

WOOLGOLGA NEWS

Woolgoolga and the Northern Beaches

MARCH 2020 issue #7



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Welcome to Woopi News

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A couple of weeks ago I had call from Holly at NSW TurtleWatch asking if we could help spread awareness of some Sea Turtle hatchings that will be occurring on the Coffs Coast over the next month or so. Holly told me of the Citizen Scientist program they have, which calls on volunteers to help monitor turtle nestings. It got me thinking about how important people like Holly and organisations like NSW TurtleWatch are. NSW TurtleWatch is a division of Australian Seabird Watch.

So, I spoke with Brad, we remembered the joy we experienced when watching the release of a healthy sea turtle, aptly named Woopi. The Fluro Friday Tribe had found him 18 months previously, sick and barely breathing. We marveled over the value of places like the Dolphin Marine Conservation Park (DMCP) and how, without places like these, sick turtles like 'Woopi' would never have survived. Duan March, who is a Woolgoolga local, a veterinarian and the Operations Manager at DMCP, always tries to release the turtles at the same place they were found. We have attended numerous turtle releases since and never stop feeling overwhelmed at the experience. (You can read about the next scheduled Turtle Release on page 4.)

Brad and I thought, instead of just writing a quick story, why don't we dedicate a few pages of this edition of Woopi News to the Sea Turtles. The ideas kept evolving and (next minute) we decided to extend this awareness campaign into a fundraiser. First thing we did was contact Jimmy Wags, Tulli Stevens and Lisa Knox, all amazing locals, extremely talented artists and beautiful generous human beings. All three have created extraordinary turtle artworks for us to auction.

We will run a silent auction during March. You just need to email or text your bids to Woopi News via the contact details above.

All three are donating the proceeds to NSW TurtleWatch (via Australian Sea Bird Rescue) and to Dolphin Marine Rescue. We also have a Go Fund Me page set up so you can donate as little or as large as you like. www.gofundme.com/f/woopi-sea-turtle-fundraiser Many shops around town are offering to donate some of the proceeds of their sales during March to the fund. I can't wait to try a Tippy Turtle at Sam's Place. Bacardi Rum, Midori, pineapple



Holly West from NSW TurtleWatch about to receive a Tippy Turtle from Emily Berry at Sam's Place

juice with sweet and sour. \$10 with \$5 going towards our fundraiser. Keep an eye on our website and facebook page for more details of our Turtle Crawl scheduled for Sunday March 29, an afternoon of Turtle inspired cocktails and smoothies in Woolgoolga Town Centre.



Auction 1/ This original, one of a kind, acrylic on canvas (400x500mm) by Jimmy Wags is up for auction to raise money for local turtle research and rehabilitation.



Auction 3/ Gorgeous Mandala Turtle cheese board by Tulli Stevens (37 cms)



Auction 2/ This beautiful Turtle art duo by Lisa Knox Pen and pencil single swimmer (300x250mm) plus 3D Babies (390x280mm)

Welcome to Woopi News

World's Greatest Shave

I know there has been a lot of fundraisers lately due to the fires and the floods but another one worthy of a mention and close to a lot of us is the Leukaemia Foundation's Worlds Greatest Shave.

Last year we were all shocked to hear that Scott from Woopi and Sapphire Beach Physio was raced to Sydney with Burkitt's Lymphoma. He is still recovering and waiting for another Bone Marrow Transplant this month. He has teamed up with Mikayla Ross to host a World's Greatest Shave event at her Beachouse



Café. Mikayla sadly lost her Dad to Blood Cancer last year and is looking forward to making this a fun day. They are after volunteers to shave, wax or colour their hair on Saturday March 21 (which at the moment looks like the same day Scott will be having his transplant.) To donate or register you need to go to


<http://my.leukaemiafoundation.org.au/scottmitchell>

Please give what you can and help beat blood cancer.

If you're attending an event, ordering a meal or purchasing a service or product that has been advertised with us, don't forget to tell them you saw it in Woopi News, so they know it's worth it!

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.



Celebrating Seven years of Fluro Fridays

Most of you know of or have heard of Fluro Friday Woopi, but did you know it is celebrated at over 100 beaches in over 28 countries all over the world?

This month on Friday March 20 at 6.30am

the One Wave organisation, that are the initiators of Fluro Friday, will turn seven. That's seven years of Freeing the Funk, of bringing awareness to mental health and letting people around the world know they don't have to face mental health challenges alone. To celebrate they are forming a Worldwide Fluro Wave for Mental Health. The Woolgoolga tribe would like to invite you to join us in being part of this wave along the shoreline of Woolgoolga Beach. Or like last year, if you would like to form one at your beach we would be stoked to have you join us. Contact me (Lisa) for more details 0410 052 601.

This will be Woopi's third year of joining in on this worldwide event. **You just need to turn up at main beach in your brightest clothes and form a line similar to the photo above.** If you would like to see photos and a video of our previous years please check our website gallery page. woopinews.com.au/photo-galleries

Vale BOB COOPER - Known and loved by many from his surfing days on the Northern Beaches. Founder of Coopers Surf. RIP BOB

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Turtles on the mend

Woopi News went to visit Dr Duan March, Operations Manager at Dolphin Marine Rescue to learn more about their Turtle Rehabilitation Program. This is what he told us.

Dolphin Marine Rescue currently sees around 60 sea turtles wash ashore along the NSW coast every year. These animals are generally Green Sea Turtles that are around ten years of age and between 40 and 50cm long. To understand what is affecting these animals, it is important to understand their lifecycle and how they use their environment.

Green Sea Turtles will nest in Queensland and Northern NSW, as demonstrated by the nest on Woolgoolga back beach this year! The eggs generally take a couple of months before they hatch, and in this time the sex of the turtle is determined - cool temperatures (like we get down here) mean boys and warm temperatures (like they get in North Queensland) mean girls.



Once they emerge, the hatchlings head out to sea, utilizing a 'swim frenzy' to get through the nearshore environment and out into the pelagic currents. Once they are out there they tend to drift around in beds of debris and nibble on things from the surface (fish eggs, sargassum and planktonic organisms). After ten years or so they return to the nearshore environment and start feeding on sea grasses and macroalgae and that is when we see them get sick and come into the rehabilitation centre. So the question is, is their diet making them sick? Or is something else in the ocean affecting them? The answer is that we do not know. We monitor blood parameters and parasite load and make sure any hydration deficiencies are corrected whilst they are in care and then we



Freddy Byrne got up close and personal with Pebbles the turtle rescued recently on Pebbly Beach, Station Creek

pretty much provide them with TLC and let them do their own thing. I like to avoid antibiotics; they knock the gut flora around and can make the turtle sicker. I don't like the idea of releasing animals that may be shedding antibiotic resistant bacteria into the marine environment. Most animals are in care for around three months but it can be in excess of a year. If anyone wants to help us out by donating or adopting a turtle, they can go to the website www.dolphinmarinerescue.org.

Whilst it is always great to release the animals once the rehabilitation process is complete, sometimes the animals don't make it. We work closely with the Sea Turtle Foundation. Last year we held a symposium that brought together all of the rescue and rehabilitation groups from around the country. It was a great turn out and it let us determine and prioritise the rehabilitation and research questions for sea turtles in Australia. So, every time that a turtle dies we make sure we complete a post mortem examination and collect a range of samples. We analyse gut contents for Taronga Zoo to see if there is any evidence of plastic ingestion - which, thankfully, around here is rare. We collect muscle for Southern Cross University to look at molecular traces of micro-plastics that may have been ingested and expelled and we have a couple of research projects of our own that we are pursuing. The primary one at the moment is looking at the nitrogen levels of the sea grass that is in the stomach. Most animals that die will be really skinny, however they often have a stomach full of food and very inflamed intestines. Nitrogen toxicity can cause similar problems in cattle, so we are looking at the link between

agricultural run-off and nitrogen accumulation in sea grass in our area to see if there is a link. The main hold up on this at the moment is funding - we need the best part of \$10,000 to have the samples analysed, so at the moment the samples are in the freezer until we can find the money. If anyone out there is keen to help fund this - let me know! **(That's us Woopi!)**

In addition to our sea turtle rehabilitation, there are a number of other ways that you can get involved with Dolphin Marine Rescue. For kids under 15, we have the EcoGrom program. Activities vary, but in the past the EcoGroms have built some nest boxes for wildlife after fires, helped out at sea turtle releases and worked with Coffs Harbour Aboriginal Lands Council on waterway health in Coffs Creek. For people that are over 15 and keen to get involved, we run Marine Fauna Training days, where you will learn a little about the biology and first aid for sea turtles, seals, whales and dolphins. This has really helped us out in terms of capacity building in the community - now we have over 50 volunteers to help out with turtle rescues and whale strandings. The next training day is coming up on the 7th of March and registration details can be found at www.dolphinmarinerescue.org

We still have 17 sea turtles in care at the moment, but most of them are on the mend. We have a couple that are good to go - weather depending, we're looking at March 8th, 10am, at middle Mullawarra for a release. So if you are in the area, come on down and check it out!

Thanks for sharing this with us Duan - see you on the 8th

TurtleWatch

Would you like to be part of the really cool NSW TurtleWatch Citizen Science Program?

The NSW Governments Saving our Species program has teamed up with Australian Seabird Rescue to develop NSW TurtleWatch, a citizen science program involving volunteers to collect valuable data on marine turtles nesting in NSW and their potential threats.

To become a volunteer with the Citizen Science program the only requirements are ... a willingness to walk the beach in the morning, a minimal level of fitness, a keen eye and the desire to learn and contribute to conservation.

The sort of things you would be required to do, apart from walking the beach each morning are: identify sea turtle tracks on the beach, report your findings, record presence of potential threats to sea turtles when possible and assist with monitoring nests when found. *That doesn't sound too hard to me!* Marine turtles have been reported to

nest in low numbers along the NSW coastline and have been showing a potential increase in recent years. Northern NSW beaches, including Woolgoolga and the Northern Beaches, are becoming increasingly recognised as a critical habitat for two threatened marine turtle species; Green (Chelonia mydas) and 0 Loggerhead Turtles (Caretta caretta), listed as vulnerable and endangered, respectively, at both state and national levels.

There is also growing concern about the impact of climate change and global warming on marine turtles as the latest trends are showing high rates of feminisation of some populations. NSW can provide beaches with potentially low light pollution, minimal human impacts and cooler incubation temperatures.

