

WOOLPI News

Woolgoolga and the Northern Beaches

January 2021 issue #17



INTRODUCING HAPPY HOUR 4.30-5.30PM

SUNSET ROOM

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The Kindness Project

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

IN A WORLD WHERE YOU CAN BE ANYTHING,
BE KIND – TO YOURSELF
AND TO OTHERS

1 SHARE THIS CALENDAR WITH SOMEONE YOU THINK WOULD ENJOY

2 GIVE A COMPLIMENT TO AS MANY PEOPLE AS POSSIBLE TODAY

3 SEND A POSITIVE MESSAGE TO SOMEONE YOU HAVEN'T SEEN FOR A WHILE

4 DO SOMETHING NICE FOR YOURSELF TODAY

5 WRITE DOWN THREE THINGS YOU ARE THANKFUL FOR

6 SHOUT THE PERSON BEHIND YOU A COFFEE OR WHATEVER YOU CAN AFFORD

7 PAINT A NICE MESSAGE ON A ROCK AND LEAVE IT SOMEWHERE

8 PICK UP SOME RUBBISH

9 LEAVE A POSITIVE MESSAGE FOR SOMEONE TO FIND

10 SMILE AT A STRANGER

11 LEND A HAND TO SOMEONE YOU SEE STRUGGLING

12 GIVE YOURSELF PERMISSION TO REST TODAY

13 TELL SOMEONE YOU APPRECIATE THEM

14 INVITE SOMEONE TO JOIN YOU

15 LISTEN TO YOUR FAVOURITE SONG

16 HOLD THE DOOR OPEN FOR OTHERS

17 SPEND TIME WITH A FRIEND

18 WRITE A LETTER TO SOMEONE WHO INSPIRES YOU AND TELL THEM WHY

19 PUT SOME WATER IN A BOWL FOR NATIVE ANIMALS AND BIRDS TO DRINK

20 BAKE OR BUY COOKIES TO SHARE

21 MAKE YOURSELF LAUGH OUT LOUD

22 WRITE SOMEONE A KIND NOTE

23 SEND A THINKING OF YOU CARD TO SOMEONE, JUST BECAUSE YOU ARE

24 GIVE A COMPLIMENT TO AS MANY PEOPLE AS POSSIBLE TODAY

25 DONATE FOOD TO A LOCAL CHARITY

26 TAKE NOTICE WHEN YOU'RE HARD ON YOURSELF AND BE KIND INSTEAD

27 PRACTISE SOME MINDFULNESS

28 GIVE A FLOWER TO SOMEONE

29 MAKE A DONATION

30 RELAX IN THE SUN FOR AT LEAST HALF AN HOUR

31 TURN YOUR MUSIC UP AND DANCE LIKE NO ONE IS WATCHING

TO THE WORLD YOU MAY BE ONE PERSON,
BUT TO ONE PERSON YOU MAY BE THE WORLD

DR SEUSS

Welcome to Woopi News

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

Happy New Year! At last it's 2021 and we made it, despite Mother Nature's attempts to thwart our progress. Congratulations everyone, I think we came through this together and are all nicer, kinder people having suffered so many different adversities.

Sometimes humans can be unkind to each other and many times we are unkind to ourselves. Woopi News would like to share with you a new challenge for 2021 and that is the Kindness Challenge.

Each day we have a suggested activity that involves being kind to someone or kind to yourself.

It doesn't sound too hard, and you might even find it a little addictive. The feeling you get after showing kindness to another is pretty amazing and can also be part of a healing process for yourself.

Can you imagine everyone on day two walking around town giving each other compliments? What an amazing day that will be. We will publish a new calendar every month and are keen for you all to join in.

If you are an artist or a graphic designer who would like to design the surrounds of our next calendar, please get in contact with us.

We'll send you the template to work with for you to design something special. If you would like to download a printable version of the calendar, please go to our website.

Another new addition to Woopi News is our map that you will find on the inside back page. Right from day one, we have had requests to print a map to help tourists and new residents to find their way around town so we hope you like it.

Our front page photo of The Buster was taken by Steve Brenton. Buster is probably one of the most photographed icons in Woolgoolga, next to the old surf club house and the water tower. You can read more about Steve and why he took that photo on page 32.

Woolgoolga has been moving



along nicely with lots of new things happening and businesses opening. The new kids' park is complete, with lots of excited children getting to explore all the new play activities.

The new surf club is being enjoyed by its members, with so much activity surrounding it, in particular on the weekends when the junior club (Nippers) meet.

There are lots of exciting things happening, especially in the brewing industry. We will keep you up to date via our regular What's New in Woopi pages.

This month we share with you a new Mediterranean restaurant, a fabulous new healthy juice and smoothie bar, a pop-up gift store, a new naturopath in town, a bar with a new deck, some new options for yoga classes and a way to have your haircut at home. Check them out on pages 13-17.

The Images of Woolgoolga photo competition is coming along nicely, with a large array of photographs. Some you can see on pages 6 and 7 or you can go to <https://woobox.com/3qfdqs>

to enter, view or vote.

We still have a few 2021 Calendars left featuring our Photographers of the Month. So, if you would like one, please head to our website and click on the calendar tab. They are \$25. If you live locally please use 2456 in the discount field at checkout for free delivery.

We are also now offering a subscription service, so if you would like to have a printed copy of Woopi News posted or delivered to your door, head to our website and click on the subscription tab. The free copies will still be available at our usual outlets.

We hope you all enjoy the holiday season and that 2021 brings lots of positive outcomes in your lives and to our town. Most importantly enjoy our freedom, enjoy our cafés and restaurants, our fresh food and unique retail stores. Enjoy our beaches and stay safe. We have a guide to reading rips on page 28. I have to say thank you to my Dad for teaching me this when I was a youngster growing up and enjoying our beautiful beaches. Maybe take the time to teach your children this summer.

Cheers, Lisa and Brad.



📷 Woopi News would like to acknowledge the photo contributions by Robert Watkin and Alexis Grayson this month. Thanks guys.

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

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

Woopi News

Fun Facts about Woolgoolga

The name Woolgoolga comes from 'wiigulga', the Gumbaynggirr word for the black apple tree of which Aborigines ate the fallen fruit.

The town's nickname of Woopi allegedly came from some football matches back in the day where one of the teams that was visiting stated they thought Woolgoolga was out the back of woop woop. Which in the true aussie way led to Woopi.

The original occupiers of the land were the Kumbaingeri Tribe, consisting of almost 1500 Aborigines speaking three or four different dialects.

The first settlement of Europeans arrived in the late 1870s to early 1880s.



The 2016 census states that the population of the Woolgoolga and Northern Beaches 2456 area was 14,749, with the median age of 44.

49.4% male and 50.6% female.

The average family has 1.8 children.

There were 6772 private dwellings with approx 2.5 people living in each one.

The median monthly mortgage repayment was \$1586 and median rent \$320 per week.

Each house had 1.8 vehicles.

4.9% of the population was made from Aboriginal and/or Torres Strait islanders.

Ancestry breakdown says, 29.9% English, 28.6% Australian, 9.4% Irish, 7.9% Scottish and 3.9% Indian.

Next census is this year in August. It will be interesting to see the growth in our area.

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



Images of Woolgoolga and the Northern

Our photo competition has proven very popular with over 100 entries so far.

Woopi News, along with sponsors The Woolgoolga and Northern Beaches Chamber of Commerce and Costa Berries, is bringing you this competition. There are so many amazingly talented photographers out there that we think deserve a local platform to showcase their work. At the same time, we're giving them the chance to win one of three iPad Pros and the opportunity to be published in a coffee table-style book 'Images of Woolgoolga.'

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

Our plan is to publish a beautiful, glossy, coffee table book from the top

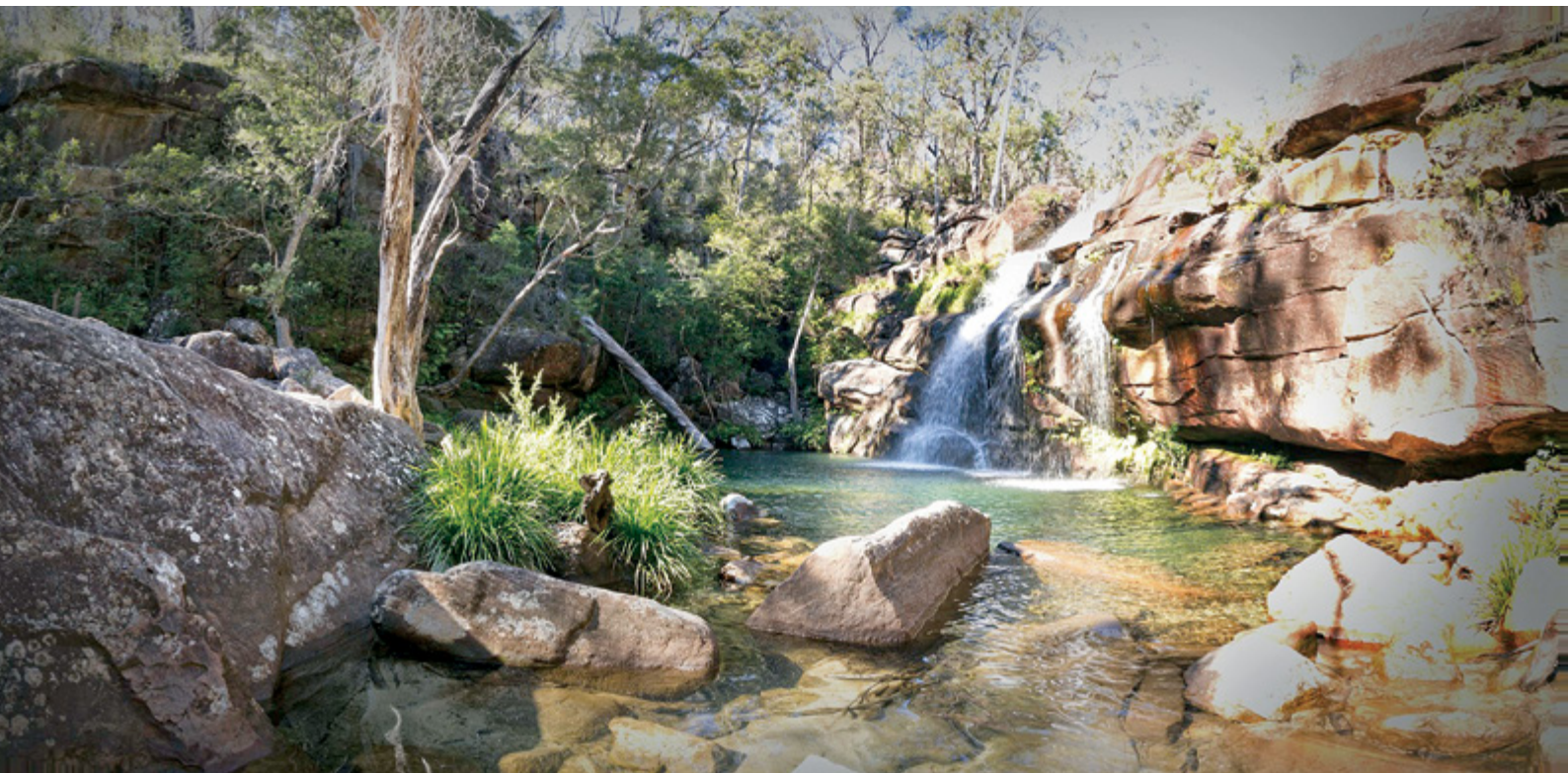


📍 Buster at Sunset by Alicia Townley

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 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. You can enter as many times as you like. We have three categories, Junior (under 18), Amateur and Professional. Here is a randomly picked selection of some of the fabulous entries. You can enter and vote via this link. <https://woobox.com/3qfdqs> Any enquiries, please send to woopinews@gmail.com



📍 Scout Falls by Ian Wade



➤ Reflections by Clayton Logan



➤ Post-storm sunset by Mandy Atkinson



➤ Dandelion Days by Emily McGillivray



➤ Wheels from carriages that were used on the old Woolgoolga wharf by Gary Bonfield.



