the doctor anymore. There are many doctors and many prescriptions. There aren't any simple illnesses anymore or simple remedies.

There were other shops in our town which we didn't go to for messages. They were right down near the beach and sold the things you buy when you forget. Dad or someone would have to go in the car. When my brother Tom got his bike, he would go.

The furthest we ever walked on messages was to the post office. The wooden counter was very high.

The postmaster wore his glasses down near the point of his nose and had a reputation for forgetting things. His wife mainly. He often left her behind when they went to Grafton shopping.

Going to the post office wasn't too bad. If you didn't have to do other messages you could take the shortcut across two big paddocks both ways. The best part was that our other grandmother lived over one of the paddocks. She would always give us drinks and home-made biscuits.

Another shop just past the post office was the school tuckshop. You could go there on weekends but it didn't seem right. Not that we ever went there much. We weren't allowed to spend much or order our lunch. I envied those kids who'd line up at the counter and order London-roll-and-pickle sandwiches. Then, one day I was allowed to order mine. I rolled up to the counter and ordered a London-roll sandwich believing that to utter this shortened form in such a familiar way was sufficient. (I didn't know what London roll was and didn't envisage it having a separate life to pickle.) It

wasn't. There was no pickle. It taught me a lot about showing off but I didn't get much opportunity to put it into practice.

The tuckshop people used to make round flavoured ices on a stick. They called them jet bombers. My cousin ate them a lot. Then she would burp and say that is the jet bomber repeating. I thought this was clever and knew I could've thought of it too if I'd had more experience with jet bombers.

There was another butcher's shop down that way too. We only went there if we were driven in the car. The men there smiled and laughed a lot and called ladies by their first names. They gave kids saveloys. The butcher we went to on the messages was near the chemist. He was a gentleman my Nan said. He always wore a tie and was very upright. His shop was full of sawdust and the meat was cut up on logs. The meat hung on hooks. The butcher wrote the price of everything on the wrapping paper with a thick pencil he kept behind his ear. His assistant had a reputation for putting his thumb on the scales. He didn't do it when I was watching.

Now, most of the shops are down near the beach. The chemist, my friend, started the idea and gradually everybody followed. I'm glad they weren't there in the olden days. It would've been too far to walk and carry all the things home. Even the old post office with its pointed roof closed down and moved to a brick building with a low counter. It was after the old postmaster died which was just as well.

The new supermarkets mean you have to do your own serving and people like Johnny Richards have been replaced by checkout chicks. And all the old smells have been trapped in tins and plastic.

The soul has gone out of the shops and the shop people all look the same. Characters are no longer drawn to steps because there are none. And there are no kids with string bags or billy carts doing the messages. And it's no wonder. No-one slips broken biscuits, lollies or saveloys over the counter anymore.

I'm glad I lived in the olden days (as my brother calls them) in spite of the scars on my legs.

Annette Johnson

Stay Sharp with Stasha

Managing your business transactions with cloud-based software and apps.

For many years businesses have used software programs to record transactions. MYOB was the main program for many years, followed by programs like Reckon and e-record. However, in more recent years quite a few new cloud-based platforms have entered the market, such as Xero, intuit Quickbooks Online and Wave. MYOB has also moved cloud-based, however, its reliance on a desktop application and regular updates makes it less attractive but still a great program for those who use it.

The diverse range of programs on the market has created a steep learning curve for accountants needing to master a variety of software programs. Some accounting firms have chosen to favour a particular program and encourage all clients to move across to it. Other firms allocate clients to staff that specialise in a particular program.

These cloud-based programs allow users to download their business bank transactions, allocate income and expenses, attach documents and receipts to transactions, generate performance reports and process payroll for their employees. They enable you to keep on top of your unpaid invoices and bills and manage GST for those that are registered. You can also connect a massive array of apps to assist with different aspects of your business.

After using desktop MYOB for many years, I made the

decision to become a pro adviser with both Xero and Intuit Quickbooks Online. I could see the benefits of the cloud and that very quickly desktop programs were going to become a thing of the past. For the past three years, I have been assisting businesses with this transition. My clients are now able to track their business performance each month with ease and when it comes to year-end, the process runs a lot smoother.

When deciding on which taxation software to use for StaySharp Accounting, I chose the program that integrates with all three of the above-mentioned programs. This integration minimises the need for me to manually transfer data and ensures my clients' data file agrees with the Financial Statements I have prepared. Often, new clients ask me why their data file is different from their accountant-prepared Financial Statements. This is usually because the data was extracted and modified and their accountant hasn't taken the time to go back and update the data file or the file hasn't been locked and changes have been made after the accountant has processed the data.

Cloud-based bookkeeping programs come with a monthly subscription cost. However, the time savings far outweigh this cost.

Choosing which program is right for your business can be tricky and there are many factors to consider when making this decision. If you would like assistance contact Stasha to book a Free 30 Minute Business Consultations.



The deadline is fast approaching to receive a tax refund in time for Christmas:

Individual Tax Returns, fee from \$121.
* with fee deducted from refund from \$132.
* additional schedules incur further fees.



Merry Christmas

STASHA DUNN AIPA AFA MNTAA B.BusAcc
Principal Accountant
staysharpaccounting.com.au

Phone: 0408 308 101

Email: stasha@staysharpaccounting.com.au
5/66 River Street Woolgoolga NSW 2456

'Liability limited by a scheme approved under Professional Standards Legislation'



SECRET VALLEY PLANTS

58 River Street Woolgoolga

Open 7 days a week

Monday to Friday 9 - 4.30pm

Saturday 9 - 3pm, Sunday 9 - 12pm

Follow the signs and flags down the alley

0400 888 680

Woolgoolga Performing Arts Studio

What do you get when you mix live theatre, dance and spectacular local talent together in a Royal Kingdom onstage?

