

# WOOPINews

Woolgoolga and the Northern Beaches

SEPTEMBER 2020 issue #13



INTRODUCING HAPPY HOUR 4.30-5.30PM

# SUNSET ROOM

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## HAPPY BIRTHDAY TO US! 🍷

We have had a fabulous time over the past twelve months bringing you Woopi News.

We originally planned to publish a small, quarterly, community newsletter, a bit like the ones the kids bring home from school. We then thought, why not take it up a level and make it look really nice, add some colour, include some photos, etc. Once we started collating some news articles, we thought, why not make it a little bit bigger! Our plan was to print 500 and suss out if that is enough or too many.

No one was more excited than us when the first edition of twelve beautiful, full colour, gloss pages arrived from the printer.

Now, this month, we present you with 44 pages and 2000 printed copies being distributed throughout Woolgoolga and the Northern Beaches. Our digital versions are reaching over 6000 people all over the world.

We weren't sure how to celebrate our first year anniversary, as we're still working on a small budget, but thought we can't let it go by without at least having some cake. So, we rang local cake extraordinaire, Samantha Mountstephen, from [The Sugar Kitchen](#) and asked us if she could create us something special. It was all a bit last minute, but she presented us with the stunning seaside cake that you see on our front cover. How clever is she! It tasted absolutely divine as well.

We attempted to re-enact our original front cover from our first edition but, as they say about working with kids... one couldn't make it, one had a cold and one was only interested in playing peek a boo, so the only kid we could get properly in the shot was Samantha (the cake extraordinaire)'s gorgeous little boy Oscar. We might try again next year.

We have a quick trip down memory lane on page five to remind you of our past year of front pages. If you would like to catch up on any of our back copies just go to our website [www.woopinews.com.au](http://www.woopinews.com.au)

We pay tribute to our awesome Woopi News contributors on page three. They are a fabulous bunch.



We would also like to say thank you to the businesses that have supported us from the start with their advertising. La Hacienda 101, Eco Threads, Taffy's, Woolgoolga Podiatry Centre, Mitre 10, Kevin Hogan, BP Woolgoolga Service Centre, Valaxus, Woolgoolga Real Estate, Feather and Nest, Coffs Coast Physiotherapy and to those who have joined us on the way. We truly couldn't do it without you.

We don't profess to be journalists or advertising experts, we actually dislike selling with a passion, so have been very grateful to have not really had the need to do any hard sell, as you guys have been coming to us. For that we are very thankful.

Our aim is for Woopi News to always be positive and local. We always welcome contributions or suggestions for content.

Every month we will keep supporting Shop Local, encouraging everyone to think of a local before trying elsewhere. Local services, local shops, local tradies, local events and local eateries.

This month we are focusing on Men. Some of you might say, every day is Father's Day, but there is also a designated celebration day which is Sunday September 6.

Keeping up with our Shop Local campaign we have included several pages of Father's Day gift ideas that you can buy locally. Don't just think

Father's Day, think men's birthdays, men's Christmas presents. There are lots of options for dads, brothers, boyfriends, husbands, cousins, best friends, etc. That's why we've named it Shop Local Shop Woopi Shop Men. You might want to keep it handy because let's face it, men are hard to buy for.

NEXT MONTH we have something super exciting for you, something we're really looking forward to putting together. We will be publishing a special feature to commemorate the opening of the new surf club. We've been tracking down past and present members and will be able to share with you some history of the club since it started back in 1932. We have a sneak peek for you on pages 32 and 33.

If you would like to be involved in this special edition please get in contact ASAP as we are planning to bring the edition out a little bit earlier than usual to coincide with the start of the 2020/21 surf season.

Last but not least, you might notice a bit of an R U OK? flavour about this edition. It's a cause we are very passionate about. We hope you can join us this year bringing awareness to this important campaign. You can read more about it on page 6.

So Happy to Birthday to us, we hope you enjoy this edition and again and again for the next 12 months.

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', as we say and please don't forget to tell our advertisers 'You saw them in Woopi News.'

Woopi News would not be Woopi News without the help of all our wonderful monthly contributors. We are so very thankful to each and everyone of them. We couldn't do it without you guys. Thank you.

Brad and I look forward to another 12 months together with a few additions here and there.

We had a quick catch up to celebrate our first birthday. Below we would like to introduce you to the team.

## ANNA MILEY

Anna was one of the first people I invited on the journey. I've always had a lot of respect for Anna and how she gives to community, so it only seemed right. Anna writes the Mind Your Mind column for us, making sure we are all looking after ourselves mentally and physically.

## PETER RYAN

Pete only joined the team recently. I first met Pete watching whales on the headland and we soon became firm friends. I watched Pete go through a double heart bi-pass and come out the other side healthy, positive and loving life. When I asked him if he could write some Whale Tales he gave me a great big smile and a yes.

## NICK VALAXUS

Nick and I have collaborated on a few different things over the years. When he saw our first edition of Woopi News he asked if we would be interested in a column full of exciting IT stuff. My first thoughts were is there such a thing. Then of course I said yes please and he has been keeping us internet and computer savvy ever since.

## GARRETH NICHOLLS

This big softy, hiding behind a tough boy mask, joined us at Fluro Friday one morning and quickly became a regular and a favourite. One day he said that he wanted to chat with some locals then share their stories somehow. He knew nothing of our plans for Woopi News. Now each month he brings us a Human of the Northern Beaches.

## FREDDY BYRNE

Freddy is our little super star grandson and reminds us every day the love of life.

Freddy has been in every single edition of Woopi News in one way or the other and we hope he will take over the reigns from us one day. Freddy is two and a half.



## KC HILTON

KC (or Kari) joined us at about edition six with her Law Learnings column. I hadn't met her before but have had the opportunity to know her personally and in business since. KC has a nice way of explaining complicated things in layman's terms and does this every month in her column.

## ROBERT WATKIN

I've known Robert or Wally, as we call him, since our kids went to preschool together. We reconnected when Wally started joining us at Fluro Friday. He walked past one day and stopped to take photos. He does this for so many community groups. Nothing is ever too much for Wally, he does this whilst suffering a fair bit of pain. I think there has been a photo of Wally's in just about every edition.

## BRAD NELSON

Brad has been my partner for over 12 years. We met working on the Coffs Coast Independent newspaper. Once we got to know each other we realised we had lived a parallel life. We had holidayed at the same caravan park as kids, drunk at the same pub as adults, worked in the same street in Sydney and then ended up working together in Coffs Harbour. Brad is an amazing graphic designer and is the reason Woopi News looks so good.

## LISA NICHOLS

That's me! I have had a dream since I was in primary school to own my own magazine. I've worked in media most of my life, having spent the most amazing part of my career working with an incredible bunch of people at the Sydney Morning Herald - many of whom are still my mentors and biggest supporters today. I totally love bringing Woopi News to you each month and appreciate the support I've received from our community.

