

WOOLGOOLGA *News*

Woolgoolga and the Northern Beaches

JUNE 2020 issue #10



15% OFF

WINTER CLOTHING - JUST MENTION WOOLGOOLGA NEWS

76 Beach Street, Woolgoolga
6654 1049



Welcome to Woopi News

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

Another month, in an ever changing world, has passed.

It has been interesting times with the initial anxiety finally starting to ease. A bit of freedom to venture out more, is making us feel things may soon return to a new kind of normal.

The timing of the easing of restrictions works well with the beginning of our whale watch season. Grab a coffee and head up to any of our headlands and you are sure to be lucky enough to see one of these amazing beasts.

You may have noticed we have a whale flavour in our magazine this month. We've a new contributor, Peter Ryan, who is going to share with us his love and knowledge of whales. You will also see, we have lots of little whales hidden within our pages. The answer to how many is in our crossword on page 24.



We are very fortunate to have some of the best viewing platforms in Australia. This photo Pete took last year shows you how close they often come in.

We want Woopi News to be a strong community based magazine with contributions from all parts of the community.

We have a few new locals providing us with stories this month; Peter who is mentioned above, Lu Townsend who is a talented photographer and videographer on page 26, Rashmere Bhatti, who has shared with us her memories of the late Dr More and Brad Simmons, who is helping us with some history style stories.

We would like to thank all our contributors for sharing their passions each month, Anna Miley with Mind Your Mind, KC from WNB Legal for Legal tips and advice, Nick from Valaxus for his

Nerdy News column, Garreth Nicholls of Humans of the Northern Beaches fame and Robert Watkin for sharing his photography here and there.

We'd also like to thank those that have emailed and messaged with feedback and suggestions. We are really trying our best to cover a broad range of community news.



*Woopi News' Quality Control Officer
Freddy Byrne*

It seems our most popular pages have been our history and old time stories of Woolgoolga and the Northern Beaches.

We've been enjoying meeting so many different people who have old family stories to share. Families who go back many generations and then intertwine with each other, we even hope we have been able to reunite a few.

One gentleman we have enjoyed catching up with is Ray Whitton, Ray is an amazing pen and ink artist who, many years ago, recreated some old photos and put them to print. Please enjoy his work on page 21.

If you have some local history you would like to share, please contact us via woopinews@gmail.com



When we first started considering publishing this magazine it was suggested that we would run out of content. Quite the contrary, we struggle to fit everything in each month! Though instead of printing more pages we have decided to print more magazines, as the hard copies have been extremely popular and snapped up quickly.

If you ever have trouble obtaining a copy let us know or you can always go on to our website where we have a digital copy of all ten editions published so far.

At the time of printing (this could have changed by now) the pubs, clubs, cafes and restaurants are allowed up to 50 people but within the 4 sq.m. social distancing rule, so we are able to start dining in again. I guess one of the nice things to come out of this pandemic is the whole new world of take away that has evolved. From gourmet restaurant quality meals right down to a toasted sandwich or a piece of cake. If you check out pages 14 to 16 you can see a selection of some of our take away and home delivery services and what they have to offer.



One of our faves is La Hacienda 101 on wheels. David and Michael have introduced a sidewalk food cart where you can walk down or drive by their restaurant for your favourite Mexican food or drink. A quesadillas and a margarita please! 🍹



Welcome to Woopi News

When the volunteers at an organisation ask you to do a shout out to management, you realise what an awesome place it must be.

Volunteer Kay, asked me to share this message from her and her colleagues "WOOLGOOLGA HEROES.

The Management and Staff of our Retirement Village and Aged Care Centre.

Thank you all for your hard work, care and dedication to keep your Residents safe and well during this difficult time. Please take care of yourselves."

How nice is that? If you go to page 19 you will also have the pleasure of meeting a few of their residents.

Shop Local Eat Local Shop Woopi

Never has it been more important than now to support our local businesses. We don't just mean retailers and cafes, we mean use your local services and trades as well. Woolgoolga and the Northern Beaches has just about everything you need so, when you can, please try and choose a local before looking elsewhere. We have

a few listed on page 25 and soon will be bringing you a business directory, that the Chamber of Commerce is collating, of their members. By the way Membership is free at the moment as a part of the Chamber's mission to support local business. Email: social@woolgoolga.org.au for details on how to join and then you also become part of this new directory.


R U OK?

Please remember to check in on each other. It only takes a minute. Ask, Listen, Encourage and Check in again. Our Mental Health is as important as ever. Have you noticed we have been placing a sneaky R U OK? on our front page for the past three editions? Keep watching, we will do this every month.

Have a great month everyone.



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.

A Continuous Story

This is where we need your help Woopi.

Send us 250 words with your version of the next chapter. We will publish next month and then ask the same again.

It was a dark and stormy night. As I made my way through the dimly lit streets and past the old Norfolk Pines planted generations ago, I felt the warmth of finally being at home. The unease that has been overpowering me for the past two decades was finally lifting. What had changed? Why was I feeling so exuberant on this cold and miserable night?

My wildest dreams did not reveal that one day I would rid the memories of my past. Tears welled in my eyes as I thought of the last twenty years. The overwhelming sadness that had led me to flee my hometown. The disarray that the death of my love had caused.

I was drawn by the lull of the ocean in the little bay I played in as a child, the moon glistened on the water reflecting the old clubhouse I had missed so much. Memories of collecting pippies and finding seahorses flashed through my mind.

I took a deep breath, the ocean, the salt, the fresh air, the slight pong of seaweed. Yes I was home.

Then, there it was, that eternal return of a feeling of shame. Could I do this? Could I face the morning sun and what it would reveal?

Would this little beachside town once again let me find happiness or is this curse that has followed me for so long destined to ensure me an eternity of misery.

You see dear reader, the places I have been, the things I have seen are esoteric and full of mystery, covering all four corners of the globe but all tied to this one place where I am standing now.

Let me share with you my secret ...

Please send your version of our next chapter to woopinews@gmail.com before June 15.



EMMA'S
Beauty and Nails

32 Emerald Heights Drive
Emerald Beach

Now offering
Hot Stone Massage
Microdermabrasion
and Dermalux LED

Beauty & Skin Therapist
Waxing Specialist
Nail Technician

By Appointment Only – Phone Emma on 0408 442 187

Woopi Whale Tales

A few years ago, I met a guy on the headland.

I kind of knew him through work, but not that well. He was having his morning coffee and watching out for whales. When I asked him if he had spotted any, a general chit chat began about their migration and what they do, why and how. There is a who and where in there as well. I was fascinated by his stories. He was incredibly interesting and I'm sure I've forgotten more than I remember, but apart from increasing my knowledge of the whale migration season, a new friendship was formed. I found myself looking for him before I started to look for the whales.

Whale Watch season has begun and this guy, who is now my good friend, has agreed to share some of his knowledge, each month in Woopi News. Meanwhile if you see him up there, his name is Peter Ryan and he's always ready for a chat and to share what he knows. He doesn't profess to be an expert, just someone who loves whales.

Commercial Whaling began in Australia in 1791 when ships from the third fleet were converted into whaling boats creating Australia's first primary industry. By the 1850s, the whaling industry employed thousands of men and exported whale by-products worth some four million pounds. The two main by-products from whaling were whale blubber oil, for

lubricating, heating, lighting, candles, bases for perfumes and cosmetics. Baleen or whale bone was used for corsets, whips and umbrellas. First targeting southern right and sperm whales then followed by humpbacks and other species. Some estimates have up to 15,000 humpbacks taken just off the east coast of Australia between 1949 and 1962 and up to 50,000 humpbacks from the southern ocean between 1947 and 1973. Humpback Whaling was banned by the International Whaling Commission back in 1963, some countries ignored the ban and continued whaling throughout the southern ocean depleting the remaining stocks of humpback. By the mid 60s on the east and west coast of Australia, humpback numbers were as low as 500 placing the humpback in the endangered species category. Whaling continued in Australia until 1978 mainly targeting sperm whales. Cheynes Beach Whaling Station in Western Australia was the last to close in 1978, the Byron Bay Whaling Station had closed in 1962. Scientists, conservationists and a change in public attitude

forced the government to introduce the whale protection act 1980 which has now been replaced by the Environment Protection and Biodiversity Conservation act 1999 making it an offence to kill, capture, injure, harass, chase or herd whales, dolphins and porpoises. Humpback whales have moved from endangered, vulnerable and threatened to least concern. Not judging, but glad those days are over. Since the mid 80s the humpback population has been increasing at around 10% each year with over 30,000 whales now migrating along the east coast of Australia. Humpbacks spend around six months of the year feeding in the ice cold waters of Antarctica, building up fat storage for the 10,000km round journey to the warmer water for mating and birthing. The majority of humpbacks begin their annual migration north from June to August and return south from September to November. Their return is dependent on water



temperature and sea ice so the time of the humpback whales migration may vary from year to year. Pregnant females may leave Antarctica early to give birth in the warmer waters but as a general rule the migration will be led by young juvenile males, followed by adult breeding whales which make up the majority of the migration. Then, pregnant cows and cow calves will be at the rear of the migration. So get yourself up to Woopi headland or any viewing spot on our lovely coast and enjoy mother nature at her best. Maybe think about how we could have lost these wonderful animals in the pursuit of the mighty dollar. The next Woopi Whale Tales will be about cows and calves (mums and bubs) - Till then Happy Whale Watching.