ROYALS!

Look no further for your live entertainment dose this month. With something to offer for everyone, this show is one for the whole family!

This December the Senior and Adult students from Woolgoolga Performing Arts Studios + Special Guest Performers will perform an incredible and thrilling performance, staging all things that are and aren't, royalty.

Instructors and Guests of Woolgoolga Performing Arts Studio will also be on stage performing alongside the students, so you not only witness the talent of our students but our staff as well!

The production will showcase an eclectic display of performing arts, including dancing, singing & acting and will take the audience on a theatrical journey of Freedom, Beauty, Truth & Love.

The cast of Royals will be performing and dancing to some of your favourite royalty-themed theatrical & pop songs with some added surprises!

From snippets of Monty Python, Six, Come From Away, Queen, the Addams Family this show will excite and entertain all! Incorporating all dance styles Such as Lyrical, Ballet, Jazz, Hip Hop, Tap and Contemporary fused with theatre.

The show will debut at the Coffs Harbour Jetty Theatre on Sunday 13th, Monday 14th and Tuesday 15th of December at 6.30pm.

[Tickets are on sale now via the Jetty Theatre website and are already selling fast! You won't want to miss this one.](#)

Woolgoolga Performing Arts Studio
Senior students present

jetty theatre

and we'll never be
ROYALS

A THEATRICAL ADVENTURE STAGING ALL
THINGS THAT ARE (AND AREN'T) ROYALTY.

December
13th, 14th & 15th
6.30pm

TIX ONLINE! 127 Capacity

www.jettytheatre.com

jettytheatre @jettytheatre

Box office hours Tues to Fri 12 noon - 4pm
Ph: (02) 66484930 | 337 Harbour Drive Coffs Harbour



JAZZ/KLT | TAP | BALLET | CONTEMPORARY | LYRICAL | MUSICAL THEATRE |
PRE SCHOOL | SINGING | ACTING | PIANO | BOY CLASSES | ADULT CLASSES



Visit our website: www.woolgoolgaperformingartsstudio.com.au
OR EMAIL US: INFO@WOOLGOOLGAPERFORMINGARTSTUDIO.COM



Mind your Mind



Positive Mindset 2.0

Last month I introduced the topic of positive mindset. Having a positive mindset is correlated with better stress management and other health benefits like longevity! Just a reminder that a positive mindset is about responding to both your inner dialogue and life events in a positive and productive way. It is not about ignoring hard emotions or

challenging life events.

Creating a positive mindset starts with identifying the tone of your self-talk. Last month I asked you to notice if your inner mind chatter was mostly positive or negative. How did you go? To help you out, here are some types of negative thinking:

Filtering - when we filter out the good stuff and focus on the bad stuff.

Personalising - when something challenging occurs and we blame ourselves.

Catastrophizing - when we assume the worst outcome of every situation.

Polarizing - when we see things as only being good or bad with no middle ground.

Negative thinking tends to be self-critical and does not take into account the full 'truth' of situations. The good news is, we can learn to change negative thinking habits into positive thinking habits. Next time you notice a negative thought process occurring, experiment with flipping the thought. For example, you might be interested in trying a new recreational

or exercise activity and your thoughts holding you back might be something like, "I have never done it before and I am probably not going to be very good at it, I don't want to make a fool of myself". This thought process can be flipped to, "I am going to learn something new. I have no expectations of my abilities and being out of my comfort zone might be fun."

Now, this stuff doesn't happen overnight! And we naturally move in and out of positive and negative thinking processes. I am hoping to ignite your awareness of your tendency for positive or negative thinking and from that place of awareness, you can start to shift towards a positive mindset.

Next month we will delve deeper into flipping thoughts and making positive choices.

[Anna Miley - Mindset & Movement Coach](#)

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

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

Woopi News - Woopi Wonders

Woolgoolga Red Cross Branch members were delighted to recognise the service of local member Annette Dodsworth at a recent meeting.

Annette's commitment to Red Cross

was announced at the Australian Red Cross AGM but due to current restrictions Annette was unable to receive her award in person. Instead she was presented with her citation and medal in the company of her

colleagues who were able to hear the details of her service.

Annette first became involved in the organisation some 17 years ago when she became a Telecross caller. She formally joined the Branch in 2003. Since that time she has accepted the role of Secretary for varying periods, a role which she currently holds.

She has played a huge and ongoing role with the Emergency Service team, taking on leadership at various times and she has been active in evacuation centres throughout the state including during the recent bushfires.

Along with husband David, Annette has supported various other activities including the annual Motorbike Run, many barbecues, raffles and other fundraising activities.

Annette (photo left) was presented with the Outstanding Service Award on behalf of Australian Red Cross by President Marion (photo right) and warmly congratulated.



Woopi Warriors - Happy 10 year Anniversary

One of Woopi's best kept secrets can be found near the end of Hawke Drive.



Woopi Warriors Judo Club is celebrating their 10 year anniversary operating in the Bosworth Industrial Estate. Since their early days in the Community OOSH Centre on Hawke Drive, they have grown and expanded to a dedicated permanent premises at 5/25 Hawke Drive.

The Judo Club has continued to grow due to its inclusive and family-friendly reputation. They have more than 60 members ranging from four years to over 50.

Judo is a Japanese martial art that focuses on self-defence, in the form of both standing and ground-fighting techniques. It improves physical and mental wellbeing and is great for fitness, coordination and FUN.

