

WOOPINews

Woolgoolga and the Northern Beaches

OCTOBER 2019 issue #2



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Welcome to Woopi News

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So wow, what a month! The response to our first edition of Woopi News has been phenomenal. We are so happy that you all love it as much as we do. We hope to be able to bring you more and more local news each month.

September was quite a busy one for us, we had a visit from the founder of Fluro Friday, Grant Trebilco who spoke at both Woolgoolga High School and St Francis Xavier to the students about ways to overcome depression, in particular by using the power of the beach, ocean, surfing, sunshine and social inclusion. He topped his visit with a fun Fluro Friday night at the Beachhouse.

The following week was R U OK? Day which once again Woopi embraced with the caring and kindness that this community is well known for. We started the day with over 100 people forming a massive R U OK? on main beach followed by some yoga.



Shops, businesses and their staff were decorated in yellow. The St Francis Xavier's Social Justice team handed out yellow R U OK? flowers and stars, that the students had decorated, to people in the street.

Several morning teas dedicated to the cause were held, Costa Berries held a huge breakfast and a lunch for all their staff, Harriet's Mixed Media art class at the Woolgoolga Art Gallery were inspired by yellow and suicide prevention with their art work, Pre Schools and Day Care organisations joined in as well. Diggers held a fundraising dinner.

I'm not sure we will win the Best Community of The Year again but we certainly gave it a good crack, especially after all three footy codes donning the yellow over the past few weeks. It's all for such a good cause. Keep reaching out to each other and if you're feeling suicidal yourself please call Lifeline 13 11 14.

You can see some snapshots of Woopi Wears Yellow for R U OK? on page 16 or you can see even more on our website www.woopinews.com.au

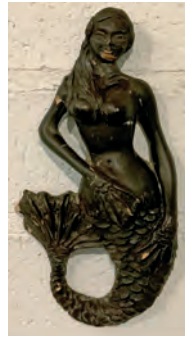
... and then to end the month there was Curryfest. Phew!

October is looking exciting, from our cover I figure you would have guessed it's almost Surf Patrol time. Why not get the family involved in the Surf Club, especially as the new year will include brand new state of the art facilities. Nippers is a great way to introduce your children to community involvement and helping out others.

When I was a kid, Nippers was called Mermaids and Nippers and I won the Woolgoolga SLSC Mermaid of the Year in about 1972. I still have the trophy hanging on the wall in my bedroom, (photo to prove) she's a bit worse for

wear but I love her.

Anyway if you want to learn more about nippers please go to page 12 or if you're reading the digital version of Woopi News please click **here**.



Speaking of the digital version, did you know if you click on any of the advertisements or the editorials it will take you to the website associated with that business or story, pretty tricky hey!

If you're reading a hard copy of the Woopi News and you're not thinking of keeping it for the month could you please pass it on to someone else instead of the bin (or lining the budgie cage with it). ♻️

Lisa and Brad



PS. ... dont forget to tell them you saw it in Woopi News

Cover pic: Zach Fluechter, Noah Fluechter and Emily Bell.

The Kindness Crusaders - proudly Sponsored by Woopi News



The Kindness Crusaders were busy again last month, no sitting around playing video games for Ollie & Tahlia.

They spent \$104.79 of the money they have raised to donate toilet paper, water,

tea, coffee and long life milk to the fire fighters and victims of the recent fires.

They are still collecting recyclables for the Return and Earn. If you would like to help, you can use the bar code here and deposit directly or contact the girls via facebook and they will organise to pick your recyclables up and deposit them themselves.

You can follow the Kindness Crusaders via their facebook page www.facebook.com/ollieandtahlia



Scan your barcode at the machine

Sandcastles in the Sun

If you haven't seen one of Matt Dillon's amazing Sand Sculptures yet, you don't know what you're missing. They only last a day or two then the tide reclaims them, but after hours of painstaking digging and modelling these masterpieces are a wonder to behold. Matt recently built a special castle just for Woopi News where we learnt a little more about the man and his craft.

How long have you been building sandcastles for Matt?

I started making large, elaborate sandcastles for my children when we were on holidays at the beach. When they grew up, I stopped for a few years, but found I missed sandcastleing, so started building again. I have been building large sandcastles for about twenty years.

How did you learn to make such extravagant works of art?

I didn't learn. I have never thought of myself as artistic. Ideas for sculptures simply seem to pop into my head!

What tools do you use?

My main tool is a long-handled shovel – which helps prevent backache when digging and piling sand, and a few buckets to fetch water in. Then I have a few favourite implements, mainly tiling tools: they have handles and sharp metal edges, and so you can carve the sand into shapes.

Do you use anything special to make the sand stay so hard?

I am often asked if I add anything to the sand, but I don't. It is just ordinary beach sand and I add water to it if needed. If you have wet sand and pack it firmly, it will become quite hard, and you can carve it.



How long did this masterpiece take you to build?

About nine hours. I heaped up the sand the day before, which took about three hours, and I had to wet it with buckets of water from the ocean, especially as I built it above the tide mark. Then on the next day, it took about six hours to carve the sand. It is a big task. I often spend all day on a piece – especially during daylight savings time!

What is your motivation to spend so much time building something that the tides will claim?

I just have sudden urges to go down and pile up sand, especially when the weather is good! It is a super break away from the computer. When I am sandcastleing, I become very intent and don't think of anything else, so it is wonderful relaxation. I would recommend sand therapy to everyone at the beach!

Do you just do castles or do you dabble in others forms of sand art as well?

I mainly make landscapes, bridges, castles, and gardens. Sometimes I do sand patterns. I like most of all to make little sand worlds, with buildings, bridges and houses, as if little people lived in the sand.

Have you got any tips for other budding sand artists?