So I guess we need to give them all the help we can. What a way to give back to our environment and ensure the future of the world's Marine Turtles is secure.

To learn more about becoming part of the TurtleWatch program check out



their website seabirdrescue.org.au/seaturtles/monitoring or to express your interest in becoming a Citizen Scientist please contact TurtleWatch Project Officer, Holly West on 6686 2852 or turtlewatchnsw@gmail.com

Photo by
Bryce Forrest
Media



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Turtle Inspiration



LOUISE HARDMAN

So we all now Louise Hardman for her passion for recycling plastic ... but did you know her inspiration came from the sea turtle in the first place?

Her first job out of uni was for the Marine Education Society coordinating a sea turtle tagging program. She then helped set up a Marine Turtle Education program with the help of Surge. They started finding and receiving more and more sick turtles. In this photo you can see, a little bit younger, (circa kinda early 90s) Louise with a turtle that found his way to her, but did not survive. He was from the pristine waters of Woolli River, after he died they did an autopsy (Louise called it something fancy but I can't remember the word) and the poor thing was chocka block full of plastics from his butt (she also used another fancy word here) to his throat. That was Louise's "Oh my god moment" He had been eating seagrass and other things to try and unblock himself, but he had just been filling up,

probably for a couple of weeks. This had such an effect on Louise that years later she has designed her Pacific Collective logo on this turtle.

Louise told me that plastics are now spreading bacteria around coral reefs, it has a really bad knock on effect, 6% percent of it floats and 94% goes to the bottom the ocean, the plastic as it floats around harbours bacteria, then if it touches coral reef or any habitat it kills it. Pretty scary.

Louise was always thinking about how to try and stop this plastic epidemic from ruining our oceans and killing our marine life. She was in Thailand and visiting a family who had a very young girl looking after them while mum was at work. The girl picked up the big bag of household rubbish and took it down to the river and threw it in! You can imagine Louise's horror! On questioning this, the young girl said she thought it didn't matter as it would just float away. That's when Louise decided she needed to become an educator. She came back to Australia and studied to become an environmental education teacher.

Louise is not only an incredibly intelligent woman she is also persistent and appears to never ever give up. For years now she has had this passion to do something about combatting the over use of plastics and to do something with the plastic waste that appear inevitable.

She designed a machine that would shred plastic, melt it and then extrude it into something usable. The Shruder. She has been banging on doors and banging her head for quite some time now, most people would have given up, but her belief and her passion kept her going and she has just won an

amazing grant to help her achieve this. But as usual I have run out of room to share more about what Louise is doing but I hope we have encouraged you to look further via Louise's website www.theplasticcollective and I hope it has made you think a little more about the unnecessary plastic waste that life in the 2020's manages to produce.

(PS How cute is that photo?)

We have to save the turtles mum!
 Little legs in a blur,
 Chasing plastic bags before
 blown on the beach.
 We have to save the turtles dad!
 Tiny fingers scooping sand
 Carrying jellyfish back to the sea
 That's what they need to eat.
 We have to save the turtles sis!
 Look, that one is upside down.
 We'll gently set it right again...
 Leave it to go on its way.
 We have to save the turtles bro!
 Don't drive on to the beach.
 See the sign
 It's hatching time!
 Let's take a walk instead.
 We have to save the turtles aunt!
 Look! That one is crook.
 Its shell is covered with bad stuff
 I hope we found it in time.
 We have to save the turtles unc!
 I know what they mean to you.
 A family sign
 Of spirit time,
 We'll all work together, tru.

Poem By Dominique White

Who remembers as a girl sitting on the rocks below the headland watching the turtles swim. Her daughter Ava has always run after plastic bags and carried jellyfish back to the sea.

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Turtle Kids

Emerald and Dominique are two amazing young Mullaway ladies.

These two, aged 7 and 5, have been raising money for Dolphin Marine Rescue at their birthday parties each year since 2015.

In lieu of gifts, the girls invite party guests to instead donate to DMR. From ten parties, they have raised around \$1500, with Dominique raising \$220.20 at her 5th birthday party last month.

The girls also do what they can at home to protect the sea by using organic, toxic chemical-free soap, shampoo and sun cream; and by choosing to avoid plastic toys and single-use plastics.

Emerald and Dominique have toured the new turtle rehabilitation area at Dolphin Marine Conservation Park, as well as attending a number of turtle releases. They have enjoyed seeing that many turtles recover from floating syndrome and return to the ocean.



Dr Duan March from DMR recently came to Mullaway Primary School to meet with Emerald and Dominique to accept their latest donation.

These two Woopi Wonders are certainly doing their bit to ensure our local turtle population thrives.



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INFORMATION EVENING - Thursday March 26

Mandy from Intrepid/Peregrine will reveal the amazing selection of travel styles and destinations they offer. Meet in store at 5.30pm for a 6pm start, numbers are limited.

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Save the Turtles

What can you do to Protect Sea Turtle Habitat?

- ✦ Don't buy souvenirs or other items made from sea turtle shell. When travelling, ask vendors what souvenirs are made of and when in doubt, don't purchase items in question.
- ✦ Reduce your carbon footprint! Climate change affects the health of coral reefs which are vital to the sea turtles survival. A warming planet also skews sex ratios in baby turtles, changes the abundance and distribution of prey, increases erosion of nesting beaches, and more. Learn some simple ways to reduce your carbon footprint here.
- ✦ Choose responsibly caught seafood. Sea turtles are vulnerable to commercial

fishing methods like trawling, longlines, and drift gillnets, becoming unwanted catch (also known as "bycatch") that is discarded like trash.

✦ Just say NO to plastics! Sea turtles and other ocean life mistake plastic as food and ingest it. An estimated that more than 100 million marine animals die each year as a result of eating or getting entangled in plastic. Avoid using disposable plastic bags, bottles, and "skip the straw."

✦ Leave No Trace. This means practicing good housekeeping when visiting a beach where turtles nest. Remove your trash (and trash left by others) and any obstacles that may become hazards for nesting sea turtles and hatchlings like beach furniture, holes, and sandcastles. Turtles need clean and clear beaches

(and oceans!) to increase their chances of survival.

✦ Hang onto those balloons! Helium balloons can travel long distances, get caught in electric lines, and hurt animals like birds and sea turtles, which similarly to plastic bags can be mistaken for jellyfish.

✦ Choose sunscreen carefully. Chemicals in some types of sunscreen can damage coral reefs and pollute turtle habitat. Avoid any sunscreen with "oxybenzone" and look for brands labeled as "Reef Friendly" and avoid sprays that can pollute the sand where turtles nest.



Glass Straws and Keep Cups at Feather and Nest



String Bags and environmentally friendly re-usable activated charcoal bags available at Lulu Lulu



Turtle Collectibles available at That Beach Shop and Natural Element Store



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Purple Day in support of Epilepsy Awareness

Meet Barb Kimpton, her husband Col and their special little staffy Coma.

Barb has suffered from Epilepsy since 1995 after been involved in a car accident. Her mum suffered epilepsy also until she passed away in 1976.

Epilepsy is the most common, serious brain disorder affecting over 65 million people worldwide. 1 in 3 people will not gain full seizure control, even with medication, Barb is one of them.

She has had many breaks and fractures over the years. She has had to give up her job as an Aged Care Nurse after she had a seizure at work. This then led to severe depression and anxiety, which is made worse as

Barb is often scared to go out in case she has a seizure. She recently had a seizure in a local shopping centre, which was very confronting for her and the people around her.

Coma is her service assistance dog and her best friend, he can detect the onset of a seizure before she does. Barb doesn't get any warnings that one is coming but Coma cries at her constantly until she sits in a safe spot. Within seconds of her seizing he jumps on her and licks her face until she comes to. He has done this since he was a puppy and with no training. You can see why he is her best friend.

Barb has an amazing support network of family and friends which she is grateful for and would like to help others who suffer



from epilepsy by promoting Purple Day. International Purple day is a day set aside to encourage people to talk about epilepsy and to remind those who live with seizures, that they are not alone.

Barb is a member of The Fluro Friday Tribe that meet on Woolgoolga Beach every Friday in bright colours. Her Fluro Friday friends would like to show their support for

Barb, and all other epilepsy sufferers, and will be wearing purple to the 6.30 am weekly meet on March 27. We will then head over to the Beachouse Café for coffee. If you're interested in purchasing some Purple Day Merchandise from Barb please feel free to call into the Beachouse where she will be from 8 am till 12noon on this day.

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What's New

WOVEN OAK

A brand new online business with a soon to open showroom - Woven Oak is a carefully curated collection of earthy homewares, textured neutrals and one-of-a-kind pieces, all chosen to suit Woven Oak's base signature palette, with injections of muted colour.



Racquel McCluskey has always been passionate about interior design and décor and Woven Oak is the realisation of years of planning, all while revolving around the family construction business and their three beautiful children. In addition to their everyday range, Woven Oak also specialises in one-of-a-kind pieces, sourced globally, that have a history. These items

are truly unique, with no two being the same, creating stunning statement pieces in your home.

With a range of stock including soft Turkish cottons, handmade ceramic kitchenware, stone soaps, and stunning dried florals designed to last a lifetime, you are sure to find something you will love.

You can find Woven Oak online via www.wovenoak.com.au, later in the year Raquel will introduce you to a beautiful new Woolgoolga showroom.

ROB BROWN'S DENTURE CLINIC

is now open full time in Woolgoolga.

Rob's family has been holidaying here, from Armidale, for the past three years and fell in love with our village atmosphere, beach lifestyle and the people.

Rob and his wife Sue had both discussed how they would love to move to Woopi if the opportunity ever arose. Their wish kind of came true, when Sue received a transfer with her work.

Rob still had his Denture Clinic back in Armidale so every weekend he would make the trek back, run his business up there on Monday and Tuesday, then head back to the Woolgoolga clinic for Wednesday, Thursday and



Friday! What a mission.

But yay, over the Christmas break they were fortunate enough to sell the Armidale clinic, which now means he can operate full time in Woolgoolga.

Rob is the nicest of men and very excited to finally feel like he has permanently moved here. He will be able to concentrate on helping local people in the area get the best dentures and mouthguards possible.

"We see the whole area as a fantastic place to live and work with great beaches, opportunities, restaurants, cafés and shops. The people are amazing with how warm and friendly they are. I wish we had the opportunity to move here years ago. It is definitely the best place on earth."