➤ Sunrise from Corindi Headland by Scott Atherton



➤ Paradise of Solitude by Robyn James

Solitary Designer Homes



and the Winner is ...

Solitary Designer Homes

Solitary Designer Homes

Solitary Designer Homes

Solitary Designer Homes

Solitary Designer Homes

At the recent Housing Industry Association NSW Awards local builders Jim and Mark Philippidis won five awards for a home they have built at Grandview Close, Sapphire Beach.

They won:
Northern NSW Bathroom over 9m²
Northern NSW Bathroom of the Year
Northern NSW Custom Home
\$600,000- \$1m
Northern NSW Custom Home of the Year
and Northern NSW Home Of The Year
To top this off they also won:
NSW Medium Bathroom of the Year
NSW Bathroom of the Year
NSW Custom Home \$600,000-\$1m

So that makes that eight awards in one night. Not bad for a small building firm from Woopi.
Solitary Designer Homes have been building homes in and around Woolgoolga for 40 years. They pride themselves on unique and individual homes that are built to a high level of quality and workmanship. Creating designs that are distinct, no site or build is a challenge for them and their team of experienced subcontractors. Whether it be a plan tailored for you, or your

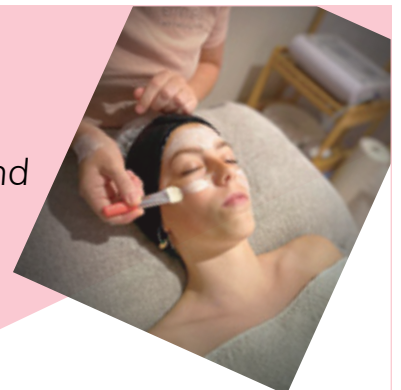
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own, all projects are built with the same level of enthusiasm and pride.

Jim also recently took on the volunteer role of project manager for the new surf club. What a fabulous gift to our community. He put in countless hours of his own time to make sure the club house is as magnificent as Woolgoolga deserves.

When Woopi News spoke with some of the tradies that worked with Jim, they all praised him on his professional approach and agreed he was a good bloke to work with.

If you would like to see more of Jim and Mark's work or to get in contact with them, check out their website www.solitarydesignerhomes.com.au



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Woolgoolga Whale Trail



Can you imagine how amazing it would be to be able to walk up from the beachfront, along the ocean's edge, looking out for whales, dolphins and turtles, all the way to the headland?

A while back our local MP, Kevin Hogan, pledged \$1.1 million towards Woolgoolga building a whale trail. Our community was excited about the prospect of having such a spectacular, iconic, world-class, scenic Whale Trail, giving safe pedestrian, cyclist and vehicle connection between the Woolgoolga Beach Reserve and the existing headland coastal walk.

Like everything, the planning stage seems to take forever but finally we have been given a draft concept plan which the Northern Beaches Residents Association (NBRA) and the Woolgoolga and Northern Beaches Chamber of Commerce (WNBCC) would like to share with you for your opinion.

The two groups agree that we deserve more than just a footpath, but a beautiful boardwalk that will intertwine through the trees and around the rocks.



The blue line is the preferred route for Whale Trail, ensuring safety whilst offering a spectacular educational and eco tourism asset

Coffs Harbour City Council has created a 'Whale Trail - Have Your Say' page on their website, allowing all of us to read about the plans and view photos of the options they are suggesting.

NBRA and WNBCC urge everyone to go onto the site, check out the proposed plan and have your say.

It looks laborious when you go to the site, as you need a user name and a password, but it is worth going through these two steps to make sure your voice is heard, and that Woolgoolga gains

a Whale Trail that enriches the community in a modern, positive way.

There are only three questions to answer.

Question 1: Please provide your feedback on the Whale Trail concept plan.

Question 2: Which pathway would you prefer? Along the car park or the grassed area?

Question 3: Where on the Whale Trail would you most like new seating?

NBRA and WNBCC can help you fill in your submission if you need help

and have some suggested comments you can use. You can see them on the NBRA Facebook page www.facebook.com/nbra2456 or contact nbrainc2456@gmail.com for the information to be emailed to you.

Another option is to email Council direct with your concerns or wishes. The best email is andrew.smith@chcc.nsw.gov.au

You have until January 29 to Have your Say via <https://haveyoursay.coffsharbour.nsw.gov.au/whaletrail>

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

Jetty Theatre Fundraiser for Suicide Prevention

Get your best fluro gear out for this night

Seacrest Productions Inc will perform its final presentation at The Jetty Theatre in

January.

The 39 Steps is a madcap murder mystery of Monty Pythonesque proportion that will have audiences rolling in

the aisles with laughter. It's the show everybody needs right now as we all step out of 2020 and into a new year. But there is a serious side

to the shenanigans. The performance on Thursday January 21st will be a fundraiser for R U OK? on a local level. All profits raised on that night will be donated to Woohoo Enterprise (which is Fluro Friday Woopi) to assist in their wonderful initiatives aimed at local youth.

Come dressed in your best fluro or yellow for R U OK?

Prize giveaways will be part of the pre-show presentation.

The evening begins at 6:30 with the performance commencing at 7pm.

Don't miss out!

Tickets are available online at <https://www.jettytheatre.com/the-39-steps/>



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What's New in Woopi

The Sunset Room, in Market Street definitely has to be on your to do list this year.

Whether you're a local or a visitor it's a must do. It's the place to see who's who in Woopi.

An Italian Aperitivo Bar and Dining Destination which offers you fun, quirky atmosphere to meet up with friends for drinks and dinner.

Hopefully, by the time you are reading this, you will be able to sit out the front on the new deck, sipping cocktails. If not it won't be long before you can. *At the time Woopi News went to print the deck was under construction and stalled by the East Coast Low deluge that the whole north coast was copping.*

When the weather is nice our summer sunsets are amazing.

If you arrive for 4.30pm Happy Hour, you have plenty of time to feel the vibe and socialise before the sunset (which is currently peaking its best colours at around 7.45pm).

After sunset, there is still a beautiful ambience with fairy lights and fresh sea breezes. There is a piano you're welcome to tinkle and plenty of room to mingle, to meet old friends, or make new ones.

You never know who you might see at the Sunset Room.

The wine, beer and cocktail list has a drink for everyone and the menu is like something you would find in Sicily with classic Italian meals expertly cooked by Chef Elio Nigrelli of Eliza's in Sydney fame.

So, like I said, put a visit to the Sunset Room on your to do list and maybe we might even see you there. 🍸



When Sunrise meets Sunset, Melissa Hoyer recently dropped in for some cocktails with Sunset Room owner Danielle Wallace

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What's New in Woopi



Haircuts At Home in Woolgoolga

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You may as well treat yourself while she is there. Women: \$20 - Restyle \$25 Men: \$20, Children: Under 10 \$10, Over 10: \$15. Colours available by request. Travel costs may incur. For appointments phone Elesha 0413 771 534.

You can now have Woopi News delivered to your door.

Never miss an edition. We can organise for each issue to be posted or delivered to your home or business. \$30 for 6 months or \$60 for 12. Go to <https://woopinews.com.au/subscriptions>. Woopi News will still be available for free at our usual outlets and online. This is just for the people who really cherish a hard copy.

A Pop-Up Shop with something for everyone

Linda from the Natural Element Store and local lady Nicki Foord have joined forces to create a beautiful pop-up store in Queen Street, just behind Coopers Surf Shop.

There are crystals, rugs, sarongs, cushions, oils, clothing, bags, mats, nick nacks, jewellery and stunning locally made macrame pieces. Perfect for all your hanging plants.

The shop is only going to be here till the end of the month and it's worth calling in for a visit.



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What's New in Woopi

There's a new option for yoga happening in Woopi.

Yoga in the Gardens with Anna Miley and Rebecca Ross

Every Saturday at 7am inside the Woopi Community Gardens.

This collaboration of Anna and Bec provides heart-felt yoga in the ambience of the Woolgoolga community gardens pavilion. Earthy tunes, breezy yoga flows amongst the growth!

It all sounds so relaxing and of course it's very good for you, your mind, body and soul.

It's under cover, so away from the rain and shaded from the sun. Book your space at annamiley.com You can find Woopi Gardens at 79 Scarborough Street, next to the Netball courts.

Or you could try yoga at Mullaway Primary School with Anna Miley on Thursday evenings. Also book at annamiley.com



FRESH FM - Woolgoolga's Own radio station now has its own app so you can listen online or on the move.

You can read how to access it on page 39.

Give it a go.



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.

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What's New in Woopi

FLAVOUR is the new Flavour in town

We've all been waiting for this fantastic new restaurant to open in Market Street. The owner Simar visited from Melbourne and fell in love with Woolgoolga. He put it out to the community what kind of restaurant they thought Woopi was lacking and has presented us with this fabulous Mediterranean-style cafe/restaurant.

Specialising in Gyros which are a Greek-style wrap or you can get an assorted Gyros platter which includes Chicken, Lamb and Vegetables.



They also have an amazing selection of dips and salads and extras like haloumi chips, chicken wings, potato balls and cheese puffs. If you have any room left after that, the dessert menu has churros with a choice of

chocolate flavours, which you can have with fresh berries and bananas.

Flavour is open Monday to Wednesday 5pm to 9pm, Thursday to Sunday 11am to 2pm & 5pm to 9pm and are at 2/18 Market Street, Woolgoolga.

They also offer home delivery from 5 till 9 each night. You can see their menu and prices via www.facebook.com/Flavour2456 or call them on 0404 901 200.

The WELL JOURNEY is a new Juice Bar



Open now at the Market Place Arcade, just behind Sunset Room and Seasalt. A brand new, purpose-built kiosk is their new home.

Familiar faces around town, Tracey, Glenn and Taylah have big vision, big smiles and are super excited to be part of the Woolgoolga Community.

They supply quality beverages and food to nourish the body and create a glow from the inside out. They source the best produce available with an emphasis on local and organic.

Some of the choices you will have are Cold Pressed Juices – you get 100% of the vitamins, minerals, enzymes, and nutrients when you drink cold pressed juices, Smoothies, Wheat Grass Shots, Smoothie Bowls, Veggie Wraps, Fresh Salads and Raw Treats.