The sand you use needs to be wet – but not soggy. If you take a handful of sand and squeeze it in your hands and it forms a good solid lump, the sand is right. If the sand is too soggy, or too dry, you can't work with it. The sand will either be too soggy to come out of a sand bucket, or just flow out and collapse. Collect plastic containers which you can fill with sand, and invert to make interesting shapes: such as yoghurt containers or cups. Don't worry too much about how the sand sculpture looks when you are finished – it is all about enjoying the sand – and the sun, surf, fresh air – and the company when people come and ask you what you are doing!

Thanks to Peter Ryan for the photograph.

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One of our favourite locals is Dancing with the Stars

Most of you would know Elise Bocking, she is the co owner of both StudioMove and Woodsey's Wheels, or you may have seen her on the beach holding the most amazing pilates poses. Like, I mean nose on shin or back of head on heel, she is amazing and so very fit. Well, she is about to test her fitness again with her latest challenge being a contestant in the Stars of Coffs Coast Dance for Cancer.

I'm not sure if it's the dancing or the fundraising that is going to be her biggest challenge. Stars of Coffs Coast Dance for Cancer is a dance gala and fundraising event where, local legends, everyday heroes and influential members of the community are teamed up with a professional dance teacher. Each pair learn one dance to perform on the event night and compete for the three awards up for grabs – Judges Choice, People's Choice and Highest Fundraiser. This year the stakes have been raised, not only do they have to

dance, they must also lip-synch and it has to be to an Elton John song!

Elise has teamed up with Carol Young from Woolgoolga Dance Studio. Sadly Elise lost her Mum last year to Kidney cancer after fighting initially Bladder and then Kidney cancer for 17 years. We all know someone who has been affected by cancer, statistically one in two Australians will be diagnosed with cancer in their lifetime! It is vital for Cancer Council to continue reducing the impact of cancer across NSW.

Funds raised through Stars of Coffs Coast Dance for Cancer will help support their research, prevention, advocacy and support programs for people affected by cancer.

As a community, it would be great if we could support Elise in her fundraising events.

The first is a Mediterranean themed dinner with live music at Beachouse Cafe on Friday 4th October from 6pm. Call 6654 7757 to book.

Then there is also a Savy Sunday afternoon at the Seaview Tavern being



held on October 27. This is going to be a white party with canapés, a grazing table, wine and DJ. Tickets are \$50.

If you can't make it along and would still like to help Elise reach her goal then please donate any amount big or small to her fundraising page;

<https://starsofcoffscoast2019.everydayhero.com/au/elise-bocking>

or you will find a collection box at both Studio Move and Woodsey's Wheels.

Good Luck Elise, Woopi will be cheering you on.

THE NATIONALS
for Regional Australia

Kevin Hogan



Contact Kevin

✉ kevin.hogan.mp@aph.gov.au 🌐 www.kevinhogan.com.au

📱 Kevin Hogan MP 📷 [kevin.hogan.mp](https://www.instagram.com/kevin.hogan.mp)

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

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

Authorised by K Hogan, 63 Molesworth St, Lismore NSW 2480

Fun Fact: The name of our town derives from the word "Wiilgulga", which was used by the local Aboriginal people to describe the area, and the Black Apple trees that grew here. The name "Woogoolga" was gazetted in 1888, and changed to the current name of Woolgoolga in 1966.

Get Online Week 2019

Woolgoolga Seniors' Centre in conjunction with the Good Things Foundation are hosting The Get Online Week 2019 - #try1thing. You can go along for morning tea and join the fun. See how easy it is to Get Online. They can answer your questions and make you feel comfortable about getting online. There are free computer classes every Tuesday and Wednesday. Also if you have a mobile phone or tablet that supports internet access and you don't know how to use it, bring it along as well. 11am, Seniors Centre, 6 Boundary Street, Woolgoolga 6654 7311.

Nominate your Employee

Pride in Work Awards are a great opportunity for all employers in the Woolgoolga and Northern Beaches to recognise the contribution their employee has made to their business and the local community. This year there are three categories including a young persons award for excellence in their chosen vocation.

Nominations will be accepted until COB 11 October, 2019.

Further information and nomination forms can be found on the Rotary Woolgoolga website to be downloaded and scanned and sent back to the email address provided or by contacting Lyndy on 0498 109 108.

Woolgoolga Showcasing Eye-catching Orchids

If you are an orchid hobbyist, this is a rare opportunity to seek the advice of experts with an enviable depth of knowledge. They will be on hand at the Annual Spring Orchid Show & Garden Expo to help you understand how to successfully grow beautiful orchids.

One of the more recent members of the Woolgoolga District Orchid Society, Chris Hogan, pictured, explains how his enjoyment of gardening and growing colourful plants developed into an avid interest in orchid growing.

Nine years ago, following the passing of their daughter Michaela, Chris and Annette were given a gift of two Phalaenopsis Orchids (Moth Orchids). On seeing these orchids flower for around three months as opposed to cut flowers which lasted a week, their keen association with orchid growing began. Chris explained that once the orchid flowers died he decided to see if he could get the plants to re-flower the following year. A trip to Western Australia to see the wildflowers also sparked a further interest in orchids raising his awareness of the vast varieties and species.

"On returning home, I visited the Woolgoolga Orchid Society Spring Show where I was encouraged to speak to a prominent Phalaenopsis grower Gordon Clarke, for further guidance and information", Chris



said. "Joining the Woolgoolga Orchid Society to learn more about growing and caring for orchids has resulted in expanding my interest in a wider variety of orchid species."

His collection now includes Paphiopedilums (Slipper Orchids), Cattleyas and several other varieties.

"I have had successes and failures – such is the world of orchid growing. It is both a challenging and satisfying hobby – the results speaking for themselves."

The Woolgoolga District Orchid Society's and The Woolgoolga Garden Club Annual Spring Orchid Show & Garden Expo is on Saturday, October

5 at the Woolgoolga Public School, Yeates Hall, 1-11 Scarborough Street.