Classes currently run every Tuesday and Thursday evening, with daytime and private classes every Wednesday and Thursday with classes now on Saturdays. Judo classes are divided into age groups with controlled class numbers that ensure that all players get good quality coaching and support. Players with special needs are welcome and can join in with mainstream classes or individual classes, depending on their needs. Sensei (coach) Cliff Illingworth is a Black Belt in Judo and is the Chairperson of

Judo Australia's No Limits Committee and an NDIS provider who enjoys specialising in No Limits (ability-focused) Judo. He currently runs 8 one-on-one classes per week for No Limits players, whose conditions range from visually impaired and blind to Autism Spectrum Disorders, Down's Syndrome and people with intellectual impairment. The dojo (judo club) is a safe and positive space with fun equipment for children and adults to learn this skill for life.

Congratulations, Woopi Warriors Judo Club, on your 10 year milestone! All new enquiries are welcome to contact Cliff Illingworth on 0437 598 801 for class times and pricing, or you can find them at www.woopiwarriors.com



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.

Year 6 Preparation for High School Classes

Academic Coaching Classes

Companion Classes

Individual Tuition

**Bookings by the 10 week term
or part thereof for the first term of enrolment**

Suite 2/7-9, Market Street, Woolgoolga

6654 8397 or 0435 979 535

Monday-Thursday 3:30-6:30pm

www.theeducationcentre.com.au



Santa is coming, but what if you do not like the gift he brings?

Christmas carols echo around every store, Christmas trees are being decorated, the elves are busy making toys in the North Pole and the excitement is building for the big day when Santa comes to visit. But sometimes the gift so

carefully (or not so carefully) chosen for us, is not exactly what we had on our Christmas list. It's the thought that counts... right?

People are unhappy with Christmas gifts for many reasons, maybe it's just not right for you, or it doesn't exactly look like the photo on the internet, or maybe it's of poor quality or broken before you even start using it. For whatever reason, come Boxing Day, many people are lining up at stores to return unwanted gifts, but people are often told by retailers that they are not able to return the item.

When does a retailer have to accept a return?

All retailers operating in Australia are bound by the Australian Consumer Law (ACL). Pursuant to the ACL, you can return a product that is faulty or if it does not do what it is supposed to do, eg. an electronic device that doesn't turn on. You are also able to return an item that does not match the advertised description. We have all seen those funny photos on the internet of clothing items purchased online, that don't exactly look like the product the model is wearing in the advertisement - think full-length fuchsia formal gown in the

photo compared to the ill-fitting bright orange mini dress that arrives in the mail! Depending on the issue with the product, you may be offered a repair, a replacement, or a refund when you return the item to the store it was purchased from.

Returning online items can be a little trickier because the retailer may be an overseas company, but if they are selling items in Australia, they are required to follow the ACL. Check the store's website to review the returns policy for online purchases or email the retailer to find out what is required.

Be aware that there may be practical difficulties for enforcement of the ACL, however, if the online retailer fails to provide a suitable remedy.

Unfortunately, for items that your out-of-touch family member gave to you that you just don't like (or re-gifted because they didn't like it either!), the store is not required to accept a return.

Despite that, it could be worth trying to return the product as many retailers use their discretion and will accept returns, if there is a receipt and goods are in the original condition, as a gesture of goodwill to their customers.

What other options are there?

Well, you could always list the orange mini dress on marketplace or eBay and see if it might be someone else's dream Christmas gift - just make sure your photo and description match the product you are selling because you will also be required to follow the consumer laws!

I hope you all have a fantastic Christmas with family and friends and all the trimmings. Merry Christmas, stay safe and well, and I will see you all in the new year. Bring on 2021!!!

KC Hilton, WNB Legal Pty Ltd.

Car Maintenance Tips

Uh Oh ... wrong fuel!

Every now and then we get a call from someone who has filled up with the wrong fuel. It can be a disastrous mistake, so I will share some thoughts on how it can happen and what to do.

Few people have confessed to putting diesel into a petrol vehicle at the bowser. It takes quite a bit of effort, being that the diesel fuel nozzle doesn't fit into the filler neck - the one labelled 'unleaded fuel only'. While some people persist longer than others when faced with this obstacle, it's rather like trying to pull open a door that says 'push'. Everyone corrects themselves eventually. Do take care if you are filling from a jerry can though, it can happen easily this way.

Pouring petrol into a diesel car happens much more commonly and can cause extensive damage. Be aware if you

are driving a vehicle that you are not familiar with, such as a work vehicle or your partner's car, this is when it tends to happen and makes it even more awkward to explain.

The best-case scenario is if you realise your mistake before you turn the key. Put the car in neutral and find someone who feels sorry for you to help push the car away from the bowser to a safe parking spot. Call your mechanic who will organise a tow truck and reassure yourself that while it is very inconvenient, you have avoided any serious damage.

If you do drive away, you will soon receive a message from the engine that something is wrong. You'll notice unusual sounds and the sooner you pull over and turn off the engine the better. The longer you continue in denial the more likely the car will grind to a halt

without your help (well, without any more of your help).

As I mentioned, this is most likely to happen to a car that's not yours, or if it is yours, it's the brand new one that you've just collected. But not now that I've warned you.

Drive safe - Bryson Kelly, Mechanic





Power surges in the electrical system in your home or office are more common than you think.

These surges can cause severe damage to electronic devices if they are left unprotected.

Where do power surges come from?

1. Lightning strikes

Over the past 5 years, almost 9 billion lightning strikes have been documented globally.

2. Damage to utility lines

Another common cause of power surge is damage to utility lines from natural forces or human errors.

3. Power restoration after an outage

In addition, when the power comes back on after an outage, the burst of energy required to turn power back on for a whole street or neighbourhood leads to power surges.

4. Electronic devices

These happen when appliances that have motors or compressors power on or off, such as refrigerators and air conditioners. It creates a surge of power either to the appliance or the diversion of power to other devices.

