

WOOPI News

SEPTEMBER 2019 issue #1



SUNSET ROOM

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Welcome to Woopi News

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

It's with great excitement we welcome you to the very first edition of Woopi News.

Hope you love our cover photo as much as we do. Freddy, Clancee, and Jax signify the future of Woolgoolga, everything we do as a community pertains to their future. These three children are lucky to be growing up in such a diverse, accepting, positive township such as Woopi. Fresh air, sunshine and healthy living. We hope we can keep you up to date on their adventures for years to come.

Speaking of children of the future, how good are the Kindness Crusaders! If you haven't heard of them yet you can read a little more about them on this page. Woopi News is proud to be sponsors of these two amazing young people, with equally as amazing mums, who help them with their mission to spread kindness wherever and whenever they can.

Woopi News has been something we've been planning for quite a while, particularly after the Advertiser stopped publishing. When the North Coast Primary Health Network Healthy Towns Initiative consulted with many community groups and members

there was an overwhelming amount of requests for better communications in the town.

We might only be starting small, but we're confident Woopi News will grow each month, in both size and distribution. The only way we will survive is if we keep getting advertising support.

If you can do one thing to help us, it would be to let the advertisers in this publication know you are there because you saw it in Woopi News.

We hope to feature many great locals with stories of the past and dreams for the future, please feel free to recommend someone, or send us your own photo and interview to be published.

I'd like to make it clear that when we say Woopi we mean Woolgoolga and the Northern Beaches. Woopi News will be reaching out to readers and advertisers from Red Rock to Sapphire.

Woopi News is available at lots of various cafés, meeting places, tourist

and accommodation houses. If you're worried about getting a copy please let me know and I'll make sure you do. woopinews@gmail.com We will feature a digital version on our website and facebook page. If you subscribe to our newsletter we will also email you a PDF version to read.

We hope you like our very first edition. Have a great month. Enjoy Curryfest.

Lisa and Brad



Meet the Kindness Crusaders - Sponsored by Woopi News



What made you want to become a Kindness Crusader? We wanted to help people who are needing some kindness in their life because they may be feeling lonely, sad or even may not have a home to live in.

What do you think kindness means? *Ollie:* Kindness means being nice and caring to others. *Tahli:* Kindness is when you do things for other people if they need help.

How are you distributing your kindness? The public nominate people who need some kindness in their lives. We decide what is the best act of kindness to give them. This may vary from a coffee to a massage or even a warm meal. Vouchers are then distributed.

What has been the reaction to your giving been so far? Most are

impressed with how young we are and what we do.

How does it make you feel? It makes us feel happy, we feel proud that people actually want to help us help others.

What goals do you have for the future? Our goal is to spread awareness to others about how good it feels to be kind. We want to encourage others to take part in giving random acts of kindness.

Anything else you would like to add? We would like to thank those who have already donated and encourage others to join our Kindness Crusade. ollietahliakindnesscrusaders@gmail.com or like us on Facebook Ollie and Tahli, the Kindness Crusaders.

Lillipilli time

September means The Woolgoolga Art Gallery are holding their annual Lillipilli Art and Craft Exhibition!

Lillipilli is a renowned event in the arts calendar and draws entries from all over New South Wales and interstate.

Lillipilli is run by volunteers and held at Woolgoolga Art Gallery which is a not for profit organisation. The Lillipilli Exhibition has prize money of around \$5,000 and there are six sections.

1st and 2nd prizes are awarded in each section, a grand champion and a people's choice. Specialist judges are engaged to select the winners and the Grand Champion.

Winners are announced on opening night, Friday 6th September at 6pm. Open to the public \$15 single/\$20 double.

The exhibition runs 7th September until 12th October, 2019 at Woolgoolga Art Gallery, Turon Parade, Woolgoolga.

The Gallery is open 7 days between 10am and 4pm. Entry fee during the exhibition is a gold coin donation.

This exhibition is always worth visiting and provides a great activity for families during the School Holidays.

Don't Miss Lillipilli 2019.

Woopi Gardens update

Have you seen the Community Gardens lately? It has been full steam ahead for the amazing team with the commencement of the new meeting place structure. It is going to be a beautiful peaceful place for all our community to use.

President EJ Merrick would like to give a big shout out to everyone who has helped this happen.

Woopi Gardens is solely run by volunteers and are currently looking for any builders who are able to help finish this amazing project! Please contact EJ on 0410 505 178 for more details.



