

W P I News

Woolgoolga and the
Northern Beaches

JULY 2020 issue #11



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Welcome to Woopi News

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Never have I ever seen a reaction to an event in our community like the one after the awful attack and subsequent death of our front page puppy, Poppy.



Poppy was only small, but she had the biggest heart. The chihuahua won the love of our community during her five little years. It took a bit of convincing for her owner, Elaine McInnes, to take on Poppy, when it was suggested to her that having a pet could help with the depression she was suffering, whilst grieving the loss of her mother, father and husband. They had all died in the space of one year. Elaine's concern was loving a pet and having it also die would put her through the pain of loss again. She relented and chose a chihuahua as they have a long life span and Elaine thought that Poppy would outlive her. Provision was made for Poppy to then live with Elaine's daughter Leana.

Little did anyone expect was that poor

Poppy would be snatched from her pusher pram by a savage unleashed dog. Poppy was shaken so savagely her back was broken, her lungs damaged and her legs paralysed, resulting in Elaine having to make the painstaking decision to have her put down.

At the time of the attack Elaine was weeding at the Community Gardens and Poppy was, as always, sitting nearby watching Elaine and world go by, when the dog came in and snatched her. Elaine, almost 75, dived in to save Poppy and missed her by a smidgen. She then threw herself in to try and save her little companion. Other members of the gardens rushed to help her and people passing by also stopped to offer support and assistance.

Elaine and Poppy are a community icon in Woolgoolga.

Elaine included Poppy in every daily activity that she could. She started putting Poppy in the pusher so she could get exercise herself, Poppy would walk a certain distance until her little legs were too tired and then Elaine would push her the rest of the way. Pops would sit patiently while Elaine attended meetings or met with friends at coffee shops. All sorts of people would stop to pat Poppy, she had a knack of making you feel like the most important person she had seen that day, even strangers. If she knew you she would stand up and wag her little tail vigorously. She particularly loved Robert Watkin and Billy Flicker who both fussed over her like little kids.

Poppy and Elaine joined the Fluro Friday

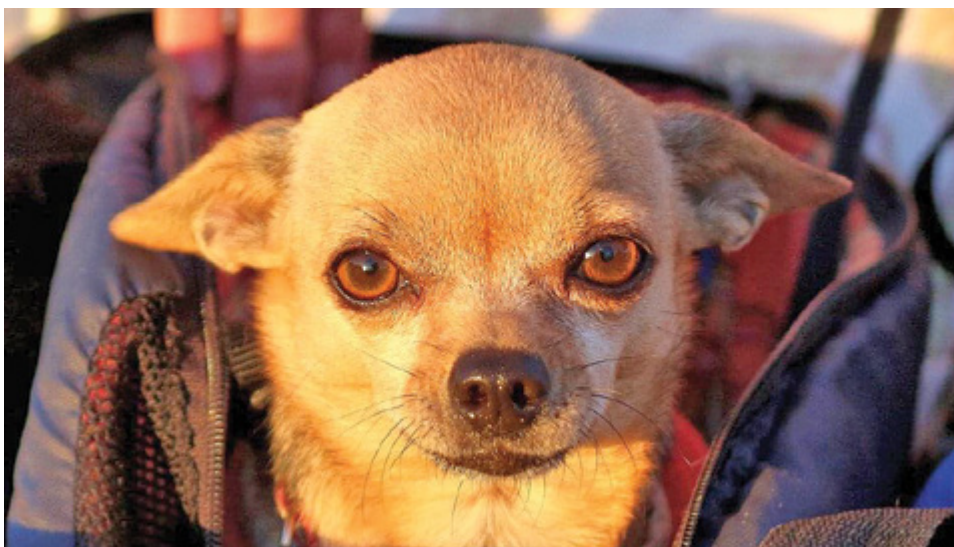


Tribe several years ago and were always the best and brightest couple there. On R U OK? Day Poppy had the cutest little yellow tutu that she would don.

The two of them would visit the Retirement Village and bring joy to the residents. At Christmas time they would walk the streets giving out lollies, visits to both the high school and primary schools would involve mass patting from the students.

When the news was out of Poppy's attack, as always with this town, community kindness kicked in with a Go Fund Me to help with Vet fees raising over \$3000 in two days. [Woodland Pet Cemetery in Lowanna](#) offered to cremate Poppy and for Elaine to choose a nice urn for her ashes at no charge. The Kindness Crusaders, Ollie and Tahlia, cooked up a couple of nice healthy meals for Elaine. The March Family kids came with cupcakes and company for Elaine. Flowers, chocolates and wine gifts started arriving at Elaine's door. It was truly amazing.

She certainly was a very popular Poppy. Brad and I will miss her as will thousands of others. May she rest in peace.



Welcome to Woopi News

A letter from Elaine

To my lovely Community,

I would like to say thank you to everyone who has reached out to me after the death of my beloved Poppy. It has been very humbling, everybody has really been wonderful, I have been overwhelmed by the messages of support that have been sent. The flowers, the cards, the food, and in particular the people bringing their fur babies for me to cuddle. It has been extra heartbreaking watching everyone else's sadness as well. Thank you doesn't seem enough but all these gestures have helped me a lot and got me through the initial heart ache.

In particular, I would like to thank Dr Duan March for helping me communicate with the vet and offering me support and advice, also to his wife Katie and three children Riley, Baxter and Hadley, not just for the cup cakes but for offering me company and making me laugh again.

To my Fluro Friday Tribe, the Woopi Gardens Crew and my good friend Kathie Warren, who are always there for me. Last but not least, to my beautiful daughter Leana and her husband Jimmy for driving up from Sydney to help me through the shock and the start of this lonely grieving period.

I will miss my Poppy but am forever grateful for all the beautiful friendships she has helped me form in this wonderful town of Woolgoolga.

Love to you all,
Elaine

Welcome to Woopi News

Every month we seem to be talking about another unbelievable event that has happened the previous month. Last month was the shock and disappointment to hear that News Corp were ceasing the print versions of their regional papers, in particular the Coffs Coast Advocate. We have both worked in the Newspaper industry for many years and it is sad to see the end of this era.

Woopi News' popularity is increasing every month and we will keep increasing the size and distribution as we grow. We aim to stay true to Woolgoolga and the Northern Beaches offering interesting stories about all sectors of our community. As the Social Distancing restrictions are easing we hope to reintroduce our What's on in Woopi Column and the Our Community column. If you have anything you would like to include please email us prior to the 15th of each month.

We were pretty stoked to receive this message from Federal Member for Page Mr Kevin Hogan.

Thank you Woopi News.

It is fantastic that we still have our very own locally written, locally printed community news. Thank you Lisa and Brad, Woopi News is proudly here to stay.

It was very disappointing to see the Coffs Coast Advocate move to an online version only.

There are people in our community, especially the elderly, who still rely on print to receive their news. Kevin Hogan MP

We hope you enjoy our Australian Made feature in this edition. We would really like to stress how important it is to our town and our country to Shop Local, Shop Woopi and Shop Australian Made. We hope to continue bringing you more locally made products each month.

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. Share the love.



Cover Pic: Thank you to Robert Watkin for the front page photo.

Some Good News to share CURRYFEST is ON!

Save the date - Saturday September 26
More details next edition.

Woopi News Distribution Manager, Freddy Byrne, setting off to do his deliveries in his brand new Merc. (Thanks to everyone who voted for Freddy in the Baby Budgy Smuggler competition. He won!)



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Woopi Whale Tales

Whale Watching is just one of the most amazing and relaxing things you can do. Just sit on a headland and gaze out to sea. You can do it on your own, with a friend or even the whole family ... and it's FREE. We hope you enjoy this months Whale Tales.

Hi everyone, I hope you are seeing some more action out there.