While a single internal surge may not be powerful enough to destroy an appliance or device in one shot, the cumulative effect of many small surges can cause damage to electronics and appliances over time.

A strong defence: surge protector and UPS.

There are two main options for protecting your appliances and electronics from surges: surge protectors and uninterruptible power supplies (UPSs).

The most common surge protector is a power strip with surge protection built in. These come in various numbers of outlets and levels of protection.

Another alternative is a UPS, which provides surge protection along with backup power. A UPS is a good solution for a home or home office, for example, as it can provide battery backup power for computers and network equipment in the event of a power outage.

To learn more, call Valaxus 1300 431 678 or you can find us at 7 Bosworth Road, Woolgoolga.

News from 87.6 FRESH FM (Woolgoolga's Own)

... and the beat goes on.

Our iOS app has been developed and now we are just waiting on Apple to give us the word that it will be available at the Apple Store. Until then, you still have three ways of listening to us: the old way via radio 87.6 on the FM band, by direct link to <https://s3.radio.co/sc2c861965/listen> or by the STREEMA platform. On your phone, the easiest way to use STREEMA is download the 'Simple Radio' app and select 87.6 FRESH FM Woolgoolga. These are free, the services are just great and they take Woopi around the world.



Woolgoolga's Own



Keep those requests coming for the 'Drivetime' program on at 4 - 6pm every day. The challenge is still out there. We've been able to source out EVERY song requested. Got a little gem you want to hear? We'll find it for you.

As always we have some give-aways of new releases, generously provided by Ken Davis, Foghorn Records and Stuart Coupe Publicity. To be in the running for a CD or even a cassette, YES a cassette, just call the station or drop a line via the website or Facebook page. Congratulations to those lucky listeners who scored CDs last month!

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

Check out our Facebook page or web page to know when we have programs running and for special announcements. Please don't hesitate to contact us on 6654 2422 or by email at fresh.fm.87.6.radio@gmail.com

FROM THE TEAM AT FRESH-FM WE HOPE YOU ALL HAVE A GREAT CHRISTMAS AND THE NEW YEAR BRINGS US ALL BETTER THINGS.

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

NORTHERN BEACHES ANGLICANS CHRISTMAS

ULTIMATE LOCKDOWN BREACH

Christmas Eve – Dec. 24
6:00pm – Kids' Christmas

Christmas Day – Dec. 25
8:00am – Holy Communion



We make time to ask **RUOK?**



19-21 Scarborough Street, Woopi
northernbeachesanglicans.org.au
Phone: 6654-1370

Woopi News - RIP Maxwell John Moase

Maxwell John Moase

4/10/1936 – 6/11/2020

Many people who have been to Red Rock on a Saturday morning will remember Max Moase, who died on November 6, aged 84.

He was a weekly presence outside the shop, selling raffle tickets for the weekly fruit tray and chatting to people, whether he knew them well or they had just met.

Selling and getting to know people were skills that served Max well throughout his life. He put them to use as a travelling salesman for many years, working for Sydney Flour and then Johnson & Johnson from his base in Tamworth, and later in Red Rock.

Max and his wife of 61 years, Val, moved permanently to Red Rock in the late 1980s and over the years became well-known parts of the village community and in Woolgoolga, where they have been active members of the Uniting Church.

Through the church, Max was part of the team that served coffee and snacks after Anzac Day dawn services and opened the doors to provide Christmas Day lunch for people without other family members or who would otherwise be unable to enjoy a special meal.

His community involvement stretched further, as a long-term board member of Lifeline North Coast and as a volunteer at the Soup Place in Coffs Harbour. In recognition of his contribution, Max was recently awarded life membership of the Soup Place.

He loved to sing and often performed at special events, including weddings, and became involved with local choirs and a cappella groups, and spent time fishing at Red Rock and playing cards with friends.

His peaceful death under the care of the medical staff at Baringa Private Hospital leaves a hole in the lives of Val, daughter Lorelle and her husband Rob, son David and partner Belinda and his grandchildren Jonathon and Kate. But they and his many friends are comforted by being able to enjoy wonderful memories of their time with Max.