- Peter Ryan

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 June 15.

The totally amazzzzing GoPro shot on our front page is by Sharyn from Adventure with Coffee. She is an underwater, outer water, above water specialist plus pretty awesome at photos with no water! I could browse her gallery for hours. You can see more of her work via www.adventurewithcoffee.com or www.facebook.com/adventurewithcoffee. If you're reading our digital version click [here](#) to view a beautiful video of a mother and her calf frolicking in the ocean.

The photo to the right, of the mum and baby, is by Alicia Townley from Alicia Jade Photography, Alicia has taken this drone shot from the legal distance then cropped it so we can enjoy them up close. It is so beautiful. www.facebook.com/aliciajadephotography

The photo below is by the one and only Robert Watkin. He apologised that it looks like a sardine but we were pretty impressed and looking forward to what he will capture this whale season with his new skills and photography gear.





BP Woolgoolga



bp **ultimate** unleaded 98 octane



Two Toots!
And our team will come to you for full driveway service



#SENDIT SAM



6654 0111



Contact Free Service and Repairs!

woolgoolga servicecentre

A Memory of Dr Amarjit Singh More

Late last month our little town was rocked when we lost one of our favourite doctors. Here Rashmere Bhatti pays homage to this significant man, a great loss to our community.

Dr More migrated to Australia circa 1964 aged 13. I did not know of him until 1970 when my family came to live across the corner from his house. During those early years in the small seaside hamlet of Woolgoolga, I remember the excitement around the two temples opening, the First Sikh Temple (Hastings Street) in 1968 and The Guru Nanak Sikh Gurdwara (River Street) in 1970 and how Amarjit More from a banana growing family was studying to be a Doctor.

Coming from an extremely patriotic family myself, Dr More's journey for me epitomised what was possible in this great country. You could be whatever you wanted to be.

In the late 70s Dr More married a girl (Sarvjit) from India and in 1980 opened his surgery in Nightingale Street. As the Doctors wife, of course Sarvjit was of much interest to us, especially as she was ethereal and very beautiful. She spent a lot of time painting the local scenery and some of paintings are hung on the surgery walls.

Returning to Woolgoolga in 1995, I came to know Dr More well. He had a lot of respect for the concept of the Neighbourhood Centre, especially as it also reflected his ideals of equality and inclusion. Through this link for over 20 years we worked on many local and regional community projects together

and although, understandably, he did not have the time for committee membership he was always available to sound out ideas, meet with stakeholders, develop strategies, endorse submissions for funding, attend and speak at community events and host dignitaries. He recognised this work as being pivotal to gain recognition and services for Woolgoolga, which he greatly loved.

The scenery and terrain with our township nestled at the edge of the sea protected by the rounded hills, the exemplary sense of community Woolgoolga is known for and the achievement of a peaceful cohesive successful multicultural community. We often spoke together about these defining factors of Woolgoolga.

I also greatly respected, his support and contribution of historical information for the Neighbourhood Centre's Centenary of Federation project in 2001, the book *A Punjabi Sikh Community In Australia* as he was appreciative of its vision to further build understanding of the local Sikh people and commemorate on their links forged at the time when both Australia and India were part of the 'Empire'.

Dr More was also an avid supporter of other community organisations, including being an inaugural member of the Woolgoolga Lions Club. He was passionate about sport and culture. In 1995, we were part of the committee to host the Australian Sikh Games for the first time in a regional area (Woolgoolga) and his relentless passion for the community continued with fundraising, organising of sporting and cultural events and meals provided



Dr More with Neighbourhood Centre Board and Gary Nehl MP at the launch of the project - A Punjabi Sikh Community book

for over 1,000 visitors for three days.

From this inaugural event, the Woolgoolga/Coffs Harbour Sikh Games are recognised as a 'premier' social event in the national Sikh community, for their cultural hospitality and scenic location, greatly promoting Woolgoolga throughout Australia and many international communities.

Needless to say, Dr More's commitment to his practice was of service. Busy as he was, he always made time for urgent cases, he always attended to emergencies even on weekends and at any time of the night. You could rely on him. He was not overtly clinical, people mattered to him. He listened to their stories. He was a holistic practitioner. Working in the community, hearing people's comments at his passing it is clear that this is his legacy - he was the good rural Doctor part of the fabric of the community he lived in and served.

Despite, his busy practice Dr More's community work continued as in 2012 when he



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
legal Pty Ltd

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



COFFS JOINERY

KITCHENS LAUNDRIES WARDROBES
BATHROOMS STUDIES AND MORE

www.coffsjoinery.com.au 0423 016 857   COFFS JOINERY

A Memory of Dr Amarjit Singh More

headed fundraising by travelling to Sikh communities throughout Australia to bring to reality his vision for a new Temple in Hastings Street which opened in April 2019. Dr More's respect for multicultural harmony was further reflected at this event when his liaison with the Woolgoolga RSL Sub-Branch resulted in a Guard of Honour by the Coffs Harbour Army Cadet Unit for this magnificent building.

For those who knew Dr More well, they would remember that he often spoke about his belief in an egalitarian way of life. He lived his life this way. A family man, a respected professional with the utmost commitment to the care of his patients, a benefactor of the unfortunate, an enthusiast preserver of history art and culture, a gifted player of the harmonium and singer of shabads (Sikh hymns), easily transcending cultural divides. Dr More was able to unassumingly influence, support and shape individuals and events that are of timeless value to the social and cultural fabric of Woolgoolga and its people. The respect for who Dr More was and his work was poignantly visible on May

1 when so many people representative of all parts of the community lined the streets of Woolgoolga to farewell him as he made his last journey through his beloved Woolgoolga.

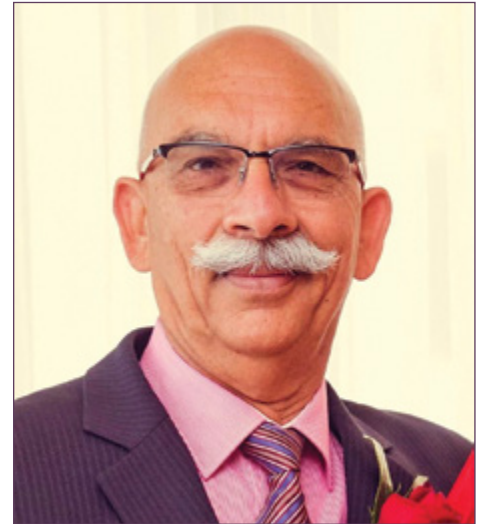
It was truly meaningful to have known him and worked with him.

The following saying is a reminder of him.

But listen to me. For one moment quit being sad. Hear blessings dropping their blossoms around you."

– Rumi 13th century mystic and poet.

Rashmere Bhatti May 2020



A message to the community from The Woolgoolga Medical Centre

We are very appreciative of Dr More's loyal, old and new, patients.

We see so many people come in our door and greet our new Doctor Palani with enthusiasm. We know in their hearts they miss our beloved Dr More.

Our Practice and Doctor are here to look after our patients and for the ongoing Legacy of Dr More and the Woolgoolga Region that he founded 40 years ago.

Dr A More's shingle will not be taken down from 6 Nightingale Street, Woolgoolga, we will place Dr Palani's name underneath. Dr More will be watching over us. Thank you.



Woopi News would also like to play tribute to two other local legends who have passed.

Jan Martin a much loved school teacher and mother to Kobe and Kyle, lost her battle with cancer. She will be remembered and mourned by many. This photo is from January when the family were together in France. RIP Jan.

Lindsay Cochrane, another great school teacher and later in life unofficially christened as the Mayor of Red Rock. Lindsay was loved by many and was integral in the publishing of the book, *A Collection of Red Rock History*. Lindsay leaves behind three of five children, eight grandchildren and six great grandchildren. RIP Mr Cochrane.



WOOLGOOLGA
MITRE 10

TradeCentre

gardencentre

Proudly Local Supporting Locals

Open 7 Days

Mon-Fri 7am-5pm, Sat & Sun 8am-4pm

3 Featherstone Drive, Woolgoolga Ph: 6654 1229



Woopi Wonders

What do you do when you can't go to work?

When the Corona Virus Pandemic closed the Woolgoolga Dental Centre, to anything other than emergencies, Arpit Pathak was pretty devastated and at a loss on what he could do to help flatten the curve a bit quicker. Then he had a brainwave.

He spoke with a few frontline specialists about the shortage of face shields in the country and checked out what his colleagues in the US were doing ... then sat down with his 3D printer.