They are also very conscious of their environmental foot print so have chosen 100% biodegradable packaging.

Go check them out in the arcade at 4 Market Street, Woolgoolga 8am-3pm daily. Phone 0455 552 856.





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What's New in Woopi

Emily Starr is a new Naturopath in town.

Emily has opened her practice at Beauty Wellness on Beach at 8 Nightingale Street, Woolgoolga. She is available every Tuesday and Friday or other days for online consults.



Emily is new to Woolgoolga and wanted to introduce herself with some tips to surviving the silly season.

Summer time tends to make us get a little silly, drink too much, eat too much, and maybe get a little too much sun. Last year was a whirlwind and everyone deserves to let their hair down, but we can still have fun and stay healthy at the same time.

Here are a few naturopath's tips to staying healthy during the silly season:

Stay hydrated: Extra time in the sun and increased alcohol consumption can cause serious dehydration. Aim for a minimum of 2L water per day. Always carry a water bottle, add fresh fruit to make it more enticing. Replenish electrolytes where required.

Love your liver: The liver has so many important functions in the body, including detoxification of alcohol, drugs, and hormones. It also plays a role in regulating blood sugar levels, immune function, preventing anaemia, energy levels, digestive function and increasing bile flow which helps reduce cholesterol. To keep your liver working well, eat antioxidant-rich foods like berries and citrus fruits, eat leafy green vegetables to help increase detoxification power, have days off the alcohol and reduce sugar consumption.

Maintain a well-balanced diet: Make sure every meal contains a protein (poultry, fish, tofu, tempeh, legumes, nuts, seeds, red meat - in moderation), fats (avocado, nuts, seeds, olive oil, nut oils), and carbohydrates (rice, grains, vegetables, fruit, potatoes).

Stay active: Aim for 30 minutes of exercise per day to keep the body and mind feeling amazing!

Emotional Wellness: if this time of year is stressful for you, find a way to support your emotional wellbeing. Try meditation, talk to a friend, go for a beach walk or swim, enjoy the sunshine, and take time out for yourself where needed because emotional wellbeing is just as important as the physical.

Thanks Emily and welcome to Woopi.

You can contact Emily via www.starnaturopathy.com



News from the Woolgoolga Lake Working Group



Stunning Aerial photograph by [Liz McGinnes Photography](#)

'Caring for our Waterways'

'Caring for our Waterways' is an initiative of the Woolgoolga Lake Working Group (WLWG). This local citizen science program has partnered with the Coffs Harbour City Council and Woolgoolga High School to monitor and care for the health of our creeks and lakes through water testing.

The program monitors the water health on a monthly basis whilst noting the interaction of animals, birds and fish life supported by the water system and it's surrounding environment. In this way we can support the health of the environment we, as humans, also rely upon for our own health to maintain a sustainable future.

Interesting findings thus far concern water temperature. On Wednesday 2nd December 2020 water temperature at high tide in front of Lakeside Caravan Park was 24 degrees, temperature in tributaries of Poundyard Creek and Jarrett Creeks was 27 degrees!

With the lake mouth open, turbidity in the lake itself was minimal.

As we head into 2021 this program aims to encourage opportunities for the broader community and students to take part in this local citizen science program. The WLWG Inc band of volunteers has room for more members in this program. If you would like to get involved please contact Karen Dallas by email : wlgw2456@gmail.com

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Woopi Holiday Fun

The Saraton Theatre in Grafton

Woopi News welcomes new advertiser, The Saraton Theatre. Fun Fact: Did you know that Saraton is actually Notaras backwards? The Notaras family have a long history in Woolgoolga and were the owners of the Woolgoolga Theatre back in the day. The old Cinema was located in River Street next to the former Seaview Tavern, sort of around where the BP Woolgoolga Service Centre is now.



Grafton is getting closer and closer now and I have heard it referred to as a suburb of Woolgoolga ... So, it's not that far to duck over for a movie or two these holidays.

The old cinema in Grafton is actually

Australia's largest (950 seat) and oldest theatre and cinema, and is a National Trust top award winning restored 1926 iconic theatre. The restoration project has been in keeping with the history of the old theatre. The entire theatre has been completely restored to its original design and colour scheme

In addition to their main theatre there are two new cinemas with stadium seating (150 seats) making it a Triple Cinema Complex. All three cinemas feature digital wide screen projection, hypercoustic surround sound, wheelchair access for disabled patrons, air conditioning, hearing aid loops for those with impaired hearing.

They don't just play movies there, the Saraton also hosts live theatre, concerts, comedy shows and conventions.

During January there are plenty of movies to choose from, just check out their website for an update of what's on.

Also in January the Legends of 60s Rock'n'Roll Show starring Issi Dye is on.

A two hour live show featuring the award-winning Roy Orbison Tribute show with Glenn Douglas, and the music of Johnny O'Keefe and The Everly Brothers

Tickets are \$25 and \$20 concession and are available via their website.

www.saraton.com



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Woopi Holiday Fun

Summer Weaving Circle

Sit with Master Weaver and Botanist Aunty Dee Murphy and be guided through native plant identification, Gumbaynggir plant names, responsible harvesting, fibre processing and a variety of traditional weaving.

There will be two weaving circles over a four week period during January.

Tuesdays 7th, 14th, 21st and 28th, 10am-2.30pm.

Sundays 10th, 17th, 24th and

31st, 10am-2.30pm.

\$45 per session or \$160 for four.

All materials are provided and Pipe Clay Cafe will be open to please the taste buds of those who don't bring lunch. (Note to self: Don't pack lunch.)

Yarrowarra Aboriginal Cultural Centre, 69 Red Rock Road, Corindi Beach.

Bookings are essential as numbers are limited. Phone 6640 7104.



SIKH HERITAGE
MUSEUM *of* AUSTRALIA

Sikhs first arrived in Australia in the late 1800s. The reason was simple. As India was part of the Commonwealth, Indians were able to travel throughout the Commonwealth to search for a better life, with regards to work opportunities and prosperity. Most of the Sikhs come from the north-western corner of India, the state of Punjab.

Traditional farmers in their homeland, they searched for similar work. Firstly they found work in the sugar cane fields as far away as Cairns and as close as the Clarence Valley. Once word got out that there was good money to be made from bananas and now berries, more and more Sikhs arrived. Some of the early settler's families still reside in Woolgoolga and Coffs Harbour.

If you would like to learn more about the Sikhs' migration to our area and to understand more about their history, culture and religion, the Sikh Heritage Museum is a perfect place to visit. There is so much to see, including an amazing collection of musical instruments.

During the NSW Holidays they are open Monday to Friday 10-3pm, Saturday and Sunday 10-4pm. Entry is free.

You will find the museum at 10-12 River Street, Woolgoolga, opposite the Guru Nanak Temple.



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Woopi Holiday Fun

Cleverman: The Exhibition

at Yarrawarra Aboriginal Cultural Centre.

Cleverman stormed onto ABC TV in 2016 as a dystopian sci-fi with a difference. With predominantly Indigenous cast and senior crew, the series explored a series of Aboriginal origin stories in a contemporary context, with political nuance touching on themes of class, racism and power.

Exploring First Nations' storytelling, language and creativity in production design, costumes and props, this free exhibition invited audiences to listen first and immerse themselves in a powerful and contemporary expression of The Dreaming.

The exhibition explores the making of Cleverman, including props, costumes and make-up from the series, designs by Weta Workshop and artwork from the original comic book series.

Yarrawarra Aboriginal Cultural Centre is open Tuesday to Friday 10am-4pm, Saturday and Sunday 10am-1pm. Closed Monday. 69 Red Rock Road, Corindi Beach.



Woolgoolga Gallery's Members Exhibition Summer Twist

This exhibition featuring local artists is on all through January. Pop in to view some of the beautiful arts and crafts available. Many are for sale, so you can take a little bit of Woopi home with you.

Gallery Hours 10-4 at 73 Turon Parade, Woolgoolga.



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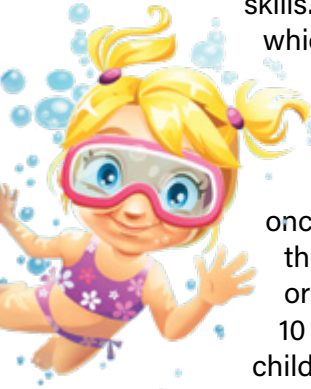
Woopi Holiday Fun

These holidays you can keep your children's swimming skills and water safety awareness up to date.

For children who aren't able to do regular swimming lessons, the holiday intensive program is a great way to improve their skills. Harbour Swim School, which is owned by locals Tracy and Scott Hunt, is running three weeks of lessons during January, with the option of a lesson once a week to just keep up the consistency of swimming, or the more intensive 5 or 10 days to really boost your child's swimming skills.

They will also be holding a carnival preparation morning in week three. This is aimed at the children who will be entering swimming carnivals this year. It will cover dives, turns and technique so your child will feel confident for their race.

For enquiries call them on 6652 7665.



Flavours of the Bush

Are you looking for something a little different to do? Why not try Flavours of the Bush: A Bushtucker, Medicine Tour and Tasting. Yarrowarra Aboriginal Cultural Centre is giving you the opportunity to experience Gumbaynggirr Culture first-hand on one of their Bush Tucker and Medicine Tours.

Learn about the ancient medicines, nutritional bush foods and the vast range of weaving fibres that the coastal bush has provided for the Gumbaynggirr People for thousands of years.

Afterwards, you can sit back on the big verandah and enjoy some tasty native delights such as Spicy Roo Slider, Warrigal Quiche, Native Spiced Muffin and Native Soda at The Pipeclay Cafe. \$30 per person. BYO walking shoes, sun protection and water. Wheelchair accessible boardwalk.

Sunday January 10th, 17th and 24th.

Due to limited numbers an upfront payment is required to secure a place in the tour. To book you can pop into the gallery or call 6640 7104 for an over-the-phone payment.



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Woopi Holiday Fun

AUSTRALIA DAY

Inflatable Fun

Come and join the Fluro Friday tribe for their annual Inflatable Fun Day on Woopi Beach on TUESDAY January 26 from 9am.

Bring your favourite inflatable and float your worries away. A day to relaxingly reflect on what a great country we live in.



SIKH HERITAGE MUSEUM of AUSTRALIA

Ph: (02) 6654 1891
10-12 River Street Woolgoolga
www.sikhheritagemuseumofaustralia.com.au

Open during NSW School holidays (18/12/2020–26/01/2021)
Monday to Friday 10am–3pm • Saturday and Sunday 10am–4pm

FREE ADMISSION

The image shows the interior of the Sikh Heritage Museum of Australia. The museum is well-lit and features various exhibits, including a green vintage car, a large glass display case, and informational panels on the walls. The floor is made of light-colored wood, and the overall atmosphere is clean and professional.