You will find Rob Brown's Denture Clinic at Top Town opposite Aussie Fresh Seafood, on the corner of

Rover and Hastings Streets. He offers Complete and Partial Dentures, Repairs and Relines, Implant Overdentures and Mouthguards. DVA and Hospital Vouchers accepted.

Call him for a free consultation Monday to Thursday 9am-5pm. Friday by appointment (because I think he and his little French Bulldog, Louie, will be walking the beach). No referrals needed, how good is that!

STEVE, THE BANANA BENDER

has opened a fruit and vege shop, ala a lot of other things as well. We'll tell you more about that next edition (think recycling), but in the meantime you can find him at the back of the United Service Station behind The Furniture Station. Does that make three fruit and vege shops in Woolgoolga now?

Cheryl Midavaine

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What's New

NEW THAI TAKE AWAY

Rafa's Café in Corindi Beach now turns into a Thai Restaurant at night. Aroy Mak Thai 5.30 to 8.30 Wednesday to Sunday. 6649 2880 - Takeaway only.

NEW MANAGER AT MITRE 10

Your local Hardware Store has a new Manager. Head down and say 'hi' to Glen Creed. Glen brings over 25 years of retail and wholesale electrical experience to the team and looks forward to assisting you with all of your Hardware, DIY, Painting and Gardening needs.

Glen is passionate about customer service and is an avid DIY-er himself, so has plenty of experience, tips and tricks to share. He is also a bit of a green thumb,

so can happily chat to you about everything garden, as can the rest of the team. They have a wealth of knowledge to share in their beautiful Indoor and Outdoor plant area.

Glen has a vision for the Garden Centre which will be implemented over the next 12 months. This will enhance the shopping experience already enjoyed by Mitre 10 customers. The store is constantly adding to its range and will continue to do so as part of the new format.

Together, with owners Shaun and Jo, Glen will lead the awesome Mitre 10 team to continue to provide the Woopi community with the best products, experience and value.

Woolgoolga Mitre 10 is open 7 days 7am-5pm Monday



to Friday and 8am-4pm weekends and public holidays. 3 Featherstone Drive, Woolgoolga. Phone 6654 1229. You can also keep up to date with their

latest catalogues, specials and news by following them on Facebook.

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JEAN VICKERY

Last month we touched briefly on what an amazing woman Jean Vickery is, when she was awarded the Coffs Coast Citizen of the Year, but Woopi News was lucky enough to have a longer chat with Jean and we would love to share it with you.

Believe it or not Jean has only been in the Woopi area since around 2012 but wow, what an impact she has made.

She is a born and bred Guyra woman spending her life working hard and on the land. After her husband passed away she kept the farm going for quite a while until one day she made the decision to move down to the coast to be near her family. She is a mother of three and grandmother of six. I imagine her to be a great fun, open minded, all accepting grandmother too.

As a newbie to town Jean wanted to get to know people, she became involved in all sorts of community activities. She joined the Red Cross and helped out with the Friendship Afternoons, she volunteered for Linked to Life, Westpac Rescue Helicopter and Meals on Wheels, she would also go up to the Retirement Village and chat with residents there. She joined the Woolgoolga Lions in 2015 and says it's the best thing she has ever done. She loves being a Lion. So much so, she is currently President and ready to stand again for another year. Via Lions she helps coordinate the annual Daffodil Day and promotes and supports the Disabled Surfers Association.

Since moving to Woolgoolga she has embraced our community and contributed an amazing amount.

They say volunteers live longer lives and Jean is testament to this. A sprightly octogenarian, she is out there towing and setting up the Lions BBQ at all different places so she can cook pancakes and sausages to raise money for kids with cancer, drought appeals or anything that is needed.

Jean recently helped initiate an Adopt a Town program via the Lions Club, to help drought affected towns. She saw the need for a laundromat in Guyra and collaborated with the Guyra Lions to help fund this, there was one family that had to commute a long way to reach the laundromat and this was causing them a lot of distress, so Jean organised a tank of water to be delivered to this family. She has been to Barraba and Bendameer as well, helping them in similar ways including making it a nicer Christmas for them. Jean disclosed that when she leaves these towns she has to pull over for a tick to control her emotions.

Jean and the Woolgoolga Lions Club have supplied Nymboida and Nana Glen residents with 22 x 5000 litre water tanks and they have assisted Blaze Aid by providing steel posts and wire. These areas also had bottled water on their wish list which didn't quite make the budget. Jean went around different supermarkets successfully spruiking for donations but with no delivery. Jean decided she would drive the pallets of water herself out to Nymboida. She left them there with a note saying 'Love from Woopi'.

Jean wants to stress that although she appears to be doing everything every where she is not a one man band that she has been lucky enough to team up with so many other Woopi residents and collectively they are making a difference.

Jean is wearing glasses in this photo as she has an eye patch on, and most likely will have for most of this year, but we can't see that stopping her at all. Whilst she was in hospital having her eye seen to, she discovered they desperately needed a new Lifepak defibrillator in the emergency department. In true Jean style she got on the phone and managed to negotiate the purchase and donation of a new one that is now on order.

Jean's future plans include a reader helper program in primary schools, we'll keep you up to date when this happens. She also asked me to thank the Woolgoolga Pharmacy and the people of Woopi for their wonderful donations to help the drought affected towns.

What a Woopi Wonder

If you would like to become involved with the Woolgoolga Lions Club please give Jean a call 0427 791 628

Our Pet Page

POOCH PERFECT

Did you see Lisa Webb on the telly on Thursday night? Lisa was amazingly selected from over 4000 applicants to be part of the new channel 7 show, Pooch Perfect, hosted by Rebel Wilson! The show features Australia's Top Pet Stylists taking pampered Pooches from scruffy to fluffy. Lisa and her husband Stephen own Maggie's Dog Café in Moonee Beach Shopping Centre, which by the way, recently was awarded the best dog friendly café in Australia. Lisa unfortunately was knocked out during Thursday's episode but what a great effort she put in. Maggie's Dog Café is a pretty unique concept, you can take your dog into the Café with you where your



Lisa on the right with her show Pooch Perfect partner Annett

pup can enjoy a, Doggie Beer, a Puppicino or even a Pie whilst you sit back and relax enjoy a cup of coffee and something to eat yourself. Your pup is even welcome to sit on the sofas with you while you watch pampered dogs being groomed through a large glass wall. It's definitely worth a visit.

Congratulations Lisa

PET OF THE MONTH

Woopi News introduced our new Pet of the Month column via a facebook competition during February.

The prize was that the pet who received the most votes would have their photo published in this edition. The photos were so cute we decided to publish the top three.

If you would like to see the other entrants go to Woopi News face book site.

A new competition will also start for our April edition. Enter as many times as you like, then get your friends voting.



Deegan from Emerald Beach was our grand winner with the most votes



Coming in Second was handsome little Chai Yo



Third place goes to Clancee and her Chicken 'Chook'

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<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 Exercise Physiology: Strengthening, Health & Disease Management 	

Woolgoolga 6654 2477
3 Fawcett Street

Coffs Harbour 6651 9622
78 Albany Street

www.ccsp.net.au

Play Group



Oh to be a kid again!

Woolgoolga Family Playgroup have the right idea. They have been getting into some Turtle Education with the children incorporating Turtle Craft into their fun packed days. Playgroups are awesome for mums, carers, bubs and toddlers. You're not only taking your children somewhere safe, friendly and fun, you get to form some lifelong friendships and have that all important social inclusion every week. Playgroup is open Tuesdays and Thursdays from 9:30 till 11:30am. The cost is only \$3 per family and you can register with playgroup NSW at playgroup.nsw.org.au. Situated at the Community Hall (aka Mud Brick) in Boundary Street, the play area is fully fenced off with a large range of toys for all babies and children. There are shade sails as well as a patio, but still encourage all children to wear a hat. Healthy eating is encouraged, so everyone is asked to bring a piece of fruit to add to a nice big healthy fruit salad for morning tea. You can also bring along other food for your child if you wish. So go on ... get out of the house and take the kids for a nice morning of fun and craft.

Mind your Mind

Do you need to shoot the second arrow?

It is said that anytime we suffer misfortune, two arrows fly our way. The first arrow is the actual challenging event, which causes distress and/or pain. The second arrow is the suffering, which is actually optional! The second arrow represents our reaction to the difficult event.

I was recently reminded of this Buddhist teaching by a colleague of mine (thanks Clare!) and find it so helpful.

Have you had a disappointing or hurtful thing happen in your life recently? Perhaps you felt angry, sad, frustrated and you raged, complained, whinged and spent time ruminating about how you wish things were different?

The initial arrow, the bad event, you have little control over, life happens. The second arrow is yours to control.

Woopi Wonder

Do you like working with young people, do you have an interest in Science, Engineering, Technology or Maths?



The 2020 Science and Engineering Challenge are Seeking enthusiastic Volunteers for an exciting one day event in Woopi. For the sixth year Woolgoolga High School will be hosting this exciting challenge with the help of our Woolgoolga Rotary and Lions Clubs plus the University of Newcastle.

The Challenge will be held on Tuesday 7th April 2020 and is designed, through fun and practical hands-on activities, to inspire young people about the opportunities available in science, technology and engineering. The Challenge has been a huge success with over 240 students from across the Coffs Coast participating. Students in previous years have shown great enthusiasm and determination to win for their school. Teachers from the schools involved have indicated that the Challenge has had a significant, positive and lasting effect on the students' approach to science and technology in the classroom. Woolgoolga High School won the event in 2019! Volunteers are required to have a current Working with Children number (www.service.nsw.gov.au/transaction/apply-working-children-check) and will need to complete a form and present ID to Woolgoolga High School whilst volunteering on school grounds. For more Information please contact Patty Delaney 6654 2185, email: pattydelaney101@gmail.com or Gordon Letts 6656 1746, gordonletts@bigpond.com

It represents your emotional and behavioral response to the bad event. Instead of perpetuating our suffering by complaining, blaming or ruminating - shooting the second arrow - we can choose a different response.

So how do you avoid shooting that second arrow?

I will give you some tips next month so stay tuned! For now, try and notice your response to difficult situations - awareness is the first step!

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.



The Woopi that Was! - Emerald Beach

The past editions of our 'Woopi That Was' pages have featured Woolgoolga from the 50's onwards, this month we would like to share with you some of the history of Emerald Beach.