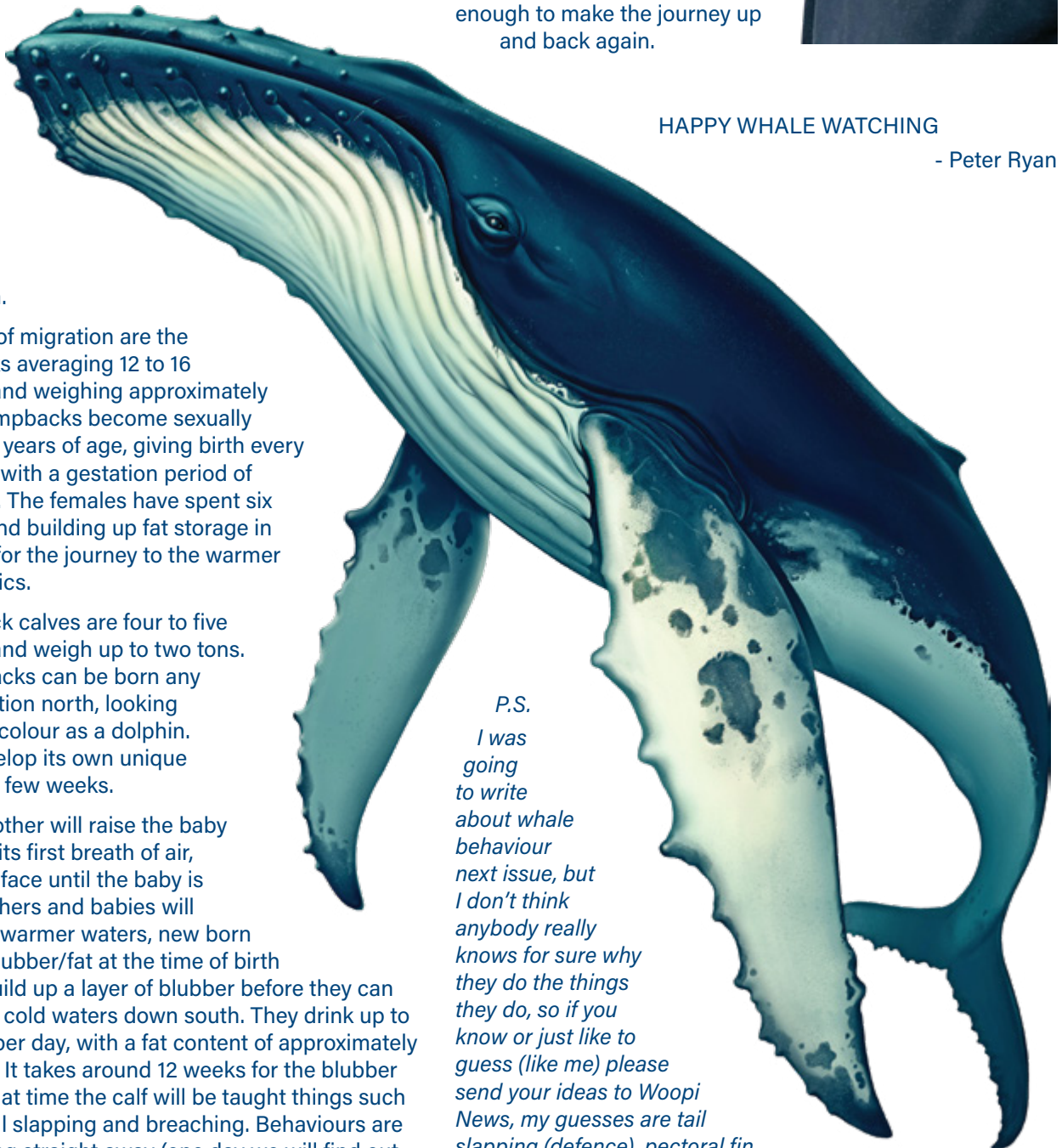
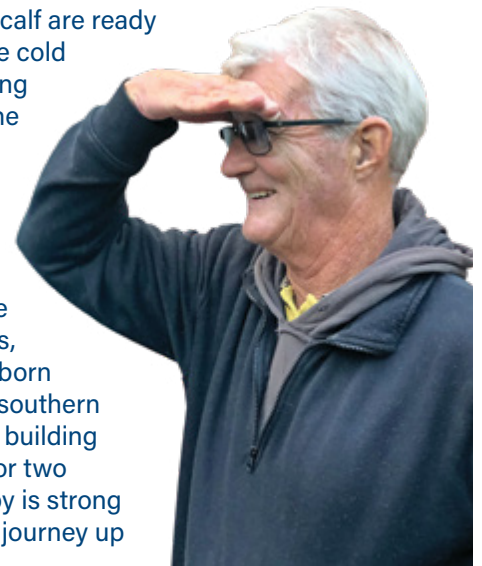
The main body of the migration has started moving past our coast line. It seems to be a bit later again this year - June, July and August they are travelling north, August, September and October they are travelling south. Last year the whales were returning well into November, it may be climate change or it could be the increased numbers. Let's go with both.

In the main body of migration are the female humpbacks averaging 12 to 16 metres in length and weighing approximately 25 to 40 tons. Humpbacks become sexually active after seven years of age, giving birth every two to four years, with a gestation period of around 11 months. The females have spent six months feeding and building up fat storage in southern oceans for the journey to the warmer waters of the tropics.

At birth, humpback calves are four to five metres in length and weigh up to two tons. The baby humpbacks can be born any time on the migration north, looking the same greyish colour as a dolphin. The baby will develop its own unique markings within a few weeks.

After birth, the mother will raise the baby to the surface for its first breath of air, staying on the surface until the baby is able to swim. Mothers and babies will continue north to warmer waters, new born whales have no blubber/fat at the time of birth so they have to build up a layer of blubber before they can go back to the icy cold waters down south. They drink up to 600 litres of milk per day, with a fat content of approximately 48% (human 7%). It takes around 12 weeks for the blubber to grow. During that time the calf will be taught things such as fin slapping, tail slapping and breaching. Behaviours are taught to the young straight away (one day we will find out why), so usually there is a lot more action when the whales are coming back down south.

When mum and the calf are ready they will return to the cold waters to feed. Relying on her fat storage, the mother may have not had much to eat, if anything at all, over the last four to six months. After returning to the cold feeding grounds, the mother and newborn will stay around the southern oceans, feeding and building up strength for one or two years before the baby is strong enough to make the journey up and back again.



HAPPY WHALE WATCHING

- Peter Ryan

*P.S.
I was going to write about whale behaviour next issue, but I don't think anybody really knows for sure why they do the things they do, so if you know or just like to guess (like me) please send your ideas to Woopi News, my guesses are tail slapping (defence), pectoral fin slapping (communication) and breaching (look at me, look at me).*

Woopi Whale Tales

Send us your whale pics and we will try our hardest to publish them for you.

It's important that they are of a high resolution (minimum 300 dpi) send to woopinews@gmail.com before July 15.



This photo was taken from Woolgoolga Headland last month by Liz McGinnes.

You can see more of Liz's work (or Lizard as we like to call her) at www.facebook.com/lizmcginnesthography

Breakfast with Gurmesh Singh

The Woolgoolga and Northern Beaches Chamber of Commerce are holding their first networking event since the forced shutdowns. Their special guest for the morning will be our Local State MP Gurmesh Singh.

Gurmesh has been fabulous in keeping the community up to date with the ever changing COVID-19 rules and regulations and we would like to thank him for this. He, as always, will be available for some QnA time but The Chamber would like you to email them your questions prior to the event so they have some structure to that part of the proceeding.

The breakfast will be held at 7am on Thursday July 9 at Walters Bistro, C.EX Woolgoolga \$30 per head or if you are a Member of the Chamber it is only \$25. Don't forget membership is Free for the rest of 2020 so a great time to join up and support our local business group. You can do this via www.woolgoolga.org.au or contact social@woolgoolga.org.au

Tickets are limited due to Social Distancing Rules so it is essential for you to pre purchase via the Eventbrite link. <https://woopibusinessbreakfastjuly.eventbrite.com.au>

A Continuous Story The Next Chapter

Last month we left our character lamenting their past, and we asked you, the reader, to contribute the next chapter.

Dee Dee Graham from Safety Beach has sent us this.

Chapter Two

As I dipped my toes into the tepid ocean feeling the tickle of the frothy high tide I knew that I would have to come to terms with the past, finally and very soon. The running has to end and it has to end on this shore. I knew no other shoreline could offer me that closure. I knew this simply because of the power it held over me and because in my heart I always knew I had to return. I always knew that until I did I would never be in peace. Of course I had tried so many ways to silence the guilt, for goodness sake I had traversed the globe seeking solutions and threw money at any self help guru who seduced me and my vulnerability. Funny but I always knew the answer was here, I guess I was just hoping I could discover another one. One that was less confronting.