The Sikh Museum showcases the Sikh identity and religion, explores the complexities of Sikh spirituality, and the dedication of Sikh people throughout history in both Australia and the World. The exhibits contain information on the Sikh understanding of the origins of the universe, the lives and teachings of the Ten Gurus, the Sikh empire, Sikhs in the World Wars, The Sikh ANZAC contribution, First migration of Sikhs to Australia and finally the establishment of a Sikh Community in Woolgoolga.

The Museum is dedicated to providing knowledge of Sikh Heritage to future generations in Australia and to promote and build a strong diverse community, vibrant with harmony, mateship and diversity.



Woopi Holiday Fun

FUN FOR THE KIDS

Sat 2: Crafty Kid's Club, Moonee Beach Tavern from 12noon

Sun 3: Summer Splash, Moonee Beach Tavern from 12noon

Mon 4: Model Magic, soft squishy modelling material Moonee Beach Tavern from 5.30pm

Mon 4: Face Painting, Seaview Tavern from 6pm

Tue 5: Giant Canvas, Moonee Beach Tavern from 5.30pm

Tue 5: Kid's Activities, Seaview Tavern from 6pm

Wed 6: Gumbaynggirr Art on Canvas. Tell your own story in Art using ancient symbols of Gumbaynggirr people with local artist Alison Williams. Remember to wear a paint shirt. 10.30-11.30am \$20 Book 6640 7104

Wed 6: Pirate Night, Moonee Beach Tavern from 5.30pm

Thu 7: Rock Painting, Moonee Beach Tavern from 5.30pm

Wed 6: Smiley Squad Sand Art, Seaview Tavern from 6pm



Thu 7: Face Painting, Seaview Tavern from 6pm

Fri 8: Tie Dye, Bring along a piece of white clothing to turn into a kaleidoscope of colour. Limited to two items per person and remember to wear a paint shirt. 10.30-11.30am \$15. Book 6640 7104

Fri 8: Make a Bear, \$15 Moonee Beach Tavern from 5.30pm

Fri 8: Smiley Squad Kid's Show, Seaview Tavern from 6pm

Sat 9: Kid's Zone, Moonee Beach Tavern from 12 noon

Sat 9: Seaview Kids, live music, Seaview Tavern from 6pm

Sun 10: Whacky Science, Moonee Beach Tavern from 12 noon

Mon 11: Minute to Win It, Moonee Beach Tavern from 5.30pm



Mon 11: Face Painting, Seaview Tavern from 6pm

Tue 12: Kid's Activities, Seaview Tavern from 6pm



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- Home visits from Coffs Harbour to Red Rock
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**Happy New Year
Happy New Me**



My New Year's Resolution is to pamper myself every month at

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0490 803 846 www.thegoodbeautician.com.au

Woopi Holiday Fun



Tue 12: Rock Painting, Moonee Beach Tavern from 5.30pm

Wed 13: Rain Making Sticks. Make your own rain stick that makes lovely tinkling rain sounds when you tip it and help the summer rains come. Don't forget to wear a paint shirt. 10.30-11.30am \$15. Book 6640 7104

Wed 13: Smiley Squad Sand Art, Seaview Tavern from 6pm

Wed 13: Lego Master, Moonee Beach Tavern from 5.30pm

Thu 14: Face Painting, Seaview Tavern from 6pm

Thu 14: Giant Canvas, Moonee Beach Tavern from 5.30pm

Fri 15: Build a Bunyip. Bunyips are ancient mythological creatures. Using paper stencils and coloured pencils you can create your own swamp-dwelling creatures and see which one is the scariest. 10.30-11.30am \$15. Book 6640 7104



Fri 15: Smiley Squad Kid's Show, Seaview Tavern from 6pm

Fri 15: Make a Bear, \$15 Moonee Beach Tavern from 5.30pm

Sat 16: Seaview Kids, live music, Seaview Tavern from 6pm

Sat 16: Summer Splash, Moonee Beach Tavern from 12noon

Sun 17: Summer Splash, Moonee Beach Tavern from 12noon

Sun 17: Crafty Kid's Club, Moonee Beach Tavern from 5.30pm

Mon 18: Face Painting, Seaview Tavern from 6pm

Tue 19: Kids Activities, Seaview Tavern from 6pm

Wed 20: Smiley Squad Sand Art, Seaview Tavern from 6pm

Thu 21: Face Painting, Seaview Tavern from 6pm

Fri 22: Smiley Squad Kid's Show, Seaview Tavern from 6pm

Sat 23: Seaview Kids, live music, Seaview Tavern from 6pm

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Woopi Holiday Fun



How would you like to learn more about the history of Woolgoolga?

Woolgoolga has the most amazing and interesting Historical Walk that you can take from Top Town to Down Town.

The walk will take about 40 minutes one way, or 80 as a return trip. But that also depends if you stop for coffee or lunch on the way.

The one way trip is down hill and is 2.2 kms or the return trip is 4kms.

There are eleven information panels on the way that run you through the history and heritage of our town.

Begin your walk at the beautiful Guru Nanak Sikh Temple, then stroll

down through the different historic points covering our early settlers and our old buildings.

Both temples are featured as is the history of the 475m long Jetty that used to be part of the Woolgoolga Main Beach Landscape, and how bullock teams hauled timber from the sawmills and forest there ready for shipping.

You will also learn how our agriculture industry shifted from Timber to Sugar Cane to Bananas and now to Berries.

There are so many interesting stories.

If you're feeling more

adventurous you can extend your walk to the spectacular Woolgoolga Headland for some breathtaking views.

Here you can also join the 60km Solitary Islands Coastal Walk which links Red Rock to Sawtell.

You can pick up a map outside The Surfside Plaza in Beach Street or the Visitors Information Centre in Boundary Street.

If you are reading this online you can download the map [here](http://www.woolgoolgaheritagewalk.org).

For more information please go to www.woolgoolgaheritagewalk.org where you can also download a map.

Enjoy, we'd love to see your photos.



Woopi Food

Summer is barbeque time. Woopi has so many fresh food vendors to choose from, so why not head to Steve at Woopi's Finest Butchery, grab a steak, a snag or some chicken to go with these yummy Woolgoolga-inspired recipes.

Corn Relish Dip

1/2 cup of Pickled Pantry Corn Relish (available at Woopi Fresh and Flamingos at Darlington Park)
300 mls light sour cream (Top Town Shop or Woolies)
2 tablespoons fresh chives (Woopi Fresh) Method: Mix together and serve as a dip or add to a cob loaf from Woopi Bakery and top with cheese before heating in oven or bbq.

Watermelon and Feta salad

1kg Watermelon (from Woopi Fresh)
1 medium Spanish onion (from Woopi Fresh)
200g Feta (Woolies)
1 bunch Mint (Woopi Fresh)
1 tbs Chilli flakes (Banana Benda's)
30ml Olive Oil (Anchor Kitchen & Bar)
Salt and pepper

Method: Cube the watermelon into 2cm cubes. Halve and slice red onions. Crumble feta cheese. Chop mint into slices. Combine all ingredients into a bowl and sprinkle with chilli flakes and olive oil. If you wish, splash a bit of balsamic. Chill in the fridge. Serve cold.



Baked Berry Brie

1 round of Brie or Camembert
Add large dollop of Pickled Pantry's Bold Berry Jam (a mixture of local berries, available at Woopi Fresh and Flamingos at Darlington Park) on top. Then sprinkle slivered almonds on top.
Bake or BBQ until cheese is soft.
Alternatively, change Bold Berry Jam for Pickled Pantry's yummy Ploughman's Pickles and sprinkle with walnuts or nuts of your choice.
So quick, so easy, so posh.



Woopi News Burger (serves 1)

1 Rissole (Woopi's Finest Butcher)
1 Brown onion sliced (Woopi Fresh, Audrey G's)
1 locally grown avocado (Woopi Fresh, Audrey G's, Village Farmers Market)
Handful of baby spinach leaves (Woopi Fresh)
Pickled Pantry's famous Tomato Relish (Woopi Fresh, Flamingos)
1 fresh bread roll (Woopi Bakery or Jed's)
Method: BBQ rissole and onions add to roll with other ingredients. Enjoy!

BBQ Chilli Chicken Wings (serves 6)

2kg Juicy Chicken Wings (Woopi's Finest Butchery)
4 tspns Ground Cumin (Banana Benda's)
4 tspns Paprika (Banana Benda's)
4 tspns Cayenne Pepper (Banana Benda's)
2 tspsn Fine Sea Salt

Method: Combine the spices, salt and pepper in a bowl. Toss the wings with 3 tbsp of this mixture in another bowl. Cook the wings on the cooler side of the BBQ, with the lid closed, for 30 minutes, turning halfway through. Move the wings to direct heat, over the coals, and cook for another 5 minutes, moving them around and turning to ensure even crisping. Garnish with chopped Coriander from Woopi Fresh.



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Stay Surf Safe this Summer



Can You pick the safe spot To swim when you're at the beach?

Well, the answer is, Between the Flags.

Not everywhere is lucky enough to have a surf patrol on duty or you might be having an early morning or late afternoon swim which is out of patrol hours. On any given day there are more than 17,000 rips on Australian beaches. Most drownings are due to rip currents and can be avoidable if you learn how to read the ocean.

When you go down to the beach and you see some beautiful blue calm water surrounded by some turbulent wave filled water, your natural instinct is to head to the calm water but this is actually the rip current. Once the waves hit the shore they have to go somewhere. The huge force of the water rushing back out to sea carves channels between shallower areas of

sand. The waves come in and then the water needs to go back out to the ocean and then this is what causes the rip. They can whisk you out of your depth as quick as a flash.

Some rips can move three times faster than an Olympic swimmer.

So you need to head for the white wave area. My dad used to say "If it's white, then it's all right.

Important things to remember are: Spend 5 or 10 minutes observing the ocean before you enter it.

If you are caught in a rip, DO NOT PANIC!

I know that's easy to say and you will think swimming back against it is the best thing to do, but believe me, all that will do is exhaust you.

Try and stay calm and go into floating mode. Watch which direction the rip is taking you. If it is straight out or at an angle? Once you have determined this, and if you have the energy, swim to the right or left of the direction of flow, never

against.

Then raise one arm as a distress signal.

If you can't do this just go with the flow. Most rips won't take you too far, which is why you need to conserve your energy to be able to swim back in once you are able to.