Come and enjoy the spectacular floral display of high quality eye-catching orchids.

An extensive range of orchids as well as plants will be on sale along with many stalls selling all things garden. Many fantastic prizes will be raffled on the day.

You will also have the opportunity to nominate the orchid you believe is deserving of the "People's Choice Award" ... this may differ from the official judges 'Grand Champion' selection.

Doors open at 9am - Free Entry



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Thank you 😊
our pumps have been giving
us trouble and sometimes
we sell out of fuel.
we're working on big plans
to upgrade, more news soon.
sam, Rayna & the team.

BP Woolgoolga

Hi Chris, Woopi News is loving the photos you share online. How long have you been into photography?

For 18 years. I have lived in many tourist destinations around the world, this made me realise I am a very lucky person so I need to share the natural beauties with more people.

What is your favourite style of photography and why?

My father was a very passionate photographer and videographer, just as a hobby, so I started with him and my family travelling around America. I love capturing any moment in time as this is what makes every photograph unique. Landscapes, sunsets and sunrises catch my eye because of the colour changes.

I detect an accent, where are you from?

I was born in the heart of Wisconsin. Corn and Dairy Farms for kilometres. I grew up playing every sport I could get my hands on.

Can people purchase your pics?

I have a few different price options for my photos. I have a small product line started for this year and a full line of swimwear and training gear. High quality products.

What are your plans for your photography future?

My plans are in the film industry, I also want to connect all my photographer friends with the right clients. I will take photos in as many remote areas I can but also remind people about mother nature.

What tips would you give any up and coming photographers?

Shoot, shoot and shoot again! Ha ha ha, sounds funny coming from an American but I got this from the best photographer in the world. I sent him a message and that is what he said.

Thank you for sharing your story and especially for sharing your beautiful photographs.



Feel Good Woopi

Days for Girls

This month Woopi News caught up with Merran Storrie and Theresa Peppernell, Team Leaders of a new community group called Coffs Coast Days for Girls (DfG).

What is Days for Girls?

THERESA: DfG is a global movement that makes and distributes sustainable menstrual kits to girls who have nothing to manage their period.

Without access to hygiene products, girls in many countries can miss up to eight months of school every three years, and are much more likely to drop out altogether.

Each kit has two waterproof shields, eight liners, underwear, a washer, soap and set of instructions, all held discretely in a drawstring bag.

Why did you start a team in Woolgoolga?

MERRAN: Giving back to others is something that is really important to us. Working collectively to address

such a significant global issue brings individuals together and has positive benefits for our local community too - giving those involved a sense of purpose, belonging and providing a place for connection.

Do you need to know how to sew to be involved?

THERESA: Definitely not! There are so many other equally important skills required to create a kit - tracing, cutting, threading, ironing, assembling. We have people in our team who donate underwear, material or cash to buy supplies. We also have members who love to help raise awareness and assist with fundraising activities. Every little bit helps and it takes a whole community with a diverse range of skills and talents to produce a kit. We would also like to acknowledge the Uniting Church for their support too, in providing a space for us to meet and create the kits.

How do people get involved?

MERRAN: They can join our Facebook

Group, Days for Girls Coffs Coast Team, to find details of our monthly get togethers or how they can contribute.

Our email is coffscoastnsw@daysforgirls.org. Our next get together is Sat 19 October 1 - 4pm at the Uniting Church Hall, Trafalgar St, Woolgoolga.



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Under the Lillipillies

A monthly update from Woopi Gardens

We are excited with the progress of our new undercover community meeting space. The ramp leading to the composting toilet is almost complete and we are getting closer to installing the posts and trusses in preparation for the installation of the roof.

A big thanks to our Wednesday and Saturday building crew of Carl, Mark, Steve, EJ and Rob. This space is going to be a great asset to our members and the community as it will be used for workshops, meetings and will be a dry and safe place to be. Please feel welcome to come on down and check our progress.

We are currently on the hunt for a 20 foot container in good condition, a second hand commercial style gas oven and a stainless steel benchtop for our proposed kitchen. If you can help please phone EJ on 0410 505 178.

Our AGM has been scheduled for October 19 at the Seniors' Centre, 6 Boundary St Woolgoolga 10am. All welcome.



Mind your mind

Take a moment to tune into your breath. Take three long slow breaths, inhaling through the nose and exhaling out through the mouth. Feel different?

Life is fast-paced - even in this beautiful seaside town we call home. We are living full lives, with days that are chocked full from dawn to dusk. There is a strong emphasis in our society on 'doing', and how busy you are is becoming a measure of your value. How often do you hear the answer "I have been busy" when you ask after a friend's wellbeing?

We are very lucky to have so many opportunities to be busy, to be involved in lots of activities, to work, to play, to travel. We even have a growing number of ways to communicate with each other with social media and other platforms. However, for many of us, always being busy starts to become unsettling and we notice physical, mental and emotional impacts. Lethargy, irritability, feeling anxious or feeling distant from others are some examples.

To manage this busy life of ours, we can implement, what I call, "Sloth Strategies". These strategies are simply about slowing down and tuning into ourselves. Being busy can mean we are constantly thinking ahead and trying to do multiple tasks simultaneously. We can go through a whole day without having stopped once until we flop into bed! This is not sustainable and we need to balance the 'busy' with spaces in our day where we let our minds and bodies recalibrate.

Sloths are curious little creatures that move incredibly slowly. I get the feeling they are very wise beings, that are deeply aware of themselves. They certainly do not seem stressed!

One of the easy Sloth Strategies is to pick one simple task you complete everyday and 'sloth it'. The best tasks to choose are ones that are habitual and don't take long to do. Some examples are; getting dressed, making a cup of tea or combing your hair.