The storm seemed to be quietening, gradually passing out to sea, I was starting to remember how the weather system moved around here, it would often roll in violently from the hills and the banana plantations and grumble its way out to the horizon, sudden bursts of rainfall could take us by surprise and then be gone as quickly as it came. I have always likened your life to this. The way you arrived so suddenly and took everyone by surprise, you were noisy, boisterous and so electric. How could I not have been swept off my feet, how could I not have felt drenched in your presence. How could I have not been the only one to have felt this way.

This is where we need your help Woopi. Send us 250 words with your version of the next chapter to woopinews@gmail.com before July 15. We will publish next month and then ask the same again. If you missed out on Chapter One you can still read it in our previous editions section at www.woopinews.com.au

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FANTASTIC NEWS WEST WOOLGOOLGA SPORTS COMPLEX IS ON THE GO!



A state of the art Multi Purpose Centre is part of the West Woolgoolga Sports Complex catering for indoor sports, dance and theatre performances, gymnastics, weddings, and so much more

It has been a long time coming but the final piece of the jigsaw fell into place when Kevin Hogan MP announced in June the \$10 million towards the constructions of the playing fields and the Northern Beaches Multi-Purpose Centre.

Estimated project costs of \$24.7 million have now been realised through three tiers of government.

Al Milroy, Chair of the Community Working Group said, "The community of Woolgoolga and the Northern Beaches have been extremely patient and diligent working together with Council over the years to pursue this sports complex for the future benefit of our community".

The West Woolgoolga Sports Complex is a greenfield site on the western side of Solitary Islands Way, opposite Woolgoolga High School. The project consists of the following components:

Civil Works – Solitary Islands Way access, internal roads, parking and services.

Playing Fields – for AFL, cricket as well as multi use fields, drainage, lighting and amenities.

Northern Beaches Multi Purpose Centre – two indoor courts (Basketball and Netball) multi-purpose rooms, stage, kitchen and amenities.

The detailed design stage funded by Council has commenced and is expected to be completed by the end of the year. The design team will seek to validate the considerable feedback and information collected over the years from potential users and in accordance with Council's adopted Sports Facility Plan and Indoor Sport Study. Engagement around this validation will be via the community working group, and shared with various sporting, youth, cultural and community groups.

Works on the site are expected to begin later this year with major construction works due to start in early 2021. It is anticipated that construction will take about two years and create over 140 direct and indirect jobs.

Enquiries in relation to the Community Working Group activities – almlroy@icloud.com, 0439 435 040. Or Visit:

haveyoursay.coffsharbour.nsw.gov.au/West-Woolgoolga-Sports-Complex

CONGRATULATIONS TO DARRIN ATKINS for 32 years service at Woolgoolga Fire & Rescue NSW Station 507



Popular born and bred local, Acko has hit a milestone and is the longest serving retained fireman at the station. Congratulations Darrin. Woopi News will bring you more of his story next month.

Woolgoolga RSL Sub-Branch Monthly Meeting

Will be held on Saturday 11th July 2020 at 10.30am. Meet at the Woolgoolga Diggers Club. Due to COVID-19 restrictions, the meeting will be on the back deck of the Club. All meetings will be held on the second Saturday of each Month.

Enquiries: 6654 2095.

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PETE'S PUSH UP CHALLENGE



When Peter Glattback, owner operator of Taffy's Café accepted the Push Up Challenge, as a chance to raise money for Headspace and bring awareness to mens mental health, he didn't just do the push ups in his loungeroom, he decided he wanted to film them in beautiful scenic spots around the Northern Beaches.

He pushed away at several beautiful back drops like Serenity Beach and Look at Me Headland, surrounded by kangaroos, out the front of his café on a bench, on top of his car and as you can see from the photo in a Norfolk Pine! What the? You can view the full video of this online if you click on the picture. On one of the days, Peter had set his camera up and climbed up on to a rock, completed his 25 push ups and came down to find his camera had fallen over, so he had to get back up and do them again. The second time, he had technical problems with his phone camera and had used the wrong lens. He was struggling a bit the third time around.

Struggling is what this challenge is about, its to bring awareness and raise money for mens mental health.

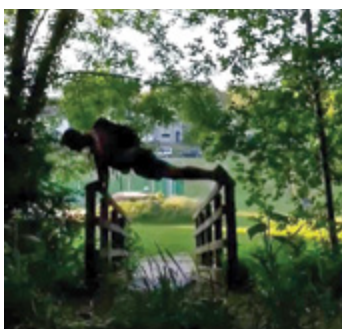
This is a world wide challenge, the Australian version started in 2018 and the 3046 push up goal over the 21 days is the number of men's deaths by suicide that year. Each day a target was set for the number of push ups to be done based on men's mental health statistics.



Unbeknownst to Peter his nephew, back in Wales was also not only doing the challenge, but also doing it in scenic and spectacular places. See the photos here on the left.

"Neither of us knew the other was participating in the challenge. So from opposing sides of the world, two Glattback's doing it for men's mental health, both trying to find unusual spots to do the push ups." Peter said.

Peter raised close to \$350 which goes to Headspace. You can read more about this challenge and Mens Mental Health via www.thepushupchallenge.com.au



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Meet Wendy Townsend

There are so many interesting people in our community. Some have been here for a long time and some only new. Woopi News would like to share with you a little bit of both. Wendy, a new resident, tells us a little bit about herself. How beautiful are these textile masterpieces she creates.



All of my life I've been doing some form of textile art, I used to do embroidery making doll's clothes, always doing something with my hands.

As a young woman I made some of my clothes for myself, then marrying young and having four daughters I made most of the clothes for my children also.

When my youngest daughter started school I became a member of the knitters guild in Sydney starting the southern Sydney branch. I then purchased a small wool shop business, discovering that I had a natural ability to be able to design and write a pattern to knit a garment. I then moved into a bigger shop, developing my business, when my children became independent, I began running workshops, teaching knitting techniques to design and make simple garments all over Sydney, including Sydney Uni leisure courses.

At the same time developing a cottage industry in designing and writing patterns for my designs in which I had over 20 people knitting for me.

I became part of "Dorian Scott's Australian Designs" an up market store at the Rocks in Sydney. Unfortunately, as most things in fashion they eventually come to an end.

One of my previous workshop students was moving to Japan to teach English at a college. She was telling me that in Japan at the time, being the mid 90s, native English speakers could earn a living in Japan teaching English and English conversation practice.

I moved to Japan when my youngest daughter turned 18 (going on 28 ... lol). I enrolled in a fulltime Japanese Language College where I studied for two years.

To cut a much longer story short ... I went to the UK to visit my youngest daughter who was at that time in the Orkney Islands. That's where I discovered felting. One of the most ancient discoveries when sheep were kept enclosed dropping their fleece, urinating and walking on it which created felt.

Modern days, the wool fibre is available commercially ready to felt in many colours. Different colours can be mixed together to create a new colour as can be done when painting.

In Australia I starting teaching people 'how to felt' at leisure classes, while selling artworks I had made at various shops.

I have now moved to Woolgoolga near one of my daughter's Lu Townsend. These days I continue my textile art for my own enjoyment.



Welcome to Woopi Wendy

END OF AN ERA

The Woolgoolga Rotary auction has been a town fixture for the last 30 years and kept tonnes of useful items out of landfill. It's about to come to an end with a giant garage sale of all remaining items over the weekend of Saturday 4th and Sunday 5th July.

The Rotary Shed behind the CWA building in Beach Street will be open from 9am-2pm both days and all items must go...so come grab a bargain - some furniture, household goods, bric-a-brac. Social distancing rules will apply, hand sanitiser will be available and numbers inside the Rotary Shed at any one time will be limited according to current restrictions.

Rotary is hoping the many locals who have volunteered at the auctions or donated goods or bought a memorable item will turn up and share a story or two with the Rotarians on duty.

"Many locals have furnished first homes or set up the granny flat or accommodation for student children

with affordable furniture and household goods. Many have found and restored an antique, a treasure from a bygone era. Still others such as berry pickers have furnished their accommodation then donated items back at the end of their stay. Many who are downsizing or moving have donated goods that are still useful, avoided the hassle of garage sales and found their move easier and more rewarding as a result", according to Rotary Club President Pam Stone.