We were lucky enough to spend some time with Ben Holder the author of 'The History of the Coastal Strip known as Look at Me Now'. Ben is an incredibly interesting man with an amazing knowledge of Emerald Beach and surrounds. He has given Woopi News permission to glean bits from his book.

The countryside surrounding Emerald Beach Village of approximately 1300 acres was settled and pioneered by James and Eliza Skinner, their sons, daughters and their families from the early 1880s.

Between Fiddaman Creek and Shelley Beach, land comprising 140 acres and what is known now as Emerald Beach Village was settled in the middle 1880s by George and Sarah Dammerel and family.

This property in the early days was referred to as 'Look At Me Now'. It wasn't until later that it became known as 'Signal Hill' and then became Emerald Beach subdivision in 1963.

It is not known when or how 'Look at me Now' got such a name. The name was given on Frederick Fiddaman's death inquest report which was held at 'Look at Me Now' in June, 1882. Several versions of how the name came into being have been told. The favoured one being it was named after an English gentleman who was known to use the phrase quite frequently, particularly at times of distress or trouble. Another story is that when you are on one of the beaches and looking back at the headland, you can see a facial formation in the cliff face. When you walk up the beach or down, the face is still looking at you.

Fiddaman was English, a hermit miner and fossicker. He was camping near his gold diggings on Digger headland, some think he was responsible for producing the name, however the story of the gentleman who used the phrase frequently is the most persistent one, having been passed down through the Skinner descendants. The story

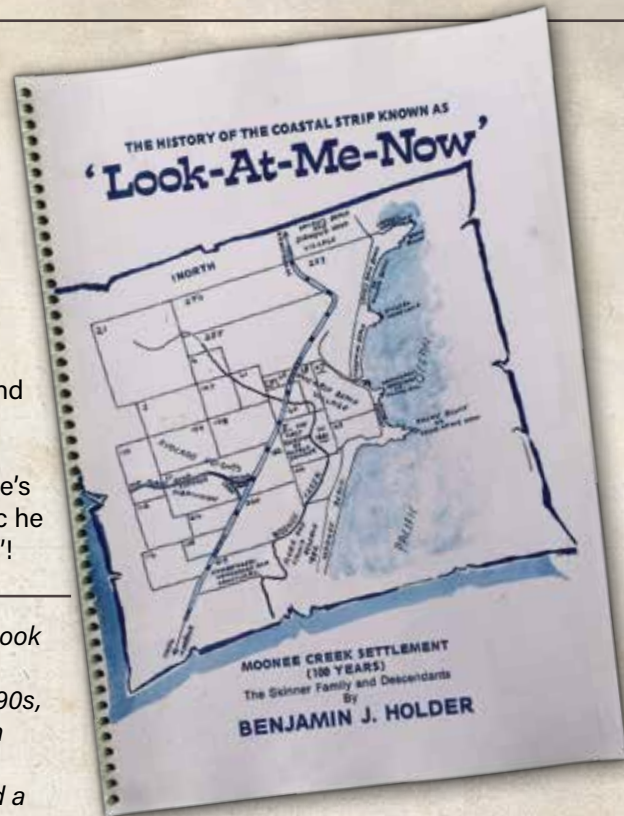
tells of the Skinner's picnic at Shelley Beach (or Serenity as many call it now) attended by an English gentleman who had been frolicking with the Skinner girls. The gentleman was invited for a horseback ride to the Skinner's homestead which involved riding between two of the Skinner men and when crossing the wetland the Skinner's dug their heels in and their horses took off at a gallop. The gentleman followed and was plastered with mud from the horse's hooves. On returning to the picnic he said to the girls "Look at me now"!

Another interesting fact in Ben's book is that before the famous Outfall Protests of the late 80s and early 90s, Look at me Now had already been compromised by plans to build a tourist development. This included a camp ground, caravan park, two tennis courts, a small golf course, a restaurant and motel units which council had approved. Residents formed the Emerald Beach Action Group and protested furiously. Luckily for us the state government blocked the plans and bought the land as part of its coastal and protection scheme. This was in the mid to late 70s.

Woopi News was contacted by a lovely journalist, Janette Jenyns of Chinchilla in Queensland. Janette was given the opportunity to write about a young family who grew up in a shack on Shelly Beach (Now Serenity). She was able to chat with Kaye Batty, before she died and has captured Kaye's reminiscences of a life back in the early 1930s. I hope you enjoy it as much as we have.

Shelly Beach

The first miracle was that she survived her birth, the second that she survived her childhood. Kaymas Auriel Batty was born in 1932. At a mere three pounds; she spent the first weeks of life literally wrapped in cotton wool.



Her childhood, on the windswept rocky shores of Shelly Beach in the early 1930s was as wild and free as the ocean waves that pounded that remote part of the New South Wales shoreline. For as far back as Kaye can remember, her mother, Sarah Batty hovered on the periphery of her life. It was her father, Austin who Kaye looked to for love and support. Although work took him away from home for much of the time, when he was present he gave his children both his time and attention and provided for them as best he could.

There were four children in Sarah Jane and Thomas Austin Batty's family, Neville, Kaymas, Edna and Dulcie.

One of Kaye's earliest memories is of being only three or four years old. She vaguely remembers struggling uphill with armloads of clothing, blankets and pillows. The family was moving from the log cabin at Fiddaman, her home since she was born, to another dwelling on the far side of the hill. The well that provided fresh water for the family had run dry, but on the other side of the headland was a fresh running creek; a reliable water supply.

Her father had been building the new home on and off for the past six months while he worked on nearby Hardacres' dairy farm. The family lived at the farm during this period. Kaye remembers only the little things, her

The Woopi that Was! - Emerald Beach

father behind a massive cart horse called Dolly, ploughing a field in readiness for corn, and taking him his lunch in a billy can, a red hat atop her little head. She remembers breakfasts of bread on an enamel plate smothered with brown sugar and cream.

Kaye remembers little of her first home at Fiddaman. All her memories are centred around life at Shelly Beach on the far side of Dammerel Headland, located eight miles from Coffs Harbour. The tin shack Austin built for his family was half way along the beach

protected at one end by Dammerel Headland and at the other by Look at Me Now Headland (so named because no matter where you were on the beach you could see it). At the end of Look at Me Now was a small rock island, bridged to the headland by a fallen tree. On the horizon between the two headlands lay Solitary Island.

So close to the beach was this house that during wild weather the sea foam would lie in billowing piles at their door. It was a rudimentary building, the main dwelling consisted of the

bedrooms and a lean-to made of bark nailed to a wooden frame protecting the cooking area. It was sheltered from the elements on just one side, with a dirt floor but it became the heart of the home.

Austin

Her father would make huge log fires in the fireplace of that little lean to and the memory of those fires is embedded in Kaye's memory forever. A hole at either side of the fire place allowed massive logs to be fed through into the hearth. In front of the fireplace was a long bench, and this is where Kaye and her brother and two sisters ate their meals. It was always Dad who cooked for the children, where Mum was for much of the time remains a mystery.

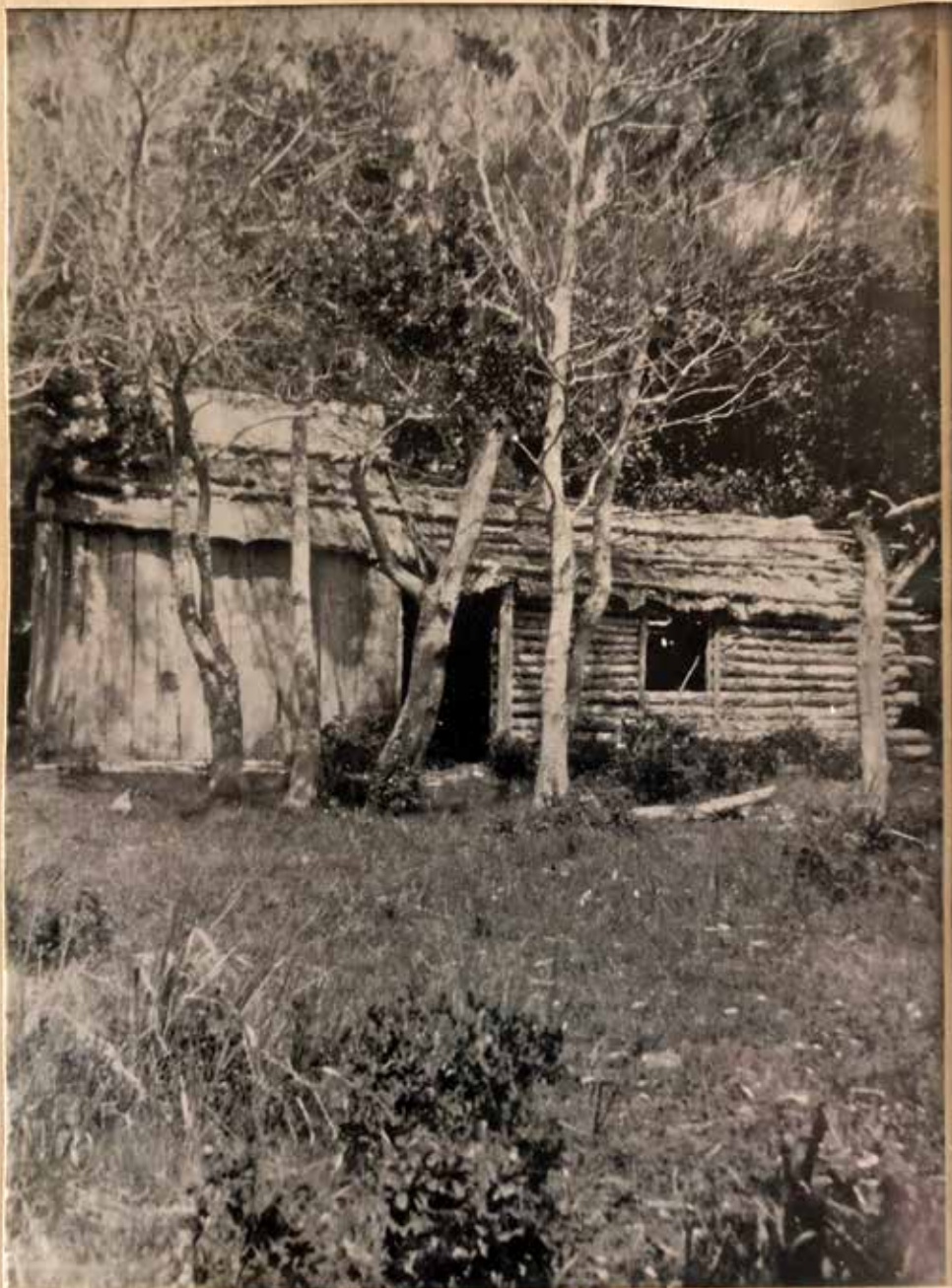
There was little money for food and fish was the staple diet, supplemented with milk, butter and eggs from Skinner's farm. The Skinners were Dad's family, related on his mother's side and there were three Skinner families living within walking distance of Shelly Beach.