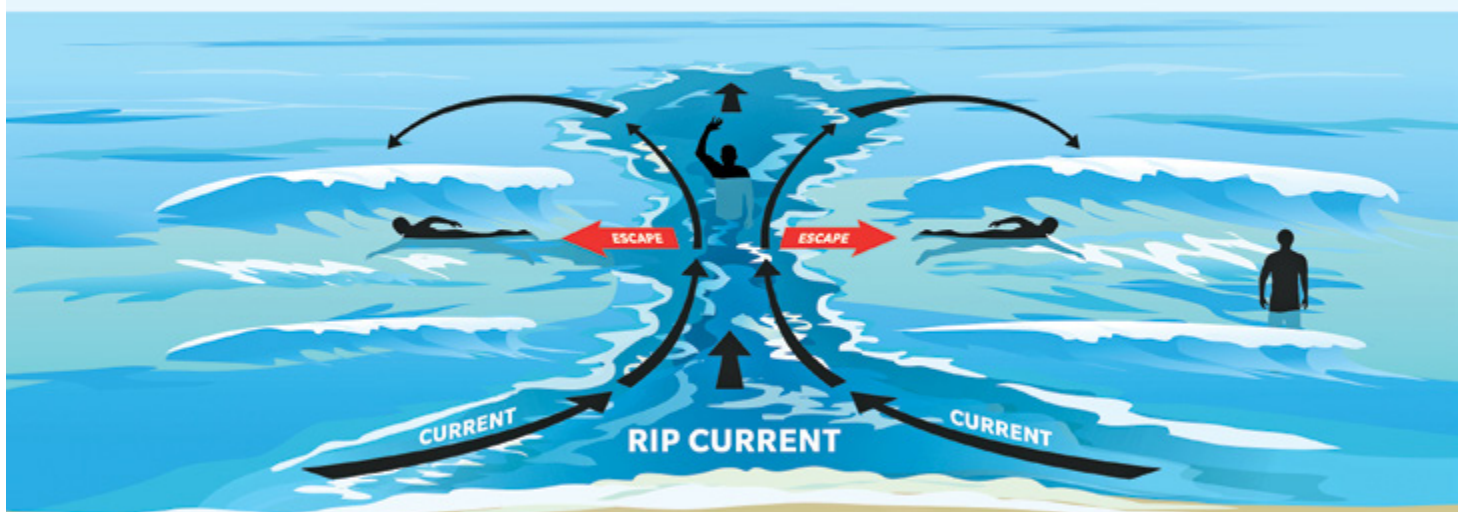
Also, another tip is don't swim alone. Hopefully you both won't be caught in the rip so the other can call for help.

Surf Life Saving Australia has an app that is available for your smartphone or tablet called Beach Safe.

The app will give you more information about rips, plus a guide to patrolled beaches in your area and the conditions of the day.

Stay safe this summer and don't forget to SLIP on a shirt, SLOP on some sunscreen, SLAP on a hat, SEEK some shade and SLIDE on some sunnies.

YOU CAN SURVIVE A RIP CURRENT BY KNOWING YOUR OPTIONS



AVOID RIP CURRENTS – ALWAYS SWIM BETWEEN THE RED AND YELLOW FLAGS
IF YOU'RE CAUGHT IN A RIP CURRENT, STAY CALM, CONSERVE YOUR ENERGY AND CONSIDER THESE OPTIONS



RAISE AN ARM AND CALL OUT TO SEEK HELP



FLOAT WITH THE CURRENT. IT MAY RETURN YOU TO A SHALLOW SANDBANK



SWIM PARALLEL TO THE BEACH. YOU MAY ESCAPE THE RIP CURRENT

REASSESS THE SITUATION – IF WHAT YOU'RE DOING ISN'T WORKING, TRY ANOTHER OPTION UNTIL YOU RETURN TO SHORE

Stay Fire Safe with Woolgoolga 507

Plantations is on fire!

No, this is just a drill. You can never be too careful when it comes to fire safety. So, last month the crew from Fire and Rescue Station 507 visited the Plantations Lifestyle Development and delivered a home fire safety information session to some of the residents. The safety session focused on key fire safety messages to help residents be home fire safe by preventing fires and preparing in the event of an emergency.

Some of the key messages included:

- Keep Looking When Cooking
- Working Smoke Alarms Save Lives
- Get Out and Stay Out!

The firefighters then assisted residents in changing 122 smoke alarm batteries in 30 homes.

The day concluded with a demonstration of the station's new Kitchen Fire Simulator, which was kindly donated by the Lions Club of Woolgoolga. Statistically, over 50% of all household fires start in the kitchen and our simulator allows us to demonstrate the dangers of leaving your cooking unattended and the dangers of attempting to extinguish an oil

fire with water!

A big thank you to the management and residents of the Plantations community for engaging our local Fire and Rescue station to conduct this activity. Also for their understanding, as half the crew rushed off a couple of times to respond to emergencies. It was fantastic to get out and interact with the local community again, ensuring preparedness and delivering important information to keep residents safe. The crew from 507 look forward to more community engagements in the future!

Do you know what to do in the event of an emergency? Visit www.fire.nsw.gov.au/ for more information.



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Uni students pick a good job over summer



For university students Tarun Mills and James Bhorla, picking blueberries over the summer break is the perfect way to earn extra money to fund their studies.

Tarun, who grew up in Woolgoolga, has just finished his fourth year in

medicine at the University of New South Wales and is now in his third harvest season at Costa Berries in Corindi.

"I started picking here in the 2017 summer holidays. I don't have a lot of time to work when I'm at uni so this is a good opportunity

to earn money. It's a great environment to meet lots of people," Tarun said.

"This is my fourth year picking. When I first started it was hard work, but you can make decent money. You have to put the effort in but it's definitely worth it. The environment is really good here.

I like working outside and working with my hands which I don't get to do when I'm at uni."

Tarun said the holiday job helped support him throughout the year.

"I was hoping to come back for one more season, but I'll be doing a placement next year so this might be my last one, unfortunately," he said.

James, who also went to Woolgoolga High School,

has just finished his third year studying radiography at the University of Newcastle. This is his fourth season picking at Costa.

"Doing uni you don't get much time during the year so it's difficult to get a job. Working here means I also get to come home," he said.

"You get to be outside and active and you get to meet really interesting people and learn about their experiences. It's pretty fun."

James said the flexibility also enabled him to work around uni placements, and being paid according to how much you pick was motivating.

"It's a good amount of pay to get you through the year. It is just a really good experience and I would encourage people to give it a go."



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Woopi that Was - The Buster

Woolgoolga Beach sometimes has a shipwreck.

As a kid growing up in Grafton I spent every weekend and school holidays in Woolgoolga. Our caravan was parked at the Lakeside Caravan Park for many years and we would just commute at the end of the school week. We would sun bake, build sandcastles and play cricket on the spot that Buster is usually buried and not once did we know the wreck was there. As the tides and sands shift, Buster alternates between showing all her glory to just a few bits being exposed or nowhere to be seen.

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

The crew put down two anchors and ran a cable to a buoy near the former Woolgoolga Jetty. But when a storm from the south-east hit, the vessel's anchor cable snapped and its holding chains failed. The vessel then broke away from

its mooring and eventually beached stern-first 200 metres down the beach, just south of the Woolgoolga Lake mouth. No lives were lost.



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Woopi that Was - The Buster



A Replica of Buster made from Paddle Pop Sticks

This replica of Buster is made from 3750 paddle pop sticks. It took long-time Woopi local Stephen Carey-Brenton over four months to build this spectacular replica. As far as we know there isn't a photo of Buster in existence, but Stephen was able to make this replica from Buster's sister ship, The Amphitrite. Along with the photos he has taken of the wreck and the ghost drawing that is on the previous page, Stephen's knowledge of ships made it possible to recreate this old steamer.

Steve knew Buster was a barquentine and set to making this totally amazing replica. You can look inside and see the fine details of the kitchen and quarters. Many of the parts are moving, such as the rudder and the steering wheel, plus the anchor and the sails. It's pretty fabulous.

The double hull is made from paddle pop sticks, plus canvas for the sails, some dowel for the masts and twine for the ladders and ropes.

Steve has made other models from paddle sticks; he has built a beach house, an aeroplane, a tugboat, a Chinese junk and a few other ships, one complete with cannons. Some have lights that turn on and off and you can see right into the quarters, with neatly made beds inside. He certainly is very talented.

He is a qualified boat builder by trade but has spent most of his career building caravans. Since his retirement he has picked up this hobby which he fits in between fishing, home brewing, and loving life with his wife Lynn. Great job Steve!

You can view this replica of the famous Buster in the XS Surf shop window at 76 Beach Street, Woolgoolga during the month of January.



Woopi that Was - The Buster



Stephen standing in the wreck of Buster a year or two back after heavy seas had washed away the sand.



Woolgoolga Performing Arts Studio



The evolution of Woolgoolga Performing Arts Studio continues!

2020 has seen the expansion of opportunities for dance and performing arts in the Woolgoolga community and surrounding areas as Woolgoolga Performing Arts Studio (previously known as Woolgoolga Dance Studio), has emerged.

Under the creative direction of the new owner Jade Naidu, the studio has expanded to reflect the inclusion of so many other aspects to do with the performing arts tuition. Not just the outstanding and creative dance tuition that the studio has always been known for. Students of all ages (including adults), can now expand their interests by taking up a musical theatre class, acting, vocal training and music lessons.

"It really is the one-stop shop when it comes to the performing arts", new director Jade Naidu states. "Our aim and mission is to educate and inspire students - offering them performance and production training and opportunities that are equal to Sydney or Melbourne"

The studio's end of year productions definitely took the creativity and talents of the students and teachers of WPAS to the next level! 'The Cave of Wonders', live-action theatre and dance movie featuring the junior students of WPAS, premiered at BCC Cinemas, Coffs Harbour on Sunday 6th December and took the audience by storm. While the senior students sold out their incredible performances of their stage production, ROYALS, at the Jetty Theatre throughout December.

2021 will see even more theatre and acting training offered, including a new and improved Theatrical Production Program (TPP), under the directorship of west-end performer Tim Gibbs and Billie Jo Dukes, as well as a new Classical Ballet Production Program run by Maddison Bosshard from Pure Heart Dance Company.

The studio is currently preparing for 2021 enrolments and looking forward to welcoming new students and families to WPAS.

If you would like to be the first to receive one of our enrolment packs when they launch, please email info@woolgoolgaperformingartsstudio.com



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Mind your Mind

Positive Mindset - Identify The Negatives

Welcome to 2021! Let's kick-start 2021 with a positive mindset boost. I hope you are able to implement this month's suggestions on cultivating a positive mindset to support you through this fresh new year. A positive Mindset is born out of making positive thinking a habit. It does not mean slapping a smile on your face and pretending to be OK, or ignoring the tough stuff in life. A positive mindset is about making the best of challenging situations, seeing the best in others and ourselves.

It is almost impossible to expect we can just wake up with a positive mindset. It takes some work. Last month we spoke about 'flipping the thought', trying

to rephrase a thought in our mind to be more positive. This technique is effective once you are in the swing of positive thinking. Let's try another more focused technique. This month I ask you to identify an area in your life that you usually think negatively about? Are the majority of your thoughts about work, a colleague, a chore, etc. negative? Choose this area of your life to focus on. Each time you are faced with this chosen element of your life, identify the negative thoughts and emotions you are experiencing. It can be helpful to observe closely the actual contents of the negative thoughts, to help understand why you might be approaching this element of your life negatively. The next step is to find one thing to be positive about



in relation to this area of your life. Just one thing and see what happens to your thinking.

This technique lets us start small with just one area of our lives and gives us opportunity to flex our positive thinking mind muscles. You can then continue to apply this

technique to other elements of your life.

Be gentle with yourself, small steps daily are better than occasional big efforts.

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

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



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Stay Sharp with Stasha

Recovering from the financial burden of the festive season.