Arpit is quite proficient with 3D printers as they are used regularly in the dental industry. Knowing that many of our frontline workers were at risk without access to correct Personal Protective Equipment (PPE) Arpit set about using his skills to design and produce his own unique face shields.

All you have to do, with the help of a hole punch, is place a clear transparency sheet on the front of the head piece and it's ready for business.

Arpit was so excited about being able to help our front line workers and determined to offer the best product, that he invested in a better printer and new filament. Each machine can make about 8-9 per day if the printer runs 24/7. It takes about 2.5 hrs to print each shield. "So we can get to about 60 a week, if we have a greater demand we will invest in another machine if needed" he said.

This new venture is self funded and Arpit donates all these at no cost.

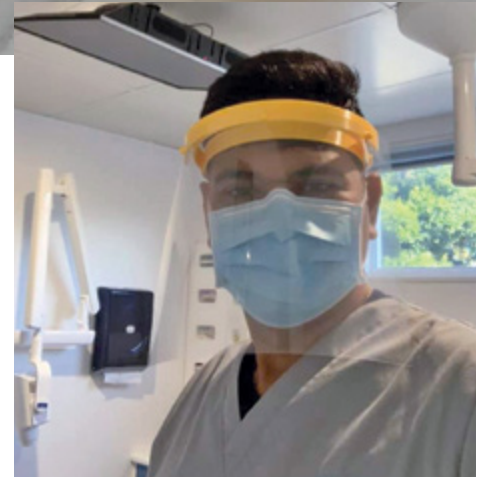
He has also looked at printing COVID test kits with another type of printer. "If



COVID19 gets worse we will consider procuring a printer to print test kits. This one is FDA Approved and can do about 3000-4000 test kits per day". Arpit is also considering using 3D printer technology to make facemasks with a disposable filter which is better than the current favoured N95 version. Arpit's daughter Anoushka is in year 10 and has been very excited to join her dad in his new hobby, she makes sure the machine keeps running when Arpit is called in for emergency work.

The Dental Industry restrictions have just eased a bit and most practices are back to 60-70% capacity based on social distancing guidelines as well as following extra precautions like these fabulous home made face shields.

There has been a lot of interest from general practitioners, dentists and aged care workers so he may, in the future, consider expanding to give them to other workers in other industries that feel that it would make them feel safer. Arpit is happy to discuss this with anyone so please free to contact him if you need some. You



can call him on 0423 191 324.

Arpit has been the owner of Woolgoolga Dental for over 12 years, he also has practices in Coffs and Toormina. Another exciting thing that he has been doing whilst in forced closure is the rebranding of all three surgeries. From July they will all be known as MAGIC SMILES Woolgoolga, Coffs and Toormina.

If you're reading our digital version click here to see the 3D printer in action, it's quite mesmerising.



Surfside Plaza
SHOPPING CENTRE

Surfside Plaza
Shopping Centre

58 Beach Street
Woolgoolga NSW 2456

Taffy's

Great Coffee Tasty Food



Ladies and Mens
Fashion

Australian Made

Eco Threads

Sizes 8-24

Taffy's
6654 7747

Monday to Friday
6.30-4pm
Saturday 6.30-2pm
Sunday Closed

Eco Threads
0423 079 867

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

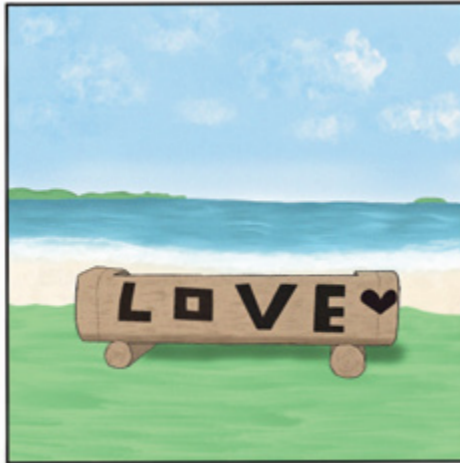
Meet Artist - Anna Sivesind



My name is Anna and I moved to Emerald Beach in July 2019 after meeting my girlfriend who is an Emerald Beach local. I have been a nurse for four years now

and have always been obsessed with drawing and expressing my creative side.

This year I finally decided to chase my dreams and I started sharing my



Emerald Beach, NSW

drawings on social media. The response was nothing but positive and I want to share as much as I can about this beautiful area through my drawings. The first time I came up from Victoria I fell in love with the area, the scenery and the amazing people.

Moving here was a no brainer.

I share all my drawings on my Instagram page, @_fearlessly. authentic and now have a website, fearlesslyauthenticdrawings.com



AKS

If you are interested in one of my existing drawings or you would like a custom drawing please get in contact with me through my Instagram or my website.

ROB BROWN'S

DENTURE CLINIC



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

NO REFERRAL NEEDED!

6654 1452

6/66 River Street, Woolgoolga

What's New in Woopi



Woopi Gardens has a new Roadside Stall

Every morning (except Sunday) the market cart will be open and full of goodies from 8am till midday.

Your chance to purchase lovely Fresh Produce, Herbs, Jams, Pickles and Chutneys, as well as a lovely selection of assorted plants. It is self service so please take change with you. Most items range from \$2 to \$10.

If you have excess produce you would like to donate, it will be most appreciated and go towards the ever evolving community gardens. Drop them down between 8 and 12. Find the gardens at 79 Scarborough Street, right next door to the Netball Courts or check out their facebook page.



Asian Outlet is now Eco Threads

Sporting a whole new range of Australian Made products.

Owners, Karen and Ian want to supply ethically produced natural homegrown fashion that appeals to real sized women.

They have rebranded as Eco Threads and have lots of exciting plans to put into action this year They also have launched a brand new website for your shopping convenience www.ecothreads.com.au

Go check it out or call into Eco Threads in Market Street.

How beautiful does model Tracy look?



Have you tried the new Chicken Bakes

from Shells by the Shore? They are scrumptious. How do you choose between the Honey and Macadamia or the Garlic? I know, have both. Freshly cooked every day. Find Shells at Woolgoolga Central near Coastal Chemist.



NATIONALS
for Regional Australia

Kevin HOGAN



If you would like to contact me please see my details below:

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

Lismore Office: ☎ 6621 4044 63 Molesworth Street, Lismore NSW 2480

Grafton Office: ☎ 6643 3973 1/83A Prince Street, Grafton NSW 2460

Find us on Facebook:

Kevin Hogan MP

Instagram:

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

Authorised by K. Hogan MP, National Party of Australia, 63 Molesworth St, Lismore NSW 2480.

Cheryl Midavaine

WOOLGOOLGA
REAL ESTATE

62 Beach Street, Woolgoolga
6654 2333
www.woolgoolgarealestate.com.au

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

- Property Sales
- Property Rentals
- Holiday Accommodation

What's New in Woopi

All Mine Design

I love hearing about mums starting small businesses so that they can work from home while their kids are growing up. Local mums Alicia Townley and Amy Murdock started All Mine Design in 2018 and have been adding new personalised products to their range on a regular basis

These beautiful Wooden Baby rounds are now available at All Mine Design.

Fully customisable to your liking and can also be double sided. Find them on Facebook [@allminedesign](#) or instagram [@allminedesign1](#). There are lots of other personalised products available, so check them out.



PS congratulations to new parents Jessica and Jackson on their new arrival, baby Jameson. 🍼



regain your freedom!

test ride an electric bike today

Warning: side effects include feelings of euphoria and uncontrollable grinning



Call: 6654 1217
5/5 Market St, Woolgoolga
woodseyswheels.com.au

Photographer of the Month



DAVID BRYANT

My names David, but everyone calls me DB now. I am a semi-professional self-taught photographer, visiting from Sydney after being stood down, due to COVID-19, from my day job as a Hotel Concierge.

Woolgoolga isn't a bad place to lay low during these terrible and somewhat testing times. Since moving up here at the end of March, I have been social distancing and exercising by walking to the headland most mornings and photographing the local wildlife and beautiful landscapes, sunrises and sunsets.

Unfortunately, I have family

and friends back in Sydney, otherwise, I could definitely see myself very happily relocating up here.

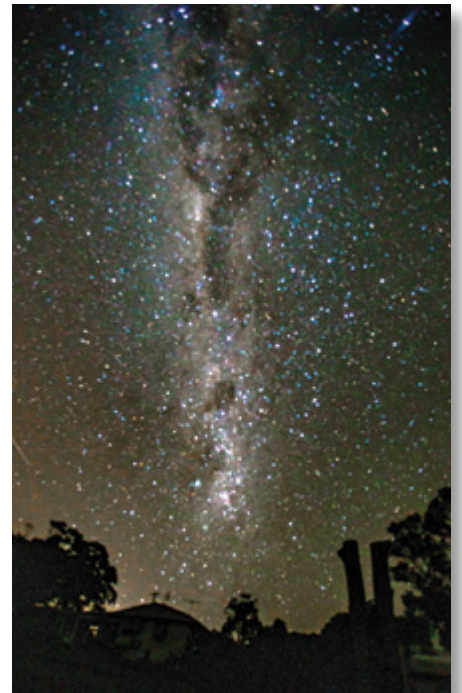
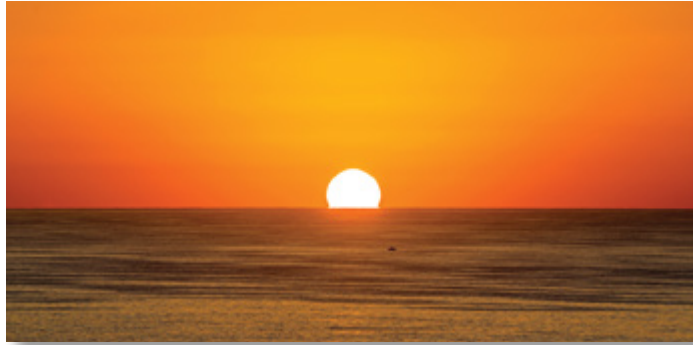
You have all made me feel very welcome, and for this I thank each and every one of you.