Do your chosen task very slowly, focusing on only the task. As you perform the task, keep your gaze fixed on what you are doing. As your attention narrows to move slowly and steadily, you may start to notice the sensory experience of this task on a much grander scale. For example you may enjoy the textures, sounds, aromas and tastes of the task that normally would go unnoticed as you rush about.

Slowing down to complete a task mindfully, reduces cluttered thinking and we can experience feelings of being more connected to ourselves. Mindfulness techniques have been shown by research to improve our capacity to cope with stress, increase our ability to concentrate and improve our working memory - sounds like a perfect way to support a busy life!

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.







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Multicultural Woopi



Des Belew

Working with good people is one of the best things about his job, according to Des Belew, a well-known face at the Costa Berry farm at Corindi.

Des, who has worked at the farm in a number of roles including picking and cleaning since 2012, has recently taken up the opportunity to move from casual employment to permanent.

"I am very comfortable in this place and I like the work. Everyone is friendly, from in the field to the staff offices. That's why I stay here because of the people," Des said.

Originally from Ethiopia, Des fled his home country in 1991 as a result of civil war and spent the following 18 years in a refugee camp in Kenya.

"I couldn't go back to my home country. The refugee camp was in the desert with very little rain and very high temperatures. There were bandits in the camp and looting. It was a very hard life and there was very little security."

Despite the hardships, Des worked for the UN Refugee Agency (UNHCR) as a head cook and in other jobs.

In 2009, he said he was lucky to finally be able to come to Australia, where he lived in Newcastle before finally moving north to start blueberry picking at Corindi in 2012.

"It's very nice here, it's a very peaceful county and very multicultural."

A father to two boys and two girls, Des was separated from two of his children for more than 22 years. Two children remain in Ethiopia, one is studying at university in Newcastle and another has recently moved from Australia to the United States.

"I did go back to Ethiopia in 2014 and met two of my children. I had missed them for over 22 years."



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Humans of the Northern Beaches

Sitting in the shade under the trees at the community gardens is the setting for my second Humans of the Northern Beaches interview. I'm sitting with the Woopi Gardens Treasurer and Secretary Helen Plummer, a Woopi local for 38 years. I started by asking Helen where did she move from? "Sydney, the hustle and bustle of the big city" she replied. I then asked her was she married or single at the time? "I was single at the time and I had been married before but I moved here as a single mum with two kids", and how did you find out about this place? "The gentleman I was seeing at the time had his children living here". So it was a bit of love that brought you up this way? I said, "yes it was a bit of love but also, I just needed to get out of the city and I saw it as an opportunity to do just that." Obviously you fell in love with Woolgoolga? "I did!" With her reply came Helen's big smile. "Although I did move to Red Rock first, I just love Red Rock". Both of our smiles got bigger, I said yes I agree, how good is Red Rock but shhh that's our little secret, "yes it is," Helen said. I had to then get my focus back on to the main subject, that being, the love we have for this beautiful town that locals call Woopi. I asked Helen what it was that she loved about Woolgoolga the most? "I am part of the community here and every bit of my involvement has been about connections with people, the weather, also the community clubs that are in the area, there are so many. So many to join, so much to do ... what's there not to love here?" Helen has a natural zest for life and an energy to match. After spending only a short time with her it was hard not to enjoy being in her presence and feeling that it was good to be alive. I feel that I have met someone that is as passionate about Woolgoolga as myself, someone who wants to get out of bed each day and enjoy what it has in store. You can tell by her smile she also knows that we live in a very unique part of Australia and thus the world.

Our Community Gardens are exactly that. Gardens run for and by the locals to encourage healthy eating, healthy living and community involvement. When was the last time you were in a garden? How big is your garden? Do you even like gardening? Well folks the only time I was in one before now was to chop stuff down, dig stuff up and walk away with my big smile because I was using some really cool tools,



Helen Plummer

ie chainsaws, mini excavator, axes, pruning saws ... you get the picture. As far as planting stuff, weeding and loving the plants ... no way! I hated that stuff, I thought it was boring but I never slowed down to smell the roses.

I say thank you to Helen Plummer as I am now the proud joint owner of a garden bed at the community gardens and can't believe how much fun it is. To meet a human that left the big smoke to follow her feelings of love and ending up falling in love with a town and its community, one would say that Sydney lost a fantastic human and Woolgoolga gained an awesome one. Helen is such a great communicator, a great leader and yes just a great person to be around. Her passion for the Woopi Gardens shines through her infectious smile and spirit. I stated, you're very passionate about it? "I am totally passionate about it, I'm part of the team that helps run these gardens and our vision is not so much about the gardening but making connections with the community" she said. Well you have made a connection with me and have got me involved, it's unreal. Her reply was one word, "brilliant!" I also said cheekily, so there is no chance of moving again? "Not in a hurry. I've got family all over the state but I've no inclination of doing that", she said. Helen is a local one could safely say is an asset to our beautiful town. One gets a sense of purpose to life when in her presence and to say I have enjoyed this interview is an understatement. This left only one last question for Helen ... is it Woolgoolga or Woopi? With the biggest smile, her reply was "Woopiiii!" Helen Plummer is a Human of The Northern Beaches and I can't wait to speak to more.

Garreth Nicholls

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VALAXUS



John and Surinder Arkan have taken over the **Indian and Asian Grocery Store** in River Street. All your spices and condiments plus Surinder has introduced a small gift range as well. Best of luck to you both. Top Town is getting nice and busy.



A mannequin is positioned outdoors, leaning against a weathered wooden utility pole. It is wearing a vibrant red dress with a white floral pattern, a black belt, and black leggings. The mannequin has a white head and is standing on a patch of grass and dirt. In the background, there is a paved road, a metal guardrail, and a line of green trees under a clear sky.

LIVE WELL EAT WELL STAY WELL



Woopi Fresh is the small fruit and veg store that is here to support locals. We are located at the start of River Street, just near the hairdressers. Come in and check out our great range of fresh fruit and veg.