No doubt most people feel some form of financial strain at this time of year. Whether it be a dip in the savings account, that maxed-out credit card or that pay-later service that is going to bounce. We all like to enjoy the festive season and often think, "It's ok, I will deal with that next month", then an unexpected bill arrives.

If you have young children, covering the cost of childcare in the summer holidays, not to mention the cost of school uniforms and supplies, can be challenging right after Christmas.

There are many strategies to avoid this struggle. However, here we are in January in recovery mode, so here are a few ideas you might like to consider:

- Sell any items from your house you do not need
- Refinance debt: credit card 0% balance transfers
- Check your regular bills to see if you can get a better deal

- Unsubscribe to any services or subscriptions you are not using
- Unsubscribe to email mailing lists that may tempt you to buy
- Meal plan before you go shopping, consider trying cheaper brands
- Check the cupboards and fridge, don't buy things you don't need
- Track where your money is going, make yourself accountable.

A personal budget is important, regardless of your income level. It is not just for those who live week to week. People with excess disposable income often don't track their spending and wonder why they haven't saved enough for a house deposit or cannot afford a holiday. Being honest when budgeting is key; that takeaway coffee or lunch needs to be counted too. Analyse your spending over the last 12 months, go through your bank statements. A bit of time spent making yourself accountable could really put your finances into perspective.

There are apps available to assist with

tracking your expenses. Take care to check the reviews and only use reputable apps as you will need to connect them to your bank account. Most of the major bank websites have free budget calculators or, if this is not for you, perhaps export your bank transactions to excel or stick to the good old pen and paper if that's your preference.

2020 was a tough year financially for many people. Finances can cause a lot of stress, not everyone is good with managing money and people are often too embarrassed to ask for help. Check-in on your friends and family who might be struggling and offer to help where you can.

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Car Maintenance Tips

Don't Let Your Diesel Choke

If you drive a diesel vehicle, especially if you use it for short trips, it's important that you keep up the right maintenance. A neglected diesel will eventually become a fuel guzzler, or have 'flat spots' when accelerating, maybe a rough idle and potentially all of the above.

Why? It could be having trouble breathing. Almost all diesel vehicles on the road these days have an EGR system to reduce emissions. The EGR recirculates a portion of the exhaust gases back through the engine's air intake, which helps lower the vehicle's greenhouse gas emissions. In addition, modern diesel engines are fitted with ventilation valves which have the side effect

of allowing small amounts of engine oil to be 'inhaled' by the engine. Together the oil and exhaust gases cause a sticky build-up of black carbon deposits which harden over time. This progressively restricts air intake and messes up the air-fuel ratio so the engine no longer runs efficiently.

Making multiple short trips a day, especially in the 60km/h zones, will contribute to and exacerbate the problem (think - kids, school, sport, groceries, repeat; or tradies if all your jobs are within a short drive). It's a good idea to give your diesel engine a little extra care so it can breathe easier.

Special care recommendations

Here are two additional services to consider for

your diesel. Usually the earlier they are instigated the better. They are not part of the scheduled log book servicing, so you'll need to have a chat with your local mechanic about which option is best for your car and when you should do it.

1. Install an 'oil catch can'

These are not just for performance vehicles, installing one is the best investment you can make for your diesel. The catch can traps and separates oil so that it doesn't re-enter through the air intake.

2. Carbon Clean

A carbon clean service can be done to remove deposits, but the longer the carbon is left to build up, the more extensive the process is to remove it. Start early, and plan

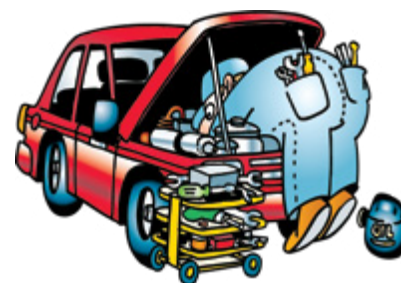
for regular carbon clean services as prevention is better and a lot cheaper than cure. Pictures explain it better than words, so take a look at the before and after.



Intake Manifold

A little bit of well-deserved extra attention will help keep your diesel running smoothly and save you money in the long run.

Bryson Kelly, Mechanic



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Law Learnings

New Year's Resolutions – get everything in order!



Christmas is over and it's time to start thinking about New Year's resolutions. It's a great time of year to get things organised, so here are some thoughts for items to put on your resolutions list.

First is an item for my fellow business owners. If you are a small business owner, do you have a plan in place for who would run the business if you were out of action for an extended period due to illness or injury? If you do have a plan, is it legally enforceable?

Many small businesses are run by a sole owner or a small team where the business owner deals with the finances and running of the business, while the staff work under his/her direction. While many businesses

employ a bookkeeper to deal with the accounting, bookkeepers don't usually have the authority to access the business accounts to pay wages or bills without the business owner or company director authorising the transactions. While you could outsource some of the work, or a family member could get involved in the management of the business, it can be a lot more difficult for someone to take over the financial control of the business. A person appointed under an enduring power of attorney would have the legal authority to access the business accounts if a sole director/sole trader were to become incapacitated. So this is something you may want to think about putting

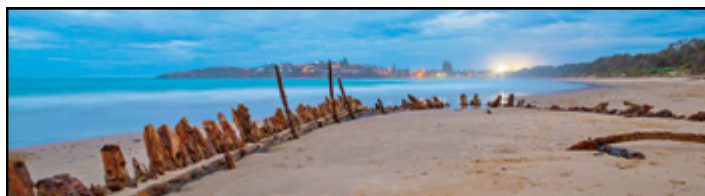
in place if you are a business owner. If you have business partners, make sure you all agree on a plan and that it is covered by your partnership or shareholder agreement.

Second on the list is getting a plan in place for management of your personal affairs if you become injured or incapacitated. Who would pay the bills if you are incapacitated for an extended period? Or deal with Centrelink on your behalf if you couldn't work? If there is no joint account holder or someone already authorised to discuss matters with Centrelink for you, it can be very difficult for someone to just step in and assist. If you have ever tried to contact the electricity company to discuss your bill, and your partner's name is the only one on the account, you will know how hard it is! An enduring power of attorney would give the attorney appointed the authority to deal with any financial matters on your behalf. You should also consider whether you need to appoint an enduring guardian, someone who could make medical or treatment decisions if you were unable to make decisions yourself. If there is someone in your life whom you would trust more

than anyone else to manage medical and financial affairs on your behalf, make sure that person has the legal authority to do so.

And finally, something we all need to tick off the list, making or updating a will. There is never a "good" estate to deal with as a solicitor, but I find the worst ones are always situations where someone has passed away without a valid will. While there is legislation in place to indicate how the estate should be distributed, more often than not, it is usually to the last person the deceased would want to benefit – an estranged family member for example. These situations can cause irreparable disputes between family members as well as potential additional costs for the estate. Save your loved ones the hassles and make it your New Year's resolution to do a will. If you already have a will, great! But it's also a good time to read through it, check that it still does what you want it to do, and make sure everything is up to date.

Time to stop putting off those things that we always say we are going to do, but never actually follow through on. If you need any advice or assistance in estate planning matters, contact KC Hilton at WNB Legal, 0419 464 946.



Cheryl Midavaine

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School Holidays are upon us, which usually means slow internet speeds.



With kids staying home binge-watching Netflix or playing Online games, guests coming to stay connecting to your home Wi-Fi network - do not be surprised if your overall Internet speeds drop significantly.

Take Netflix as an example, here are the recommended speed conditions for the following stream quality:

- 0.5 Mbps = Any streaming
- 3 Mbps = SD or DVD quality
- 5 Mbps = HD quality
- 25 Mbps = Ultra HD/4K quality

What are Mbps? Your internet download speed is measured in megabits per second. Anything above 25 Mbps is considered high-speed internet.

Netflix, of course, is not the only streaming service available. There are also Stan, Foxtel Now, Amazon Prime Video, as well as local catch-up services including ABC iView and SBS On Demand. Other streaming services tend to use roughly the same amount of bandwidth as Netflix.

The important bit to understand is that whilst internet plans are typically providing unlimited data, the ability to have multiple people all streaming or accessing the internet at the same time is all about the available bandwidth or capacity of your service. In very simple terms, if you have a 25 Mbps speed service and are watching Netflix in Ultra HD that means there is zero capacity left for anything else and if someone else tries to use the internet in the house, everything will slow down.

However, you can find out what speed tier you are on by contacting your ISP (Internet Service Provider) and tweak it to suit your needs. You can also obtain your speed by using a speed test website to obtain your download/upload speed readings (just make sure you haven't got any streaming service or download in progress as this will affect your result).

Below is a quick guide to what plan you should be on, given the number of people in the household.

HOUSEHOLD	PLAN	STREAMING
2-3 people	NBN 25 Plan	HD Streaming
3-4 people	NBN 50 Plan	HD Streaming
5 people	NBN 100 Plan	Ultra HD Streaming

Most internet providers will not be able to supply the 100/40 top tier speed as they cannot guarantee speed quality, however there are some that can - for more information visit: www.valaxus.com/nbn



News from 87.6 FRESH FM (Woolgoolga's Own)

Happy NEW YEAR and G'day Woopi! - That beat just goes on and on!

Now that we have entered a new year we are looking for ideas and input for our listeners, both local and far afield. Do you have thoughts on what's best for the community?

FRESH FM, as you all know, is our very own community radio station both online and though the airwaves. Woolgoolga is such a vibrant and wonderful community. It's growing daily and we at FRESH-FM believe you deserve your own local community station. Of late we have heard from locals expressing their love of the variation FRESH FM presents. You all know much of what you hear on FRESH FM won't be heard anywhere else. Where else is there a SIKH Prayer Program? Presented by Major, it goes from 4.30-7am daily.

Listening to the station is simple. With the addition of our streaming services the quality is truly excellent. All you need to do is just download the free FRESH-FM App at the Apple App store. Hit the play tab and there it is ... the best music on the planet!

YES! Our iOS app has been developed and is available at the Apple Store. So now there are four ways of listening to us: the old way on your wireless via radio 87.6 on the FM band, by direct link to <https://s3.radio.co/sc2c861965/listen> or for 'Android' users by the STREEMA platform. On your android phone, download the 'Simple Radio' app and select 87.6 FRESH FM Woolgoolga. These are free, the services are just great and they take Woopi around the world.



Keep those requests coming for the 'Drive-time program on at 4-6pm every day. The challenge is still out there. We've been able to source EVERY song requested. Have you 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 is still 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. 🎵

Woopi News - Community

A Message from Kevin Hogan, MP

Pacific Highway upgrade is finished!

It was great to officially open the last section of the Woolgoolga to Ballina Pacific Highway. What an amazing job it has been to watch this get built over the last seven years.

This section cost \$5 billion and is 144 kilometres long. More than 3000 people were employed on this project at its peak period, with many more indirect jobs created.

This is certainly an historic event for our community. It is now a safer road, there will be less fatalities and quicker travel times.

The \$1.8 billion Coffs Bypass has also been given the official green light to proceed. This is the biggest infrastructure project in Coffs Harbour. It will support thousands of jobs in our region!

Very exciting. Thank you to everyone involved in the construction of both projects. - Happy New Year!