I am fairly active in your Facebook group sharing my work, in the hope of helping those that can't get out see some of the beauty around. I will be sorry to leave when I do.

Thank you again for all your time and kindness you've shown me and my work

Sincerely,
DB (David Bryant)

@picsbydb on Facebook and Instagram



Mind your Mind

Exercise is good for your brain

Exercising triggers release of certain hormones (hormones are the chemical messengers of the body) which contribute to brain functions.

Exercise is shown to help optimise the regulation of important hormones involved in our stress response. Managing stress optimally is helpful for your physical and mental health. One of the best things we can do to boost our mood is to enjoy half an hour or so of pleasurable physical activity. I am fully aware that exercising is a dirty word for some people! But hear me out!

We all want to feel good and here is my top three simple, affordable and accessible ways, right here in Woopi, you can get moving for a healthier mind.

Top of the list is walking from back beach carpark, up the stairs and around Woopi Headland (yes you can have a rest at the top for some whale-watching) and then back through the

centre of town (maybe a stop-in for a smoothie or juice from your fav local cafe). This option means you are sure to get your heart-rate up a bit, get a little sun, lots of fresh air, the thrill of spotting a whale and no doubt you will pass a bunch of friendly locals on the way. Second on the list is a power walk up Woopi main towards Safety Beach, if you are feeling good add a couple of body weight exercises in along the way (squats, lunges, star-jumps, fast-feet on the spot, gentle stretches) and then jump in the ocean between the flags! The fresh water will be sure to give you a buzz!

And finally, in the comfort of your own home, complete a stretching routine to get the joints moving smoothly and limber up ready for your day. If you want some ideas for this last option hit me up with an email anna@annamiley.com

These options tick all the boxes for me as they are FREE, accessible for most, you get a little COVID-safe human interaction on your walks and

being outside in nature is great for our mindset.

These options of course won't suit everyone. Just remember to move your body in a way that feels good for you for about half an hour a day and you will be helping your brain respond better to stress!

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.



Gifts & Homewares Store



Next to *Bluebottles* at Woolgoolga



All of your gardening needs from \$3

SECRET VALLEY PLANTS

 HAS REOPENED 

58 River Street Woolgoolga

6 days a week

Monday to Saturday 10 - 3pm

Follow the signs and flags down the alley

0400 888 680



La Hacienda 101

The boys at La Hacienda 101 have embraced the COVID-19 restrictions in a creative way. Their popular take away service had to cease whilst the landlord is carrying out some renovations, so they introduced La Hacienda on Wheels. A food cart parked just out the front of their restaurant. Tacos, Huaraches and Quesadillas are on offer, you choose the filling then the fun begins.

The good news is, Margaritas are on the menu, as well as their usual selection of cocktails.

David and Michael hope to have the kitchen reopen sometime in June and will be offering limited dining and their usual takeaways once again.

Meanwhile just walk on down or it's definitely worth the drive to Emerald Beach. From 5pm Thursday, Friday, Saturday and Sunday. Weather dependent.

No phone orders at the moment as they will be outside cooking.

101 Fiddaman Road Emerald Beach

Moonee Beach Tavern

The Moonee Beach Tavern has moved into the takeaway and delivery food world, 7 days a week, 5pm-8:30pm and with our online ordering system it has never been easier to place an order at the tavern.

We have great value family packs with all your favourite pub meals, Chicken Schnitzel, Parmigiana & Crumbed Lamb Cutlets. They all come with chips & salad, with enough food to feed a family of five.

We are always looking for new ideas and have now added the tradie deal (a burger & a long neck, 3pm-5pm), pavlova box, kid's school lunches and make a bear kit.

And to keep supporting our local sports clubs, just click on your club and a portion of you spend will go towards your club.

Order via

www.mooneebeachtavern.com.au or 6653 6199

Collect Home Delivery

WE'VE TAKEN THE GUESSWORK OUT OF WEEKNIGHT DINNERS.

Our new online **FAMILY PACKS** are sure to please everyone:

- 8 LAMB CUTLETS & CHOICE OF SAUCE
- 5 CHICKEN SCHNITZELS & CHOICE OF SAUCE
- 5 CHICKEN PARMIGIANAS

Each pack served with chips & salad

GREAT VALUE!
\$50 each

AVAILABLE MON-FRI
5PM TO 8.30PM

Order online: mooneebeachtavern.com.au
2 MOONEE BEACH RD | MOONEE BEACH | 6653 6199

THE MOONEE BEACH TAVERN ENCOURAGES AND SUPPORTS THE RESPONSIBLE SERVICE OF ALCOHOL.



Hundal's Spice Rack Indian Restaurant

Mick has been cooking in Woopi for over 50 years, and his customer chosen dishes have stood the test of time. Entrées include the very popular Chicken Tikka, Tandoori Drumsticks, Vegetarian Pakoras and Samosas, all served with the tantalising mint sauce. The main meals can be ordered mild, medium, or hot to suit all customers' needs. Popular dishes include; Butter Chicken, Mango Chicken and Kormas, for people who enjoy mild curries, Rogan Josh, Madras and Jalfraji for something different, and Vindaloos usually for the heat seekers. We serve all locally purchased meats, such as chicken, beef, lamb, and seafood. We cater for gluten free, lactose intolerant, vegetarians and vegans. Find us at 5/31 River Street, open from 5pm to 8pm, 7 days a week, available for dine in (bookings essential), take away and delivery.

Order via 6654 1900 or 0418 550 337

Collect Home Delivery



Taffy's

Taffy's is located at Surfside Plaza, a fabulous location for outdoor dining.

We offer a wide variety of homemade cakes and freshly made sandwiches, wraps, melts and burgers.

Our coffee is locally roasted Eleganza, roasted at Halfway Creek by Hill Roasters. Our Barista/Manager, Kelly Anderson, has many years experience and will expertly extract your coffee of choice.

All our cakes are house baked or locally sourced.

Why not join us for Breakfast or Lunch, our kitchen is open from 6 o'clock and closes at 2 o'clock Monday to Saturday and on Sundays 8 o'clock to 12 o'clock dine in or takeaway.

Order via 6654 7747

Collect



Audrey G's

At Audrey G's we offer a comfortable and relaxed atmosphere and a go to place for locals to enjoy our large selection of home made pies, quiches, soups and desserts. We offer Gluten Free, Lactose Free and Vegetarian meals and all items can be ordered as a family size pie to enjoy at home. We offer a flexible menu and are happy to meet your needs. Our delicious organic brewed tea or coffee, our popular Ice Coffees and Spiders will hit the spot.

June specials for Woopi News readers:

Coffee & Scone of the day \$7.00

Coffee and Cake of the day \$9.00

Coffee with a Bacon Egg Roll & home made relish \$10.00

Audrey's Big Burger with the lot \$12.00

All Day Big Brekky with a coffee \$19.00

All meals can be take away and we also deliver!

Order via 6654 8118 or 0417 113 312

Collect Home Delivery



Rafa's Cafe

Rafa's Cafe, Corindi Beach is a family operated, pet friendly café committed to providing exceptional service, awesome coffee, fresh food, juices and smoothies, most of which is locally grown.

Rafa's is open from 7.00am Wednesday to Sunday.

We also have Thai take away from Wednesday to Saturday night from 5.00pm to 7.00pm.

Orders can be placed by phone on 6649 2880

We look forward to welcoming you when you next visit Corindi Beach

Shop 3, 97 Pacific Street, Corindi

Order via (02) 6649 2880

Collect



Seaview Tavern Bistro

If you're like us and are missing a good pub feed, The Seaview Tavern Bistro has you covered!

Serving a delicious menu with your favourite pub classics, kids meals, pizzas, specials and more, the hardest part is deciding what to eat!

To view the menu visit seaviewtavern.com.au or our facebook page and keep an eye out for our daily specials!

Or simply go to seaviewtavern.orderup.com.au, choose from the pickup or delivery option, and place your order! Its that simple!

Open for Lunch Saturday and Sunday from 12pm-2pm (takeaway only). Open for Dinner from 5pm-8pm daily.