## SAM AND OSCAR MOUNTSTEPHEN

WOW, was all we could say when Sam turned up with this amazing cake to celebrate our birthday.

## MICHAEL KRILLICH

Mike couldn't make it on the day, but he is our media cousin, having resurrected Woolgoolga's Own Radio Station Fresh FM. Michael keeps us up to date on the latest with his monthly column.



# Woopi Whale Tales

Hi guys,

With the migration starting to head back south to the feeding grounds of the Antarctic, it's a bit quiet out there with only a few daily sightings.

In late August and early September we started to see the main body of the migration travel past our region with the mothers keeping the new born calves between themselves and the coastline for protection. This is the best time to get down to one of our beautiful headlands and see these magnificent creatures up close. This month I will recap some of the points made in the previous three issues, which you can read online.

- ✔ Commercial whaling began in Australia in 1791
- ✔ Each year they make a 10,000 km round trip

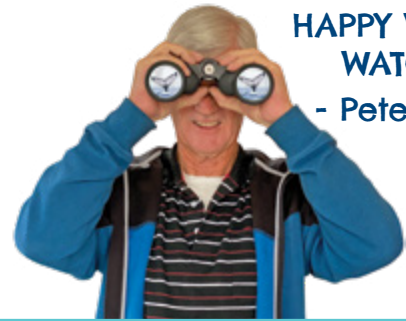
- ✔ Calves are 4 to 5 metres and weigh up to 2 tons at birth
- ✔ Whaling stopped in Australia in 1978 (Western Australia) and in Byron Bay, 1968
- ✔ Humpback whale numbers were as low as 500 (almost extinct)
- ✔ Latest migration estimates 30,000
- ✔ New born calves have no blubber at birth. It takes up to 12 weeks to grow a layer of fat before they can return to the cold waters
- ✔ Calves drink up to 600 litres of high fat milk a day
- ✔ Mothers will only swim as fast as their calf (resting and feeding)
- ✔ Humpbacks are pregnant for 11 months
- ✔ Behaviour (breaching, tail slapping, etc.)

These points have been in previous issues of Woopi News with a bit more detail, so pick up an old copy or get online to read more at [www.woopinews.com.au](http://www.woopinews.com.au).

Looking forward to September and October. It is the best time for sightings from the headland. Don't forget about all our whale watching companies in at the harbour. I noticed the social distancing on the speed boats the other day so if you can, go and book a whale watch experience, something that you will remember forever.

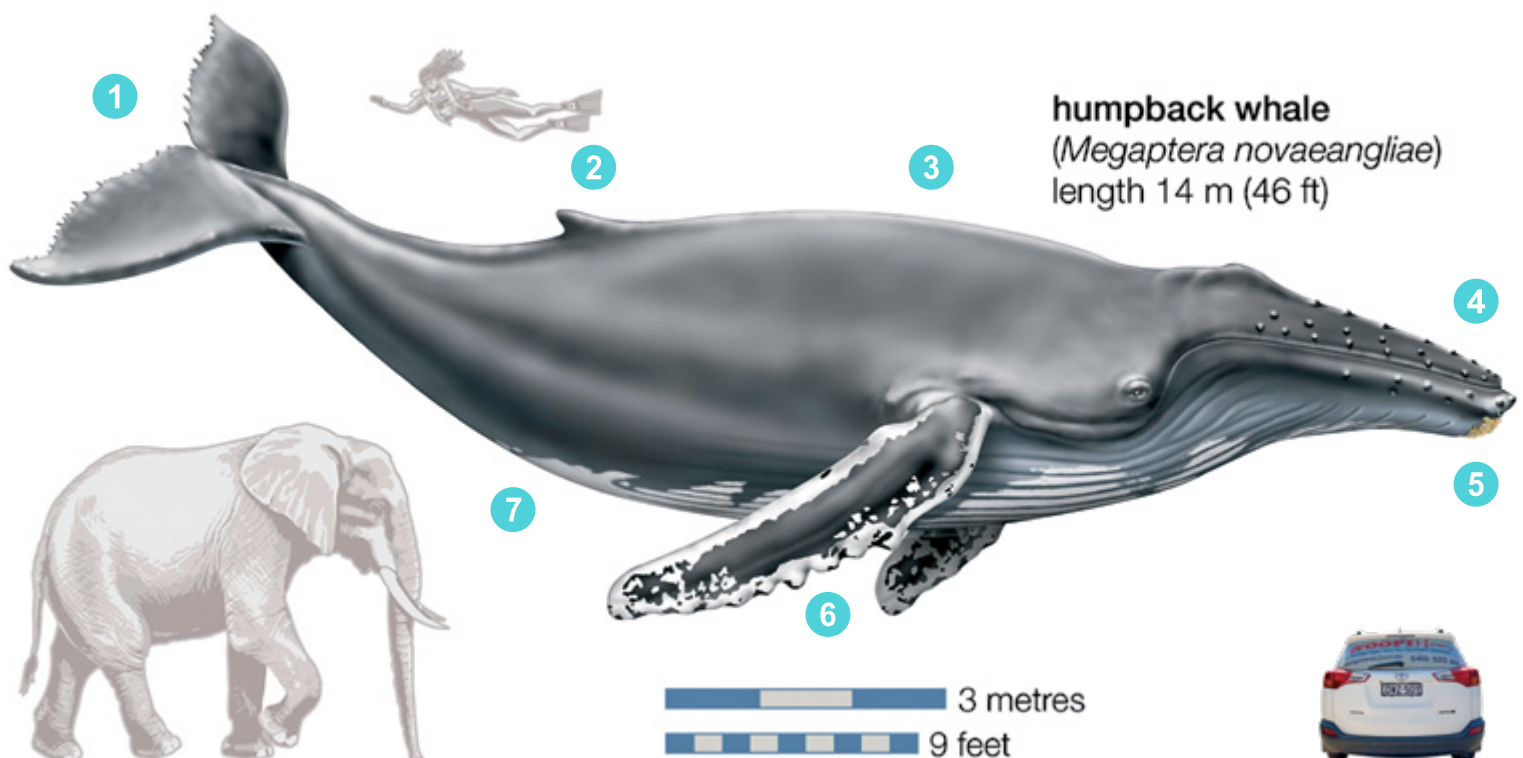
**HAPPY WHALE WATCHING**

- Peter Ryan



Although females are on average larger than males, the only way to distinguish the sexes is by the presence of a grapefruit-sized lobe at the rear of the genital slit or the presence of a calf (female) or the detection of singing (males).