Woolgoolga Red Cross



Woolgoolga Red Cross Emergency Service Volunteers, Annette Dodsworth, David Dodsworth, Team Leader Judy Jackson, Jean Vickery with Bushfire Recovery Officer Mel Brooks

Woolgoolga Red Cross Emergency Services personnel were recently recognised for their amazing and dedicated volunteering during the devastating bushfires which caused so much heartbreak and damage a year ago.

The NSW Premier's Bushfire Emergency Awards were presented by Mayors Denise Knight and Rhonda Hoban along with Melinda Pavey MP and Red Cross NSW Director Poppy Brown at a ceremony in Coffs Harbour for Red Cross volunteers across the Mid North Coast. Premier Gladys Berejikilian wrote, "Your selflessness, courage and resilience caused all of us to pause and think about the true meaning of family and community."

Woolgoolga volunteers Judy Jackson, Annette Dodsworth, Jean Vickery, David Dodsworth and Mel Brooks received a signed citation, a certificate, and a cap and badge. The Emergency Service volunteers are specially trained to provide support to those suffering from natural disasters and this group worked tirelessly during the peak of the fires. Outreach is still being undertaken to assist victims with ongoing support, access to funds and assistance with protecting our communities.

Woolgoolga Rotary



Woolgoolga Rotary wishes everyone in our community a happy New Year. 2020 was a very different year for everyone. For our local Rotary Club it was also the end of the famous monthly Rotary Auctions. But our local Rotarians are still out and about in the community.

In the last few months of 2020 the Club held several plant stalls and a Christmas stall in both Woolgoolga and Mullaway.

"As a result of this fundraising the Club was able to donate \$900 to Lifeline and \$800 to Westpac Rescue Helicopter service". President Julie Marshall said. "Both of these services are very much in demand during the holiday season".

Rotary has lots planned for 2021 and will still be running the Rotary Youth Driver Awareness program and the Science and Engineering Challenge for local high school students as well as some community CPR training sessions and a garden project at Mullaway Public School. "You'll see Rotarians out and about more at markets, and once COVID is behind us we hope to be organising some fun events and getting involved in some other projects for our wonderful community."

Anyone interested in joining Rotary should get in touch via the Club's website www.woolgoolgarotaryclub.org.au

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

Richard Edward Roper - Woolgoolga - 10th November 2020

Elfriede 'Elly' Moffitt - Woolgoolga - 25th November 2020

David Nolan Skinner - Woolgoolga - 2nd December 2020

John William Rowe - Woolgoolga - 2nd December 2020

Alexander Virag - Woolgoolga - 3rd December 2020

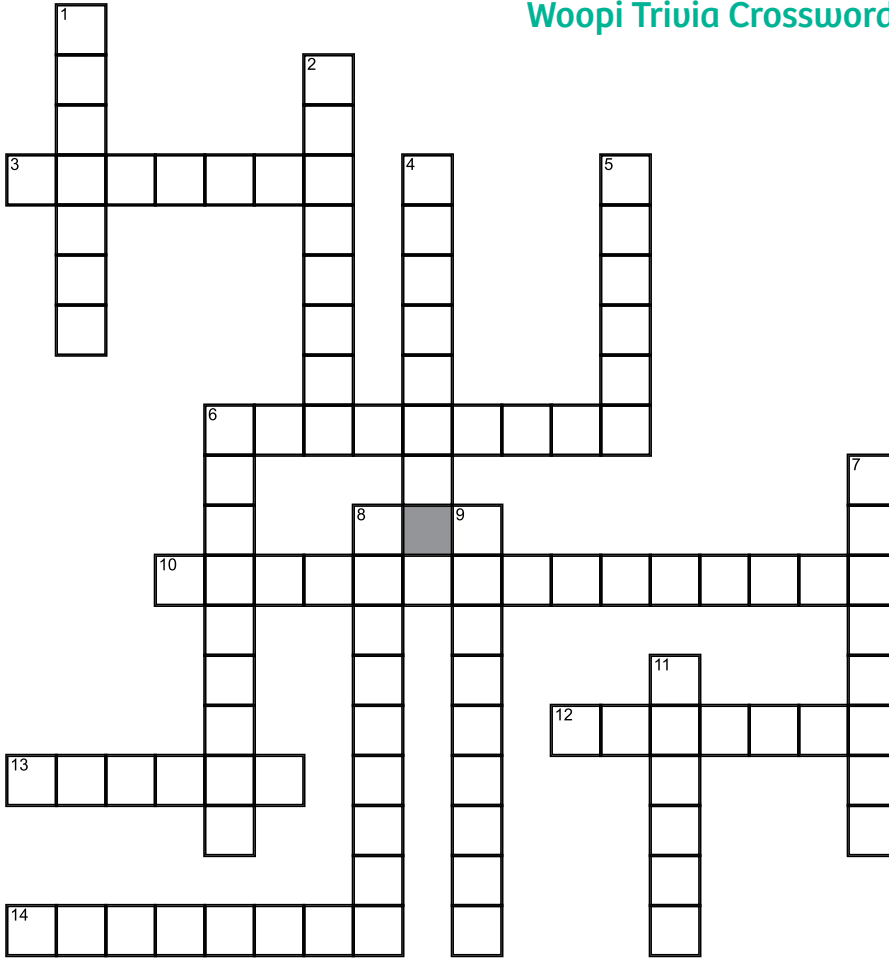
Christopher Minett - Woolgoolga - 16th December 2020

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Woopi Trivia Crossword



Across

- 3 Built a replica of Buster
- 6 What day is Inflatable Funday day held
- 10 What is replica of Buster made from
- 12 New Mediterranean Restaurant
- 13 Shipwreck featured on cover
- 14 Writes Woopi News Law Learnings column

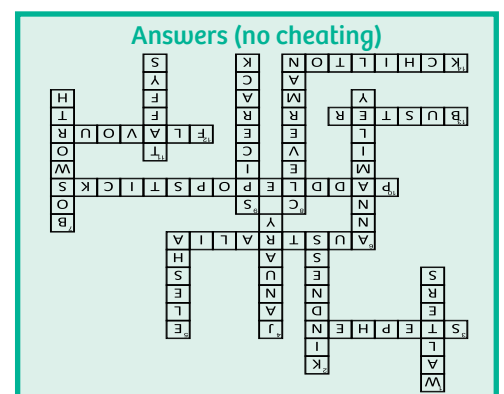
Down

- 1 Bistro at C.ex Club
- 2 What kind of calendar is on page 2
- 4 What month is this edition
- 5 Offering Haircuts at home
- 6 Who is giving yoga classes at Mullaway school?
- 7 Name of road that you will find Big Garden Furniture on
- 8 Exhibition at Yarrawarra Cultural Centre this month
- 9 Indian Restaurant in Top Town
- 11 Welsh café

Woopi Findaword

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

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 GRATITUDE SUNSHINE
 HOLIDAYS SURFCLUB
 INFLATABLES SURFING
 JANUARY WOOLGOOLGA
 KINDNESS



People who make Woopi Woopi



↑ Aynslee Finn ready for some Fluro Friday Fun



↑ Tyler Grayson, Isabella Nalder, Jazz Kennedy and Gracie Kennedy at the filming of the recent Bengar Films production Advancing Australia

← Simar always has a smile at the Woolgoolga Coastal Chemist

Quick snap of Alexis Grayson as she leaves the surf ↓



People who make Woopi Woopi



↑ Gretel Carpenter with some of her many Physie trophies. This year Gretel made it to state championship level. Congratulations Gretel



↑ Digger Col Robertson receiving a special thank you medal from Kevin Hogan, MP, for his services during World War II



It wouldn't be a Woopi News without a photo of Freddy and Alba in it →



↑ Craig Hundle after a nice surf on Woopi Maino

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Woopi Sport - Woolgoolga Golf Club

This month's focus is on the skilled staff who do all the hard-work of keeping the golf course in order. We have a group of hard working green keepers and mechanics who have to perform many jobs in order to keep our course presentable and playable. Cutting grass, removing dead trees and fallen limbs, refining water courses, fertilizing greens, repairing maintenance equipment and setting up the tees and pins for the various competitions are some of the tasks they perform.

Pictured here is Green Keepers Matt Wales and Lisa Burley.

Results for Woolgoolga Golf Club

VETS

16 November

1st John Dumas,

R/up Bob Fairclough

23 November

1st Pat Connors,

R/up Darryl Nowak

30 November

1st Geoff Thompson,

R/up Graeme Geysen

7 December

1st Darryl Nowak,

R/up Keith Partridge

Pizza Comp

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November 16 to 20

Stableford

1st S. Gresty 21

R/up G.Shute 20

3rd J. Jurley 18 cb

Other prizes J. Lloyd

November 23 to 27

1st John Finley

R/up Geoff Thompson

3rd Darryl Nowak

November 30 to December 4

1st B. Lawrence

Wednesday 2 December

Individual Stableford

1st R. Castley

R/up J. Clarke

3rd C. Taylor

4th R. Isaacs

5th M. Sutton

Saturday 5 December

Monthly Medal

A Grade Winner N. Wells

B Grade Winner M. Johnston

C Grade Winner G. Penfold

Monthly Medal Winner N. Wells

Penfold

Monthly Medal Winner N. Wells

Wells

Wednesday 25 November

Single Stableford

(Stingray)

1st W Skinner (13) 45

2nd L Smith (13) 42

3rd R Thompson (13) 41

4th G Skinner (15) 40

Wednesday 18 November,

Individual Stableford

1st N. Power 40

R/up M. Loomes 39

3rd M. Aubusson 39

4th C. Cafferky 39

5th A. Hankinson 37

Saturday 28 November

Captain V President

2 BBB Stableford + Indiv

Winners C Robinson & R



Castley 48, 2nd J Hughan and J McFarlane 47
3rd S Gresty and T Hines 46
A Grade: C Clarke (5) 37
B Grade: J Hughan (13) 38
C Grade: S Camseoloise (29) 40

Saturday 21 November
Individual Stableford,
89 Starters
A Grade 1st S Jones 39
B Grade 1st P. Sexton 42
C Grade 1st B. Lawrence 43

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Woopi Sport - Surfing



14 Boys

Cooper Grayson, Max Mackay, Hamish White and Navrin Connor

Micro Groms: Tallow Fuller, Billy Byrne, Tyler Grayson, Dasher Mitchell, Sonny Danvers and Indi Danvers

Woolgoolga Boardrider's Club

Held their 2020 presentation day upstairs at the Seaview Tavern on Sunday the 5th of December. There were plenty of blue club shirts and lots of smiles as the crew celebrated a year that was challenging to say the least. Despite Covid crashing the party, resulting in the loss of 4 comps, the year has been another resounding success. We saw a significant increase in numbers in the premiere Open division and good numbers across most other divisions, including the women, who are really starting to deliver the goods. The juniors continue to go from strength to strength. It is awesome to see these little shredders improving every single comp and they have an absolute blast whenever they get together. A massive thank you to Steve Kennedy who co-ordinates basically

everything for the junior divisions.