Order seaviewtavern.orderup.com.au
call 6654 1206 or use our QR code

Collect Home Delivery



Surf St Café

Surf St Café is in Emerald Beach, directly across from main beach, we boast amazing ocean views. We are open six nights a week and offer delivery to Emerald Beach residents, free of charge.

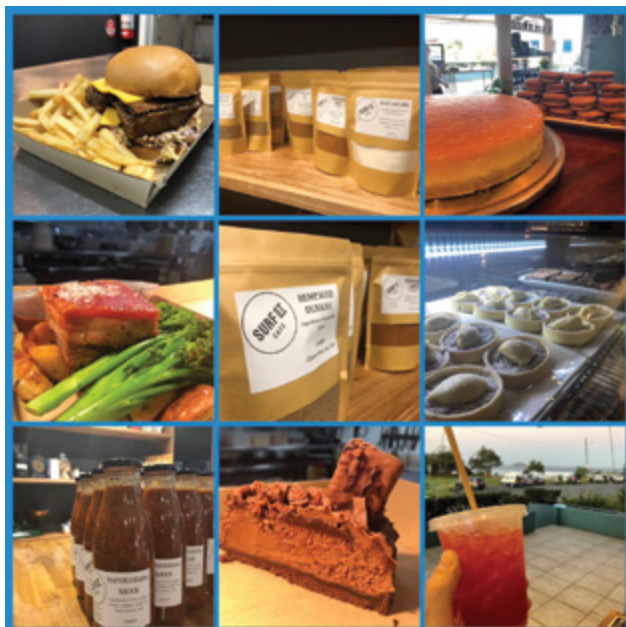
We pride ourselves on bringing fresh, seasonal food to your table and a wide range of wholesale goods as well as many house made sweets.

Our menu and trading hours are viewable on our website or our Facebook page, Facebook is also a great way to view our daily specials and keep up to date with what's happening at the café.

We have been keeping up with some great specials throughout this challenging time and some of the crowd favourites have been our pastas, pork belly, fresh and local seafood dishes, as well as our menu favourites like the naughty dog. We hope to hear from you soon and stay safe! 104 Fiddaman Rd, Emerald Beach

Order via 6656 1888 or surfstreet.com.au

Collect Home Delivery



Pappadum Preach

For centuries tribes and villages especially in Asian countries have had their own unique way of cultivating herbs and spice, developing them into personal and or regional recipes.

After being noticed by the western world, the term curry was invented. (Which is an anglicised version of the Tamil word Kari meaning sauce.)

Each recipe has a very personal story of its origins.

Ground Earth's Pappadum Preach will offer you a journey of flavour into these origins and cultures and deliver it to your family dinner table.

Choose your flavour then choose your protein. Starters and sides also available.

Order via 6654 8361 or Menu on facebook

Collect

SCOUTS CELEBRATE HALL UPGRADE



Gurmesh Singh MP with Scout Group Leader Janine Mackie and young leaders of the future Alistair, Erica & Cory

If you've ever applied for a grant you will join me in saying what a hard job that can be at times. It can take hours and hours ticking the boxes, meeting the criteria, providing evidence, etc. It's usually done by volunteers and can be quite time consuming and unrewarding, unless you win of course.

Both our federal and state members of parliament, Member for Page Kevin Hogan and Member for Coffs Harbour Gurmesh Singh have been generously handing out grants this past month. Woolgoolga Surf Club and Woopi Community Gardens, Sandy Beach Reserve Active Youth Space have all been recipients as well as the Woolgoolga Lake Working Committee to name a few.

Our Scout Hall has also been successful in gaining this much needed financial support.

The Woolgoolga Scout Hall will be revamped to cater for growing numbers thanks to a \$25,000 State Government grant.

Mr Singh said the Community Building Partnership funding will allow for the refurbishment of office and storage areas and a new Venturer den to cater for scouts aged 15 to 18.

"Scouting in Woolgoolga has continued to grow steadily in recent years and with increasing numbers, the local leadership is keen to provide for expansion," Mr Singh said.

"Scouting encourages our youth to become leaders and promotes team building, personal confidence and engagement and participation in local communities.

"Our local scouts deserve to have the best facilities and I look forward to seeing this project completed at Woolgoolga."

Elsewhere, a \$16,275 grant under the Community Building Partnership program will help with an upgrade at Sawtell Scout Hall which includes fire alarms, solar power, a security lock system and roof repairs.

The NSW Government's 2019 Community Building Partnership Program has allocated a total of \$300,000 for 17 projects on the Coffs Coast.

If you're interested in joining Woolgoolga Scouts call 0412 231 201 or check out their website www.nsw.scouts.com.au/groups/1st-woolgoolga-scout-group

A MESSAGE FROM KEVIN HOGAN

Woolgoolga United Football Club



WUFC need to upgrade their clubhouse to meet increased demands. They want to extend the current roof and a build new storage room.

I announced a \$20,000 grant to make this project happen. The Club is putting forward \$60,000.

This will allow them to extend the current roof and create a whole new covered concrete area. The new storage room will also adjoin the existing facility.

They are a great local club. 430 players registered for winter comps and 830 for the summer comp.

Woolgoolga Surf Life Saving Club House



This is opening soon. I dropped in recently to have a look. I obtained some of the funding for this upgrade back in 2016.

It is great to see it coming to completion. It includes multiple storage facilities, a state-of-the-art patrol room, first aid room, a public café, function and training rooms, kitchen, gymnasium, and a bar on the first floor overlooking the beach.

The Federal Government contributed \$1 million to the project and the State Government \$2.7 million.



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

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



**Plenty of vegetarian
and vegan options**

Bookings essential



Available for functions



**101 FIDDAMAN ROAD,
EMERALD BEACH
(02) 6656 1633**
Open from 5 pm Wednesday to Monday
(closed Tuesday for siesta)

Woolgoolga Coastal Chemist contacted Woopi News during the month asking to reach out to the community so they could say thank you for your support.

Dear Valued Customer,
What a wild ride it has been thus far during this challenging and busy time. As COVID-19 has grown and put an incredible amount of pressure on not just the Pharmacy but also on you, the community. We would like to send a huge THANK YOU to all that have visited and supported our pharmacies during these unprecedented times. We are fortunate to be an essential business that has been able to operate during the restrictions, and we could not have done it without the cooperation of the community.

We have attempted to keep up with the demand for not only medication but professional help and advice. We have done several rounds of recruitments and put on more staff for roles we never thought we would have ever had to.

We have also experienced incredible strain on supplies from all our suppliers. Products and medicine are in hot demand and we are working tirelessly to ensure

that we are able to meet the needs of the community. Suppliers are starting to see a change and it's returning to a normal level of supply for non-cold & flu related items (except Toilet Paper). As a community Pharmacy it is our goal to provide the best care and support to all our customers and patients all the while ensuring public safety. We had to implement a new entry system into our store that is with in guidelines set out by the Pharmacy Guild of Australia and the Health wing of the Australian Government. We understand that it may not be convenient following these guidelines and we appreciate your patience and understanding during this time.

Moving forward into Winter, we will be reviewing our procedures as updates from the government on any restriction changes are received or new ones that we have to enforce. As the seasons change, we ask that you continue to take care of your health, both physically and mentally. As a community member of Woolgoolga and the northern beaches remember we are here to help you. To end, a massive thank you to our local community and customers for all your support during this time.

From our Pharmily to you – Stay safe.



Meena and Simar, owners of Woolgoolga Coastal Chemist

Life in Lockdown

During lockdown it's been tough on the residents of the Woolgoolga and Districts Retirement Village. The Staff have been great coming up with activities and ways to share them via social media. Many have become facebook stars.

Woopi News was able, via the very helpful staff, to have a small chat with some of the residents so we can all get to know them a bit better.

Meet Dulcie Allom Aged 88



How long have you lived at the retirement village? Seven years (I think).

Can you tell me a nice experience you have had since the new isolation rules? On Easter morning, to see the Easter Bunny had called and so gaining the thought that life goes on here as outside, and how wonderful that is.

What have you been doing to fill your days? Embroidery, puzzles and reading.

What are you looking forward to the most once all this is over? Just getting on with life and being able to be outside in the open air and freedom.

Do you have a message you would like to send to your family or to our readers? This is a great place to live. My father in law was health inspector of all aged care centres in Queensland and I know from what he said this one would be tops.

Meet Irene Whitton Aged 88



How long have you lived in Woolgoolga? 78 in Woolgoolga and 3 in the Village.

What do you miss the most whilst being in lockdown? Visitors, cards, etc.

What have you been doing to fill your days? Scrabble and Patience, etc.

Do you have a message you would like to send to your family or to our readers? Dont worry, all of us are well here.

Meet Betty Mildenhall Aged 89



How long have you lived at the retirement village?

Previously Marion Grove, Toormina. One year here.

What do you miss the most whilst being in lockdown? Friends and family dropping in for a visit.

Can you tell me a nice experience you have had since the new isolation rules? Sharing a wine with a fellow resident each day.