Kaye's Dad, Austin as he was known, worked all week with a pick and shovel, making roads. At Coffs Harbour a new runway was being built and it was this job that kept Austin away from his family for much of the time. It was hard manual labour, loosening the surface, cutting away culverts and then carting away the surface soil in a horse drawn dray. Gravel was brought in to provide a solid surface - rolled and compressed by hand. It was a long and painstaking procedure.

Kaye's only memory of her father ever taking time for recreation was seeing him dressed in whites, riding on his bike to Coffs Harbour for a game of cricket.

When he was home, Austin fished to provide food for his family, and to use as barter with his cousins. It was from the Skinner farm that the dairy products came, in exchange for the fish Austin caught. There was fruit too, apples and pears when they were in season, sometimes bartered, and sometimes pinched from the trees by the children.

Some mornings before he left for work, he would make them big plum puddings, boiled in a pot over the fire,



AUSTIN BATTY'S LOG AND BARK SHACK
FIDDAMIN'S CREEK

The Woopi that Was! - Emerald Beach

or loaves of bread baked in the coals. At times the family dined sumptuously on whole flathead, stuffed and baked in the red-hot embers of the fire. The children learned to catch prawns at night using a kerosene lantern, and prised fresh oysters from the rocks.

The fishing off Shelly Beach and the headlands was abundant; Kaye remembers how easy it was in those days to catch a fish in the surf. Bream, flathead and whiting were caught on periwinkles or sandworms. Dad fished for Snapper and Mulloway off the rocks at the headland. He had to drag the huge Mulloway up the beach over his shoulder, their tails dragging along in the sand.

The 1930s was a period of depression, and money was tight; it was a time for resourceful measures and making do with what one had. Kaye recalls taking a chaff bag into the open scrublands behind the house and filling it with dry, sweet grasses. With a blanket thrown over, it made a soft mattress to sleep on.

Austin sometimes collected honey and Kaye remembers there was always a sugar bag hanging near the fire. A bowl collected the dripping honey as it slowly melted off the wax combs and Kaye would dip her finger in it whenever she passed by. Her Dad would bottle the honey, and sell or barter it around the neighbourhood.

Dad was the centre of Kaye's universe. When he fished at night, by the light of a lantern, Kaye would wander the beach, eventually falling asleep in the pool of light cast by his kerosene lamp. There Dad would find her, covered in a thick layer of sand for warmth, and surrounding her sleeping form would often be the tracks of the dingos that had circled her as she slept.

Life on a Beach

The hut that Kaye shared with her parents and siblings was built on sand dunes just a stone's throw from the ocean. Around the dwelling was open and grassy and to one side, a fresh water creek flowed from a deep spring-fed waterhole further up the hill. The waterhole was surrounded by thicket, and dense undergrowth.

Dad's cousins' dairy farm was inland from Dammerel Headland, and between the two lay an area of low,

marshy wet land. There were obstacles along the way; an area of sinking sand could be crossed by holding tightly to the 'Cuddle-Me Post' before ducking under the barbed wire fence. Old wells dotted the landscape, uncovered and a death trap for the unwary.

It was a ragged shore line, with cliffs and rock pools, towering sand dunes and blowholes. When the gales blew in from the ocean the seas would crash relentlessly against the shore, shattering onto the rocky coastline and sending spray high into the air. But for Neville and Kaye and their two young sisters, this beach was their playground. Along with their army of cousins, the children were left to their own resources for the most part, to swim, fish and explore their beach to their heart's content. They wiled away hours playing with shells; they were their 'coins' in games of shop. There were beautiful shells to be found along Shelly Beach.

How often and in how many ways the children escaped serious harm is debatable. They lived a charmed life, unaware of the dangers around them. Despite living on a beach, Kaye was not a strong swimmer. Asked how she felt about that time of her life Kaye replied without hesitation, "It was an idyllic childhood."

Their life quite simply was an adventure, straight from the pages of a fairy tale.

Had a stranger passed by and looked down on that beach, what sight would have greeted him? A ragamuffin crowd of sea urchins, swarming, screaming across the blowing sands, emerging from the waves, hair wild from the wind, bare skin tanned dark as mahogany, and having the time of their lives!

"When we were hungry, we would catch a fish and cook it over a fire on the beach." Kaye recalls. She also learnt to make Puftaloons, little fried scones made with flour, salt and water. "Wherever we went, we would carry a little tommyhawk with us. We used it to chop oysters from the rocks, and to cut off the tentacles of octopus when they wrapped around our ankles in the rock pools."

The children learned bush tucker skills from the older ones; they dug shellfish

for bait, made chewing gum from tree sap, and ate the honey sweet flowers of the 'pig face' vine. Sometimes, when their cousins met them on the beach their pockets would be full of potatoes from the farm. Kaye loved those potatoes cooked in the coals of their beachside fire. "I don't want to go to heaven," Kaye once said, "I want to go to Hell, so I can cook potatoes on the hot coals, there."

Kaye always looked after the two little ones during the day while her father was at work. Edna and Dulcie were mere babies, and Kaye had them propped up on the sand in a shady spot while she and Neville played nearby. She made their bottles and fed them, dressed them each morning and put them to bed at night.



Kaye Batty - possibly 1950

She once tipped the youngest, Dulcie out of her pram, resulting in a bump to the forehead. Worried, young Kaye covered Dulcie's head with a bonnet, pulled down low over her eyes to hide the offending bruise. For the most part though, Kaye spent much of her childhood caring for her young sisters.

But there was plenty of fun to be had on a beach. Neville, Kaye and their many cousins were inventive and adventurous, so there was never a dull moment when the weather was fine. One particular incident could have spelled the end for young Neville. It all started with the plan to build a 'swimming pool' at the base of a towering sand cliff. When the tide came in, it would fill their pool and they would have a safe place to swim. The children spent hours digging in the sand until finally the whole cliff collapsed, trapping Neville and burying him under feet of sand.

Frantically Kaye and her cousins dug him out. By the time they had pulled

The Woopi that Was! - Emerald Beach

him free his face had turned blue. They dragged Neville down to the surf and splashed cold water over him until he coughed and spluttered and regained consciousness. He seemed to recover from the incident with remarkable speed, and not a word of this was spoken to Mum or Dad. Next time, the pair would not escape punishment for their reckless deeds.

Austin and his friends, or cronies as he called them, used to amuse themselves telling long yarns and drinking mugs of black tea, as they puffed on their pipes late into the night. The children loved these times, Kaye snuggled between her Dad's legs as he crouched beside a camp fire, listened enraptured to the men's tales. They were stories of ghosts and legends that kept the children up long after their bedtime. One crony told of a tribe of monkeys living on nearby Solitary Island. Kaye and Neville were intrigued and totally hoodwinked by this tale, so the next day they decided to row over and see the monkeys for themselves. A tin bathtub seemed the ideal choice of vessel. The pair dragged it across the beach and hauled it to the end of Look at Me Now Headland. Without a second thought they launched it into the waves and began paddling.

"How we managed to drag that tub over the rocks, I'll never know! We wanted to see those monkeys so badly," laughed Kaye.

Once out in the deep water the waves began breaking over the rim of the little tin tub. Furiously, Kaye bailed while Neville paddled but the island was looking further away than ever. Luckily for the pair, a fisherman on the headland saw their plight and came to their rescue. He paddled their bottoms for good measure, although the fear of being out in the ocean in a leaking tub should have been more than enough

punishment for the pair.

The beach was the setting for yet more shenanigans when the children decided to bring the horse and cart onto the sand for a bit of fun. All was well until Neville became over-excited and yelled loudly and cracked the whip at the poor horse. He took off in fright, the traces broke and off went the horse, leaving the cart handles buried deep into the sand. The worried children were relieved that it was a Friday, and when Dad arrived home that night he was able to dig the cart out of the sand before the tide washed in and covered it completely.

Hard Times

As much as Neville and Kaye enjoyed their freedom, there were times when living so self-sufficiently left them feeling lost and neglected. When the weather turned nasty, fishing became impossible and often the children went to bed hungry.

Although still just a youngster, Kaye learnt not to rely on Mum to look after her. She washed her own clothes, standing under the clothes line while the ocean breeze caused her four little dresses to flutter and bounce. She remembers vividly creasing with her fingers the little folds in her skirts, so they looked pressed and tidy when she wore them.

Kaye, Neville and their cousins were left pretty much to their own devices. When they decided it might be fun to smoke a pipe like Dad and his cronies, no one told them children were not allowed to smoke. They carved themselves pipe bowls from corn cobs. A hollow reed provided the stem of the pipe, and Kaye used the dried silk from corn cobs for tobacco, while the boys preferred the more pungent smoke of horse hair! Now the children could sit around their camp fire and smoke their

pipes while they cooked their dinner of fish on the beach.

Dad's job on the road was taking him further from home with every week, so much so that now it was too far to come home each night. They were to live in an empty farmhouse on Nash's Farm near Arrawarra in return for help with the milking when Austin was home on weekends. Once again though, the children were left to fend for themselves.



Kaye outside the orphanage she was eventually sent to.

Kaye's Northern Beaches story ends here, for the moment, as they moved to Grafton, then due to her Dad's ill health moved to Sydney where the children were fostered out. It's interesting to read about life back in those days, not actually that long ago. How quickly the times have changed.



So WOW we ran out of room.

There's so much more history we would like to share with you. From Ben Holder's book and from our own research. We would like to share more information on Frederick Fiddaman and the Dammerel families, also the graves on Dammerel Headland, Dammerel Street, the Caravan Park and at Serenity Beach. The gold mining days, prawn fishing in Fiddamans Creek. The Aborigines and the Axe factory. The ship wrecks, the sand mines, the outfall protests and so much more. If you're keen to hear more please drop us a line. woopinews@gmail.com





AUDIO FILE - news from 87.6 FRESH - FM (Woolgoolga's Own)

G'day Woopi! This column is to keep you informed of what is coming up at FRESH FM.