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It's Ripper to be a Nipper



It's almost Surf Patrol time, why not join the kids up for Woopi Nippers. Their aim is to encourage all children to do their best and develop to their full potential. At Nippers your children will learn new skills, teamwork, and sportsmanship, while making lifelong friends and having fun.

Woolgoolga Junior Surf Life Saving Club's Nippers Program provides a safe and friendly environment where both Nippers and parents learn surf safety, surf lifesaving skills and progress to becoming patrolling members of our club.

Age Managers organise activities such as surf education, beach flags, beach sprints, relays, swims, boards, wades, iron person and novelty events.

Nippers can choose to train and compete at carnivals.

Activities are held at Woolgoolga Main Beach on Sunday mornings from 8:45 and finishing at around 11am. Season commences October 20th 2019.

All new and returning nippers need to complete registration forms, become a financial member, and complete a proficiency swim. You can register online at <https://sls.com.au/join> or at the registration day on October 13.

For more information regarding Nippers registration, cost, and proficiency swims visit the club website (Juniors information tab) and look through the Nippers information book. www.woolgoolgaslsc.com

The final registration day is on 13th October 2019 9am – 11am at the Woolgoolga Surf Club. Pool proficiency swims will be undertaken for U8's to U14's on the Registration Day. New members require a copy of their birth certificate. Minimum age is 5 years old.

For enquiries call Luke 0408 612 469

Go4Fun is coming to Woolgoolga

Go4Fun is a healthy lifestyle program for children aged 7 to 13 years, who are above a healthy weight.

Best of all it's absolutely FREE!

Go4Fun will run for 10 weeks after school during the term 4, and children attend a fun filled two hour session each week with their parent.

Every week children will play fun and interactive games and activities to get their heart rates up and enjoying being active. You and your child will learn about healthy eating, setting goals, portion sizes, label reading and more. Children will receive up to three attendance prizes, and parents a \$20 fresh fruit and vegie voucher each session they attend. School-aged siblings welcome.

Registration for Term 4, 2019 is open with limited places in the FREE, FUN Woolgoolga Go4Fun starting Thursday 17 October 2019 in the afternoon from 3.30–5.30pm at Woolgoolga Swimming Pool.

Register: www.go4fun.com.au or Freecall 1800 780 900



The Woolgoolga Swimming Club season will start on Monday 14th October, 5:15pm for a 5:30pm start. Fees this year will be; 8 years and under \$80 for the season, 9 years and over \$100 for the season. Age is taken at time of registration. Active kids vouchers are accepted. Normal pool entry fees are payable each week as well. 0412 889 454 for more details or <https://woopiswimclub.wordpress.com>

Woolgoolga Junior Touch Football are running a 10 week introduction to Touch skills, games and competition on Wednesdays from 4:30pm during Term 4, at Woolgoolga Sports Ground. No experience is necessary. Forming teams is not encouraged at this stage. Parent helpers are welcome. Cost is \$55 to cover insurance, equipment etc. For more details call Craig Hundle on 0418 550 337.

The So Fun Gymnastics Our Fun Gym program is an all inclusive boys and girls 4yrs and up program that encourages students to learn new skills in a fun and supportive environment.

The class is one hour and covers all beginner skills and techniques to learn gymnastics.

Once students have completed Fun Gym levels 1 & 2, they have the opportunity to compete in one of our club competitions through the year.

So Fun Gym is 5 Featherstone Drive, Woolgoolga 0407 492 349 <http://www.sofungymnastics.com.au>

Chris's ArtSpace Studio in Woolgoolga holds classes for budding young artists every Saturday. Only four students per class so bookings are essential. Phone 0400 766 342 <https://www.facebook.com/Jan.Chris.219/>

Lara Hannaford

Our Woopi community has so many amazing human beings, experience and age is not always a factor. Woopi News wishes we had more room each week to share all of these people with you. This month I would like to introduce you to a special human being, Lara Hannaford. Lara is a runner, a gymnast, a musician, a member of the school SRC, a really nice polite young lady, and a fabulous public speaker.

Public Speaking! You know that thing we all hate and avoid. Well Lara, who is only 10 has earned a position in the Multicultural Perspectives Public Speaking Competition State Finals, which will be held in Sydney next month.

To get to this Lara had to represent Mullaway Primary School through three rounds of daunting public speaking. While the rest of us would be slowly backing out of the room Lara stands up with confidence and grace. Each round not only is she required to present a prepared speech but also an impromptu one with only five minutes preparation time. The last topic was

bad habits and Lara was able to think quick and speak confidently about the bad habit of lying, making her the stand out winner.

Lara explained, "If you lie it can cause all sorts of consequences and ultimately makes things worse." So true and so wise from someone so young.

I asked Lara if she was nervous when she had to make a speech, Lara confessed, she is usually nervous prior to the speech, and when walking up, but once she starts talking she feels comfortable.

Congratulations Lara, you have done Woopi proud and good luck at the state championships.

Lara's prepared speech was about Understanding and is well worth a read.

You can see the entire speech and updates on Lara's brave journey into the public speaking world on our web page www.woopinews.com.au

"Yes, we are very proud. Even though I've heard her speak now on a number of occasions, I find myself crying each time!" - Lara's Mum Amy



Mullaway Primary School's Lara Hannaford

"The human brain starts working the moment you are born and never stops ... until you stand up to speak in public." - George J

Little Athletics

The Woolgoolga Little Athletics club is made up of a group of wonderful, positive people who love running and also supporting each other.

They recently held a working bee to prepare for the summer track and field season which kicks off on 15 October. The club runs groups for children of ages ranging from tiny tots (3-4 years) through to under 17's. Over the summer period, the club also hosts senior athletics on Monday afternoons, and welcomes adults of all ages and abilities.