What have you been doing to fill your days? Bingo and exercise group, crosswords, word games, walking around

the facility and facetime with family.

Do you have a message you would like to send to your family or to our readers?

Thank you for looking out for me and buying me necessities.

Meet Hermann Carstens Aged 93



How long have you lived in at the retirement village?

Two years.

What do you miss the most whilst being in lockdown? Not seeing my family.

Can you tell me a nice or funny experience you have had since the new isolation rules? Renate, my daughter told me that I'm famous as my photo has been seen around the world. All my children phoned and told me they saw it. 93 years to become famous!

What are you looking forward to the most once all this is over? Walking outside in the community.

Do you have a message you would like to send to your family or to our readers? Keep your distance - 1.5 metres.

Meet Dorothy Briggs Aged 91



How long have you lived in Woolgoolga and how many at the retirement village? Ten years in Woopi, one here in the village.

What do you miss the most whilst being in lockdown? Walking.

Can you tell me a nice or funny experience you have had since the new isolation rules? It's not funny.

What have you been doing to fill your days? Reading good books.

What are you looking forward to the most once all this is over? Heaven or the other place.

Do you have a message you would like to send to your family or to our readers? Keep moving.

Meet Marie Young Aged 89 1/2



How long have you lived in the retirement village?

Ten years.

What do you miss the most whilst being in lockdown? Freedom, not being able to go out.

Can you tell me a nice experience you have had since the new isolation rules? Seeing my family on facetime.

What have you been doing to fill your days? Reading, knitting and tapestry.

What are you looking forward to the most once all this is over? Going out for dinner with my family.

Do you have a message you would like to send to your family or to our readers? Stay indoors!

The Woopi that Was - Corindi

Did you know that Corindi once had its own Cheese Factory? Woopi News had heard about it but didn't have any further information. We asked local Corindi resident Brad Simmons if he could help us find some details - this is what he found.

Old Cheese Factory Upper Corindi

A grand opening was held for The Corindi Cheese Factory 24 November 1909. The opening of the cheese factory also gave birth to the local dairy industry with much enthusiasm in the community as the land was only regarded as valuable for its timber previously.

The factory was located on Andrew Gosper's property (later owned by Frank Norrie) on Sherwood Creek Road, alongside the Corindi Creek opposite the old Upper Corindi School site. Mr Gosper was also the successful tenderer to construct the factory on behalf of the cooperative in Aug 1909.

"The building, which occupies a picturesque site

overlooking the meanderings of the creek, is 40ft x 20ft, with a very steep roof. On the southern side is a verandah 6ft wide. The whole is lined and ceiled throughout with wrought hardwood, the double walls having sufficient space between them to ensure cool current of air. A partition of double walls, divides the building into the "making-up room" and the "curing room." The windows of the latter are provided so that the room can be made perfectly dark. And it is expected that its temperature will never exceed 70°," (Clarence and Richmond Examiner, 30 Nov 1909).

The cheese maker was expected to arrive in Dec 1909. Mr Denis D McHugh was an organiser and instructor for the cheese factory and was also the owner of the Woolgoolga Cheese Factory completed in Nov 1908. Mr A J (Bert) Wilson from the south coast with a history of cheese making was a Corindi Cheese Factory manager.

The factory ran as the Corindi Co-op Cheese Co Ltd registered in January 1910 and paid the first milk cheque to suppliers in August 1910 and noted having over 2t of cheese ready for market. The cheese factory produced approximately 2t of cheese per month.

J.T. McKittricks Ltd of South Grafton received a 1t delivery on a dray drawn by three horses travelling 30 miles in July 1912. They believed the quality was so good that they took all that the factory could turn out.

The short lived successful and award winning cheese factory closed in Feb 1915 shortly after the start of WW1 mainly due to the better prices received for agisting land to graziers rather than the constant hard work of dairying.

In Dec 1917 there was an offer from the present owner to reopen the factory under a co-op again or by purchase. This chatter of reopening appears to have not eventuated.

Timeline

Apr 1899 Mr MacDougall canvassing interest
Nov 1908 Shares taken up
Jan 1909 Doubts and hopes for cheese making
Mar 1909 Timber order for construction
Jul 1909 Tender for building construction
Aug 1909 Gosper successful tenderer
Nov 1909 Grand Opening
Jan 1910 Corindi Co-op Cheese Co Ltd registered
July 1910 2t of cheese to market
Aug 1910 First supplier payments
Dec 1910 AJ Wilson manager involved in cheese factory
Dec 1910 2.5t cheese output for the month
Dec 1910 Request for telephone line
Dec 1910 Crops for milking cows
Feb 1911 Some resistance to cheese from butter dairying
Apr 1911 A J Wilson cheese factory manager



Jun 1911 Submission for road upgrade
Jul 1911 Request road be upgraded to factory
Jul 1912 McKittrick store buys 1t and total of 5t good quality
Sep 1911 Bert Wilson still managing cheese factory
Aug 1912 Next door property for sale giving details of Gospers location and 2t of cheese produced per month
Aug 1912 Suppliers paid. Positivity for area
Oct 1913 Half time production through winter, full time again in spring
Dec 1913 Annual meeting planned for Jan
Mar 1914 Milk increasing
Feb 1915 Closure due to better prices for agisting to grazing than working of dairy
Dec 1917 Owner willing to sell or lease factory to reopen
Mar 1939 Company name deregistered in government gazette
Sep 1942 Death of Andrew Gosper who helped with cheese factory
Oct 1953 Death of Mrs McHugh the wife of the cheese maker

If anyone has any further information, photos or stories please contact Woopi News via woopinews@gmail.com



WOPI'S FINEST BUTCHERY

BEEF • PORK • LAMB • CHICKEN

82 Beach St, Woolgoolga

JUNE SPECIALS

CHUCK STEAK \$16.99 KG

BACON BONES \$10 - PACKET 500GM

DICED BEEF \$16.99 KG

The Woopi that Was

Someone recently asked us if we could help track down a set of these olden day prints of Woolgoolga.

We were lucky enough, to not only find the prints but the artist too.

Ray Whitton has an extraordinary talent for capturing images from photographs and had drawn these replications back in 1996. Ray's family goes back a long way in Woopi history and there are lots of stories to tell. His mum, Irene, (nee Bultitude) was the local midwife and would go from house to house delivering babies. She may have delivered a few of you. Woopi News is keen for a chat with her too, one day soon.

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 starting with this one "Old Sailor" - that's the horse's name not the man's.

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.



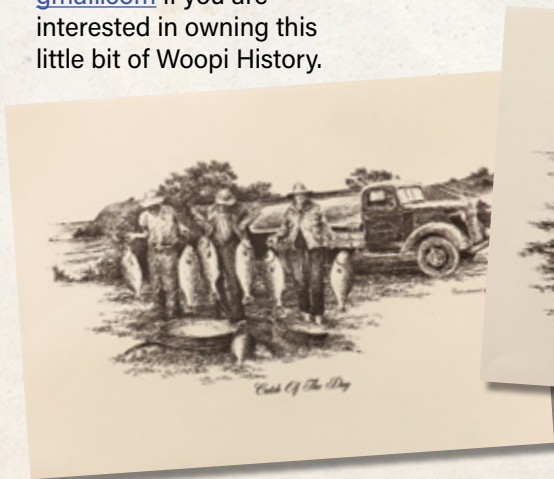
Old Sailor

In it's heyday, Woolgoolga was a thriving sea port, ships like the S.S. Sealingor plied the coast transporting valuable timber from local forests to Sydney and Brisbane.

'Sailor', the draught horse in this picture, hauled the loaded logs on trolleys the length of the jetty to the waiting ships.

It is said that Sailor was led on a rope that was just long enough not to pull up "too short" if he fell off the jetty, which happened a few times. He was then led back to the beach, swimming to resume work.

There was a timber mill, about where Bluebottles sits today. Railway tracks led west across Woolgoolga lake, remnants of can be seen today. Timber arrived by steam and Bullock teams from outlying areas to satisfy the demand for quality hardwood grown in the area.



If you have some history of these photos or others that you would like to share please contact us at woopi_news@gmail.com

To guarantee a loan or to not guarantee, that is the question



Many people saving for their first home manage to scrape together a deposit and still find that is not enough to get the loan approval they need to purchase the property they want. They may be employed full time and have no reason to believe that they would not be able to make the necessary repayments if they could just get approved for the loan. People in this position often approach a member to act as a guarantor for their loan using the equity they have in their own home, and many family members are happy to offer this assistance to first home buyers to get them into the property market. Unfortunately, family members often agree to act as a guarantor without getting legal advice first, and without fully appreciating the potential consequences.

There are plenty of things that can go wrong that guarantors often do not consider. Guarantees usually do not come with a time frame for release and guarantors may need to take out a loan in future - if their property is used as security for a guarantee, they may not be able to, or at least not without the lender's approval. Many guarantors also do not consider the possibility that there may be a relationship breakdown between the property purchasers before the loan is paid out. But an even bigger consideration should always be, what if the borrower cannot make their mortgage repayments? If the

COVID-19 situation has taught us anything it is that no job is 100% guaranteed. A borrower could lose their job at any time through injury, disability, or other circumstances and no longer have the ability make their loan repayments. What are the potential consequences for the guarantor?