- 1 Tail flukes are broad and usually serrated on the trailing edges. Dark on top and can vary from black to white underneath.
- 2 Low, often stubby dorsal fin with broad base and 'hump' can be a highly variable shape.
- 3 Dark grey to blue-black colouration on upper side.
- 4 Knobs on top of head and lower jaw.
- 5 Rounded protrusion at tip of lower jaw.
- 6 Long flippers - up to one third of body length with knobs on leading edges. White underneath, but can be black, white or mottled on top varying by population or individual.
- 7 Underside can be black, white or mottled, but usually at least partially white.



**humpback whale**  
(*Megaptera novaeangliae*)  
length 14 m (46 ft)



# Woopi News Turns 1



## Here's a trip down memory lane

Our past year of front pages. We couldn't work out which was our most favourite. The first edition with the three kids on the headland always makes us feel happy, but they are all pretty amazing in their own way. In January we started adding a bit of fun with the donut O's in Woopi to go with our inflatable day cover, then we just kept going with it.

From April we started hiding a little R U OK? on each cover to keep the message alive. In March/April when COVID-19

first started interrupting our lives we thought that was going to be the end of us but we managed to keep publishing even when the big boys started pulling out.

We've got lots of exciting things planned for the next twelve months and can't wait to share them with you.

If you are reading this digitally and would like to read any of the back copies just click on the front page or you can go to our website [www.woopinews.com.au](http://www.woopinews.com.au)



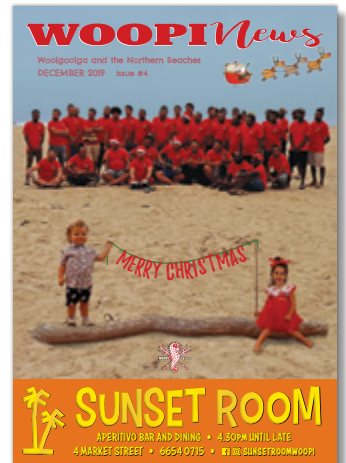
1. September 2019



2. October 2019



3. November 2019



4. December 2019



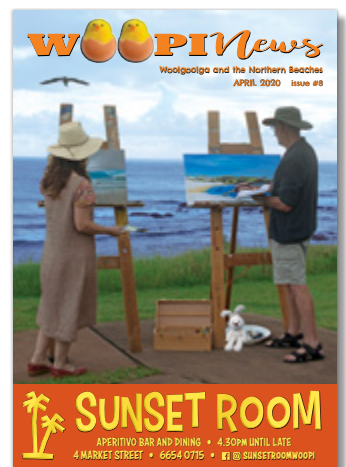
5. January 2020



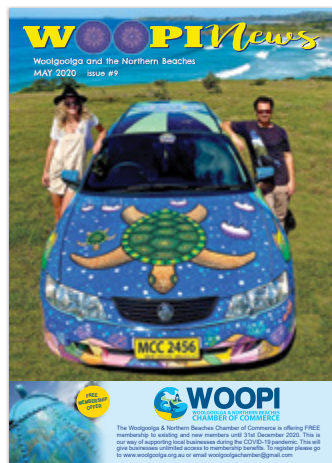
6. February 2020



7. March 2020



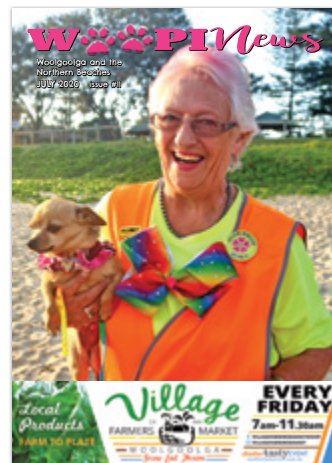
8. April 2020



9. May 2020



10. June 2020



11. July 2020



12. August 2020

## September is when Woopi Wears Yellow

Every Day is the right day to ask R U OK? But it can also be a difficult question to ask, due to the fear of what to say next. Choosing when to ask is important as you need to have the time to listen if the person you are asking says no. Go somewhere quiet without distractions or have a chat over a cup of coffee. Then take the time to listen. You don't have to come up with the answers, just listen with sincerity and without judgement. If you feel your person needs extra support, please encourage them to get professional help. Then probably the most important step is, to check in on them after. That could be in an hour, a day, a week, even a month - but do check in on them. The time you take could save someone's life.

Statistics show that eight people a day in Australia die from suicide. That's a person who found the struggles of life too overwhelming, taking their own life every three hours.

This year Woolgoolga and the Northern Beaches residents, businesses, shops, clubs, schools and community groups are invited to join the national awareness day for R U OK? on September 10. Dress your shop, your staff, your car, your fence, yourself up in yellow and show your support. Dependent on what COVID-19 restrictions that are in place on the day, we are planning to form our annual giant human R U OK? on main beach at 7am, followed by a sausage sizzle. We have a new stencil saying 'There's more to say after R U OK?' so if you would like your shop front sprayed with one of these, let us know at [woopinews@gmail.com](mailto:woopinews@gmail.com) and one of our team will be around to organise. The St Francis Xavier students will once again be doing something super special via messages of hope. So if you would like to help display these, again let us know at Woopi News.

# WOOPI WEARS U YELLOW OK?



### Useful contacts for someone who's not OK

Lifeline (24/7)	13 11 14	<a href="http://lifeline.org.au">lifeline.org.au</a>
Suicide Call Back Service (24/7)	1300 659 467	<a href="http://suicidecallbackservice.org.au">suicidecallbackservice.org.au</a>
Beyond Blue (24/7)	1300 224 636	<a href="http://beyondblue.org.au">beyondblue.org.au</a>
Kids Helpline (24/7)	1800 55 1800	<a href="http://kidshelpline.com.au">kidshelpline.com.au</a>
Mensline	1300 78 99 78	<a href="http://mensline.org.au">mensline.org.au</a>

R U OK?

Learn what to say at [ruok.org.au](http://ruok.org.au)

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*Woopi Local!*

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## WHAT'S HAPPENING IN WOOLGOOLGA CONSTRUCTION WISE

### September

Coffs Harbour City Council Continuation of civil works (water and sewer mains, stormwater pipe, ground preparation for slabs)

Pre-cast construction of new amenities offsite.

Permanent closure of Beach Reserve car park at the amenities block and playground, in line with Woolgoolga Town Centre Masterplan for Reserve and Foreshores.

Closure of Melaleuca footbridge to allow for the construction of a new water main. Expected closure is four weeks (weather dependent).

### October 12 - 26

Delivery of amenities block

Assembly of amenities block.

### October 26 - December 11

Construction of playground, pathways, shaded picnic areas and installation of furniture, landscaping.

<https://haveyoursay.coffsharbour.nsw.gov.au>

Northern Beaches Residents Association is keeping an eye on all DA's not complying with Town Centre Master Plan.

Discussions continue with council re proposed Whale Trail.

West Woolgoolga Sports Complex Working Group has been liaising with project managers. See more page 16.