Lillipilli entry - Sunset in Paradise by Chris Skibba

Fire engine fun

Woolgoolga Rural Fire Brigade will have their yearly Get Ready event at Curryfest this year.

As always, they will have information on recruitment, tips on preparing your property and advice on fire protection for the adults, and for the trucks, giveaways and other surprises for the kids. They will be situated outside the Ambulance Station.

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So your name is Robert but everyone calls you Wally, Why is that?

Well in my early teens an old school mate of mine one day called me Wally. There was no reason for it, he does not know why himself. That simple. So the name Wally stuck ... but it's not a bad alias at times.

When and why did you get into photography?

I always took photos to document what ever, like everyone else. Unfortunately I had an accident which completely changed my life. Work and norms became difficult and my love of sport impossible. I was very depressed and in a dark place. Attending a pain management clinic, one of things they teach you is to keep active in mind and body. Being a little arty and missing my activities lead me to think about photography. I purchased a camera and started my journey. Now photography is a major drive in my life. It motivates and keeps me creative. I now realise I should have started photography in my early years. I think

most people try to find their thing, it took a negative for me to find mine.

Why do you volunteer so much of your time to community?

Such a dynamic community, so many people doing great deeds for others and the community in general. This needs to be documented. So using my camera is my way to volunteer. I would like to thank Lisa Nichols for opening the world of community to me. So many good people I have met doing this. It feels good to be part of the fabric of this town. To volunteer has helped me. Thankyou everybody.

Who are some of the groups that you photograph for?

Feel free to remind me if I have missed somebody.... Fluro Friday, R U OK?, Woolgoolga Regional Community Gardens, Red Cross, Disabled Surfers Assoc', Woopi Carols by the Sea, Woopi Marine Rescue, Woolgoolga United FC, Woolgoolga Seahorses, Woolgoolga AFL, Woolgoolga Surf Club Boat Crews, Woopi Athletics and all the

great events here in Woopi. Curryfest, Blues and Berries, ANZAC Day and our Punjabi Community and their great events like the Vaisakhi Festival. The list goes on.

What tips do you have for other budding photographers?

Just keep on taking photos. Learn from your success and failures. Experiment and keep on learning, it's a life time journey. If a person can win a national photo competition in black and white using a phone there is hope for us all who endeavour in photography. And don't be shy to ask other photographers questions. Enjoy!



This is how people usually view me



Dave Ash belting out the vibes at Blues and Berries



Scene from Curryfest



Getting ready for a dawn row



Troy Arvidson and Kell Woods passing on funds raised to support youth suicide prevention, also in photo is Robert Watkin, Leonie Aafjes, Lisa Nichols, Laurie Pilon, Elaine McInnes and of course Poppy, Woopi's most popular chihuahua

Woolgoolga and the Northern Beaches is fast becoming known as an extremely supportive community, in particular for mental health. We recently were awarded the Best Community in Australia at the RU OK? Awards. This was due to our towns effort in supporting R U OK? via our Woopi Wears Yellow Day last year. Its that's time again and we are encouraging as many people, businesses, houses, cars, shops and pets to dress up in yellow for the week leading up to R U OK? Day on Thursday September 12.

Once again we will be starting the day forming a human RUOK? on the sand at Woolgoolga main beach and hope as many of you as possible can join us.



During the past weeks many sporting groups have been dedicating their weekend games to R U OK? and helping us spread the message. It was spectacular to see the Seahorses run through a giant R U OK? banner at the start of their day. The Northern Beaches Blues AFL teams looked impressive in their yellow socks and arm bands as did the Woopi Soccer Club mens and women's teams. The support has been overwhelming and so many people have been agreeing on how important it is to be able to speak to each other in an effort to help prevent suicide.

Many of you are probably aware of the Fluro Friday movement that is celebrated at over 200 beaches worldwide, including Woolgoolga. Each Friday morning at 6.30am the group meet wearing sometimes silly and always bright clothes as a way of starting a conversation about mental health. Recently a fabulous group of people organised a fund raiser for Fluro Friday which has given them the funds to introduce programs into our schools and community, raising awareness, education and prevention of suicide. Stay tuned for more details as they put this into process.

The Woolgoolga and Northern Beaches Chamber of Commerce and Fluro Friday invite you to special networking night with guest speaker, the Founder of Fluro Friday, Grant Trebilco. This will be held on Thursday September 5 at the Beachouse from 5pm. Tickets are \$35 and can be purchased online via the Woolgoolga Facebook page or sms 0410 052 601 for more details.