We are getting closer to getting the station online so that you can stream our broadcasts via your computer. Our team are also working on developing an app for your phone so that we are only a click away to tune in seamlessly, no matter where you are.

Our programmers are ensuring that all tastes are catered for musically and that all sections of the community are considered.

The feedback coming in regarding the Jazz, Soul R & B, Blues, World, Classical, Country, Australian Only and Sikh Prayer programs is very encouraging. It shows that our community is listening and assisting in the design of our formatting.

New contemporary music is

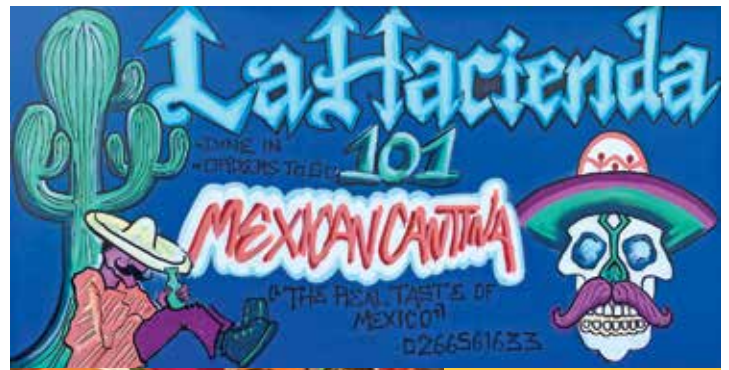
arriving all the time and we thank all the musicians that are supporting the station with their station ID's and song introductions.

Hearing the artists talk is a FRESH FM feature that gives our broadcasts that little bit of camaraderie you don't find elsewhere.

Coinciding with the birthday of artists we will be having a feature program of their music. Over the next few weeks we will be playing The Carpenters, Pink Floyd, Aretha Franklin and Eric Clapton. 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.



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What's on in Woopi

Sun 1: Paint pARTy 2pm
Moonee Beach Tavern

Sun 1: I Feel Good Plant Based Talk and Cooking Class with Chef, Adam Guthrie \$22 - 6pm Ground Earth

Sun 1: Sun Yin Yoga Sunday Refresh Sesh - 4pm Studio Move



Tue 3: Woolgoolga and Northern Beaches Chamber of Commerce AGM - Visitors Information Centre, Boundary St 5.30pm

Fri 6: Fluro Friday, Mental Health Awareness, Woolgoolga Main Beach 6.30am



Fri 6: Woopi DID: Dancing in the Dark - an initiative to help combat loneliness. Come along to the Woolgoolga Community Hall, aka Mud Brick hall, in Boundary Street for an hour of dancing like no one is watching. Currently planned for first Friday of every month. This month has an 80s theme. Free entry. 6pm-7pm

Fri 6: Music with Mighty Ocean 6 pm Sam's Place

Sat 7: Rotary Auction (behind CWA Hall)

Sat 7: Bollywood Markets

Sat 7: Like a Rhinestone Cowboy - starring Darren Cohan 8pm Woolgoolga C.ex

Sun 8: Sun Yin Yoga Sunday Refresh Sesh - 4pm Studio Move

Fri 13: Fluro Friday, Mental Health Awareness, Woolgoolga Main Beach 6.30am

Fri 13: Jacob Murray Music, 6pm Sam's Place

Fri 13: Marshall and the Fro - 7pm Seaview Tavern

Sat 14: Woolgoolga Beach Markets - brought to you by Marine Rescue



Sat 14: Plant Propagation Workshop - Woopi Gardens Free entry 9am

Sat 14: Woolgoolga Textile Arts - Beeswax Wrap Workshop. Get rid of plastic wrap forever. Start your plastic free journey here. Different methods explained. All materials supplied. Make three size wraps. \$45. Bookings essential. Limited numbers. Ph 0408 109 108 to secure a place. Woolgoolga Hall next to Woolworths. 2pm-4pm

Sat 14: Dave James - Free Show 5.30pm Woolgoolga C.ex

Sun 15: Boomerang Bags Turn 3. All past and present members are invited to share lunch 12.30pm at Anchor Kitchen and Bar.

Tue 17: St Patrick's Day - Irish specials for Lunch & Dinner, lunchtime raffle & wheel spin. Diggers RSL



Fri 20: Help form the World's Largest Wave - Celebrating 7 years of Fluro Friday, Mental Health Awareness, Woolgoolga Main Beach 6.30am

Fri 20: Australian Freedivers Classic

Fri 20: Build a Bear Workshop, 5.30pm Moonee Beach Tavern

Sat 21: Australian Freedivers Classic



Sat 21: Shave for a Cure - Shave, wax or colour your hair - Fundraiser for Blood Cancer - Beachouse Café 2.30pm

Sat 21: Music with Peter Barry, 6pm Sam's Place



Sun 22: Australia Freedivers Classic - Auction. Divers will weigh in their fish from 2pm at the Woolgoolga Beach Reserve and the public is invited to come along, watch and take part in the fish auction hosted by Marine Rescue Woolgoolga.

Fri 27: Epilepsy Awareness - Join Fluro Friday for a Purple Morning at 6.30am then from 7.30am you purchase Epilepsy Awareness merchandise from Barb Kimpton who will be set up Beachouse Café for most of the day



Fri 27: Helen Townsend & Shannon Smith LIVE from WA - 7.30pm Amble Inn Corindi

Fri 27: Jiggy Wiggy Fridays. Live Music 6pm Sam's Place

Sat 28: Bollywood Markets

Sat 28: It's My Comedy Club with Anthony Salame and Bart Freebairn 7.30 Woolgoolga C.ex

Sun 29: Northern District Rebels Junior Presentation 10am Woolgoolga Beach Reserve

Sun 29: Harmony Festival - Coffs Botanical Gardens



Sun 29: Turtle Crawl. A fundraising afternoon to raise money for Sea Turtle care and research. Cocktails, milkshakes, meals, live music. Market Street and surrounds, Woolgoolga from 12 noon

To be included in next months What's on Guide please email your event to woopinews@gmail.com before March 15.

What's on

HARMONY FESTIVAL

Bigger, bolder and tastier than ever and full of Woopi Talent.

Celebrating everyone's journey to calling Coffs home, experience Coffs Coast's most culturally exotic, action-packed, and soul nourishing

sizzling samba soul session. Follow your nose to the Flavourhood Food Walk with the sizzling woks and bubbling pots of the most delectable multicultural food experience on offer anywhere on the Coffs Coast. Experience the warmest of

Get down and dirty at Planet Coffs - our fully sustainable creative nature play adventure zone. Build your utopia in the bustling cardboard cubby kingdom and hay bale heaven. Join the treasure hunt throughout the festival grounds - collect enough blue materials so we just may lure out the giant bowerbird!

Join Corindi's Alison Williams, curator of Wadjar Indigenous Gallery at Yarrowarra to help create a giant 30 metre mural. Using recycled materials and found objects the interactive mural is an opportunity for festival goers to add themselves to the picture.

The non-stop action culminates at 2pm with the drumming in of the community parade. Led by traditional Gumbaynggirr dancers, 50 plus samba



drummers and a cast of hundreds, join the procession through the festival grounds to a gigantic cross cultural dance off and explosive holi powder rainbow colour run finale! Uncover your common ground on Sunday 29 March 9:30am to 2:30pm at Coffs Botanic Gardens. Gold coin entry and everyone is welcome! Visit our facebook event page or www.coffsharbour.nsw.gov.au/harmony for more updates.



family-friendly fiesta as the lush and leafy surroundings of Coffs Botanic Gardens erupt in a kaleidoscope of colour, delectable aromas and hands-on fun.

Soak up the main stage excitement with a non-stop program of over 20 acts featuring incredible dance and live world music from around the globe and just down the road including headliners Yt Dingo.

Deepen your connection in Gumbaynggirr Nguura Aboriginal welcoming space - the living heart of the festival. Taste authentic bush tucker, get painted in ochre, sit with weavers by the sacred fire.

Get active in the Beats and Feets drum and dance tent with Popular Sandy Beach musicians Chaitanya Morly-Southall and Chris-James Melchizedek opening at 10am - join live Indian kirtan, supercharge your smile with some Bollywood dance, grab an instrument and let musical mayhem reign with Uncle Martin's Jam, then grow the groove with a Kaya Boom

welcomes in the Melting Pot, our authentic interactive cultural immersion space.



Share in a traditional Ethiopian Eritrean Coffee Ceremony with local Woolgoolga residents from Ethiopian background Alem and Aulfina Daressa Bulto.

Middle Eastern bread and hommous making demos, henna and African hair braiding and uncover treasure in the market bazaar with stunning craft, jewellery and more, lovingly made by local cultural artisans.

* celebrating everyone's journey to calling Coffs home *

coffs harbour
HARMONY
FESTIVAL 2020

Coffs Botanic Gardens
Sunday 29 March
9:30am - 2:30pm

exotic cultural food..

..and cultural market bazaar

drum, dance & cooking workshops

massive parade finale & colour run

'Planet Coffs' eco-adventure zone

over 20 acts!

non-stop live music & dance

huge kids creative fun zone

gold coin entry

uncover your common ground!

all welcome

for more info visit: www.coffsharbour.nsw.gov.au/harmony

Coffs Harbour City Council

a community initiative by Coffs Harbour City Council

NSW Multicultural NSW

MyCOFFS connect

Photographer of the month

Darren Bromell

I spent most of my teenage years in the surf and most mornings of my adult life walking the beach with my dog. A passion for photography was passed down from my grandfather who gave me a camera when I was young and I have taken photos ever

since. I also owned a camera store for a time and was in the industry for several years. Now I have one camera and one lens and both are entry level SLR. I concentrate on subject matter rather than technical perfection. Sandy Beach is my playground and I photograph it each morning and share

one image from each day to Facebook documenting the ever-changing landscape. I have nearly six years of images from my daily walks. With my trusty best friend Brown Dog you can find me on the leash free beach somewhere near witches or flat top with my camera. Stop and say hi.



Humans of the Northern Beaches

CATHERINE PSAILA

Catherine is the owner of Audrey G's Coffee Shoppe located in the old drapery store, once owned and run by Joan Prior. This building has stood the test of time and its the location for my next Humans of the Northern Beaches story.

I started by asking Catherine, or Cath as I call her, *how long she had been in Woolgoolga?* "Two years", and *where did you move from?* "My partner and I moved here from Woodend, in the wine region north of Melbourne, two years ago. We have a daughter, Audrey who is 6, she is who we named the Café after."