## SECRET VALLEY PLANTS

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# Don't let our RSL Sub-Branch Die

## The Woolgoolga RSL Sub-Branch was established in 1935.

This year is the first year ANZAC Day has not been officially celebrated in the traditional way in Woolgoolga. Many people paid their respects by lighting a candle and observing a minute's silence at 0600 hours. The Sub-Branch also paid homage to their fallen comrades, albeit limited by the COVID-19 Virus restrictions.

"We will continue to honour our fallen as long as we have a Sub-Branch" said President Graeme Geyson.

You may not realise that it is the Sub-Branch and its members who organise these events on ANZAC Day and Remembrance Day. Sub-Branch members

visit all the local Primary Schools in the area prior to ANZAC Day each year, talk to the children, answer their questions and become part of their ANZAC Day ceremony.

They currently have both men and women members but unfortunately their numbers are dwindling each year, with no new members to replace them.

New members are needed or one day Woolgoolga will not have a Dawn Service, a March or Commemorative Service on ANZAC Day, no one to talk to the children or commemorate Remembrance Day.

"Each year I stand in front of hundreds of people who support our Dawn Service and Commemorative Service and I wonder how many of them could help keep this



2020 WOOLGOOLGA ANZAC DAY DAWN SERVICE  
RSL Sub-Branch President Graeme Geyson, and Diggers Club President Trevor Goldthorpe

vital and honourable role of ours continuing. I wonder why those who could become members are not." continued Gary.

The Woolgoolga RSL Sub-Branch meet the second Saturday of the month and generally have a BBQ or similar afterwards. It's not compulsory to attend every meeting, but they desperately need help on ANZAC Day. The few who do turn up at 0400 hours to set up for the Dawn Service, the breakfast, then the March, Commemorative Service and following luncheon need your help.

As previously stated, without the Sub-Branch, none of the above would happen and that would be very disappointing and a big loss to Woolgoolga, known for its impressive turnout each ANZAC Day.

If you are interested in becoming a member, call in and see Secretary Allan, who is at the Woolgoolga Diggers Club each Tuesday morning. Membership criteria is as follows: Eligibility for Service Membership - You may be eligible for service membership if you have: Served in the Australian Defence Force, or Served with or supported or was otherwise engaged with

the Australian Defence Force or the Armed Forces of its Allies, for at least six months.

Eligibility for Affiliate Membership - You may be eligible for affiliate membership if you are over 18 years old and comply with at least one of the following:

Any relative of a person (living or deceased) who is or was eligible to be a Service or Life Member of the League (proof of eligibility to be provided to the Sub-Branch);

Have been awarded the Certificate of Merit or a National or State Certificate of Appreciation for giving valuable service to the League;

A cadet and/or Officer of Cadets;

A person deemed by the Sub-Branch Committee to have provided significant service to the Sub-Branch and support of the Objects of the League.

Does this sound like a recruiting drive? It didn't start out as such but given the opportunity, why not? The Sub-Branch is very passionate about their group of people, their aims and objectives.

**Please help and keep the ANZAC Heritage alive.**



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**Do you enjoy fine dining or eating out?**

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**Phone Debra Rogan 0418 872 826**

[www.compassrlc.com](http://www.compassrlc.com) [compassrlc2509@gmail.com](mailto:compassrlc2509@gmail.com)



## Woolgoolga Lake Working Group

For over ten years a group of persistent and passionate locals, headed up by Bill Buckless, have been campaigning everywhere and anywhere to have our beautiful lake revitalised.

They have been communicating with all three levels of government, collaborating with other like-minded organisations, and applying for all suitable grants. They are now proud to say they have been successful in gaining enough support to start working on the foreshore stabilisation and walking trail.

The working group hope to improve the water quality, monitor the flow and the catchment area as well as the foreshore erosion, whilst assisting the revegetation.

They will also focus on the surrounds, including new and improved walkways, amenities and the picnic areas, returning it to the beautiful recreational space it once was.

They have created a facebook page so you can follow their progress [www.facebook.com/woopilake](https://www.facebook.com/woopilake) or if you would like to be more involved please contact Karen Dallas (Bill's daughter) at [wlwg2456@gmail.com](mailto:wlwg2456@gmail.com)



*Amazing Drone shot of Woolgoolga Lake taken by Liz at Liz McGinnes Photography - you can see more via [www.facebook.com/LizMcGinnesPhotography](https://www.facebook.com/LizMcGinnesPhotography)*

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# Woolgoolga Performing Arts Studio

## COUCH CONCERTS

With theatres closed, performances cancelled and all future opportunities looking uncertain, Woolgoolga Performing Arts Studio and Naidu Theatre Company created a platform for those needing a creative outlet or looking for some entertainment. Couch Concerts on the Coffs Coast!

Students and the wider theatre community had gone from training, rehearsing, performing, and connecting multiple times a week to having their studios and theatres shut down.

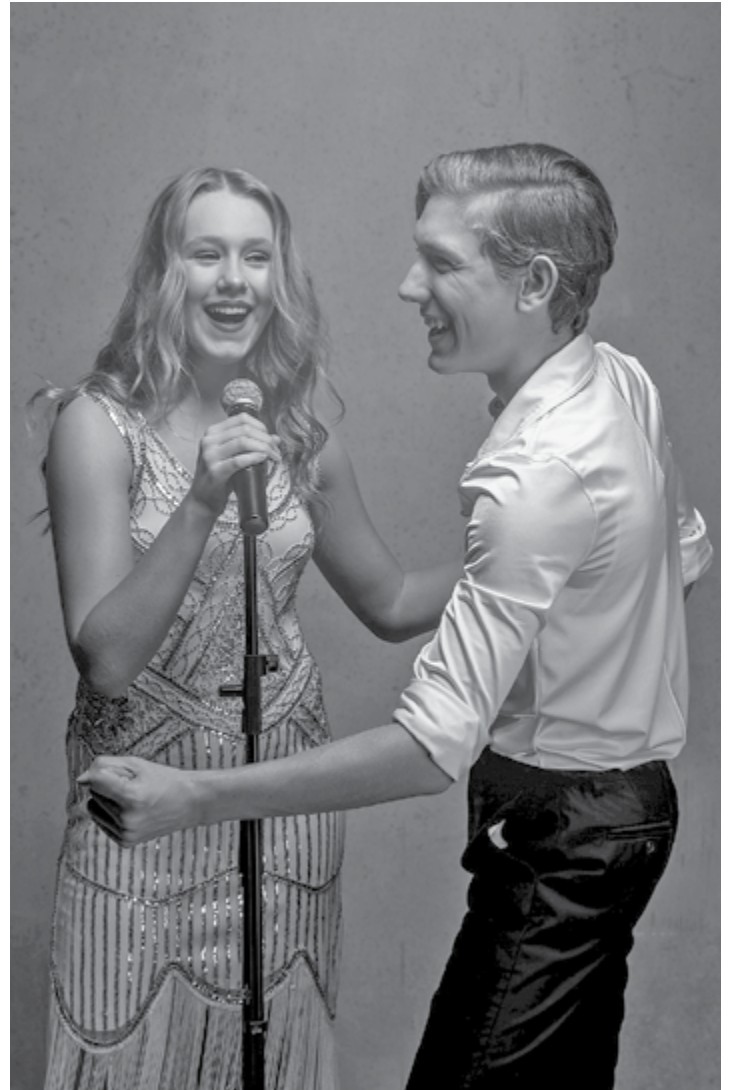
However, throughout these uncertain times, Couch Concerts have provided the performers within the community with not only a platform to continue to perform and showcase their talents but also a place to connect.