Max, Jono, David and Val in 1997



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

Deborah Louise 'Deb' May - Woolgoolga, 19th October 2020

James Clarence 'Jim' Egan - Woolgoolga, 21st October 2020

Stanley George 'Stan' Ireland - Safety Beach, 22nd October 2020

Bernard George Wall - Corindi Beach, 25th October 2020

James Franklin 'Jim' Manning - Safety Beach, 27th October 2020

Elva Isabel Wright - Woolgoolga, 28th October 2020

Maxwell John 'Max' Moase - Red Rock, 6th November 2020

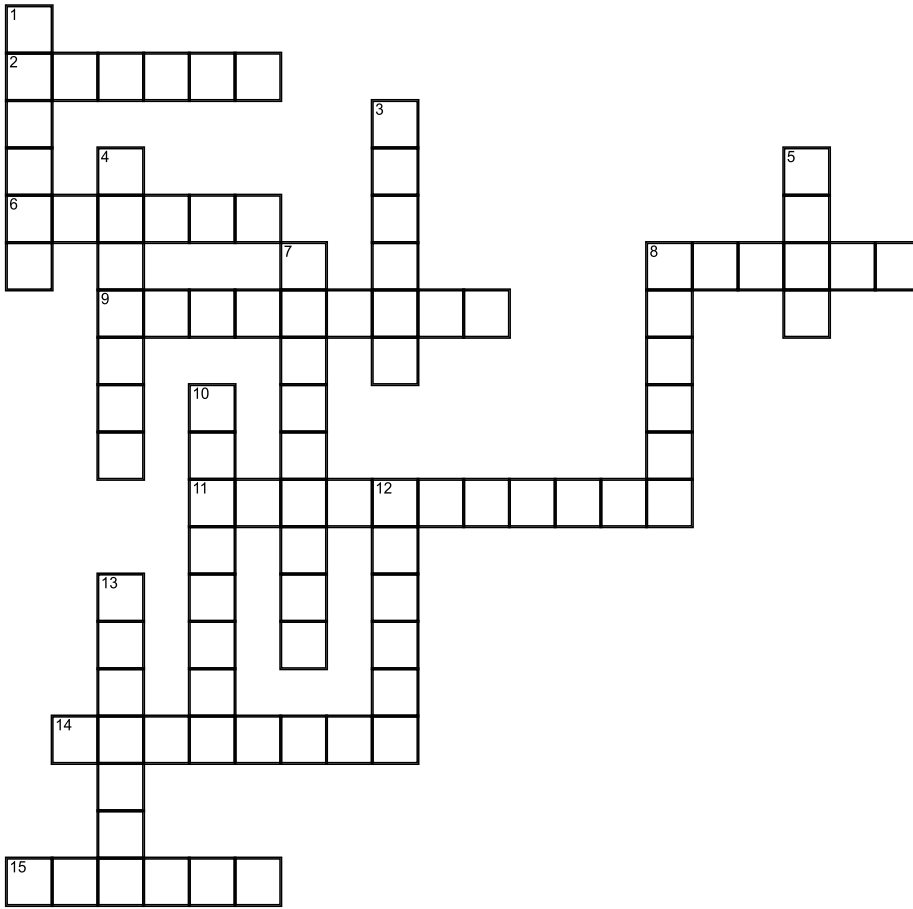
Ruth Alice Lewis - Woolgoolga, 8th November 2020

As unique as them
KEITH LOGUE & SONS
Family Owned Funeral & Cremation Directors Since 1967
42 Park Avenue, Coffs Harbour 6652 1999

Life is a precious gift.

Woopi puzzle time

Woopi Trivia Crossword



Across

- 2 Woolgoolga Performing Arts Studio latest show
- 6 Who has been married for 70 years
- 8 How many years has Woolgoolga Library been open
- 9 Christmas Project name - Surfboards and ?
- 11 What kind of plants do Secret Valley plants sell at the Village markets on Fridays

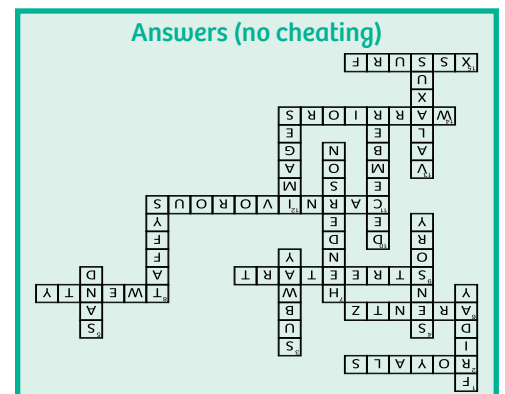
Down

- 14 Woolgoolga Judo Club
- 15 Where can you buy a kids Surfing the Alphabet book
- 1 What day are the Village Farmers markets on
- 3 Which store is holding a Christmas charity appeal
- 4 What kind of boards do the Rainbow Creative make
- 5 You find it at the beach
- 7 Photographer of the Month surname
- 8 Café found at Surfside Plaza
- 10 What Month is it
- 12 What is the first word of the name of our new photo competition
- 13 Your local Computer repair company

Woopi Findaword

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

CHRISTMAS IMAGES
 CAROLS WOOLGOOLGA
 SURFBOARDS SUBWAY
 STREETART CHARITY
 SHOPLOCAL SANTA
 SHOPWOOP! LIGHTS
 PHOTOGRAPHY TOURISM
 COMPETITION GOODVIBES



People who make Woopi Woopi



📍 Keith Miller from Safety Beach enjoying a bit of sand and sunshine.



📍 RIP Warren, our Photographer Wally's much loved pet rabbit, often seen frequenting the beds at Woopi Gardens. He is now at rest next door to our lovely Poppy dog.



📍 Some of the Silver Saltie's group after one of their regular walks. Some great reading there guys!

David & Lesley Calver from Paddo in Sydney, discovering and enjoying Woopi for the first time. 📍



📍 John and Gwendoline Bowen from Arrawarra with Vic and Jackie Bowen and of course Lockie the dog from Sandy Beach

People who make Woopi Woopi



Alice Williams and Darren Smith also attended the Paper, Wax, Scissor Exhibition Grand Opening ➡



➡ Harriet Bystrom and Sherilyn Hawley ➡ at the recent opening of their art show Paper, Wax, Scissors



➡ A trio of beauties. Margie Hawtin, Carolyn Boyden and Val Swan all showing their support to the Woolgoolga Gallery

➡ Maggi Petty and Elaine McInnes also at the art show. Is that a charddy in your hand Elaine?