- Burritos
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Walking Group celebrates a milestone

Max Campbell and Kay Summers are two leaders and stalwarts of Woopi Walkers, a Walking Group that is marking a significant milestone this year, their 20th anniversary. Woopi Walkers is a group registered under the banner of the Heart Foundation Walking Group in 1999 and formed with the support of the then North Coast Area Health Service Health Promotion Unit (now the Mid North Coast Local Health District), and the Walk Organiser at the time, Geoff Poynten.

Twenty years on and more than 40,000 kms trod, with their own children grown up and grandchildren in the wings, Woopi Walkers are still walking. It now has a base of 30 to 35 members with ages ranging from 50s to late 70s. Enthused about the distance this group has covered, Max said, "Members feel a lot better since they have joined the group. Walking with the group twice a week has become more natural for many members. No one has ended up in Nursing Homes yet." Quoting affirmations from other members, Max says that walking in the group is the best thing that the others have ever done for themselves.

As part of its health priorities, MNCLHD Health Promotion is engaged in various initiatives including walking, to tackle the growing health problem of obesity. It is partnering with the National Heart Foundation Walking Program to promote walking in the community and building community health and wellbeing for long term health gains.

For the full story see www.woopinews.com.au



Merilyn Godde

Merilyn moved to Woolgoolga in 1980 from south west NSW where she had grown up on a sheep and wheat farm.

Finding the change a big culture shock it had an immediate impact on her, especially the ocean. Merilyn moved here with her three children and her second husband who also had three children and settled in quickly saying, "I loved the relaxed and easy going lifestyle of the place" and "it was a great place for the kids to go to school".

Merilyn told me she moved away for a little while but moved back and has no plans to move again. All up she has spent 20 plus years in Woolgoolga.

When asked why she moved back her reply was simple, "the climate, the people and what it had to offer me as far as work and wonderful friends".

I asked Merilyn what do you think it is that makes Woolgoolga special? "The location, the older people who live here and that beach", she replied. So I asked the dumbest question, which beach? "Main Beach", she said with a huge smile saying, "it's the best and loveliest beach in the world and when you return, after being away for a while, you realise how truly blessed you are to live in paradise".

Merilyn also said, "the people make Woolgoolga special as well. Woolgoolga has many wonderful people who I have been fortunate enough to care for, some of Woolgoolga's elderly who have lived here their whole lives. I love hearing their stories as well as being able to assist the quality of their life in the later years".

It was great to sit down with Merilyn whom I have the privilege of calling my mum. I can only imagine what it must have been like to move from a small country town in south west NSW to a small Mid North Coast Timber and Fishing village us locals call WOOPi.

Thinking how many others have a similar story, left me with only a couple of remaining questions, I asked Woopi or Woolgoolga? "Woopi to friends and Woolgoolga to visitors", she replied.

I thanked mum for moving us here and asked one last question, Why is Woolgoolga the best place on earth? "Its location".

Merilyn is a Human of Woolgoolga and I can't wait to speak to more.

Garreth Nicholls



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Mitre10 Woolgoolga

Don't forget to tell them you saw it in **Woopi News**

What's on in Woopi

The Woolgoolga and the Northern Beaches Chamber of Commerce's signature event, Curryfest, is on this month – September 28! It's a Saturday and so far forecasts are for another sunny festive day (maybe with a little cloud to keep us cool).

For 14 years, Curryfest has transformed the streets and beach reserve of Woolgoolga, into a carnival of colour, sights, sounds and taste.

Embracing humanity, kindness, happiness and all of the beautiful differences that make us all the same. All in one enormously energetic and vibrant celebration.

A huge amount of coordination and organisation goes into this event. The team at Another Tasty Event (ATE) started working on this year's event even before last year's event had concluded.

Recently Curryfest won silver at the North Coast Regional Tourism Awards – Congratulations to Carl, Sherry and Pam who pulled it all together.

Guest chef this year is Justine Schofield from Everyday Gourmet on Channel Ten and a fan favourite of the first series of MasterChef. There will be cooking demonstrations during the day plus lots of music and dance entertainment scattered throughout the street.

Gates will open at 9 with a \$5 entry fee

For the best way to keep up to date with the festival please go to their website Curryfest.com.au and join the Curry Club.