Students and other creatives would rehearse, film, and submit an item that fitted with the theme for the production. If selected they would then become one of many items that made up that episode of Couch Concert, that would be streamed live via the Naidu Facebook page.

Couch Concerts definitely reignited and kept alive the spirit of performing within the community and provided performers with an opportunity to share their creativity and passion.

As the weeks went on and the audience grew, Couch Concerts also became a platform to help out the community by raising funds for local charities such as Coffs Harbour's Hope for the Homeless.

There is only one more Couch Concert Episode scheduled for this season, 'Climb Every Mountain' which will provide artists and performers with the opportunity to submit an item that they have always wanted to perform but have never had the confidence. This last episode is about empowering artists to believe in themselves and in times like these, we have nothing to lose - climb that mountain and overcome what is holding you back through Episode 10! Depending how long theatres are able to open for public shows again, we may see the Couch Concerts return for a second season.



*Teo Ross & Ginger Freudenstein are among the many WPAS students that are grateful for the other opportunities Couch Concerts have provided them*

For more information on when the next show is visit [www.naiduperformingarts.com](http://www.naiduperformingarts.com)

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# Humans of the Northern Beaches

## ANDY GASSON

Andrew Gasson, aka Andy, is the owner of Magpie Books in Woopi's main street and is my next Human of the Northern Beaches.

For the book lover Andy has the warmest heart. Upon meeting him you get the sense that he is right at home amongst rows and aisles of books and vinyl ... yes vinyl! If you love music and classic vinyl you will love Magpie Books.

I started by asking Andy how long he had lived in Woopi? "We moved here in 2005 so we have been here 15 years." When you say we, who is we, I said? "My wife, Katie, yep just me and her." I then asked Andy where he moved from?

"We moved from the Blue Mountains and from the Northern Beaches of Sydney originally." What brought you up here? "Affordable real estate and an affable climate." OK, so now I have just googled the word affable and it means friendly or good natured and yes, that's exactly what our climate is, and is the best way to describe Andy in one word. So I now give you Affable Andy folks.

When you see Magpie Books, it's the little shop attached to the side of Audrey G's Cafe, the old Joan Prior's Drapery shop and one might think that you wouldn't fit much in there. However this is the secret that Andy hides ... his little shop is full of books and always full of tunes. Classic vinyl softly stroking the ear drums whilst your eyes are lost in words from books, books and more books.

Andy you have the only book store here in Woopi. How long have you been doing this for? "Nearly ten years I've had the shop" and you're a passionate reader? "Yeah". What are some of the things you love about living here? "The climate, I love how it never gets to anything, you know like, if we have a frost it makes the paper, if it's 33 degrees, that's a really hot day." Andy you have some really good albums on the walls here. Do you love your music? "Yeah, I do. I'm probably more into the music than the books, truth be told." So an arvo at your place with a beer and some tunes isn't out of the ordinary? "Na, nothing out of the ordinary at all" (with a big smile).

I always enjoy my time with Andy but I couldn't leave without asking him my most famous question? Mate is it Woopi or Woolgoolga? "It's Woopi for sure ... yep!"

Andrew Gasson is a Human of The Northern Beaches and I can't wait to speak to more. - *Garreth Nicholls*



## INDIAN RESTAURANT

Mick Hundal's

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**RUOK?**



# Making the right Retirement Choice

## There are so many choices when it comes to retirement.

Retirement villages, nursing homes, over 55 villages and so on.

How do you know what is the best for you long term?

This one sounds nice but look at the hidden extra charges, or worse, you didn't notice the extra charges!

You might be feeling fit but your partner is ailing. Which facility would suit you both better and make the progression from independent living to inhouse care easier?

If you are thinking about moving into a Retirement Living Village, you will discover a minefield of obstacles that you never knew existed, such as the type, financial model, facilities, care, activities and vacate costs.

Well, please meet Robert, Debra and we can't forget Ella.

They have just returned to Woopi and have started a quite special and unique business, Compass Retirement Choices. Deb and Robert have been working for the past twelve years managing various types of Retirement Villages. Getting close to their own retirement they could see a need in the market place for some honest consultancies with no bias towards any facility, just what is best for you.

They will save you time and money by taking on the research process and ensure transparency, integrity and honesty. They're not financial consultants, it's all about making the right living choices.

They initially meet with you to prepare a profile, then



Robert, Ella, Debra and their brand new rescue puppy Robbie

research, visit and investigate villages that closely align with what you are looking for. Then there's a final catch-up to present you with a comprehensive overview report of their final recommendations.

Not just in the Woolgoolga and Northern Beaches area but Australia-wide. So if you're thinking of relocating to be closer to your children in an area that is new and unknown to you, this is the perfect service. If you're looking for something local they will do the hard work, then explain it in layman's terms, so all you have to do is decide.

Woopi News met with Bob, Debra and we can't forget Ella, who they have full time in their care after Ella's mum died from brain cancer. We felt comfortable with this lovely family straight away and think you will too.

Please call Deb or Robert to have a chat about how they could help you make the right retirement choice on 0418 872 826 or 0409 640 857. Email [compassrlc2509@gmail.com](mailto:compassrlc2509@gmail.com) or check out their website [www.compassrlc.com](http://www.compassrlc.com)

## Fresh Fruit and Veg in Woopi

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, near Hastings Street. Come in and check out our great range of fresh fruit and veg.

**Woopi Fresh Fruit and Veg**  
4/66 River St Woolgoolga Phone 0417 144 710

**WOOPi'S FINEST BUTCHERY**  
BEEF • PORK • LAMB • CHICKEN  
82 Beach St, Woolgoolga  
FOR YOUR CONVENIENCE

**WE ARE NOW OPEN  
SUNDAYS 8AM-12PM**



# Woopi Wonders

## PAY IT FORWARD SUBWAY

SUBWAY Woolgoolga has been running a special Pay it Forward Program where, instead of using your own bonus card you scan the Pay it Forward Sub Card which then accrues Subway dollars.