Thank you to Robert Watkins for supplying these fabulous photos

Local Trades and Services Guide

BATHROOM & KITCHEN

WOOLGOOLGA BATHROOMS + KITCHENS



Licence No 347648c • *Free Measure and Quote*
Bathrooms, Kitchens, Laundries, Renovations, Decks, Maintenance
Call Shane 0413 644 740
Email: woopibathandkitch@gmail.com

ELECTRICAL

AllCoast
ELECTRICAL PTY LTD
For All Domestic Installation & Repairs
Phone Brad Close **0408 756 590**
Pacific Street, Corindi Beach NSW 2456 • Lic. No. 35276C

LAWNCARE

E&K
LAWNCARE & MAINTENANCE
0429 079 518



BUILDERS

A & G MALLETT
SPECIALIST BUILDERS
ANDREW 0408 736 946 Lic. No. 92095C
GRAEME 0408 666 589 Lic. No. 19809C
• Patio Awnings • Gable Roofs • Timber Decks • Glass Rooms
• Screened Rooms • Renovations • Extensions
40 YEARS EXPERIENCE - FREE QUOTES

ELECTRICAL

MacRae
ELECTRICAL
Lic. 287328C
Josh MacRae **0423 864 843**



MECHANIC

WOOLGOOLGA MOTORS



Ph. (02) 6654 1016 *Established by Mike Kelly in 1998*
Diagnostics • New Car Servicing • Air Conditioning • Repairs
1/5 Bosworth Rd, Woolgoolga NSW

CAR DETAILING

Carwash and Detailing
Starting From: **\$30**
6654 0111



woolgoolga servicecentre

EXCAVATION

PIGGOTT EXCAVATIONS
TIGHT ACCESS SPECIALISTS
ABN 50 921 919 893
1.7t excavator & tipper
No job too big or small...
"Piggott can dig it!"
Contact Jayke **0432 010 862**
piggottexcavations@gmail.com



PLUMBING

Byrne
PLUMBING
Lic. 297896C
Alex Byrne **0421 517 216**
abyrneplumbing@gmail.com
Plumber • Drainer • Gasfitter • Metal Roofer



CLEANING

Affordable, Efficient,
Reliable & Personalised
Cleaning Service
COFFS COAST
Chem Free Cleaners
Residential, Air BnB and Corporate
Police Clearance & WWCC
Phone Amber **0451 845 901**
for a free quote today



GARAGE DOORS

WOOLGOOLGA GARAGE DOOR CENTRE PTY LTD
ACN: 608 157 875
Colin Williams
Principal
Showroom & Office
33 Bosworth Road
Woolgoolga NSW 2450
Phone: **6654 0921**
Email: woolgoolga.garagedoorcentre@gmail.com
If I can't fix your door, you need a new one!



ROOFING

JUROTTE ROOFING
Roof Restorations
Roof Repairs
Call for a Quote
0467 904 934
Lic No PDW278

CONSTRUCTION

2450 CONSTRUCTIONS AND BATHROOM RENOVATIONS
Gavin Mangion
0410 562 294
info@bathroom2450.com.au
bathroom2450.com.au
Lic: 303354C
296 Heritage Drive, Moonee Beach, NSW, 2450.



HANDYMAN

Ian's Handyman Service
No Job Too Small
Ian Tindall
Handyman/Landscaper
0459 548 931
ib1@live.com.au



TILING

IRON TILE & STONE
0414620108
QUALITY CRAFTSMANSHIP
• TILE REMOVAL
• WATERPROOFING
• BATHROOMS
• NEW HOMES
• RENOVATIONS
• POOLS
• SPECIALISING IN LARGE
• FORMAT PORCELAIN/STONE
Delivering a high standard of quality




You can advertise in our Local Trades and Services Guide for just \$50.

Phone: 0410 052 601 • Email: woopinews@gmail.com

Woopi Sport - Surfing

Woolgoolga Boardriders Club

The October round of the Woolgoolga Boardriders competition was almost a carbon copy of the previous one. Small fun conditions on hand at Middle Mullawarra were perfect for the groms – not so easy for the older brigade.

The Under 12 girls were once again all on fire, especially Kalani Grayson and Gracie Kennedy. These two repeatedly traded set waves, riding them all the way to the beach. Ultimately it was Kalani who caught the “wave of her life” to take the win.

In the 10 boys it was good to see some new blood – welcome to the club Axel. With Vann out sick, it was down to Tyler and Axel to battle it out. Eventually, it was Tyler that took it out, gaining bragging rights over his mate.

The Under 10 mixed division is by far our biggest. So many future shredders who have so much fun surfing together, which is what it is all about. This month it was Frankie Freudenstein who dominated all day. After surfing in the 12 Girls division and coming 3rd she was always going to be tough to beat and that’s the way it proved. Pushing Frankie all the way were Koa Messer-Quandt and Paige Poole who were both ripping. The future is looking bright for WBC. With only one contest remaining, there is a lot of jostling for positions in the senior ranks. Here’s hoping we get a bit more swell for the finale.

Super Groms - 10 mixed

1st: Frankie Freudenstein
2nd: Koa Messer-Quandt
3rd: Paige Poole

10 Boys

1st: Tyler Walsh
2nd: Axel

12 Boys

1st: Cooper Grayson
2nd: Jax Fuller
3rd: Hamish White

12 Girls

1st: Kalani Grayson
2nd: Gracie Kennedy
3rd: Frankie Freudenstein

14 Boys

1st: Cooper Grayson
2nd: Max Mackay
3rd: Jax Fuller

16 Boys

1st: Arley Thorp
2nd: Levi Woods
3rd: William Mackay

18 Boys

1st: Kai Nudd
2nd: James Hill
3rd: Noah Woods

Opens

1st: James Hill
2nd: Mansa
3rd: Hutcho

Womens

1st: Kristie Drough
2nd: Aisha Anderson
3rd: Alexis Grayson

Over 35s

1st: Travis Mackay
2nd: Mellow
3rd: Luke Connor

Over 45s

1st: Billie Budd
2nd: Steve Kennedy
3rd: Brett Pilon

You can follow Woopi Boardriders via www.facebook.com/woopiboardriders or call Luke Connor on 0408 667 834.