Oh yes, I was just about to ask you how you got the name, "so Audrey G's stands for Audrey Grace" aha now I know.

I think Audrey G's has the most comfortable seating arrangements out of all the Cafés in Woolgoolga, that being the large old couches you see through the front windows of her shop. They are a perfect complement to one of her hand made treats and coffee. Have you not been there and tried them? Oops now I've let my secret out, I love them and I'm regularly laid back and enjoying them as if I was at home.

Cath is a beautiful and straight forward human who loves a chat.

I asked her, *if she is loving it here?* "Yes, we are enjoying it, it has been great to move to where there is so much freedom and safety for Audrey. We love it." *So you have fitted into the lifestyle?* "Yes we have, the locals have welcomed us with open arms, it's been great."

Catherine and her family were living right next door to Hanging Rock in the Macedon Ranges.

It led me to ask her *how did they discover Woolgoolga?* "Al's parents live in Port Macquarie, our flights were direct into Coffs Harbour, it was always cheaper to fly than to drive. Then some of Al's friends moved to Sapphire Beach, we started looking around and visited them every time we came up here, one day we came across Woolgoolga and we quite liked it. This place was for sale and we thought, let's just have a go." *You've been happy with your decision?* "Yes, we are."

What a decision to make, I get the feeling that to make such a decision must take a certain type of courage but it must also be a calculated one, in the sense that when people arrive in Woolgoolga it has a calming effect on them, it makes them feel peaceful and safe and makes them question where they are living and give them a sense that this place would



benefit them more, or that life would be more suitable for raising a family. Woolgoolga has an effect on all its inhabitants and all that visit, the effect it's had on Catherine and her family I think is similar throughout our population.

Peace, Love, Acceptance and a 'we could do this' feeling.

Audrey G's Coffee Shoppe is open on most days 8:30

till 4 and now I have let my secret out hopefully you will save me a seat on one of the couches, lol. I had to ask Cath my most famous question: Is it Woolgoolga or Woopi?"To me it's Woopi, it's casual laid back Woopi"

Catherine Psaila is a Human of the Northern Beaches and I can't wait to speak to more.

- Garreth Nicholls



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Woolgoolga Seniors Centre



Long time President Ron Whelan holding the NSW Seniors Local Achievement Award which was presented to Woolgoolga Seniors Centre last month by local MP Gurmesh Singh

and the WINNERS are ...

During last months Seniors Week the Woolgoolga Seniors Centre were pretty busy with lots of activities on every day. It's a great centre with daily and weekly activities to keep every one busy and active and also for that all important social inclusion.

During Seniors Week they had a visit from our local MP, Gurmesh Singh to congratulate them on winning the Coffs Harbour Electorate 2020 NSW Seniors Local Achievement Award.

During his congratulations message Gurmesh said,

"Woolgoolga Seniors' Centre was built some 15 years ago in a whole-of-community effort by many passionate individuals and business owners,"

"The centre has about 300 members and everyone involved strives to make it the welcoming place for which it's renowned.

"I know they're particularly proud of the many activities they provide, from exercise classes and information days to social outings and computer sessions.

"The centre purchased a small bus a few years ago, adding the extra option of picking up and returning home for seniors who don't have their own transport.

"I congratulate the entire team, led by the hardworking committee, for making the Woolgoolga Seniors' Centre the wonderful facility it is today."

Congratulations to Ron, Sue, Colleen, Suzi and the hardworking team that keep the centre flourishing.

This is a copy of a poem on the notice board at the Seniors Centre. Woopi News thought it was quite funny and wanted to share it with you. Hope you get a chuckle.

A Little Poem for Seniors, so true it hurts!

Another year has passed
And we're all a little older.
Last summer felt much hotter
And winter seems much colder.

There was a time not long ago
When life was quite a blast.
Now I fully understand
About 'Living in the past'

We used to go to weddings,
Football games and lunches...

Now we go to funeral homes
And after funeral brunches.

We used to go out dining,
And couldn't get our fill.
Now we ask for doggie bags,
Come home and take a pill.

We used to often travel
To places near and far.
Now we get sore asses
From riding in the car.

We used to go to night clubs
And drink a little booze.
Now we stay home at night
And watch the evening news.

That, my friend is how life is,
And now my tale is told.
So, enjoy each day and live it up ...
Before you're too damned old!



What is a grant of probate or letters of administration and when is it required?



We get this question a lot in estate matters. If a person passes away and leaves a will appointing an executor to deal with their affairs, many assume that is all that is required to deal with the estate. However, an executor may find it is not that simple. Many banks, share registries and nursing homes will require a grant

of probate or letters of administration before releasing the deceased's funds to an executor of an estate. A grant will also be required by NSW Land Registry Services to transfer real estate from a deceased owner to their executor or beneficiaries unless there is a surviving joint tenant.

What is a grant of probate? A grant of probate is a legal document issued by the Supreme Court authorising the executor to deal with the estate assets and distribute them to the beneficiaries in accordance with the deceased's last will.

What if the deceased did not leave a will? If the deceased had assets of value or real estate but a will cannot be

located, a grant of letters of administration may be needed. The relevant legislation determines who the beneficiaries of the estate will be, and an interested party can apply to act as the administrator of the estate. The grant of letters of administration once issued by the Supreme Court essentially has the same effect as a grant of probate.

Why are these types of grants needed? For the protection of the asset holders and creditors but also to protect the executor and the rightful beneficiaries of the estate. Once estate funds have been paid to an executor and distributed to beneficiaries, the funds can be difficult to recover if another will is subsequently located naming different beneficiaries or if there is an outstanding debt not paid prior to distribution. In some cases, executors have been found personally liable for distributing the estate funds incorrectly. The application process provides notification to other parties that a grant is being applied for so that it reduces the risk to executors of these sorts of problems occurring.

If you are an executor named in a will and you are unsure of what is required to administer the estate, or if you need assistance in applying for a grant of probate or letters of administration, Gallagher Solicitors & Conveyancers would be happy to assist. KC

KC runs a free Legal Referral Service from the Woolgoolga Neighbourhood Centre each Wednesday. She is also available for regular legal services in Woolgoolga via appointment.

Nick's Nerdy News

How to survive the Storm Season



Due to the recent storm activity in our area, we have been spending the last few weeks repairing blown up computers, TV reception issues, modems, etc. all of which have been effected by power surges.

The main question we are asked is "How can this still happen if it was plugged into a surge protector?"

The two key principles to remember when using surge protectors are;

- 1/ Surge protectors are NOT a guaranteed way to protect your electrical equipment from power surges
- 2/ Surge protector integrity wears down after time.

Generally speaking, a surge protector's average life span is approx. 3-5 years, however, if you are prone to brown outs and black outs consistently, it is recommended to replace them every 12 months to 2 years.

Unfortunately, there is no absolute way to tell if the surge protector is still functioning, some have lights that will indicate to the user that it needs replacing; however, this is still not absolute.

When selecting a surge protector there are some things you can look at when purchasing:

Check the energy absorption rating and 'clamping voltage'. This will indicate how much energy it can absorb before failing. Response time - The time it takes for the surge protector to detect a possible surge and lastly Warranty.

If you have some extremely valuable equipment that you would like to keep protected, I would suggest looking into an Uninterruptable Power Supply "UPS". This is a device that provides emergency power when the mains power source fails. It has a battery that provides a run-time (often a few minutes, but can last longer depending on the specifications) that will allow the user enough time to shut down the attached equipment to avoid damage, data loss, etc.

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Boomerang Bags Next meeting Mar 15, 1pm Community Centre

CWA Woolgoolga third Monday 10am, CWA Rooms, 21 Beach Street. Carol 0402 249 371.

Craft Group every Tues 1pm Uniting Church, 5 Trafalgar Street

CROQUET Tuesday and Friday morning at 8am. Ganderton Street

Days for Girls Coffs Coast Team meets every 4-6 weeks on a Saturday from 1pm Uniting Church Hall, 5 Trafalgar St. Contact: Merran Storrie 0428 571 676 or Theresa Peppernell 0407 212 745 coffscoastnsw@daysforgirls.org Facebook Group Days For Girls Coffs Coast Team

Euchre every Thur at Woolgoolga Diggers 1pm, \$2

Fluro Friday every Friday at 6.30am Woolgoolga Beach. Supporting Mental Health. Wear your brightest clothes

Free Legal Referral Service and discounted wills provided by KC Hilton, Gallagher Solicitors last Wednesday of month Woolgoolga Neighbourhood Centre, bookings 6654 1598

Grandparents and Kinship Carers 2nd Monday 10am Support group for Grandparents and Carers raising children. An opportunity to chat with people who know and understand what you might be going through. Neighbourhood Centre. 6654 1598

Lions Club Woolgoolga first and third Thursdays 6pm, Woolgoolga Bowling Club. woolgoolga@lionsdistrict201n1.org.au or 0444 548 646

Men's Group meets every Tues from 9am. Board games and cards, Uniting Church, 5 Trafalgar Street.

North Coast Potters are welcoming new members for workshops and other activities. Lyn 6654 2478 or northcoastpotters@gmail.com

Paul Mannix JP for the services of the New South Wales Justices Association Inc (NSWJA) A free JP service every Friday between 9am - 10.30am at Woolgoolga Central outside the Bakery. Paul can also be contacted on 0418120066 for any urgent matters.

Red Cross second Tuesday 1.30pm CWA rooms 0409 600 056 Friendship afternoon tea last Friday of month, Senior Citizens 2pm 0409 600 056

Rotary Club of Woolgoolga, meet second and fourth Mondays 6-8pm

Woolgoolga C.ex. 0429 449 385

Rotary auction first Sat of month.

Seagulls Woolgoolga - Centre Based Respite Care - Community Centre, 8 Boundary Street, 6654 0766

Seinagers Morning Tea 4th Thursday of the month. The Sunken Chip, Sandy Beach 10.30am You will get to meet other retired folk have a laugh, a chat a few jokes, enjoy a free coffee and slice.

Tennis Each Tuesday mornings at 9 am an intrepid group of senior ladies and one brave gent play at the town courts. Always open to newcomers - \$3.50 covers the cost of the court rental, provides balls and usually funds their end of the year lunch

Wesley Youth Accommodation Service - Woolgoolga Outreach Service. Specialist homeless service for young people and children between the ages of 12-25 Every Tuesday 1.30-4.30pm Neighbourhood Centre.