On behalf of all the club members and supporters we would like to say our heartfelt thank you to Leigh and Luke Connor for the amazing job they do in running our club. These guys put an amazing amount of time and effort into making the club such an enjoyable experience for all involved. Thanks also to committee members Alexis Grayson, Trav and Trudi Mackay, Joe Woods and the aforementioned Steve Kennedy, who are all major contributors.

Finally we would like to thank all our sponsors (too numerous to mention). Without the fantastic support of these guys it would be impossible to run the club. Have a great break gang and we look forward to seeing you back in 2021 for a full year of competition and fun.



Woopi Sport - Surfing

Results

Open Mens

1st James Hill
2nd Tommy Geyson
3rd Angus Budd
4th Zane Hutchinson

Open Ladies

1st Kristy Drough
2nd Alexis Grayson
3rd Dael Woiff
4th Aisha Anderson

O35s

1st Luke Anderson
2nd Travis Mackay
3rd Luke Connor
4th Joe Woods

O45s

1st Billy Budd

2nd Steve Kennedy

3rd Brett Pilon
4th Simon Burrows

18s

1st Kai Nudd
2nd James Hill
3rd Charlie Peplow
4th Sam Hodgson

16s

1st Arley Thorpe
2nd Levi Woods
3rd Joe Murray
4th Wil Mackay

14s

1st Cooper Grayson
2nd Max Mackay
3rd Hamish White
4th Navrin Connor

12 Boys

1st Cooper Grayson
2nd Jax Fuller
3rd Hamish White
4th Xavier Poole

12 Girls

1st Kalani Grayson
2nd Gracie Kennedy
3rd Georgia V
4th Bella Nalder

10 Boys

1st Tyler
2nd Vann Geerligs

SuperGroms

1st Freya Stewart
2nd Koa Messer
3rd Jazz Kennedy
4th Lyla Freudenstein

12 Girls

Kalani Grayson, Gracie Kennedy, Georgia V and Bella Nalder

18s

Kai Nudd, James Hill, Charlie Peplow and Sam Hodgson

Open Division

James Hill, Tom Geyson, Angus Budd and Zane Hutchinson



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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 Sport - Woopi Boaties

North Coast Surf Boat Series - Streets Combined Series December 2020

It was a weekend of many conditions, perfect one minute, blown out the next. Woolgoolga Boaties took seven crews away to Scotts Head for the combined rounds of the North Coast and Central Coast Streets Surf Boat Series. Both series together consisted of 86 crews spanning Ocean Beach through to Minnie Water. The Masters Women took the cake for best outfits of the weekend, with the Reindeer pulling Santa in for two firsts over the weekend! The Whippets came back from being second at the cans with a strong run home to win the first race in the Open Women and finished the weekend behind only Avoca Beach, still remaining the undefeated leaders in the North Coast Surf Boat Series. Overall in the Open Men's, the Woopi Barracudas closed out the weekend in second place, hot on the heels of Caves Beach, and also taking the bikkies in the NCSBS. The Masters Men had

some fabulous races, with the 200's punching solidly through plenty of waves on the way out to the cans, and the 160's getting better as they start to mesh together as a crew. We also had some of our legends backing up to race the Reserve Men and Women divisions and doing the club proud in the process.

Sunday morning came with plenty of

swell, wind and wild waves, meaning the carnival was cancelled after a few races, and some overturned boats. The next round of the NCSBS will be held at Wauchope-Bonny Hills SLSC on the 9th January. Many crews will then be aiming to compete at the SLSNSW State Titles in March, and the Surf Life Saving Australian Titles at the end of April.



INATIONALS for Regional Australia

Kevin HOGAN MP

FEDERAL MEMBER FOR PAGE

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63 Molesworth St, Lismore

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

Woopi Sport - Woopi Boaties



You will see us down on the beach for training most Tuesday and Thursday evenings, and you can also show your support by getting involved in our weekly Friday night raffles at the Seaview! The Woopi Boaties are down on the beach every

Sunday Morning looking for more enthusiastic members who are keen to get fit, have fun and join our special family! Pop on down and have a chat to any of us if you want to have a go, all you need is your swimmers and some energy!



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HARVEY EXCAVATIONS PROUDLY SUPPORTS THE FOLLOWING GROUPS:



Woopi Sport - Bowls

WOOLGOOLGA LADIES BOWLING CLUB

Tuesday 24th November we played two games of triples and two games of pairs. The pairs were four bowls and the triple two bowls.

Pairs rink 5: J Gibbins, J Hampstead (D) S Bracher, D Porta. Rink 4 :H Pallister, S Lund (D) B Cross, M Short. Rink 3 : M Campos, M Brooks, L Walsh (D) S Sweeney, J Kowal, C Boyden.

Rink 2 : F Streeter, R Flick, W Bracher, (D) J Lynn, V O'Brien, N Haines

Thursday 26th November we played one game of fours with three bowls. Rink 10 : S Sweeney, J Hampstead, N Haines, W Bracher (D) R Flick, E Nielsen, L Fairhall, M Short.

Tuesday 1st December on this day two bowl triples we had 4 rinks.

Rink 3: M Campos, S Goodsir, E Nielsen (D) F Streeter, R Gurber, V Valentine. Rink 4:

J Lynn, J Gibbins, S Lund (D) S Bracher, L Virag, H Dunbar. Rink 5: V O'Brien, R Flick, W Bracher (D) H Pallister, M Brooks, N Haines. Rink 6:

S Sweeney, D Porta, J Hampstead (D) C Boyden, L Walsh, M Short. Winners on the day were S Sweeney, D Porta, J Hampstead. Runners

up were M Campos, S Goodsir, E Nielsen.

Thursday 3rd December we played three bowl fours with a swinging lead Rink 10 : E Nielsen, C Mitchell, J Hampstead, H Dunbar (D) E Nielsen, S Sweeney, L Fairhall, N Haines.

Tuesday 8th December was our break up day from bowls so we decided on a paddle pop draw for each rink. Three bowl triples were played with the prizes being chocolates. Rink 9 : H Pallister, S Sweeney, N Haines (D) F Streeter, J Barratt, M Short. Rink 10: H Dunbar, W Bracher, R Gurber (D) J Hampstead, D Porta, J Lynn. Rink 11: M Campos, J Gibbins, C Boyden (D) S Bracher, VO'Brien, E Nielsen. The winners on the day were H Dunbar, W Bracher, R Gurber. Runners up H Pallister, S Sweeney, N Haines.

Due to Covid 19 we were unable to have all our championship this year.

On **Thursday 10th December** we had our Christmas Lunch and Yearly Presentation.

In the photograph above are all our champions and runners up for 2020.



Singles J Gurber Runner up S Sweeney. Pairs Julie Hinchley, J Hampstead. Runners up J Womersley, E Nielsen Triples S Sweeney, L Walsh, J Hinchley. Runners up S Lund, D Porta, V Valentine Fours J Gurber, J Barratt, S Lund, V Valentine. Runners up V O'Brien, S Goodsir, D Porta, W Bracher.

Missing from photo are J Hinchley, V Valentine, S Lund.

Thursday night bowls will be starting on the first Thursday

Night of January for all people who want to join us at 5.30 to 9 o'clock.

And we wish all the readers a Happy New Year.

If you would like further information about the game please contact Meryl Brookes on 0411 278 298.



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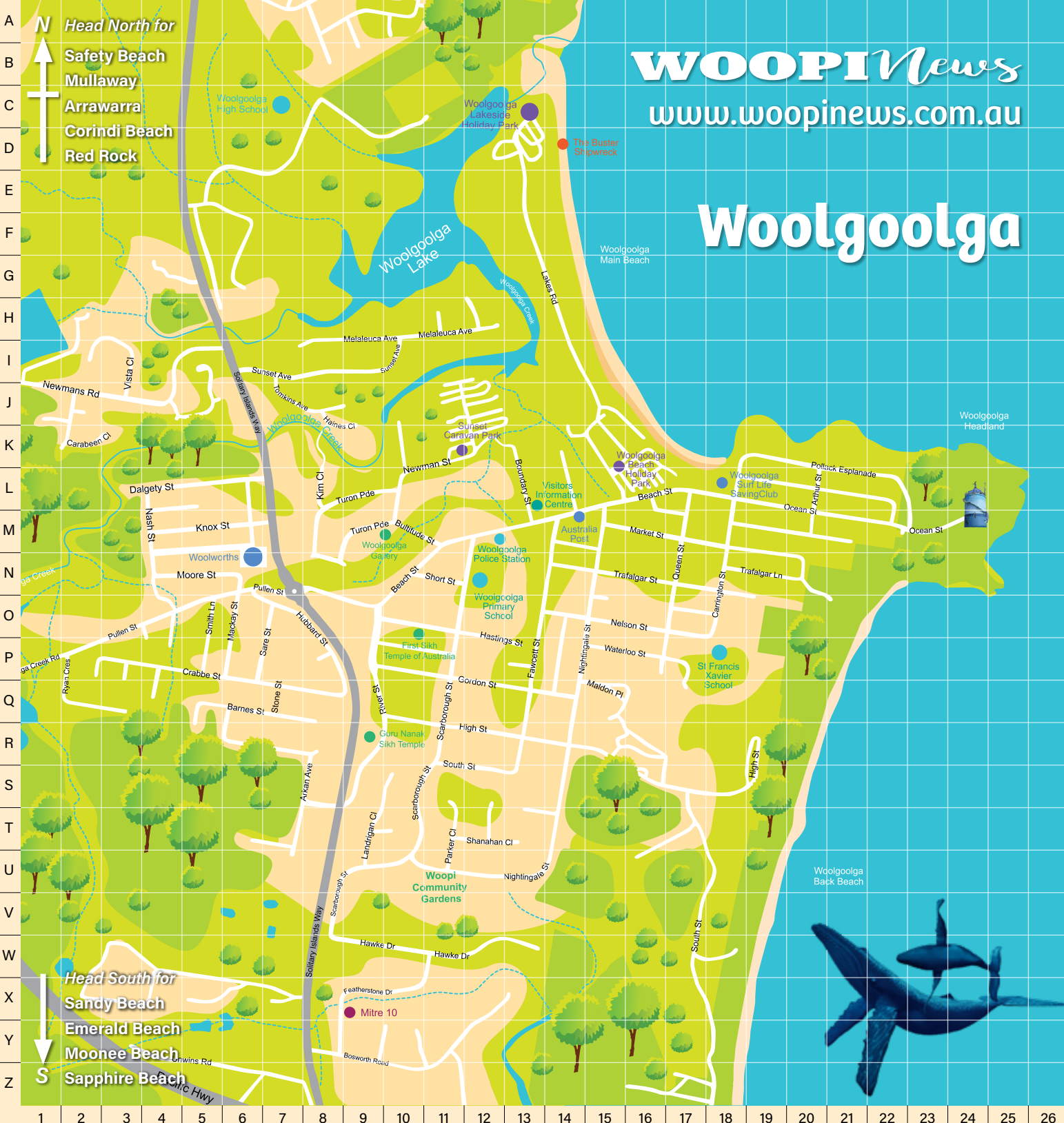
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