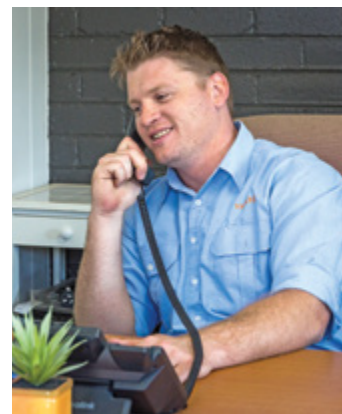
Despite popular belief, if the borrower defaults on a loan repayment, the bank is not required to pursue the borrower for the repayment and may not want to waste their time doing so if a borrower is a person of limited financial means. Guarantors are usually required to grant a mortgage over their own property as security for the guarantee and could find themselves in the situation where a bank may be able to take possession of, and sell their property, to recover the amount owed by the borrower including interest and other costs such as solicitors fees and the costs of selling the property. If the sale of the property is not sufficient to meet the full amount owed, the bank could pursue the guarantor personally for any other assets they may have that could satisfy the loan amount. While the borrower may have the right to claim financial hardship and negotiate with the bank in relation to a default situation, often the guarantor's rights are less clear.

Most banks and mortgage brokers now require proposed guarantors to obtain independent legal advice so that they are fully aware of the potential risks involved before signing a guarantee. At WNB Legal Pty Ltd we will offer you straightforward advice and assist with completing loan and guarantee documents for a fixed fee, contact 0419 464 946 to book a consultation with KC Hilton, Solicitor.

With certain COVID-19 restrictions easing, things seem to be a bit more relaxed and slowly getting back on track. However, please be aware that there are still scams out there ready to capitalise on the more cautious and they come in many forms - the troubling part is they often appear legitimate.

The latest statistics have suggested that approximately \$700,000 has been reported to have been lost due to the various forms of phishing scams, online shopping and superannuation/ATO scams using the COVID-19 crisis as the bait.

The known phishing scams appear to be sent to the end user via text and email from the Australian Government Department of Health. It notifies the reader that they



are either infected or provides a link to enter certain details regarding your health and wellbeing due to confirmed cases in the area. They also can provide a link to a video illustrating how to protect yourself from the virus.

Another form relates to financial information provided to the end user, stating that you will receive a economic support bonus of \$750 with no apparent details regarding the sender, or any information from the ATO department relating to a tax refund you will be receiving.

If you are ever unsure if what you receive is legitimate, here are a few tips to make sure you don't fall victim:

- Never click on the hyperlinks provided
- Never respond with personal or financial information
- If in doubt, log in to your secure account using "my.gov.au"



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
Computer Repairs

1300 431 678

7 Bosworth Road, Woolgoolga



News from 87.6 FRESH FM (Woolgoolga's Own)

G'day Woopi! We at FRESH FM hope isolation is working out for you, remember it's not forever, please do the right thing by your fellow man and of course, yourself. This column is to keep you informed of what is coming up at FRESH FM.

We are going to present a new program soon where we will have a mix of Indian-pop and western music for evening listening. So tune in 6-8.30pm and you could be in the running for one of a few CDs we have to give away to lucky listeners.



Australian music label FOGHORN Records have kindly provided us with copies of some of their premier artists to give away as prizes.

We have new releases from Steve Kilbey & Gareth Koch, a solo EP from Gareth Koch and the new album from Graham Gouldman famed as a member of 10CC.

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.

REQUESTS! We're so happy that you are contacting us for tunes that we can slot into the 'DRIVETIME - REQUESTS' program 4-6pm. Email or phone please.

Coinciding with the birthdays of local and international artists, we will continue

having a feature program of their music. Over the next few weeks we will be celebrating the birthdays of Michelle Phillips (The Mamas & The Papas), Red Symons (Skyhooks), Ray Davies (The Kinks) and James Freud (Models). Be sure to tune in Saturday afternoons between 1 and 4pm for that!

Don't forget that if you want to contribute to the station in any way please let us know. 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 🎵



coffscoast sports physiotherapy

Quality care for your injury

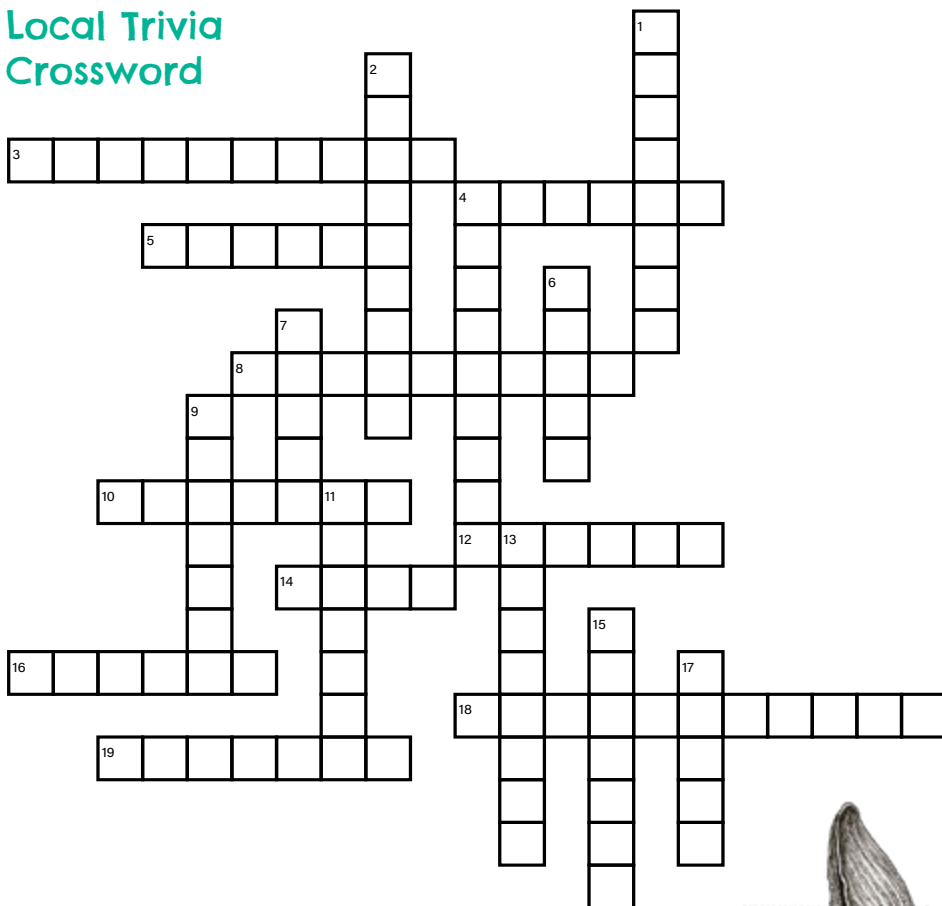
<ul style="list-style-type: none"> Sports Injuries, Orthopaedic/Joint Rehab Neck and back injuries General and tendon injury rehab Hip, knee and ankle injuries Shoulder, elbow and hand rehab Work cover injuries/conditioning Physical capacity assessments Hydrotherapy, dry needling 	<ul style="list-style-type: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

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.

Isolation Busters

Local Trivia Crossword



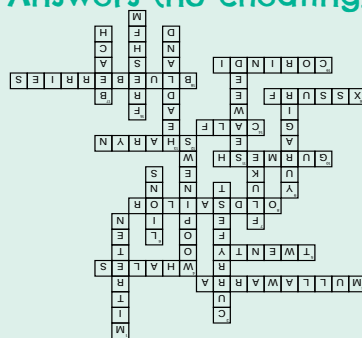
Down:

1. Local hardware store
2. Annual Festival held in Woolgoolga
4. Name of this publication
6. Community group named after an animal
7. Another name for a whale tail
9. National Park
11. Found on beach, good for garden
13. Best place to whale watch
15. Local Radio Station
17. Main Street of Woolgoolga

Across:

3. Beach between Mullaway and Arrawarra
4. Which mammals are we expecting to arrive this month
5. How many whales can you find in this edition
8. Horse on Page 21
10. Local MP
12. Name of front page photographer
14. Baby Whale
16. Where can you get 15% off winter clothes if you mention Woopi News
18. Agriculture product in our area
19. Where was old cheese factory

Answers (no cheating)



Local Whale Findaword

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

- | | | | |
|------------|------------|-----------|----------|
| whalewatch | binoculars | woopinews | cetacean |
| migration | breaching | humpback | blowhole |
| emerald | headland | pacific | redrock |
| moonee | krill | seaweed | fluke |
| mammal | ocean | whale | calf |



WOOLGOOLGA
 PODIATRY CENTRE

Open for appointments
Tuesday, Thursday and Saturday

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

Josie Prime | 7/4 Market Street | Woolgoolga 2456

6654 8860

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

Local Trades and Services Guide

ADVERTISING

You can advertise here for just \$50.