Carly, Kiara and the team then use those dollars to help people doing it tough and also for a surprise treat for our first response emergency services. They recently delivered seven platters to families in need.

If you would like to donate towards the Subway Pay it Forward please call into their store at 35 River street, Woolgoolga.

*Pictured here are Brodie, Mick and Noah*



**THERE'S MORE TO SAY AFTER RUOK?**

What you're going through isn't easy. It's good we can talk about it.

Have you been feeling this way for a while?

That's tough. Keep talking, I'm listening.

**RUOK? DAY**  
10 September 2020

Learn what to say at [ruok.org.au](http://ruok.org.au)  
A conversation could change a life

# WOOPI

# &

# SAPPHIRE BEACH

# PHYSIO

## PHYSIOTHERAPY

**Sports Injuries, Orthopaedics,  
Pre & Post Operative,  
Specialists in ACL Rehab,  
Headaches, Back/Neck Pain  
& Women's Health**

CLASSES: Pilates (Matwork & Reformer), Strength & Conditioning, Stepping Stones (Rehab focus) and Tai Chi

EPC Gap Free Appointments

### WOOPI PHYSIO

9 Market Street, Woolgoolga

6654 0237 • [www.woopiphysio.com](http://www.woopiphysio.com)

### SAPPHIRE BEACH PHYSIO

4 Headland Road, Sapphire Beach

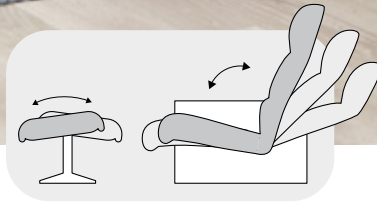
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\* Not to be used in conjunction with any other offer. Excludes Dining and already discounted models.  
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# Photographer of the Month

## JESSICA ROYAL

I have lived on the beautiful Coffs Coast my whole life and have been into photography for as long as I can remember. My favourite thing to photograph would be landscapes, whether that be from land or sea. My choice of camera for landscapes is a Canon 6D, while for my underwater photography I use a GoPro Hero 7 Black (which has allowed me to capture a whole new world.) Whether it be a pretty sunset or a moody, stormy sky I will try to be out there with my camera.



Of all the pristine beaches along the Coffs Coast, Corindi Beach and Woolgoolga Beach are the ones I am always drawn to when picking somewhere to photograph. The iconic water tower on Woolgoolga Headland always seems to feature in my storm photos as well.

You can follow Jess on facebook via [www.facebook.com/Jessica-Royal-Photography-195974743763119](https://www.facebook.com/Jessica-Royal-Photography-195974743763119) or check out her website for some stunning wedding photography [jessicaroyalphotography.com](http://jessicaroyalphotography.com)





# West Woolgoolga Sports Complex

**Our new state of the art sporting complex is moving forward and looking pretty spectacular.**

Several groups from within our community have been liaising with Coffs Harbour City Council and the design team, Populous, on the new West Woolgoolga Sports Complex.

The Community Working Group is headed up by an amazing local resident Alastair Milroy, who, along with The Woolgoolga and Northern Beaches Chamber of Commerce, has been campaigning for this for over ten years. It includes members of local sporting groups, performance studios, schools, clubs, the Chamber and the Sikh community.

**The plan is to make the \$25 million sport and multi-purpose centre an inclusive, vibrant and healthy community space for locals and visitors to gather, play, compete, practise, learn, perform and celebrate.**

**This facility will be great for local families and sporting clubs.**

It will be something for Woopi to be proud of and allow us to attract major sporting and cultural events. It will also create and support jobs in our community.

The Indoor Multi-Purpose Centre includes:

- Two indoor courts for basketball and netball
- Stage
- Kitchen
- Café
- Multi-purpose rooms
- Male and female amenities.

The outdoor fields will include:

- An AFL field
- Cricket field (turf wicket)
- Training nets
- Touch football fields
- Two rectangular fields
- Bright lighting to allow for night games.

Civil works will include:

- New road in from Solitary Islands Way
- Shared pathways to connect to residential areas
- Parking
- Internal roadways.

Located on Solitary Islands Way, just opposite the High School, it is expected to create over 140 jobs and be supported by sports tourism and events that this facility will bring to our region.

The design will be completed later this year. Establishment works are anticipated to commence in November, and major construction in 2021.

The construction project is jointly funded by the Australian Government, NSW Government and Coffs Harbour City Council and the Woolgoolga Community.





## HAS MULLAWAY PRIMARY SCHOOL DESIGNED THE PERFECT WAY TO SAVE OUR ECONOMY?

Lots of exciting things have been happening at Mullaway Primary School but one that stands out is the NSW Government Game Changer Challenge 2020, that students from the Science, Technology, Engineering and Mathematics (STEM) group have entered.

The Game Changer requires the students to solve a real world problem. The challenge question was

**'How might we use technology to bring everyone in our community closer together?'**

The great challenges of the future will be solved by today's students. To flourish in this world, they will need to be deep thinkers, critical and reflective, empathetic and creative. The Game Changer Challenge aims to highlight and develop these future-focused skills.

The students got together with teacher Mr Grant and covered the criteria by designing an app that rewards consumers for shopping locally to reboot our economy post COVID-19.

You buy your product then upload your receipt via the app then gain reward points to spend back locally again. It's a win-win and a fabulous idea!

If their submission is successful (and COVID-19 permitting)



*This is a screenshot from the video the students submitted to the Game Changer Challenge, if you are reading online just click on the photo it will take you to the see their entry.*

the STEM group will attend a workshop in Coffs Harbour in November.

Maybe this is something the Woolgoolga and Northern Beaches Chamber of Commerce could take on board?

Some great work from our future community leaders. Good luck kids, hope you win.

## STAYSHARP ACCOUNTING

### Book a meeting with Stasha:

Individual Tax Returns, fee from \$121.

\* with fee deducted from refund from \$132.

\* additional schedules incur further fees.

Accounting & Taxation for all entity structures.

Business Bookkeeping at a competitive price.

Bookkeeping software setup, training and support.

Website bookings encouraged

Open Saturday mornings by appointment

### Self Managed Superannuation Funds

Free 30 Minute Consultation to review your SMSFs ongoing accounting needs. I offer complete SMSF compliance services, utilising specialist software, with a choice of independent auditor.

### Free 30 Minute Business Consultations

Many business owners have been playing catchup in order to assess eligibility for the recent stimulus packages or to obtain finance. The challenge now is to stay up to date and this is where I can help. Whether or not you are new to business or have been in business for many years, now is the time to take a look at your finances and assess if your bookkeeping and tax obligations can be better managed.