Woolgoolga Rotary has funded many local projects and helped out in national and international disasters through funds raised at the auctions. Contributions to building the Seniors Centre, the retirement village, Yeates Hall, local sporting facilities, the toddlers pool at the swimming pool, the Heritage Walk, many youth programs...none of these things would have been possible without funds from the Rotary auctions. Retired auction director Dick Matthews records that over the 30 years, more than three quarters of a million dollars have been raised from auctioning used

goods. Each year over \$8,000 is donated to the various groups that help Rotary run the auction...from schools and pre-schools to scouts, red cross, rural fire services, community gardens and sporting clubs.

"The auction has been a valuable fund raiser for many local community groups, not just Rotary", he said.

But times have changed and Woolgoolga Rotary Club is now looking at trialling some new exciting ways to raise funds for the community.

So...come along and grab a bargain, revisit some auction nostalgia as we say farewell to a Woopi tradition with a huge clearance sale.



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easy to recommend to people as there is nothing in it that will do anything bad to anyone's skin. The range looks beautiful and fresh with fruits and flowers being their base ingredient.

Her Pink Diva Nail Polish is hema free and is made in Coffs Harbour, Australia (hema is the yucky stuff that some people can have a reaction to, plus I don't think it's very good for you).

Her lipsticks are from Shanghai Suzie, which despite the name is a Melbourne company. So all Australian made. I love that they are mostly organic and not tested on animals as well.

You can buy these products as a stand alone but why not let Emma treat you to a salon experience first.

Emma has given her home salon a bit of a reno whilst it has been in forced shut down and it looks and feels really lovely.

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TULLI STEVENS ART

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The bags are big enough to hold all your yoga needs - eye pillow, oils - plus your mobile, keys or anything else you take to class.

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NSW GOVERNMENT COVID-19 RESPONSE

COVID restrictions are easing
across NSW.



IF YOU ARE A NSW RESIDENT:



You can visit
anywhere in
regional NSW for
recreation and
holiday purposes



National park
visitors should check
nationalparks.gov.au
to learn more



Some caravan
parks and camping
grounds will be
open



Follow physical
distancing and good
hygiene practices



Call ahead to
confirm any
bookings



Public health advice
is still in place

RESTRICTIONS EASING 13 JUNE:

- Gyms and Fitness Centres
- Pilates, Yoga, and Dance Studios
- Community Centres
- Indoor Pools and Saunas

- Tattoo and Massage Parlours
- Community Sport for under 18's will begin 1 July

For more information, please go to: www.nsw.gov.au/covid-19

Gurmesh Singh MP

MEMBER FOR COFFS HARBOUR

- ✉ coffsharbour@parliament.nsw.gov.au
- 📍 1/9 Park Avenue, Coffs Harbour NSW 2450
- 📞 02 6652 6500

Shop Woopi Shop Australian Made

SEARLES

Have you been busy gardening during lockdown?

Searles Potting Mix is produced by an Aussie owned family business.

About the Garden magazine is produced by Searles quarterly. The mag is available from Mitre 10 Woolgoolga free of charge and features all the latest gardening ideas, tips and trends. Winter edition available now.



FOREIGN OWNED



KEVIN HOGAN MP FACEBOOK CAMPAIGN

Now is more important than ever, that we support our Australian businesses.

It's been great to see our Federal Member promoting BUY AUSTRALIAN MADE via his facebook page.

One company he has featured lately is Norco Milk, a 100% Australian owned dairy co-operative established in Byron Bay in 1895.

If you are locally owned and have a foreign owned competitor, please message or email him your info and he will spread the news.

Click this link to contact him www.kevinhogan.com.au or checkout his facebook for more Australian Made Products. www.facebook.com/KevinHoganMP

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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.

Social - The New Media

Social media is an effective way for small businesses to call in new and return business, however without a good balance of skill, strategy, and support it can be frustrating, time-consuming and one of the last things left on the to-do list. What if with a few tweaks here and there, your social media efforts were more impactful and a whole lot easier?



Local social slayer, Sharon Galway has recently launched her business in social media mentoring, offering personalised support tailored to your skills and your business. She has compiled a list of her top five tips to share with local small businesses wanting to enhance their socials.

Top 5 Social Media Tips For Small Business

1. Quality content and consistency is key. The aim isn't to broadcast so much as it is to engage the audience. Whilst it's important to post regularly, quality is more important than quantity.
2. Utilise a content scheduler to help you organise your content and campaigns. Keep hard-sell posts to a minimum (20% of posts or less) and seek to engage by entertaining, educating and inspiring your audience.
3. Utilise a variety of hashtags to grow your reach on Insta and LinkedIn. Some of the popular local hashtags include #woopi #wooloolga #coffs #coffsharbour #coffscoast #coffscoastnsw #coffsbusiness. You might also tag relevant organisational bodies or collaborators such as the Wooloolga Chamber of Commerce @wooloolga_nsw
4. Pull back the curtain on your business to reveal the people behind the powerhouse. Share your business backstory story by going live, utilising Insta and Facebook stories and highlights. Allow your followers to get to know YOU and what YOU stand for.
5. Good photography is really important but you needn't always hire a photographer. Capture a variety of photos from various subject angles on your smartphone, edit them and apply the same filter to all your photos so they stay on-brand.

Sharon has a special offer for Woopi News readers for the month of July. Mention this ad and receive Unhidden, Sharon's 1:1 Social Media Mentoring offering for \$249, usually \$499. Offer expires 31.7.20. Sharon: 0416 163 656 mssharonjoy.com/social-slaying

Unhidden
1:1 Social Media Mentoring
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90 minute strategy session +
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Sharon Joy

What's New

Farmers Markets in Wooloolga

LOCAL produce, gourmet treats and all your daily essentials will be available at the new Village Farmer's Market in Wooloolga.

When the COVID-19 pandemic hit and subsequent restriction ensued, Another Tasty Event's Carl Mower and Sherry Price knew they had to get creative and re-evaluate how they could continue to bring valuable events to the local community moving forward.



It was in this process the Village Farmer's Market was born. "We know many local businesses have taken a hit and that many people have felt a loss of connection to community," Carl said.

"That's when we knew: the Village Farmer's Market is a great way to support local industry, as well as create those meaningful community connections we have always been about."

Running in Wooloolga every Friday, the Village Farmer's Market is bringing together local growers and producers to give the community a 'Farm to Plate' experience.

They've had an incredible response from local farmers, with everything from staples like fruit, vegetables and eggs through to gourmet dips, salami and bush tucker, stalls will feature local and regional produce, along with home baked goods - you can come down and grab your essentials or treat yourself to some gourmet treats.

Here is a taste of some of the stall holders:

The Big Salami, Aisha's Farm, Mullee's Fruit & Veg, Bakarindi Bush Foods, Clarence Valley Gourmet Dips, Bellingen Pasta, Val's Cakes, Raw Food Hub (pictured), Nuts, Snacks & Fresh Flowers.

The Village Farmer's Market will be held at the Queen Street basketball courts in Wooloolga every Friday from 7am - 11.30am.

For more information please visit www.facebook.com/villagefarmersmarketwoopi

What's New in Woopi

Have you seen the new Mural at Sandy Beach?

It's on the side wall of the Sunken Chip. Painted by two Portuguese Backpackers, Bia and Ana whilst they included Sandy Beach in their world travels. It's worth a visit to Sandy to have a look. While you're there, pop into the Chip for a coffee or a delicious burger or maybe even grab one of their Frinners (house made frozen dinners).



Northern Beaches Residents Association

has a new facebook page. Since 2009 NBRA has been collaborating with Coffs Council, Woolgoolga Chamber and the Woolgoolga Community to ensure the best for our town. You can learn more via www.facebook.com/nbra2456 Membership is \$5 join up plus \$5 per annum.



Woopi Connect

Our On Demand Transport service is now added an extra service and are now operating on Saturdays from 8am till 2 pm as well as their usual hours of 7am to 7pm - Monday to Friday.

Woolworths

Woolies have a new click and collect parking bay. Now you can order online and park nice and close to go inside and collect. www.woolworths.com.au/shop



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Start fresh this Financial Year with Stasha Dunn, Principal Accountant of Staysharp Accounting.



Stasha has been providing accounting services on the Coffs Coast for 15+ years. Working locally in Woolgoolga since 2015, Stasha has been committed to providing quality service to clients both locally and Australia wide.

Book a meeting with Stasha:

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

Free 30 Minute Business Consultations for the month of July.

Business Bookkeeping, at a competitive price. Bookkeeping software setup and support. All Business Accounting & Taxation Services. Self Managed Superannuation Funds.