0410 052 601

woopinews@gmail.com

ELECTRICAL

MacRae ELECTRICAL

Lic. 287328C

Josh MacRae 0423 864 843

PLUMBING

Byrne PLUMBING

Lic. 297896C

Alex Byrne 0421 517 216

abyrneplumbing@gmail.com

Plumber • Drainer • Gasfitter • Metal Roofer

ANTENNA

Coffs Coast ANTENNA SERVICE

Domestic & Commercial TV/DVD/Hard Drive Tuning & Tuition Latest Digital Technology Satellite TV Specialist

Shane: 0411 355 603

GARAGE DOORS

WOOLGOOLGA GARAGE DOOR CENTRE PTY LTD

ACN: 608 137 875

Colin Williams Principal

Showroom & Office 33 Bosworth Road Woolgoolga NSW 2450

Phone: 6654 0921

Email: woolgoolga.garagedoorcentre@gmail.com

If I can't fix your door, you need a new one!

PRINTING

Printers of Woopi News

(02) 6651 1566

5/9 GDT Seacombe Close Coffs Harbour NSW 2450

info@pepperprint.com.au

www.pepperprint.com.au

CLEANING

Affordable, Efficient, Reliable & Personalised Cleaning Service

COFFS COAST Chem Free Cleaners

Residential, Air BnB and Corporate Police Clearance & WWCC

Phone Amber 0451 845 901 for a free quote today

LAWNCARE

ESK LAWNCARE & MAINTENANCE

0429 079 518

ROOFING

JUROTTE ROOFING

Roof Restorations Roof Repairs

Call for a Quote

0467 904 934 Lic No. 185278

ELECTRICAL

AllCoast ELECTRICAL PTY LTD

For All Domestic Installation & Repairs

Phone Brad Close 0408 756 590

Pacific Street, Corindi Beach NSW 2456 • Lic. No. 35276C

PLASTERING

IC Plastering

Specialising in New Homes

Patrick Curtan 0404 276 918 pwplastering@gmail.com

Laura Connell 0452 605 293 Licence No. 266 864C

TILING

LEON TILE & STONE

0414620108

QUALITY CRAFTSMANSHIP

- TILE REMOVAL
- WATERPROOFING
- BATHROOMS
- NEW HOMES
- RENOVATIONS
- POOLS
- SPECIALISING IN LARGE FORMAT PORCELAIN/STONE

Delivering a high standard of quality

Woopi Wonders

Recently talented photographer and videographer Lu Townsend posted a video of an inspiring lady, Joan Wehrens, on the Woolgoolga What's Happening facebook group. The video was fabulous but we wanted to know more so contacted Lu who gave us this insight into Joan's life.



Hi Joan,

I first met you doing a surfing lesson with Solitary Islands Surf School a couple of years ago and I was blown away to not only see you out in the water surfing but more or less just starting to learn to surf at an older age.

Then a few weeks later you arrive at the beach not only with your surfboard but a stand up paddle board on the roof of your car as well, just in case the surf was no good the stand up paddle boarding was your next option. I struggle getting mine on and off the roof and you made it look so easy.

The following week I am driving home to pass you all dressed up in your push



bike riding gear taking on the local hilly country roads. Is there nothing this lady doesn't do, this is what inspired me to approach you about putting a video together of your activities to help inspire others.

When I took this on I was even more shocked that you also ocean swim, play tennis, do yoga, gym workouts, dance and go to adventure ladies...whoa does Joan ever stop :)

You are not only extremely active but you participate in so many different sports, have you always been a sporty person?

Other than riding a pushbike as a kid I didn't do any sports until I turned 40. My life until 40 was working and raising kids. Once I hit 40 and my mother passed away I knew I needed to change my lifestyle. I started dog obedience training, after my last dog died. I was near a running track and the people I was talking to said that they were going to do a marathon at the end of the year and would I be interested in joining them. So I decided why not and spent the next year training.

The training led me to compete in Triathlons, joining the Aussie master swimming club and lots of fun runs. I completed the Melbourne marathon 1983, 1984 and 1985 which is 42kms.

I got quite involved with the Aussie masters swimming in which we travelled to Darwin, Gold Coast, Perth for championships.

What about dancing, how and when did you start this?

I was watching dancing with the stars, this inspired me to start Salsa classes, that lead to Rock & Roll, New Vogue and attending Carols Pacific Dance Studio's and I have loved it ever since.

You mentioned that you also have been going to the gym to do yoga and pump classes for around 10 years, you have so many activities do you have a set weekly routine that you stick to?

Sunday - Bike riding

Monday - Yoga

Tuesday - Gym - Pump class

Wednesday - Bike riding

Thursday - Gym - Pump class

Friday - Adventure Girls

Saturday - Yoga

Dancing on either Friday or Saturday nights.



Adventure Girls, can't say if I heard of them what type of things do you do with them?

It is a social group for mature age women to keep active and it has actually been running for 21 years, some of the activities we have done include: Beach volley ball, Canoeing on the Bellinger River, Bogey board racing, snorkelling, Beach walks, Charity auctions, Mini Golf, Tennis, Indoor bowls, Horse riding, Go carting and Abseiling.

Wow this sounds like heaps of fun. How do other ladies get hold of them if they are interested?

They can contact Maureen Waight on 6653 4765 Mobile: 0409 534 765.

Do you have any other actives or interests that we haven't covered?

Photography, in which I have had a few exhibitions mainly of my travels. I am also a member of the Woolgoolga Art Gallery, I volunteer once a month this gave me the opportunity to learn tapestry/patch working and oil painting.

What would you say to others that are thinking about taking on a new hobby, interest or activity?

If you are interested in something, give it a go, there is nothing to lose. The best part about taking on a new interest is the people you meet!

Woopi Wonders

What is important in your life?

Health and happiness, don't get bogged down in unnecessary stuff!

Do you have a life motto? **Keep on keeping on!**

What I have taken away from spending time with Joan is that nothing is too hard or a problem. No time or energy is spent thinking about the reasons why she can't do anything Joan just gets out there and does it!

Thanks so much Joan for proving that age is no barrier and life is what you make of it. Well done, you are an inspiration to us all! - Lu Townsend

www.lutownsend.com.au



If you're reading our digital version just click here to see Lu's video of Joan in action or you can view it on www.woopinews.com.au

Everyone is itching to get back into sport and a bit of competitive socialising, no more than the ladies from the Woolgoolga RSL Women's Golf Club

Hi everyone, trusting you are coping as well as possible with the necessary changes to your lifestyle, keeping physically and mentally in a good state. Woolgoolga RSL Women's Golf Club has been able to function, albeit minimally, but we feel so lucky to have been able to continue being out on Safety Beach golf course in lovely weather, whilst keeping social distancing. We have been playing a comp organised by Pro Terry, each Tuesday, and playing a nine

hole comp Friday afternoons. We've had a range of winners over the last six weeks, so congratulations to you all and a raffle is given each Tuesday as well. We will now be able to play in groups of four, still one person to a cart, but we can accept that. New members and players are always welcome and can join the golf club through Woolgoolga RSL Club so see the staff there in Beach Street. Pro Terry is available to advise on equipment, clothing and lessons at the golf clubhouse. Continue obeying rules and staying safe so we can all enjoy this beautiful part of the country.



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

PLANT & LABOUR HIRE:

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

- 3.5T Excavators
- 5.5T Excavators
- 14T Excavators
- 24T Excavator
- Posi Tracks
- 10,000L Water trucks
- Slashing Attachments
 - Forestry Mulcher
 - Road Sweeper
- Core Holing Equipment

- Tipper Trucks
 - 5t, 8t and Bogi
- Electrofusion Welding
- Labour Hire
- Employees have confined space ticket, up to date first aid and appropriate machine tickets
- Full insurance and public liability.

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

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

HARVEY EXCAVATIONS PROUDLY SUPPORTS THE FOLLOWING GROUPS:





Custom Q's Beds from \$2,400 (Rustic Redgum shown)



3PC Settings from \$2,500 (kd Blackbutt shown)



Coffee table from \$800 (kd blackbutt shown)



Dining Chairs from \$450 (with fabric seat)



Recycled timber setting from \$2,500

BUY LOCAL AUSTRALIAN MADE

Custom Cabinets \$POA (Blackbutt & New Guinea Rosewood shown)

CUSTOM FURNITURE TO LOVE FOR LIFE

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



Double daybed from \$2,500 (inc mattress and cushions)



Custom Bench Seats from \$550 (Rustic Redgum shown)



Outdoor lounge suites from \$5,000

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

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

Showroom Lisa 0407 172 733
www.bigardenfurniture.com.au
info@bigardenfurniture.com.au

Big Garden Furniture
bigardenfurniture

UNIT 1, 20 BOSWORTH ROAD, WOOLGOOLGA

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


big garden furniture

Our furniture is built to last...