Photos taken by Robert Watkin



Kalani Grayson just before getting “the wave of her life”



Frankie Freudenstein on the way to winning the Under 10’s mixed division



Billy Burns all style and concentration

Woopi Sport -Woolgoolga Golf Club



It is unusual for a community the size of Woolgoolga to have a full-size 18 hole golf course. Along with the course, we also have a Golf Professional. The Golf Pro's role encompasses many facets. Duties include selecting and offering equipment/clothing for sale, managing the pro-shop, selecting and training pro-shop staff, working with the Club Captain to organise weekly competitions, providing individual and group lessons, fitting clubs, and working with schools to provide lessons for students. In addition, the Pro works with community organisations and charities to help raise funds and to provide other social groups with golf days.

We are lucky to have a very competent Club Professional here in Woolgoolga. This month we want to introduce our Club Professional, Terry Perfrement (pictured). He has been a Golf Professional for 40 years. For eight years he played on the Australasian Tour. He spent 4 years at East Malvern Golf Course. He was Club Professional at Lang Lang Golf Club for 11 years. In 2010 he took on the job of Club Pro at Woolgoolga Golf Club and we feel lucky to have him here. If you are thinking of taking up golf, or need some advice, ring Terry at the Golf Club Pro Shop.

There will be a Charity Golf Day on Friday 4 December to raise funds for Camp Quality. All are welcome. Ring the Pro Shop to book a team. Phone: (02) 6654 2111



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

Josie Prime | 7/4 Market Street | Woolgoolga 2456

6654 8860

Woopi Sport - Woolgoolga Golf Club Results

Woolgoolga VETs

9 November 22 starters

1st Col Cafferky, R/up Pat Connors

2 November 22 starters

1st Sue Kepnich, R/up Col Cafferky

26 October 20 Starters

1st J. Finlay, R/up T. Kepnich

Pizza Comp 9 Hole Stableford

Sponsored by Pizza Place J. McFarlane

9 to 13 November 31 starters

1st K Mavin, 2nd R. Spencer, 3rd G. Scott

2 to 6 November 30 starters

1st B. Milkuski (18) 23pts, R/Up J.

Plowman (13) 22pts, 3rd B. Burn (12)

20pts cb

26 to 30 October 34 starters

1st P. Crook, R/Up G. Harris, 3rd J.

O'Donohue

11 November Single Stableford

1st G. Mead 44 2nd G. Jurotte 42cb

3rd I. Young 42 4th G. Dickenson 40

5th T. Sutherland

Balls to 35

NTP 4th T. Swan, 7th J. McNiece, 9th T.

Swan, 11th T. Sutherland

14 November

4 Man Team Aggregate and Individual Stableford

1st D. Hanson, W. Biffin, G. Pertola, G.

James 130

2nd A. Hart, S. Jones, B. Carso, B.

McDonald 126

3rd J. Woods, K. Partridge, S. Dunn, P.

Sexton 118

A Grade S. Woods, B Grade B. Lumb, C

Grade S. Gentle

Balls to 114

NTP 4th P. Sweeney, 7th S. Gentle, 9th

L. Hill, 11th L. Hill Camp Quality Golf

Day Friday 5 December .. Book a team

4 November

Single Stableford 76 Starters

Winner B. Currell 40, R/Up A. Hart 39

cb, 3rd D. Watson 39 cb, 4th D.

Nowak 39 cb

Ball Prizes to 37pts

NTP 4th S. Gentle, 7th T. Newman, 9th

M. Taylor, 11th M. Sutton

7 November

Monthly Medal Individual Stroke

Sponsored by Rob Brown Dental Clinic

82 Starters

A Grade Winner M. Hutchinson (6) 71

A Grade A. Hart (1) 72

A Grade Gross A. Hart 73

B Grade Winner C. Mezher (15) 66

B Grade R/up N Power (19) 67

B Grade Gross C. Mezher 81

C Grade Winner K. Partridge (30) 65

C Grade R/up B. Lawrence (30) 67

C Grade Gross J. Anderson 90

Overall Medal Winner K. Partridge

Super Senior Winner K. Partridge

NTP 4th B. Cardillo, 7th W. Stone, 9th

B. Pilon, 11th K. Partridge

28 October

Single Stableford 77 Starters

Winner R. Scheuermann (19) 45pts, R/

Up R. Isaacs (18) 40pts cb, 3rd B. Cordillo

(22) 40pts, 4th E. Skinner (21) 49pts

31 October

Single Stableford 79 Starters

Sponsored by I and R. Weeks A Grade

Winner T. Bettison (12) 41pts, R/Up N.

Wells (12) 39pts B Grade Winner W.

Stone (16) 41pts, R/Up G. Harris (17)

40pts C Grade Winner D. Nowak (23)

42pts cb, R/Up A. Peacock (28) 42pts

Men's Foursome Club Championship

A Grade C. Clarke and M. Beales

B Grade T. Bellamy and N. Wells

D Grade P. Weeks and I. Young

Women's Foursome Championship

K. Bellamy and M. Brading

WOOPI

&

SAPPHIRE BEACH

PHYSIO

PHYSIOTHERAPY

**Sports Injuries, Orthopaedics,
Pre & Post Operative,
Specialists in ACL Rehab,
Headaches, Back/Neck Pain
& Women's Health**

CLASSES: Pilates (Matwork
& Reformer), Strength &
Conditioning, Stepping Stones
(Rehab focus) and Tai Chi

EPC Gap Free Appointments

WOOPI PHYSIO

9 Market Street, Woolgoolga

6654 0237 • www.woopiphysio.com

SAPPHIRE BEACH PHYSIO

4 Headland Road, Sapphire Beach

6653 7728 • www.sapphirebeachphysio.com

Woopi Sport - Woolgoolga Bowls Club

Tuesday 3rd November

Melbourne Cup Day. We played 5 bowl pairs with 1 triples game.