Not only does Little Athletics encourage children to get active, it also emphasises the importance of individual progress. Children aim to improve their personal bests throughout the season, and in the process, they learn about the value of hard work and persistence. In this way, the club provides an inclusive, supportive environment where all its members are recognised for their efforts and their successes.

The club has an active social media page, where it regularly celebrates the individual achievements of its athletes (both junior and senior).

Most recently, six young members of the club represented the Mid North Coast at the Regional PSSA athletics carnival in Lismore.

Amber Hundle (200m sprint, discus throw and the relay as part of the Woolgoolga PS team), Kweller Happ (800m), Maya Mitchell (800m and 1500m) Ella Williams (100m and 200m sprints).

Will Bennett and Hayden Counter

achieved top three placings in their 1500m events, with both boys achieving new PB's in their respective events. They will now travel to Sydney to compete at the State carnival in November.

The registration team will be at Woolgoolga Oval near the high school on Tuesday 8th October from 4 - 5pm for registration number pick ups and if anyone has any questions. All new members, please remember to bring birth certificates, as they need to be viewed before numbers can be issued.

You can also register online at www.lansw.com.au Active Kids vouchers are accepted (but please apply for the voucher and have the number ready at time of registration). If your child would like to trial before fully committing, a two weeks trial is available, which you still need to register for on the above webpage. The earlier you register the better so we can be fully organised by the first day!

Follow us on facebook for up to date details [facebook.com/Woolgoolga-Athletics-231024276954039](https://www.facebook.com/Woolgoolga-Athletics-231024276954039)

What's on in Woopi

Tue 1 - 12

Lillipilli Art and Craft Exhibition, Woolgoolga Art Gallery, Turon Parade, Woolgoolga. The Gallery is open 7 days a week between 10am and 4pm. Entry fee during the exhibition is a gold coin donation.

Fri 4:

Community 'Beer, Bored & Buzz' 1st Friday of every month, Garage Board Shop, Mullaway. BYO 6pm.



Fri 4:

Stars of Coffs Coast Fundraiser Mediterranean Dinner, Beachouse Cafe 6pm

Fri 4:

Music with Mighty Ocean Sam's Place 6pm

Fri 4:

The Groove Robbers Live. Seaview Tavern 8pm

Sat 5:

Annual Orchid & Plant Expo It's on again this year. The local Orchid Society and Garden Club have combined to put on a dazzling display of plants and flowers at the Woolgoolga Public School. 9am to 3pm.

Plants for sale and a number of market stalls. Morning tea and a light lunch will be available.

Sat 5:

Rotary Auction. Beach St, Behind CWA Rooms. Auction 1pm Inspection from 10am

Sat 5:

Buskers at Moonee Beach Tavern 5.30pm



Sat 5:

Eat Street - Food and Wine galore, under the fairy lights in Market Street, Woolgoolga

Sat 5:

Live band karaoke with the Misschief band. Seaview Tavern 8pm

Wed 9:

Free Trivia Night, Amble Inn 6.30pm

Fri 11:

Jacob Murray Music Sam's Place 6pm

Fri 11:

Hekyl and Jive live Seaview Tavern 8pm

Sat 12:

Bad Sneakers live Seaview Tavern 8pm

Sat 12:

Daryl Braithwaite live Moonee Beach Tavern 7pm



Sun 13:

Paint Party Paint & Sip, get your creative juices flowing with Paint Your Town. Fun art for adults. Moonee

Beach Tavern 2pm Bookings Essential

Wed 16:

Woolgoolga Seniors' Centre in conjunction with the Good Things Foundation are hosting The Get Online Week 2019. Come along for morning tea and join the fun. See how easy it is to Get Online. We can answer your questions and make you feel comfortable about getting on line. We have free computer classes every Tuesday and Wednesday. Do you have a mobile phone or tablet that supports internet access, and don't know how to use it, bring it along - we're here to help! 11 am Seniors' Centre, 6 Boundary Street

Fri 18:

One Night Stand live at Seaview Tavern 8pm

Sat 19:

Coffs coast Eco Surf Fest

Sat 19:

RnB Night with DJ Richard Gear Seaview Tavern 8pm

Sat 19:

Day for the Girls Kit Making Day, Uniting Church, 1pm

Wed 23:

Free Trivia Night, Amble Inn 6.30pm

Thu 24:

Spring Time Buffet Lunch, Woolgoolga Seniors' Centre 11.30am \$15 per member and guests, RSVP by 14 October

Fri 25:

Jiggy Wiggy Fridays, Sam's Place 6pm

Fri 25:

Z Star Trinity live Seaview Tavern 8pm

Sat 26:

Richie Williams live Seaview Tavern 8pm



Sat 26:

Help deck the Moonee for Halloween. Have a ghoulish great time making Halloween decorations with the Moonee Mad Hatters Moonee Beach Tavern 5.30pm

Sun 27:

Stars of Coffs Coast Fundraiser Savy Sunday White Party \$50 Seaview Tavern 1.30pm

Thu 31:

Halloween Party!

Hauntingly awesome activities with the Moonee Mad Hatters including:

- 🎃 Ghoulish face painting
- 🎃 Pumpkin patch stomp
- 🎃 Devilish doughnut devouring
- 🎃 Zombie conga and Halloween limbo
- 🎃 Lessons in mummification
- 🎃 Make your own slime
- 🎃 A scary movie! Moonee Beach Tavern 5.30pm



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



What's on in Woopi

Eco Surf Fest and Seaside Scavenge

Ocean = waves = shred, carve or immerse = stoke. You love it.

Sometimes you want to say thanks and give something back to the ocean and the coastal life that just keep giving.

Eco Surf Fest, this October in our own beautiful Woolgoolga is a great way to discover how you can do just that. Whatever board you do or don't ride, bring an appreciation of our oceans, waves and beaches, tap into the community vibe and you'll walk away inspired and empowered.