Are you snowed under with invoices and receipts every quarter and wish you had an affordable bookkeeping solution? Would you like assistance transitioning to an online cloud-based bookkeeping solution that is user friendly, fits your business needs and budget? I can assist you to track how your business is performing now, not six to twelve months ago.

If you would prefer to focus on what you do best, I offer bookkeeping and BAS preparation at a competitive price. Book one of my Free 30 Minute Business Consultations to see how I can assist your business.

Now available to assist you promptly in all accounting matters.



**STASHA DUNN** AIPA AFA MNTAA B.BusAcc

Principal Accountant

[staysharpaccounting.com.au](http://staysharpaccounting.com.au)

Phone: 0408 308 101

Email: [stasha@staysharpaccounting.com.au](mailto:stasha@staysharpaccounting.com.au)

5/66 River Street Woolgoolga NSW 2456

# Shop Woopi - Shop Local - Shop Men

## SOCKS AND JOCKS

Three pocket size sachets will ensure your man is smelling fresh and masculine. The unique mix of oils and botanicals in these sachets impart a fresh and woody aroma while naturally protecting their possessions from insects. Perfect for placing amongst socks and jocks, in briefcases, sports bags and suit pockets. Sounds fancy. OR how about some shaving soap to keep him soft and smooth. This soap is made to a traditional recipe using, olive and almond oils, as well as honey to soothe, French clay for maximum razor glide and essential oils of tea tree, cedar and sandalwood for anti bacterial and healing properties. Perfect if he has sensitive skin.

And of course any gift pack is always in need of some colourful socks. Only \$10

All available at Lulu Lulu on the corner of Market and Nightingale at the pedestrian crossing. Phone 0400 789 466



## LUCYBELLE BOARDS

### Father's Day Gift Box

You'll have to be quick for this one!

These glorious boxes have a generous mix of both sweet and savoury treats to please the fussiest of Dads. They come with a complementary stubby of the new James Squire Broken Shackles Lager and a classic pair of dad socks. Order via the Lucybelle Boards facebook page [www.facebook.com/lucybelleboards](http://www.facebook.com/lucybelleboards) before they sell out. So be super quick and order now if you particularly want it for Father's Day. Otherwise you can try one of Lucybelle's date night specials at a later date.



# WOOLGOOLGA MITRE 10

TradeCentre

gardencentre

Proudly Local Supporting Locals



## Open 7 Days

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



3 Featherstone Drive, Woolgoolga Ph: 6654 1229



# Shop Woopi - Shop Local - Shop Men



## SERVE HIM UP SOMETHING EXTRA SPECIAL

Status Anxiety Leather Wallets \$69.95, Leather Orbit Key Ring \$44.95, Handmade Robert Gordon large coffee mug \$35.95 Bottle Opener \$17, Quality Soaps \$12.95 and Nail Brush \$20  
All from Feather and Nest, 53 Beach Street, Woolgoolga.  
Next door to Bluebottles. 6654 9301

## FREE STUBBY HOLDER

You can never have too many stubby holders? Or too many XS Surf products for that matter. Spend \$60 or more at XS Surf and receive a FREE Billabong Stubbies Holder (while stock last)

76 Beach Street, Woolgoolga  
6654 1049



## KEEP DAD'S CARD SAFE

With these hard shell 6 pocket aluminium cases with cool monochrome surf designs. They protect your cards against ID theft and demagnification. There is also a nice set of stubby coolers with the same design.

At the Natural Element Store, 62 Beach Street, Woolgoolga  
0400 728 769



## Gifts & Homewares Store



Next to *Bluebottles* at Woolgoolga



**NEW SUMMER STOCK  
ARRIVING DAILY**

**76 Beach Street, Woolgoolga 6654 1049**



# Shop Woopi - Shop Local - Shop Men

## SEASTONE AND WOOD

make abstract surfscapes from mostly upcycled materials. Dad will love it. They have lots of different designs available and can also craft a custom work to suit any space.

Check them out on Facebook or Instagram to view the whole range @seastoneandwood.

You can buy their art from The Black Apple Cafe in Moonee, XS Surf in Woolgoolga, or directly by contacting them online or ringing Alan on 0400 079 629.



## THAT BEACH SHOP WILL HAVE HIM SORTED

For the proud Woopi Man. Woolgoolga Beach Towels and T-shirts, Woolgoolga Stickers and Key Rings. Easy to post, nicely priced for the kids' pocket money. That Beach Shop 3/62 Beach St, Woolgoolga 6654 2092



## natural elements store



Beautiful Fashion For Every Occasion



62 Beach Street Woolgoolga – 0400 728 769



# Shop Woopi - Shop Local - Shop Men



## BEACHOUSE GIFT VOUCHERS

What bloke doesn't want a never-ending cup of coffee. Or to spoil themselves with a yummy breakfast or lunch at the lovely sunny Beachouse Cafe.

So for the bloke who has everything, a Beachouse gift voucher is perfect. You can spend any amount, purchase over the phone or over the counter. If you play your cards right you he might even shout you.

72 Beach Street, Woolgoolga.

6654 7757 [www.facebook.com/bhcwoolgoolga](http://www.facebook.com/bhcwoolgoolga)

## Are you in pain and nothing seems to work?

Concerned about the addictive nature of pain medications?  
Have unresolved headaches or musculo skeletal pain?

**Acupuncture** can resolve many pain complaints  
and can be a stand alone treatment or  
complimentary to conventional medicine.

*adam.  mara*  
Registered Acupuncturist

For bookings: 02 6654 7054

Enquiries: 0400 402 911

Shop 1 / 8 Nightingale Street Woolgoolga



## THAT BEACH SHOP



Bring a natural coastal harmony and warmth into your home  
with coastal colours and natural textures

Wide range of affordable coastal homewares from seashells  
to unique furniture pieces

**New season ranges starting to arrive instore now!**

Open 7 days and also online [www.thatbeachshop.com.au](http://www.thatbeachshop.com.au)

We ship Australia wide.

**Shop 3/62 Beach Street, Woolgoolga**  
**Phone: 6654 2092 Mobile: 0418 402 073**



Located in the heart of Woolgoolga  
**56 Beach Street – 0400 789 466**

# What's New in Woopi?

## THERE'S A NEW COFFEE PLACE BREWING ☕

Have you tried a coffee from Brew'd on the Beach yet? I have and it was really really nice.

I know it's hard to find a bad coffee in Woolgoolga but here is another option - situated just inside the doors at Woolgoolga Diggers.

Open from 6.30 every morning, you can nick in and grab a coffee (plenty of parking) or you can take advantage of their bacon and egg roll deal where you get a coffee and a roll for \$9. Give it a go and tell them you saw it in Woopi News.