Website meeting bookings encouraged. Open Saturday mornings by appointment.

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Principal Accountant

staysharpaccounting.com.au

Phone: 0408 308 101

5/66 River Street Woolgoolga NSW 2456

What's New in Woopi

LauraBelle Beauty



For the past ten years lovely local Laura O'Donnell has been working in Coffs with the team at Blush. The COVID-19 shutdown and the prospect of new owners taking over Blush meant Laura found herself out of a job for the first time since school. Every cloud has a silver lining and this gave Laura the motivation to follow through on her long time dream of owning her own salon. As soon as the Social Distancing restrictions were lifted for beauticians Laura was ready for business at her home salon in Nightingale Street. It's so good to see another young person open a business in Woolgoolga. You can find her price list via her facebook page www.facebook.com/laurabellbeauty1

Bishop DrUITT is coming to Woolgoolga



The plan is to establish a new Kindergarten to Year 4 campus in Woolgoolga. An information and experience pop-up shop is now open for everyone to find out more about this exciting new campus as well as experience their Walker Learning approach in action. The pop-up shop is open from 9am-12pm Monday to Friday and is located at 42 Beach Street, Woolgoolga.

If you are interested in the new BDC Northern Beaches campus or know someone who is then please visit the shop during opening hours. Alternatively call 6651 5644 ext 208 or email enrolments@bdc.nsw.edu.au. Follow this link to learn more about Walker Learning at BDC www.youtube.com/watch?v=wUK-5imJ6QA&t=2s

There's a new Accountant in town. Pretty good timing!



Start fresh this Financial Year with Stasha Dunn, Principal Accountant of Staysharp Accounting.

Stasha has been providing accounting services on the Coffs Coast for 15+ years. Working locally in Woolgoolga since 2015, Stasha has been committed to providing quality service to clients both locally and Australia wide.

She has lived locally, since moving to Woolgoolga with her family in 1994. Outside of the office, Stasha enjoys exploring the beautiful coastline of our Northern Beaches with her three children.

Book a meeting with Stasha:

Individual Tax Returns, fee from \$121. *with fee deducted from refund from \$132. * additional schedules incur further fees. Free 30 Minute Business Consultations for the month of July. Business Bookkeeping, at a competitive price. Bookkeeping software setup and support. All Business Accounting & Taxation Services. Self Managed Superannuation Funds. Website meeting bookings encouraged. Open Saturday mornings by appointment. Located at 66 River Street (corner of Hastings) Woolgoolga. Phone 0408 308 101.

AND a new Acupuncturist in town

Adam O'Mara is a registered acupuncturist of 11 years, plus five years in remedial therapies and Emmett technique. He is studied in Chinese Herbal Medicine and metagenics formulas. He has studied in China and Japan and combines several schools of thought from mainly Japan or Taiwan, depending on the complaint. Acupuncture is a proven therapy for all pain related problems, especially headaches. It also benefits fatigue, hormonal therapy, woman's health and fertility, neurological disorders, gut repair, and stress related disorders.

He is located at 1/8 Nightingale Street (Shane's Beauty on the Beach), Woolgoolga on Wednesdays and Saturdays. For bookings call 6654 7054 and enquiries call 0400 402 911. He is also located at Northside Health, 14 Edgar Street, The Jetty, Coffs Harbour.



Eco friendly yoga mats

A stunning new range of eco friendly yoga mats printed with amazing drone shots of our local area. The natural tree rubber mats are biodegradable and made from a renewable resource. Designed by Coastal Dreaming a 100% locally owned company. Available at Nourished Earth, Moonee Market or www.coastaldrones.com.au/shop

Businesses owned by Woopi Locals

Do you find it hard to shop local and support Woopi Businesses because you work elsewhere? Well welcome to our new column. Businesses owned by Woopi Locals of the Northern Beaches.



thegoodbeautician

Our first column is dedicated to Mullaway Resident Tammy Harling who is the owner/operator of The Good Beautician in Monterey Arcade in the City Centre of Coffs Harbour.

Tammy opened The Good Beautician late last year and was having the time of her life when the COVID-19 restrictions were put in place and she was forced to close her salon. She has now happily reopened and is offering all the usual beauty services, waxing, tinting, spray tans, nails, body piercing, etc but the pièce de résistance is she gives the most amazing holistic massages and facials.

Using products from Australian Made, Local Company, Heritage Healers which are all made here in the Boambee Valley by Emerald Beach local, Leanne Lovatt. Made with love from the purest organic ingredients with wildflower essences as their base.

Tammy asks you to do a quick questionnaire when you first arrive to her gorgeous salon, which then determines what is your Ayurvedic Element of Nature – Earth, Water, Fire and Air. This defines your personal wildflower essences, crystal energised aromatherapy oils and healing herbals that have all been designed to reduce stress, enhance and maintain the positive qualities of your element, and dissolve imbalances. The result is a renewed vitality, energy and well-being, helping you to look and feel more youthful and to live a beautiful life.

I have had two wildflower essence facials with Tammy and I can honestly say they have been the best facials ever. She has a lovely massage technique that is soothing and relaxing. I can't wait to go back for another one, which is really saying something as I try really hard not to go into Coffs very often. I love Woopi too much.

Tammy's phone number is 0490 803 846 or you can book an appointment via her facebook page www.facebook.com/thegoodbeautician1

So if you work in Coffs and want to Shop Local Shop Woopi, The Good Beautician is great option. Stay tuned each month in Woopi News for some more.



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.

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



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Sit up straight!

We can all probably remember a time we were told to 'stop slouching' by a well-meaning adult. The full benefits of good posture may not have been known to them but it was a wise instruction. Research shows that posture impacts on brain function and mood. Good posture = better state of mind!

Take a moment to slump in your chair or stoop over as you walk. Drop your gaze and cross your arms over your chest. Notice how you feel.

Now sit up or stand up tall, roll your shoulder back a bit and look straight ahead. How do you feel now?

One study done by Pepper and Lim, 2012 assigned a slumped or straight posture to 74 people in New Zealand. Their blood pressure and heart rates were measured as they completed a series of tasks designed to assess their mood, self-esteem and stress levels. The slumped participants reported feeling more fearful, hostile, nervous, quiet, still, passive, dull,

sleepy, and sluggish. Good posture was associated with higher self-esteem, less social fear and fewer negative emotions. The participants with good posture even had stronger pulse responses than their slumped friends.

This is just one of many studies showing how mood is directly impacted by our physical posture. This is such a powerful piece of information for us all to use in taking an active role in maintaining good mental health. Something so simple as shifting our posture into a 'open' and 'tall' position to boost our mood and confidence is like a superpower we might not have known we had! Next time your mood is low or you are feeling stressed, stand up, reach your arms overhead and take a couple of deep breaths as a re-set of your mood. Got a job interview? Sit up tall and look your potential employer in the eyes. Kids grumpy after too much screen time? Get them to lay backward over a couple of pillows (positioned under their mid

back) on the floor and stretch their arms overhead for a few minutes.

And a gentle reminder that the key to implementing healthy habits is first slowing down and becoming aware of how we find ourselves. Pause and take a conscious breath.

Stay Healthy Woopi! Anna

Author: Local, Anna Miley, Exercise Physiologist, Certified Yoga Teacher

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



THANK YOU to the wonderful North Fife Rotarians in Scotland

Scottish Rotarians from North Fife Rotary Club visited our District in 2008 on a Rotary Friendship Exchange. They heard about the fires in Australia affecting rural residents near Glenreagh and Nana Glen. Colin Lowe, a Past President of North Fife Rotary Club, visited Woolgoolga in January 2020 and saw the fire impact himself.

His club then made a donation of A\$2,000 to help those victims. After considerable research, the Woolgoolga Rotary Club Board has decided to direct one half of that generous donation to HeartStart Glenreagh, which is directly helping

people affected by bushfires. They are also working to set up a multi-purpose community hub building to help coordinate future responses to similar situations.

The other \$1,000 from North Fife is going to Tracy Chapman for her two organisations - "Hello Orara Valley" and "The Bush Tucker Box". These projects are helping wildlife impacted by the fires. They are providing donated emergency food, habitat hollow logs to locate in burnt out areas and some animal rescue. She is developing social media sites that will promote these projects, provide educational material and network with diverse and numerous environmental groups locally, across Australia and internationally.

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PAST AND PRESENT STAFF of Woolgoolga High School

Do you recognise anyone in these photos?