The Festival will be a grassroots celebration of our living coast, full of hands-on, land and sea based activities for the whole family to enjoy. Join the marketplace of ideas about surfing and the culture and gear that goes with it. Check out free demos and workshops which explore the sustainable side of surf culture. How about DIY eco surf wax to give you grip without harming your beloved oceans? Breathe new life into your gear with

quick, fix-it tips for everything from the dings in your board to that hole in your wettie. What about that old board that's been hanging around? Get creative with local surf & skate art legend Jimmy Wags and turn it into a canvas for your own colourful,

happy and wonderful artwork.

Pick up some great bargains at the pop-up, pre-loved market stall – but you won't need cash, only trash! Yup, join the Seaside Scavenge, pick up some litter from the beach and foreshore, convert it to tokens and exchange them for your own market treasure or even beer (not for the kids though...)! This is the fourth Seaside Scavenge to hit the Coffs Coast in the last four years and the first for the northern part of our community so head along and get involved in protecting our beaches and our waterways from plastic pollution.



And if you're not the fish in water you'd like to be and want to spend more of your time in the ocean; join a Coffs Harbour Lifeguards free surf safety session and you'll feel more confident about recognising rip currents and knowing what to do in the event that you or someone else gets into trouble. You can never know too much about surf safety and how to recognise your limits.

Sit back with friends and family at the beautiful Woolgoolga foreshore and enjoy music from some great local musicians, tasty local food choices and a fantastic, friendly vibe. Spend the day, enjoy the ocean setting and get involved. The Eco Surf Fest will set you on a great path for spring and beyond

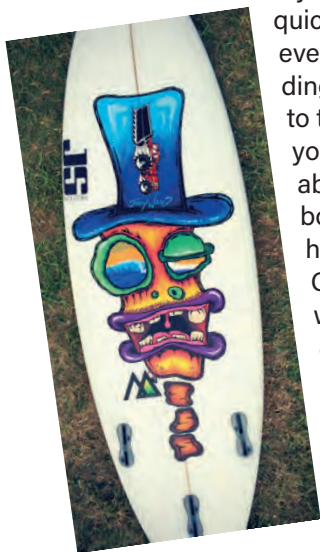


on our beautiful living coast.

Sat 19 Oct, 9am – 2pm, Woolgoolga Foreshore. Entry to this community event by Coffs Harbour City Council and partners is FREE.

Follow event updates on social: Facebook/Our Living Coast

Instagram/MyCoffs
Connect #ccecosurffest
#coffscoastooceanpeople





If you're going to go out – why not go all out with a visit to

Little Rippers Barber Hairdressing and Beauty

<i>Hair</i>	<i>Beauty</i>
<i>Ladies</i>	<i>Nails</i>
<i>Mens</i>	<i>Make-up</i>
<i>Colours</i>	<i>Waxing</i>
<i>Foils</i>	<i>Tinting</i>

2/66 River Street, Woolgoolga – No appointment necessary for cuts – 0457 870 390

Woopi Wears Yellow



Our Woopi Community

Community Group information

Boomerang Bags, next meeting Sept 15, 1pm Community Centre

CWA Woolgoolga next meeting AGM Thursday Oct. 10, 10am, CWA Rooms 21 Beach Street. Carol 0402 249 371

Fluro Friday meet every Friday at 6.30am Woolgoolga Beach. Wear your brightest clothes

Lions Club Woolgoolga, meet first Thursday of the month, 6pm, Woolgoolga Bowling Club, Jean 0427 791 628

Red Cross, second Tuesday of the month at 1.30, CWA rooms 0409 600 056

Friendship afternoon teas Last Friday of month, Senior Citizen Centre 2pm 0409 600 056

Rotary Club of Woolgoolga, meet second and fourth Mondays 6-8pm Woolgoolga C.ex. 0429 449 385

Rotary auction is held first Saturday of every month.

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

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

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 meets the second Monday of month 2pm

The Woolgoolga and District Retirement Village is owned by the people of Woolgoolga and along with paid staff there are many volunteers giving their time to ensure that the needs of both residents and staff are met. The auxiliary are a small band of men and women who raise funds so that the 'extras' may be obtained and donated to make life easier for all concerned.

We are now putting out an SOS for new members!

We need help if we are to continue with this service as our numbers are dwindling. Some members have left the area, some have gone into aged care and some have left due to failing health. For further information contact President Gail 6649 1816 or Beth 6649 2835

Woolgoolga Day VIEW Club. Meets 3rd Thursday of the month 10.30am at the 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 Programme. Contact Barbara Letts 0458 420 780 woolgoolgaday@gmail.com

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

Woolgoolga District Orchid Society meets fourth Saturday of the month, 2pm Community Centre, Enquiries 0447 323 761

Woolgoolga Mental Health Carer Support Group meet fourth Thursday of the month 10am Neighbourhood Centre.

Woolgoolga Neighbourhood Centre, Cnr Beach and Boundary Streets 6654 1598

Woolgoolga Probuss Club meet fourth Wednesday of month, Diggers

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. 9.30 to 12.30. Ph. 0498 109 108

Woopi Community Gardens – open Wed and Sat 8-12. Join them for a cuppa at 10am under the lillipillies. woopigardens@gmail.com www.woopigardens.com.au 0421 225 369

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

Woolgoolga Red Cross members with Care Bears, made in Woopi, going to kids affected by the recent bushfires



Disabled Surfers Association express their gratitude to Woolgoolga Lions Club for their ongoing support

Tradie of the Month



Byrne Plumbing is a small family owned business which started in 2015.

We cover all aspects of plumbing including, new houses, gasfitting, maintenance, and metal roofing.

Servicing an area from Grafton to Nambucca and everywhere in between.