BOLLYWOOD MOVIE NIGHT

Every year on the eve of Curryfest the beach reserve comes alive with a big screen and a Bollywood Movie. This year features *The Lunchbox*, "Mumbai's lunchbox delivery system transports thousands of meals every day from kitchens to offices. Just one in a million lunchboxes is ever delivered to the wrong address. This is the story of that one lunchbox". It sounds like lots of fun and should appeal to everyone. Bring your picnic chair, blanket or bean bag. Head to one of the local cafes

for a quick bite and beverage, or grab takeaway to eat (and yes, you can bring a glass of wine or beer with you) as you watch the film. There will be a few food trucks to enjoy a taste of street food and of course, coffee! Movie starts at 6pm.



Curryfest

 2019 WOOLGOOLGA

FOOD CULTURE DANCE

28 SEPTEMBER 2019
 WOOLGOOLGA | NSW | AUSTRALIA

curryfest.com.au

Supported by the



What's on in Woopi

Sept 1:

Sea Shepherd Beach Clean up. Plastic pollution is silently killing our oceans!

Join the Marine Debris Team as they fight to save our oceans and their inhabitants. Clean-ups are family friendly and they can also sign off hours for school community service. Woolgoolga Main Beach 9-12pm

Sept 1:

Father's Day - Minnie Marks live at the Seaview! 3 till 6pm

Sept 1:

Father's Day - Give Dad a makeover - wine a wheelbarrow full of tools 12 - 8.30pm, Moonee Tavern

Sept 4:

Free trivia Night - Amble Inn 6.30 pm

Sept 5:

Woolgoolga & Northern Beaches- Networking Event - Woolgoolga and Northern Beaches Chamber of Commerce
NETWORKING EVENT with Guest Speaker



GRANT TREBILCO the Founder of OneWave Fluro Friday which is celebrated on over 200 beaches in 40 countries including our own Woolgoolga Beach. Come and listen to Grant speak about his journey and passion to help people with Mental Health issues to know they are not alone. Canapes by Beachouse. BYO. (\$35 per head)

Sept 5:

Stories Out Loud - a community story telling project by Woopi Local Lee Rickwood.

Featuring Mullaway Local Jimmy Wags. Theme is 'I Have a Dream! Happy Frog 6.30 pm \$35, <https://Storiesoutloud.eventbrite.com.au>

Sept 6:

Opening Night Lillipilli Art and Craft Exhibition 6 pm.



Sept 6:

Fat Albert Band live! Seaview Tavern

Sept 6:

Music with Mighty Ocean. Sam's Place 6pm

Sept 7:

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

Sept 8:

Beginners Wall Hanging Workshop with MeCo Macrame 8-12pm
Beachstone Café \$125
SMS Mel on 0423 976 582

Sept 12:

R U OK? Day - Meet Main beach at 6.30am to form human R U OK? on sand.
Woopi Wears Yellow - dress your shop, business, house, car or self in yellow.



Sept 12 - 15:

Women's Weekend Walk and Paddle Yuraygir National Park.

Leave your everyday world behind for an active and relaxing weekend getaway

adventure. Sample the Yuraygir Coastal Walk on a gorgeous guided 15 km section, and the next day, enjoy a 10 km kayak on the serene upper reaches of the beautiful Woolli River. Stay in lovely oceanside accommodation with all catering, yoga sessions, logistics and planning included.

Sept 13:

Northern Beaches Blues Presentation Night, Seaview Tavern, 6.30pm \$25 Presale only Text Glen 0438 363 912

Sept 13:

Pink Zinc Band live! Seaview Tavern

Sept 13:

Jacob Murray Music, Sam's Place 6 pm

Sept 14:

Roo & Carly live! Seaview Tavern

Sept 14: Monster Truck Racing Night! Moonee Beach Tavern 5.30 pm



Sept 18:

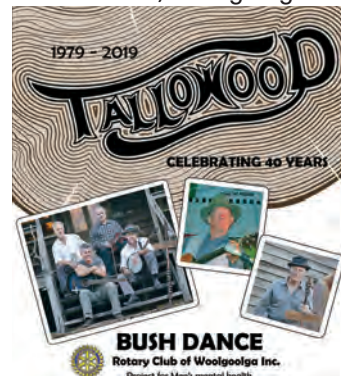
Free trivia Night - Amble Inn 6.30

Sept 20:

Marshall O'Kell live! Seaview Tavern

Sept 21:

Woolgoolga Rotary Club Bush Dance: Project for Men's Mental Health featuring Tallowood Bush Band and Lions Club BBQ - Yeates Hall, Woolgoolga



Primary School 6 pm \$20 (Family \$45) Tickets at Woopi Backpackers, NRMA and Woolgoolga Post Office. Or contact Elizabeth 0418 861 253

Sept 21:

R U OK? Lunch Woolgoolga Diggers

Sept 21:

Who's Charlie live! Seaview Tavern

Sept 25:

Ipads & Biscuits: All about Blogs at Woolgoolga Library 10-12 Free

Sept 26:

Eric Bogle and Mike McClellan. C.ex Woolgoolga \$39



Sept 27:

Bollywood Movie Night - The Lunch Box. (PG) 6pm BYO chair/blanket.