Woolgoolga Art Gallery, Turon Parade. Open seven days 10am-4pm

Woolgoolga Community Centre (also known as Mud Brick Hall) 8 Boundary Street

Woolgoolga Community Health Centre Early Childhood Health Clinic. Infant health screening, feeding advice, parent & child groups, new mothers' groups, immunisation programs and referrals where appropriate. 6654 1111

Woolgoolga and District Retirement Village Auxiliary meet second Monday 2pm Contact President Gail 6649 1816 or Beth 6649 2835

Woolgoolga Day VIEW Club Meet 3rd Thur 10.30am Digger's Club. \$5 for coffee and meeting/speaker/activity of the day. Stay on for lunch in the Bistro if desired. VIEW - Voices, Interests, Education of Women - supporting the Smith Family's Learning For Life Program. Contact Barbara Letts 0458 420 780 woolgoolgaday@gmail.com

Woolgoolga and District Garden Club meets second Saturday, 1.30pm Senior Centre. 0419 414 324

Woolgoolga District Orchid Society, fourth Saturday, 2pm Community Centre. 0447 323 761

Woolgoolga Evening View Club meet 2nd Wednesday, 6pm C.ex Club (Bowlo) in the cinema room. Meeting

followed by guest speaker and dinner contact Secretary Elfie Garbers 0427 541 032. woolgoolgaeveningviewclub@gmail.com Visitors always welcome

Woolgoolga Meals on Wheels and other food Services for over 65's. Open Mon, Wed and Fri 10am-1pm 8 Boundary Street (Mud brick hall) 66542870. Good quality meals, desserts and soups at a reasonable price. Deliveries on Mondays or pick up available from the office/kitchen.

Woolgoolga Mens Shed 6656 1210

Woolgoolga Mental Health Carer Support Group meet fourth Thursday 10am Neighbourhood Centre

Woolgoolga Neighbourhood Centre Cnr Beach and Boundary St 6654 1598

Woolgoolga Probus Club meet fourth Wednesday, Diggers 0410 466 188

Woolgoolga RSL Sub Branch is part of RSL NSW their aim is to care for serving and ex-serving members of the Australian Defence Force and their families. Meetings are held the second Saturday of each month, except January, 10.30am, at Woolgoolga Diggers Club.

Woolgoolga Seniors' Centre 6 Boundary Street, 6654 7311. Membership is \$10 per year. Come and have some fun and meet new friends. We have a range of activities/events including exercise classes, craft and knitting groups, computer classes, indoor lawn bowls, table tennis, bus trips (local and interstate), lunches, line dancing and Rummiking.

Woolgoolga Sewing and Textiles Art Group meets Tuesday mornings, Masonic Hall (next to Woolworths). Learn to sew, work on own projects. Machines/equipment available. 9.30am to 12.30pm. Ph. 0498 109 108

Woopi Community Gardens - open Wed and Sat 8-12. Come for a cuppa at 10am woopigardens@gmail.com www.woopigardens.com.au 0421 225 369

Woopi Connect On Demand public transport. 7am-7pm Mon-Fri. Download the app or phone 6654 0581

Woopi Walkers meet in front of the Surf Club every Tuesday and Thursday at 8am then back to Taffy's for coffee.

**For listings please email
woopinews@gmail.com
before 15th of each month**

Our Woopi Community

Community Transport

Helping to drive our community.

As we get older, simple tasks such as getting to medical appointments, dropping into the supermarket or just getting out to be social with some friends gets harder and harder. But thanks to the work of some very generous volunteers there is a community service available to drive local residents around for essential living and independence.

The Community Transport Company has over 35 vehicles travelling everyday throughout the region picking up passengers who are frail, aged, elderly or living with a disability so they can access essential services.

The Community Transport Company, CEO, Bethany Langford said, "Our passengers are offered a unique door-to-door service for those who are having difficulty getting around, can't use public transport or other transport services are just not available in their area.

We are a non-for-profit organisation funded by

a number of Australian Government initiatives, which focus on keeping people independent, healthy and socially active as well as living in their home longer," Ms. Langford said.

"It's the volunteers that work tirelessly giving up their precious time that make this a truly personalised service for our community," she said.

Volunteers donated over 35,000 hours to the service last year, equating to around 92,000 kilometres travelled throughout the mid north coast.

Many clients take part in social outings which are organised on a weekly to monthly basis. There are also a number of regular shopping buses that pick clients up from their home, taking them to the shops.

The Community Transport Company does have a criteria eligibility and encourages anyone interested in using our service to call us to discuss his or her individual travel needs.

"I'd particularly encourage anyone on an Aged Care Package to contact us to talk about how we help. It is important that anyone wanting to access transport in the future that they do so sooner rather than later, she said.



"Just in case they need to use the service to get them to an appointment urgently, at least they are on the system and it's a matter of just booking in a time when

they require transport." More information about the service can be found at www.communitytransport.net.au or calling **1300 812 504.**

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Wesley Youth Accommodation Service CBN Woolgoolga Outreach Service

Wesley Youth Accommodation Service is a specialist homeless service for young people and children between the ages of 12-25 who are homeless or are at risk of becoming homeless in Coffs Bellingen Nambucca area

We provide:

- Person-centered case management including goals setting, information, referral and advocacy
- Outreach Services providing support for young people aged 16-25 years to access suitable housing options.
- Under 16s HYAP offers support to 12-15 year old's. The Family Reconciliation model works with the child and the family on a case plan that focuses on the best interest of the child.
- Crisis Accommodation available for ages 14 - 17

When Every Tuesday afternoon from 03/03/2020

Location Woolgoolga Neighbourhood Centre, 35 Beach Street, Woolgoolga NSW 2456

Time 1.30pm – 4.30pm

For more information, contact Lisa on 02 5646 5755 or 0409 096 541

Email – wyascbn@wesleymission.org.au

wesleymission.org.au

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Service of the Month

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and to celebrate we have an introductory offer of 10% off your cleaning service this March for all new clients. (Please quote WOOPINEWS as redemption code). For our regularly booked clients, we offer a CHEM FREE PERKS Loyalty Card- ask for yours today!
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Delivering a high standard of quality

Woopi sport

Northern Beaches Blues – AFL

Preseason Training has commenced for the Seniors. Every Tuesday and Thursday

from 5.30pm. They're also on the look out for umpires so if you're

interested head down to Centennial Oval and talk to one of the officials.



Woopi Netball

Congratulations to the following athletes selected to represent Woolgoolga in 2020.

15 Reps - Ashlee Ellaby, Bronte Harris, Tailah Ashfield, Georgia Rawlinson, Emma Purves, Maddison Johnson, Isabelle Turner, Ava Gallagher, Chelsea McKinnon and Brydi Custance.

U17 Reps - Paris Kelsall, Keeley Forster, Holly Brooker, Lara Baker, Aspyn Keegan, Ailish Barry, Chelsea Harris, Imogen Thompsen, Sharnise Duckett, Alina Sturch and Alexie Martin.

JUNIOR Presentation 2019 - 2020 Season
MARCH 29TH 2020
 COMMENCING 10:00 AM
 WOOLGOOLGA BEACH RESERVE
 ***ALL TEAM MEMBERS TO WEAR THEIR CLUB SHIRT FOR PRESENTATION

NORTHERN DISTRICT REBELS

THE 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

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

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Clinic located in Safety Beach Contact Rachel ~ 0404 331 467

Woopi sport

Woolgoolga Physical Culture Club is celebrating 50 years this year, 35 of those under the guidance of instructress Gail Airlie. What an achievement!



The uniforms have gone from material and braid to leotards sparkling with diamantes, ballets from black to silver, the routines and music are constantly changing, keeping it enjoyable for participants of all ages.

The small club has enjoyed wonderful successes over the years, producing 16 Grand Champions (1st in the State) in their age divisions. Woolgoolga teams are regularly seen receiving 1st place at North Coast Zone competitions. From our little Northern Beaches community big things are achieved.

None of this would be possible without the dedication and commitment Gail gives to the girls that choose Physie as their sport. Gail is always encouraging the girls, promoting their self-esteem, focusing on how beautifully they can do a certain position and demonstrating how they do this to the rest of the class. "I think this makes every girl in the team feel they are playing an important role



Recognise anyone?

and have something to offer. Everyone can do something in Physie beautifully and displaying this to their

classmates often makes every girl feel special" said Gail.

Gail promotes club cohesion and strongly believes "that to be part of a team is very special, you not only compete for yourself but for your teammates."



Doing your personal best, having confidence in yourself, congratulating others and most importantly, enjoying yourself, is the ethos of Woolgoolga Physical Club.

Gail's inspiration is her girls. Watching them grow from starry-eyed 5 year-olds through to beautiful, confident, humble, gracious, poised young women, all the while being involved in a worthwhile community endeavour.

The comment 'Once a Physie girl always a Physie girl' rings true, so if there are any past Physie girls out there, or you would like to give it a try, classes are held at Sandy Beach school, Mondays and Wednesdays. You're welcome to join in.

In their 40th year Woolgoolga produced three Grand Champions, imagine what they can achieve in their 50th!

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The Australian Bluewater Freediving Classic (ABFC) is in to its 25th year



of showcasing the stunning reefs and waters off the Coffs Coast and surrounds.

The competition is hosted by the Coffs Harbour Bluewater Freedivers and will be held out of Woolgoolga over the weekend of 21st-22nd March.

Competitors can dive between Hat Head in the South to Evans Head in the North, converging on Woolgoolga on Sunday to weigh in their carefully selected fish. Divers are limited to weighing in only five fish, with pelagic species being targeted; including wahoo, kingfish, mahi-mahi, mackerel and tuna as well as snapper and mulloway.

Spearfishing is a safe, selective and sustainable method of catching fish with divers regularly allowing fish to swim by, to target a single prize fish. This year there is over \$2000 in cash up for grabs, as well as handmade Australian spearguns and fins, bespoke knives, spearfishing hardware and vouchers plus much more. Prizes will be awarded to the largest fish of certain species, points winner of each division



and the overall competition winner. Divers will weigh in their fish on Sunday 22nd from 2pm at the Woolgoolga Beach Reserve and the public is invited to come along, watch and take part in the fish auction hosted by Marine Rescue Woolgoolga.

If you're after a meal of fish, you won't get any fresher than this!

For more information please visit chbfreedivers.com

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