Last year we put on an apprentice plumber, Duncan Gray, who has proved to be an asset to the team.

I grew up in Woolgoolga and have been here for almost 30 years, so we have great local knowledge and there isn't many faces we don't know around the town!

Playing sport in Woolgoolga my whole life, we realise how important it is to give back to these sporting clubs which we do in the way of sponsorship.

The plumbing trade in Woolgoolga is in a great position at the moment with all us plumbers working in with each other and helping each other out when we can.

If you need a plumber, call me, Alex Byrne on 0421 517 216. I am stoked to be the first Woopi News Tradie of the Month!



Enough talking, get back to work Dad!



Woopi News would like to thank everyone who has helped us this month. Peter Ryan, Robert Watkin, Garreth Nicholls and Anna Miley. Blyde Naser from Coastal Drones for the awesome RUOK? shot. Patrick Mullan and Fiona Fluechter for helping us with the front page shoot. We had a lot of fun putting this issue together and are looking forward to the next few months of bringing you Christmas ideas - gifts, functions and things to do. If you would like to be part of our Gift Guide, similar to the Shop Local page we published last month, please give us a call. \$35 for one month or \$60 for both November and December.

Also the Local Services Guide you see on this page is only \$50 a pop. Call us on 0410 052 601 or email woopinews@gmail.com

Local Services

(You can advertise here for just \$50!)

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abyrneplumbing@gmail.com
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www.pepperprint.com.au

Woopi sport

What a year 2019 has been for the three codes of footy in Woolgoolga. Senior Men's Football (soccer), AFL and Rugby League have made a significant come back and with them the development of women's teams in Rugby League and AFL.

AFL

Woopi AFL last played in a combination side with Grafton in 2006. The Club started in 1992 and the Senior Men's side played in 18 Grand Finals winning 9 of them. Last October a meeting took place to plan a come back in 2019. This year the Woolgoolga AFL have 60 registered players. The Senior Men's Reserve Grade won the comp. The brand new Senior Women's side played with great enthusiasm.

Rugby League

The Woolgoolga Seahorses made a come back with four teams, U/18, Senior Women, Senior Men's Reserve Grade and First Grade. This year saw

the influx of local players coming back from other clubs to play for Woopi. This was helped by the welcome return of Greg Shuttleworth as coach. The club had a good come back with the Men's Reserves nearly getting to the Final. There is a positive outlook for next year. The club can now boast an international flavour with Sukhpal Malhi being included in an Indian International League side. Sukhpal had a big input into their last win against Columbia with a number of tries. The next match will be against El Salvador and the Indian side will have players from Australia, US and New Zealand.

Football (soccer)

The Woopi Wolves came back to the Premier League in 2019. Three years ago a plan was hatched to get back into the top league. The Wolves started with a team in the 3rd Div then onto the 2nd Div winning both grand finals. The development of this team created great enthusiasm with other men's teams

coming back into the Woolgoolga United FC's ranks. This year the Wolves took on the Premier League and surprised a lot of people with their success and played in the Grand Final, the first men's side to do so since 1996. Unfortunately the Wolves were unsuccessful in the final but they were successful in their drive to put Woopi into the first rank of the round ball game.

Congratulations to the women's reserve grade Woopi Wildcats on winning their grandfinal - 1-1 at full time, no additional score in extra time and down to a shoot out, scoring all four attempts and two massive saves to take the win. Well done!

Next year looks like a very exciting year for Woolgoolga in all codes. The players are there for their teammates, their team and for Woolgoolga. The supporters that were big in numbers this year should grow next year on the back of this year's success.

Robert Watkin



Coffs Coast

ECO SURF FEST

Celebrating our living coast

Woolgoolga Foreshore

Saturday 19 Oct

9am - 2pm

FREE ENTRY

surf comp

eco-surf demos

Gumbaynggirr surf culture

hands-on kids activities

secondhand treasure

DIY surf art

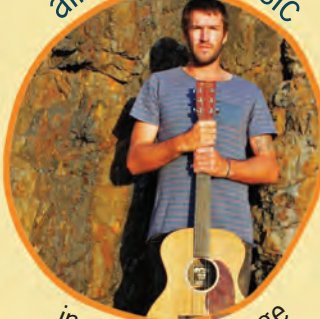
delicious food - chilled vibes - earthy fun - all welcome

Seaside Scavenge



beach clean up

all day live music



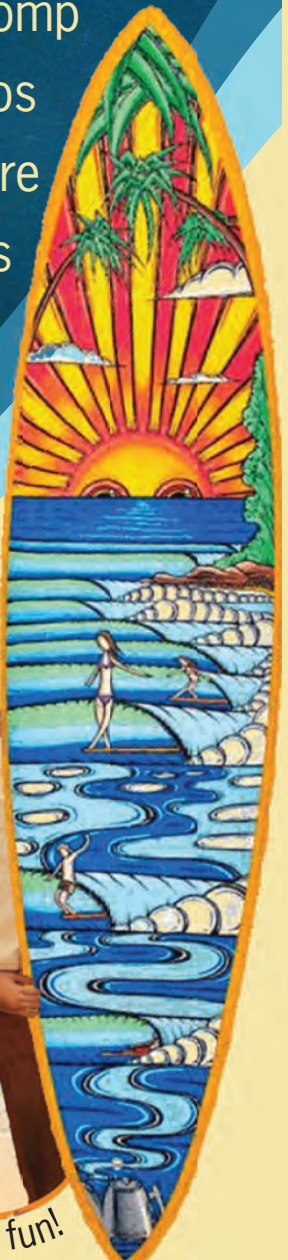
inc Chump Change

creative playspace



make recycled art

..all ages fun!



More info and program at: www.ourlivingcoast.com.au/festivals/eco-surf-fest



MyCOFFS



our living coast

my coffs connect

A community sustainable living initiative by Coffs Harbour City Council