Sept 27:

Elektrik Lemonade live! Seaview Tavern

Sept 28:

Curryfest - Gates open at 9 am \$5 entry fee

Sept 28:

Katie Brooke live! Seaview Tavern

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



Our Woopi Community



The annual Daffodil Day was held on August 23 and the super Lions crew held stalls and walked around town selling daffodils and other merchandise for the Cancer Council. They raised an amazing \$2454, Jean Vickery the president of Woolgoolga Lions said she was blown away by the people of Woolgoolga, they are very generous. Well done Woopi

Community Group information

If you would like your club added please email woopinews@gmail.com

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

CWA Woolgoolga next meeting Thursday Sept 19, 10am, CWA Rooms 21 Beach Street. Carol 0402 249 371

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

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

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 Probus Club meet fourth Wednesday of month, Diggers

Woolgoolga Seniors Centre – 6 Boundary Street. 6654 7311

Woolgoolga Surf Life Savings Club – www.woolgoolgaslsc.com

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.

Lifestyle & Wellbeing Gifts

- Odour-free Heat Packs
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Woopi Warriors Judo Club



Our classes are:

Tuesday and Thursday:

Judo Gymnastics 5 to 7yrs
3:45 - 4:30

Judo Gymnastics/Judo 8 to 12yrs 4:30 - 5:30

Judo 12 to 15yrs 5:30 - 6:30

Judo 16+yrs 6:30 - 7:30

Saturday All ages:

Grappling 9 to 10am

Combat Fitness 10 to 11

Women's Self-defence 11 - 12



5/25 Hawke Drive, Woolgoolga Cliff 0437 598 801
woopiwarriors@gmail.com www.woopiwarriors.com

Mind your mind



Local, Anna Miley, Exercise Physiologist, Certified Yoga Teacher

What is Mindfulness and why is everyone talking about it?

Much of the time our attention is absorbed on our own thought stream. We can be so wrapped up in our own thoughts that we can be quite unaware of our surroundings, how we are affecting others or even how we are interacting with ourselves!

Mindfulness is the art of becoming the compassionate observer of our own mind, to be able to notice our thoughts with equanimity.

The practise of Mindfulness is like inserting a filter of awareness between our emotional and physiological reaction and how we actually respond.

Mindfulness lets us start to create a filter between our physiological and emotional reaction (and therefore our actions) to a situation. The filter of awareness lets us observe how we are reacting and allows us to RESPOND with a better course of action than what might occur if we are reacting from fear, anger, panic, frustration, outrage, embarrassment, prejudice etc.

It can be very difficult to develop Mindfulness but the benefits are great. There is evidence that a daily

Mindfulness practise can lead to increased positivity and mental resilience.

An easy but powerful way to start to develop a Mindfulness practise is the "Three Things" practise.

Firstly, find yourself a comfortable spot, perhaps one of the park benches on Woopi Headland.

Close your eyes and take a moment to notice your breath, this will help to one your attention. Now become aware of three things you can hear, label each thing mentally. Next, become aware of three things you can smell, label them mentally. Finally, become aware of three things you can feel and label those mentally.

Sit for a moment longer.

Slowly open your eyes, notice how you feel.

This short practise broadens our awareness from our stream of cluttered thoughts, and brings us into the present moment and into the reality of what is actually occurring. This in turn brings about perspective and mental and emotional clarity. And who doesn't like feeling a little calmer and a little more grounded?

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Seen at the scene...



< The moment that Garreth Nicholls realises that his favourite primary school teacher, Mrs Silow is at Fluro Friday



Nice shades Ricki Moore!

Friday night barbecue at Woolgoolga Beach > shows what a multicultural town we are



The bcu Woolgoolga MTB Festival was another great success this year, bringing lots of people to town. Another Tasty Event spoils us with a well attended Eat Street with lots of scrumptious food, drinks and good times. Next Eat Street is October 5, put it in your diary!

Woopi News hope you enjoyed our very first edition. We hope it's the first of many. Please forward all suggestions, editorial and advertising requests to woopinews@gmail.com We'd like to thank Robert Watkin and Chris Skibba for taking such great photos for us.