Rink 9 M Campos, W Bracher (D) L

Virag, M Short.

Rink 10 S Bracher, S Goodsir, (D) J Lynn, E Nielsen.

Rink 10 F S Sweeney, J Hinchley, L Walsh (D) F Streeter, V O'Brien, H Dunbar.

After the game we all got together with hats, jockeys and a bookie and had a light lunch, The day was enjoyed by all.

Thursday 5th November

We played 20 ends of three bowl pairs and triples.

J Hinchley, N Haines (D) C Mitchell, W Bracher, S Sweeney, L Fairhall, M Short (Drew the game) S Sweeney, J Hampstead, H Dunbar.

Thursday Night Twilight Bowls

Come and join us. We had five rinks of pairs and had a great time with the music, nibbles and bowls. All equipment is available. There is a range of people who know and don't know the game, so come and have a great time. This is sponsored by Ingenia Plantation and CEX Woolgoolga.

We play every Thursday night. Please be there around 5.45 to start at 6, the night finishes about 9. Any questions please phone M Brookes on 0411 278 298

Tuesday 10th November

We played two bowl triples 21 ends

Rink 9 S Sweeney, M Short, N Haines

(D) Y Cunich, L Walsh, M Brookes.

Rink 10 H Pallister, M Campos W



Winners are Grinners - Woolgoolga Triples Finalist - J Hinchley, L Walsh, S, Sweeney.

Bracher (D) S Bracher, S Goodsir, S Lund.

Rink 11 L Virag, V O'Brien, E Nielsen (D) M Carruthers, J Lynn, R Gurber.

Rink 12 J Hinchley, H Dunbar, D Porta, (D) F Streeter, J Hampstead, C Boyden.

Thursday 12th November

We played three bowl pairs and three bowl triples.

J Hinchley, J Hampstead N Haines (D) S Sweeney, M Short, E Nielsen. S Bracher, W Bracher (D) L Fairhall, H Dunbar.

The week commencing 16th November

We played our club Triples. There were some really great games to watch over the three days.

Monday 16th November

S Lund, D Porta, V Valentine (D) M Brookes, N Haines, E Nielsen.

S Sweeney, L Walsh, J Hinchley (D)

R Flick, J Hampstead, H Dunbar. M Campos R Gurber C Boyden (D) S Bracher, H Pallister, M Short.

Tuesday 17th November

S Lund, D Porta, V Valentine (D) M Campos, R Gurber, C Boyden

S Sweeney, L Walsh, J Hinchley (D) V O'Brien, S Goodsir, W Bracher

Final played on the 19th November.

The final score after 21 ends was 23/17 the runners up are S Lund, D Porta V Valentine.

The Club Three Champions for 2020 are S Sweeney, L Walsh and skipped by J Hinchley.

Social Match of 2 Bowl triples on 17th November.

A game that was a draw F Streeter, N Brookes, M Short (V) J Lynn, S Bracher, J Hampstead.

Walter's
bistro

OPEN 7 DAYS

LUNCH

11.30am - 2pm

DINNER

5.30pm - 8pm*

*8.30pm Friday & Saturday

10% DISCOUNT ON TAKEAWAYS



LUNCH
SPECIALS
FROM \$9.90

It's my club
cex.com.au

C.ex Woolgoolga
Boundary Street,
Woolgoolga
T: 6654 1307



Woopi Sport - Bowls



The happy faces of the Thursday Night Bowlers. All are welcome to join in from 5.45 every Thursday



**HARVEY
EXCAVATIONS
& CIVIL CONTRACTORS**
PH: 0487 050 475
tackling all jobs big and small

PLANT & LABOUR HIRE:

Our employees have years of experience and leadership skills, we can offer a range of plant hire, site supervisor, project management and labour hire solutions for your projects.

- 3.5T Excavators
- 5.5T Excavators
- 14T Excavators
- 24T Excavator
- Posi Tracks
- 10,000L Water trucks
- Slashing Attachments
 - Forestry Mulcher
 - Road Sweeper
- Core Holing Equipment
- Tipper Trucks
 - 5t, 8t and Bogi
- Electrofusion Welding
- Labour Hire
- Employees have confined space ticket, up to date first aid and appropriate machine tickets
- Full insurance and public liability.



HARVEY EXCAVATIONS PTY LTD

Lee Harvey: 0487 050 475
Office: 0467 549 069
Email: info@harveyex.com.au

14 Willis Road, Woolgoolga
PO Box 800, Woolgoolga
NSW 2456

HARVEY EXCAVATIONS PROUDLY SUPPORTS THE FOLLOWING GROUPS:



CUSTOM FURNITURE TO LOVE FOR LIFE



SPOTTED GUM SETTING
\$2420



KIDS PICNIC TABLES
\$660

CUSTOM DAYBEDS
\$POA



OAK DINING TABLE
\$2420



RUSTIC DAYBEDS
\$2500

**BUY LOCAL
AUSTRALIAN
MADE**

We make solid hardwood furniture
built to stand the test of time

Call us today for an obligation free quote Ph 0417 205 807

Open Monday – Friday 9am – 3pm
Saturday 9am – 1pm
Sunday by prior appointment only

Showroom Lisa 0407 172 733
www.big garden furniture.com.au
info@big garden furniture.com.au

 Big Garden Furniture
 biggardenfurniture

UNIT 1, 20 BOSWORTH ROAD, WOOLGOOLGA

We also sell kiln dried Blackbutt, Spotted Gum, Ironbark, Jarrah, Tasmanian Oak, Tasmanian Blackwood and American Oak. Distributor of Cutek Products and Aussie Clear Oil.


**big garden
furniture**

**OUR FURNITURE
IS BUILT TO LAST...**