They most likely taught you, or your children, at some time or another over the past 39 years.

Three of them (in the top photo) are the original teachers from when the school was first opened.

Mr Terry Gill (Maths),

Mr Bob Wright (Social Science)

and

Mrs Pam Wright (English/History).

Past and present staff have reignited their February meet and greet at Woolgoolga Lake. The tradition of meeting new and old staff at the beginning of the school year was started in the early 80s when the school went from demountable buildings to its current school.

The group meets in February, June and November. (Unfortunately the June gathering was covidly abandoned).

The next meeting will be on Saturday 21st November for lunch at the Seaview Tavern. All PAPS welcome!



Pam Warner, Sue Neil, Anne Broomfield, Mark Feeney, Mark Young, Terry Gill, Chris Blair, Michael Talvey, Bob Wright, Pam Wright, Sue Jones, Daryl Warner, and Eddie Broomfield.



THE NATIONALS *for Regional Australia*

Kevin HOGAN MP

FEDERAL MEMBER FOR PAGE

Buy Australian Made

Supporting local businesses

My contact details:

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

Grafton Office:

ph: 02 6643 3973
1/83A Prince St, Grafton

Lismore Office:

ph: 02 6621 4044
63 Molesworth St, Lismore

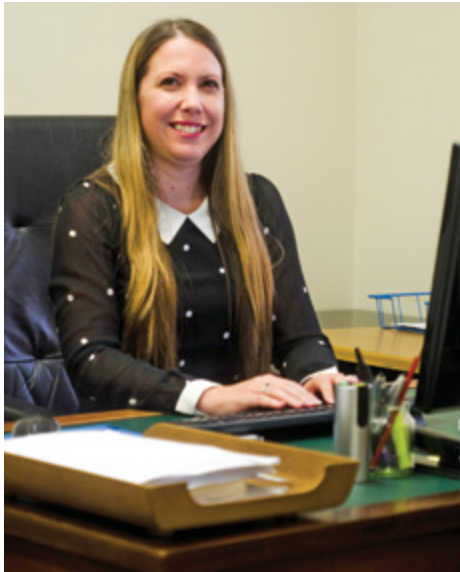
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Kevin Hogan MP

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WORKERS COMPENSATION FROM TWO PERSPECTIVES – WHICH ONE WOULD YOU CHOOSE?



Thank you to my four year old for the inspiration for this article.

Bob the Builder was climbing up a ladder while at a worksite when he suddenly fell, landing heavily on his lower back. Bob was in pain but wasn't sure what he should do – report the injury to his employer and go see a doctor, or try to shake it off and go back to work?

Scenario 1,

After seeking some advice Bob reports the injury to his employer and consults a doctor. The incident is noted in an incident report by the employer. Bob's GP advises he has a lumbar spine injury and needs some time off work to recover. The GP issues a Certificate of Capacity noting that

Bob is totally unfit for work until the next review date in 28 days. Bob provides his employer with the certificate and lodges a worker's compensation claim with his employer's workers compensation insurer. The claim is accepted by the insurer given the injury noted by the GP is confirmed by the employer's incident report. The insurer pays weekly benefits for the period that Bob is incapacitated and pays for all medical expenses. Bob's condition improves and he is able to return to work on light duties in a gradual return to work plan negotiated with his employer, the insurer continues to make up his wage. Unfortunately, Bob's condition deteriorates, surgery is recommended. The insurer approves the costs of the surgery and pays Bob's wages while he is recovering. Following the surgery Bob is unable to return to heavy manual labour so the insurer pays for his rehabilitation and retraining into a Project Management position. Bob also receives a lump sum payment for the permanent impairment he has due to his lumbar spine injury.

Scenario 2,

Bob decides to continue working as he does not want to get his employer offside and risk losing his job. Bob experiences ongoing lower back pain over the next few months which affects his ability to perform his work duties. The employer is unhappy with Bob's performance at work and their relationship deteriorates. Bob finally decides to go see his GP and

explains that his back pain began when he fell off the ladder at work. The GP provides a Certificate of Capacity noting that Bob is totally unfit for work due to a lumbar injury sustained seven months ago. Bob provides his employer with the certificate and lodges a worker's compensation claim with the insurer. The claim is denied because it was lodged more than six months after the injury. There is also no evidence that Bob sought any medical treatment for a back injury in the previous seven months and the employer has no knowledge of his fall from the ladder. To make matters worse, Bob needs lumbar spine surgery, but this will need to be delayed while Bob disputes the denial of liability by the insurer in the Workers Compensation Commission. Unfortunately, the only witnesses to the fall were the machines on the work site and since they do not talk in real life, they are unable to provide any evidence to support Bob's claim.

In NSW injured workers can access funding grants for legal advice and assistance in respect to workers compensation claims. The advantages of getting advice soon after an injury can make all the difference as outlined in the scenarios above.

KC Hilton is an Accredited Specialist in Personal Injury with a particular interest in workers compensation claims. If you have been injured at work and want some advice, call WNB Legal on 0419 464 946 to arrange a consultation with [KC](#).



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6654 0111



Woolgoolga's Own



News from 87.6 FRESH FM (Woolgoolga's Own)

G'day Woopi!

Isolation continues and we hope you are tuned in! If so you may have noticed a little change in the evening programming. 'Drivetime' is now 4-6pm and we now have an East meets West 6-8pm, it's a mix of Punjabi and smooth dinner music.

We've had some great response to the people trying to win themselves a CD and thanks to Foghorn Records we still have few to give away. To be in the running just drop us an email or call the station on 6654 2422. These albums will be featured in our 'ALL AUSTRALIAN' programs.

Request time is till 4-6pm or within any of our genre playlists so if you want us to play something email or phone please.

Any businesses out there that would like to have a promo played over the air please let us know. Of course being community orientated if you would like to contribute to the station in any way all you have to do is contact us.

With the relaxing of COVID-19 restrictions, events and happenings are sure to be under way, so if you would like us to tell the community about them please let us know a couple weeks in advance and we'll get it promoted for you.

Again, we are always seeking sponsors, so if you'd like to have your business known to our community please don't hesitate to contact us on 6654 2422 or by email at fresh.fm.87.6.radio@gmail.com - Happy Listening. 🎵

Due to the high level of cancelled, rescheduled or missed appointments to get your NBN connected of-late, NBN Co will test a new online booking tool that allows end users to reschedule inconveniently timed technician appointments.



The tool will allow the end user to reschedule appointments directly with the NBN Co through a link to an online booking tool via SMS to solve the bottle-neck process in place now.

The standard protocol, at this time, is for the end user to contact their ISP (Internet Service Provider) to then contact NBN Co to organise this change in circumstance, or issue, which results in a skirmish of communication between multiple parties until the problem is rectified. This could take weeks and be extremely frustrating.

The tool has a trial date set for mid-July (although unconfirmed) but aims to bridge the gap between NBN Co and the end user (for the first time since released) and will allow the consumer more control, and knowledge (I feel) with the connection process - the onus being pushed back toward NBN Co.

In addition to facilitating changes for customers that can't be home for an initial appointment, it is also understood the tool can be used by a customer to alter preference times for an appointment that needs to be rescheduled because it was missed by the NBN contractor assigned to it.

Whether this online tool is a success, or even gets released, I believe it will be a good incorporation to the connection process, and relationship between NBN Co and the end user.

We are back to normal operating hours
 Your local NBN provider with no overseas call centre
 We come to you!
 We set up your home network and connect your devices
 Onsite support - any I.T., internet or TV issue, we come to you
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Photographer of the Month



BILL BOARD

My journey into photography is very much a self indulgent one, it comes after a diverse career including business management, media, advertising and marketing. I've always had a camera of some sort and enjoyed taking snaps but when I found myself in Canberra, without a job, I decided to get a 'decent' camera and teach myself how to use it and I haven't stopped learning since.

If I had to define my favourite type of photography it's probably not so much about the end result. My favourite type of photography is that which puts me alone in the bush enjoying the atmosphere, standing on a headland watching the sky caress the sea at days end or sitting quietly thinking about the history of an old building, if I get a nice photo out of these situations then it's a bonus. Regardless of the shot I'm taking I hope my images somehow depict the moment I took the photograph and that people will see what I saw, feel what I felt and realise the emotion of the moment I took that image.

My life to date has taken me down many different roads, I still enjoy a good road trip finding new places to photograph and will continue to do that but I am now based in Woolgoolga NSW. I love Australia and if I had only one wish it would be to continue photographing more of Australia, its history, landscapes, seascapes and its nature. At this point I must thank the people of Woolgoolga for embracing my photography. I am humbled that many people have purchased my photos in print and they are hanging in homes all around the area, I could have no greater compliment, thank you.

Happily I have recently upgraded my website to a portfolio style website so my selected images can be found at <https://imagesbybill.com.au> ... and I can be followed day to day on facebook at Images by Bill.

Humans of the Northern Beaches

Ashleigh Jade Tebbs is one of my best friends and a young mother of three so I was excited when I asked her to be this month's Humans story.

I started by asking Ashleigh how long she had lived in Woopi? "31 years" was her answer. So you have lived here most of your life? "Yep I was one when I moved here." And where did you move from? "Queensland." So you wouldn't remember that I sponse? "Arrgh no not really lol." I see you have your youngest with you, for the folks at home what is Junior's name? "Eli". And how old is Eli? "16 months".

Ashleigh is all about routine so I knew to interview her at the Beachouse Cafe when she gets her morning coffee.

I asked Ashleigh what it was like to be a young mother in Woopi? "It's a really good area to bring up kids, I reckon yep, I love it, it's by the beach and we've got it all" Yeah we sure do.

Ashleigh has three boys Deakon 13, Cooper 8, Eli 16 months, Deakon being my god son. With two of Ashleigh's boys attending both of our local schools I asked Ashleigh was she happy with the schools? "Yeah they are really good and seem to want to work with you, my son was having a couple of issues, but they work with you and it has come good, so I can't complain."

Ashleigh, I see your comments on the local Woolgoolga What's Happening Facebook group, where you always have a good opinion, would you say you are community minded?

"Yeah, I just try to give the mother's perspective. With projects like the upgrade of the local park, I have big ideas, because



us mums go there a lot. So yes, I am community minded, I just want to make sure the mums' point of view is heard"

How do you feel about some of the other projects that have been proposed and do you feel it would affect your children when they get older? "Yeah, I think some that have been proposed are just too much for this little

town and if we don't stop somewhere it will turn into a little Queensland"

I thanked Ashleigh Jade for her time and told her I loved her as always, I finished by asking her my most important question, is it Woopi or Woolgoolga? "It's Woopi yeah, there is no Woolgoolga about it". Ashleigh is a human of the Northern Beaches and I can't wait to speak to more.

Garreth Nicholls

The Woopi that Was

This month Woopi News brings you an old time story from a lovely local lady that we have become great friends with over the past few years. She has a long history with Woolgoolga having lived here, then left and returned, followed by some of her lovely family. We hope you enjoy Laurie Pilon's trip down memory lane.

The Robinson Family History - Woolgoolga

Our connection with Woolgoolga started about 1930 when my grandparents, Sydney and Katie Spencer began camping here for six weeks every Christmas with their five teenage children. Travelling to Woopi from Bendemeer (near Tamworth), where Grandad was headmaster, was a two day adventure, not like the four hours it takes today.

Timber, bananas and some dairy were the main industries and the jetty was the focal point of the town. There was no electricity but the jetty was lit by gas lamps, and was literally a shining light. Ships would load and unload day or night and a lot of the town's social activities were around the jetty. There was great excitement when electricity came to town in about 1932.

The much loved Beach Pavilion (about where playground is now) was the social centre. It was a large timber hall, with a stage one end and huge wooden shutters on east and west side so sea breezes could flow through or they could be closed during gales. Concerts, parties and celebrations were often held there, but most remembered are the dances through Christmas holidays. Held every afternoon, the dress would be shorts or cossies and bare feet and at night we dressed up!

It was at a dance at the Pavilion that my father Arthur "Robbo" Robinson met my

mother Jean Spencer. They were married in Tamworth in 1939 and made Woolgoolga their home, passing on their love of the town to their five daughters, Lindsay, Laurie (me), Beverley, Frances and Roslyn. Dad had moved down from Queensland during the depression and got a job on Billy Richard's banana plantation, later buying his own 'planto' off Holloways Road.

I was born at Sunnyside Hospital, in February 1942, delivered by the legendary Dr Yarad. Two days later, looking very grave, he told the young mothers on the verandah that "The Japs have just bombed Darwin". One said cheerfully "Well waddya know! They'll be bombing Australia next!" The war was very real in this area, all homes with blackout blinds, plantations wired ready to be ignited if Japan invaded and guns and lookout points on headlands.

Lubbo Singh was the first Indian here and worked for Billy Richards and Dad. I remember him well. He had white hair, white beard, white turban and white clothes, made from flour bags, which he sewed himself with some help from my mother. Although he had very little English, after work he would sit happily in the dirt with Lindsay and me, playing dolls with us. We loved him.

Billy Richards was an icon of the town. As well as his 'planto', he owned the general store in River Street (where Top Town Hardware was). It sold everything. A grocery



Laurie and her mum in front of the old Woolgoolga Jetty

section, china, homewares, linen, clothing, hardware and an agriculture section. Groceries were sold by the pound, in brown paper bags. Mr Richards would always keep the broken biscuits from the bottom of biscuit tins to give to us kids. Wartime Ration Coupons were still being used for sugar, tea and butter and Grandad would trade his sugar ration tickets for extra tea! As well

as deliveries from Richards' shop and Waterhouse's shop, deliveries came from butcher (Occy Featherstone and later Roy Atkins of Meat Palace), Milkmen (in a pail left on your front step), Baker (Laugher's), Green Grocer and Rawleighs - selling exotic things like cochineal, vanilla, Friar's Balsam herbs and spices!

We didn't have a doctor, dentist, chemist or bank, but we had a bootmaker, basket-



Laurie in 1963

The Woopi that Was

maker, milkbar, picture theatre - and of course, the Seaview Hotel. I remember the joy of my first meal there. Pudding was tapioca and green jelly - sublime! We loved going up to the top of the "Princess Tower" and surveying "our kingdom".

It was very exciting when the National Bank opened at "Topsy" and then Don Clinch's Chemist in 1952. In those days, the town centre was at "Top Town", with not much down in the beach area. Bootmaker, Basket maker, Holland's Garage, Lee's Guesthouse and tennis court, general store/milk bar - and later pinball parlour.

My grandparents and parents contributed greatly to Woolgoolga. Grandad organised War Effort Rallies to raise funds and also to

which he wrote for Grafton Examiner, is now displayed on the board near the new Surf Clubhouse. Grandma founded the original Red Cross in Woopi, and later, after Red Cross was reformed my mother Jean, became Patron. In 1953, when Woolgoolga Central School was short of teachers, Jean was talked into returning to teaching - a big step and quite controversial at that time for a mother with five kids, including a preschooler. There began a 25 year love affair with Woopi School and kids, whose welfare was always her biggest concern. She instigated swimming lessons in the Lake (Woolgoolga Lake was always "The Lake"). For many years, until the pool was built, most of the school would file down there on



Laurie's family home in Trafalgar Street is still there. The family have been able to rent the house for an upcoming Robnson Family reunion where they will be able to once again enjoy their much loved family cricket match on the block next door.

organise work on plantos for those away at war. He and Grandma both had St John's Ambulance Medals (which I still have) and with no doctor here and a terrible road to Coffs, Grandad was called on a lot. Bob (Doughy) Laugher told me Grandad set his broken arm when he was twelve and the doctor in Coffs was so impressed he wouldn't reset it. Grandad also did quite a bit of research and his story of the Buster wreck,

Friday afternoons. Annual Swimming Carnivals were also held there. Jean played the piano, taught the school choir and produced many items for school concerts. Jean, together with Don Clinch, Thea Featherstone and a few others formed Woolgoolga Musical and Dramatic Society (later simplified to Woolgoolga Players). For years they produced plays, skits, revues and musicals such



Vera O'Brien, Jean Robnson and Alex Slater in the stage production of "No No Nanette" in 1961

as White Horse Inn and Jill Darling. Jean was Producer and or Leading Lady in many of these shows, as well as helping write scripts for Revues. These were widely acclaimed and drew audiences from Grafton and Coffs as well as locals. That was when the roads were so bad and winding that the local bus to Grafton would have a 10 minute stop at Halfway Creek for a toilet break or a quick cuppa before climbing The Range.

Both Arthur and Jean were very involved in local sport. Arthur in Surf Club and playing cricket, tennis and footy, and later on the Sea Horses Committee for many years producing their weekly newsletter. Together they helped form Woolgoolga Hockey Club, with both Men's and Ladies teams doing well in Coffs Comps. It was often hard to find transport and on many occasions we all travelled to Coffs in the back of Dad's old Morris truck - under a rigged-up tarpaulin when it was raining! Great fun, but not for modern times. Arthur was also foundation member of Woolgoolga VRO carrying out many sea rescues.

As well as playing tennis comp with Arthur and daughters, Jean was involved with Anglican Church, Probuss

Club, View Club and Red Cross.

After working in local NAB I went to Teachers College in Sydney and then taught at Westlawn, Repton and Coffs before going to West Wyalong where I met and married farmer Rod Pilon. Our four boys - Tony, Brett, Mark and Michael were born at West Wyalong, before we moved to Terrigal in 1972. We made the decision to retire in Woolgoolga and moved back here in 2002. What a great move. (Our son, Brett from XS Surf and his wife Ronni and sons Noah and Xander joined us here a year later). Our little village was a wonderful place in which to grow up - and our bigger, but still beautiful village is a wonderful place in which to retire.



Laurie Pilon now

The Woopi that Was

The second of our Ray Whitton art print series

Ray created this set of pen and ink prints by the composition of a number of photos and he has a story to go with each one. There are four in the set which we will feature with their story over the next few months. This is the second print "The Big Blow"

Ray has some sets available to purchase for \$39.

Please email

woopinews@gmail.com

if you are interested in owning this little bit of Woopi History.



The Big Blow

Ces Marsh (Woolgoolga's first police officer) and Lyle Wilson's fishing boat "Grace", wrecked after being washed off its mooring in the cyclone of 1937 which also washed away a section of Woolgoolga Jetty. This began the demise of Woolgoolga as a chosen site for a safe harbour. A planned sea wall from Safety Beach out to and extending off Woolgoolga Reef was cancelled and Coffs Harbour was chosen as the preferred site. Woolgoolga bay was open to huge seas from the northeast which battered the jetty on numerous occasions.



There are six generations in this photo

Narelle Hayter contacted Woopi News about purchasing a set of Ray's prints as her father, grandfather and great grandfather are the fishermen standing there with their catch.

Narelle had her daughter Kylie and grandson Lorcan (which is gaelic for little fierce one if you're wondering) with her.

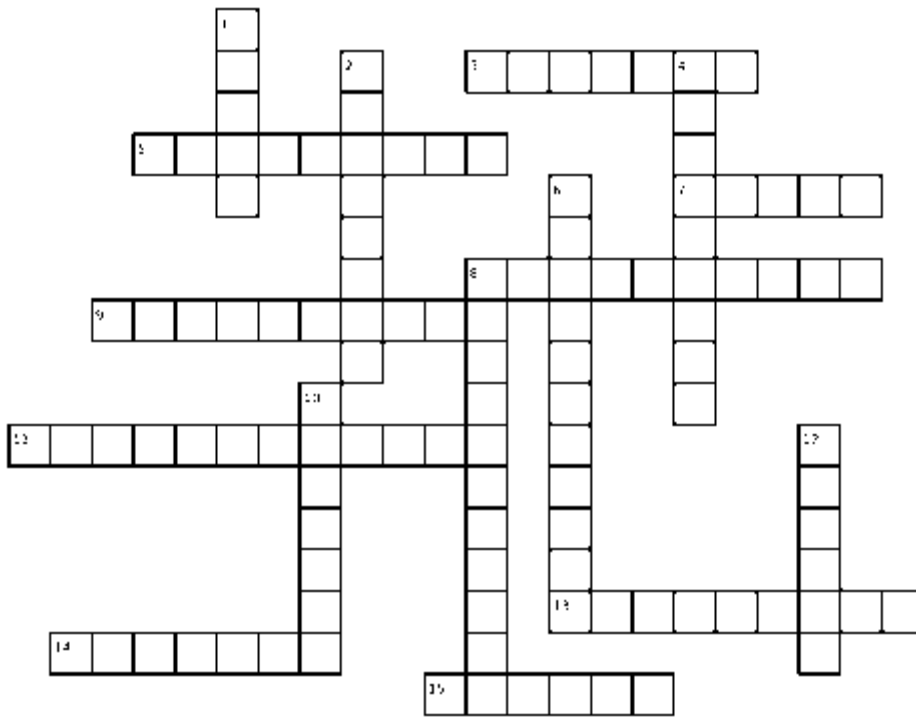
So all six generations in one photo. Pretty cool.

We will be featuring the story behind the Catch of the Day next month.

[If you know some history of these photos or have others that you would like to share please contact us at \[woopinews@gmail.com\]\(mailto:woopinews@gmail.com\)](mailto:woopinews@gmail.com)

Woopi puzzle time

Local Trivia Crossword



Down:

1. Street Woolgoolga Gallery is in
2. Marsupial that frequents our headlands
4. Local Shop Local campaign name
6. Local Agriculture Industry
8. Where is local golf course
10. Where would you hire an Excavator
12. Day Village Farmers Market is on

Across:

3. Local State MP
5. Best publication on the Coffs Coast
7. Name of Woopi News Whale Tale Specialist
8. Yoga in Market Street
9. Main Town of Coffs Coast Northern Beaches
11. Shopping Centre to the South
13. Name of new Accountancy business in Town
14. Industry before Blueberries
15. What we look for at this time of year

Local Findaword

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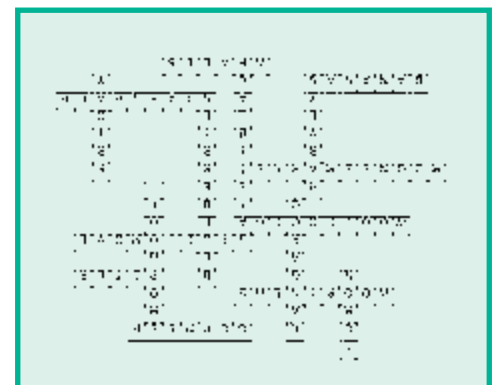
Blueberries

Shoplocal

LuluLulu

Woopi

Answers (no cheating)



Chamber Chat - FREE Membership offer

The Woolgoolga and Northern Beaches Chamber of Commerce are currently offering FREE Membership.

They are committed to supporting all local businesses as we all navigate through these unprecedented times caused by COVID-19 with the associated forced shut downs, and social distancing legislation. The Chamber is offering FREE membership to existing and new members until 31st December 2020. FREE membership

provides unlimited access to the Woolgoolga & Northern Beaches Chamber of Commerce membership benefits.

You can renew your FREE subscription via www.woolgoolga.org.au/new-subscription.

July 2020 will also bring a new era with a name change and a closer affiliation with NSW Business and Coffs Harbour City Council. They hope that when it comes to renewal time in January



that businesses can see the value the group brings to our community and remain a member. The more members - the more that can be achieved in our community.

If you would like more information please contact them via woolgoolgachamber@gmail.com

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Woopi Fitness

CrossFit Woolgoolga and King Tide CrossFit turned the negative of being forced to close down during the corona virus pandemic into a major positive.

The gyms merged together to form one large CrossFit community for Woolgoolga and surrounding areas. The facility is now the only CrossFit box between Coffs Harbour and Grafton.

Paul Chambers and Lars Kristensen, who were the owners of CrossFit Woolgoolga, are now the proud owners of the King Tide facility and will continue to operate under their name for ease, convenience and business reasons. Paul and Lars are excited about the opportunity this will create for anybody who wants to access a state of the art training facility with qualified and dedicated coaches. They create a warm, friendly, professional and fun atmosphere.

This is a unique situation and shows that CrossFit gyms do not have to follow a trend of parting, the bringing two together will be quite amazing. The community feel we have created is not about the location or the walls, it is about the people. The guys believe that they can create a bigger and better community of like minded fitness people.

They are forward thinking and their vision is to create a space with more than just CrossFit classes. So there are some pretty cool things to look forward to. More Yoga, Pilates, Mindset, SnakePit (A non class training area) and Open Box times. There is an in-house Physiotherapist and obviously a lot more equipment.

New members of any age, size, shape and fitness level are welcome. You can join your fittest family today. Interested?

Then please email them at crossfitwoolgoolga2456@gmail.com or call into the new premises at 24 Bosworth Road, Woolgoolga.




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