## A NEW WAY TO HELP FIND YOUR WAY

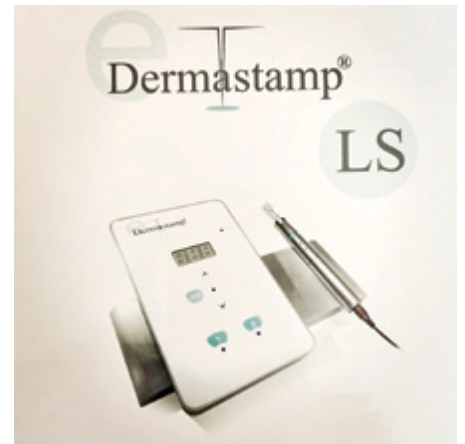
When she couldn't find a set of affirmation cards that spoke powerfully to her on a subconscious level, Wellness Transformer, Sharon Joy decided she would create her own. She curated and designed this stunning set of 42 affirmation cards to remind you and me how wonderful we are and ultimately guide us closer to the lives that we desire. Place the deck of cards on your dresser, and draw a card each morning as you ready yourself for the day. Recite the affirmation, take a pic of it on your phone and set it as your wallpaper or pin it on your mirror, fridge or vision board. Declare your affirmation out loud each time you see it throughout the day or set a reminder in your phone to revisit and declare it. You can own your own set via [www.mssharonjoy.com/shop](http://www.mssharonjoy.com/shop)

## LAURABELL BEAUTY HAS AN EXCITING NEW SERVICE

They are now offering eDermastamp Skin Needling for only \$250. This includes face and neck.

Book in for a course of 4 during the month of September and receive 20% off!

This treatment is perfect for anyone looking to promote skin rejuvenation, reduce the appearance of fine lines and wrinkles, reduce the appearance of facial and body scars, improve complexion, boost skin elasticity or improve skin texture and tone.



For more info please contact Laura on 0413 573 948.

# Woolgoolga's own Tuition Hub

We believe after school tuition plays a very important role in education. Which is why The Education Centre has so many available tutors and subjects.

## Year 6 Preparation for High School Classes

### Academic Coaching Classes

### Companion Classes

### Individual Tuition

Bookings by the 10 week term or part thereof for the first term of enrolment

Suite 2/7-9, Market Street, Woolgoolga

6654 8397 or 0435 979 535

Monday-Thursday 3:30-6:30pm

[www.theeducationcentre.com.au](http://www.theeducationcentre.com.au)



# What's New in Woopi?

## ACUTONICS

We would like to introduce to you Yurpia, (pronounced Yurr pia, you gotta roll the rrrrr).

She is bringing her gift of Acutonics to Woopi.

What is Acutonics? I'm glad you asked. Acutonics is an evolutionary high vibrational approach to health and wellbeing.

Developed from a combination of acupuncture, oriental medicine, psychology, science, cosmology, and sound healing techniques.

Precision calibrated tuning forks are activated and placed on the body at specific points, meridians and chakras. As human resonators, we are naturally aligned with sound vibration and energetic frequencies. Sound travels four times faster in water and as our bodies are 60-70% water, this modality has a profound effect with amazing health benefits.

Acutonics is recommended for numerous conditions, including: muscular, neurological, gynecological,



emotional, or general balance and realignment.

Yurpia joins the amazing team of practitioners at BEAUTY WELLNESS ON BEACH, Shop 1, 8 Nightingale Street, Woolgoolga.

For bookings phone 6654 7054 or 0409 462 201 or you can book online by going to their website. [www.naturaltherapypages.com.au/connect/beautywellnessonbeach](http://www.naturaltherapypages.com.au/connect/beautywellnessonbeach) and book via the booking link.



Department of Planning, Industry and Environment

### Application for Appointment of Board Members

**Corindi Beach Reserve Land Manager**

Ever wondered who is responsible for keeping Crown reserves operating? Countless facilities like showgrounds, local halls and parks are run by Statutory Land Manager Boards, made up of people just like you. People who understand the need and have a desire to manage public land and assets for the benefit of the entire community.

Your role as a Board Member is voluntary, but the rewards of giving something back to the community are priceless.

We are looking for a good mix of people with a variety of skills, however, sound business and financial management skills and objective decision-making expertise would be a distinct advantage.

Don't let this opportunity to do something for yourself and your community pass you by - contact us today.

The Corindi Beach Reserve Land Manager manages the Reserve No. 87400 at Corindi Beach notified on 26-Sep-1969 for Parking, Reserve No. 87401 at Corindi Beach notified on 19-Dec-1969 for Public Recreation, Reserve No. 55008 at Corindi Beach notified on 9-Dec-1921 for Public Recreation. The term of appointment will be for a period not exceeding 5 years.

Application for membership can be made via <https://portal.crownland.nsw.gov.au> and lodged by **Tuesday 29 August 2020**.

For further information contact Joe Endean on (02) 6642 9204 or go to <https://reservemanager.crownland.nsw.gov.au>

# Village

Est. 2020

## FARMERS MARKET

WOOLGOOLGA

Grow Eat Thrive



### Local Products

### FARM TO PLATE

# EVERY FRIDAY

## Queen Street Basketball Courts

## 7am to 11.30am

Instagram: @VILLAGEFARMERSMARKET Facebook: VILLAGEFARMERSMARKETWOOPi

Another tasty EVENT  
[anothertastyevent.com.au](http://anothertastyevent.com.au)

## Zoom in with Woolgoolga Rotary and help raise money to End Trachoma by 2020

Trachoma is a bacterial infection that affects the eyes and is the leading preventable cause of blindness worldwide. A sad fact is that trachoma disproportionately affects Aboriginal and Torres Strait Islanders, in particular in rural northern and central Australia. The EndTrachoma

by 2020 campaign is an initiative started by the Rotary Club of Melbourne working with Rotary Clubs in Districts all over Australia including our own Woolgoolga Club. This is a very significant project in Rotary Australia's history, and Australia's history.

The Woolgoolga Rotary Club is holding a unique style of fundraiser by inviting you to a Zoom movie experience from the comfort of your lounge room. How good will it be to have 100 people in Woopi all watching this amazing documentary together on September 17.

It will only cost you \$10 and you will need to register via this link <https://www.trybooking.com/BKZXE>

The entire \$10 will go to helping to End Trachoma.

You can watch it on your television, if you have a smart TV or an airplay device such as Apple TV or you can watch it on your computer, laptop, tablet or phone.

Homeland Story is an intimate portrait of Donydji, (pronounced doy-n-ji), a small remote Indigenous community in North East Arnhem Land in the far north of Australia. Homelands are situated on the land of the people who live there. They are of central importance to their identity and culture.

The film charts the Donydji community's transition from nomadic life to the digital age over three generations, from the 1960s to the present day. The family featured in this story goes

from the traditional Elder, Dhulutarama, who still knew how to make stone tools, to his grand-daughter, Joanne Yindiri Guyula, who teaches at the Donydji school.

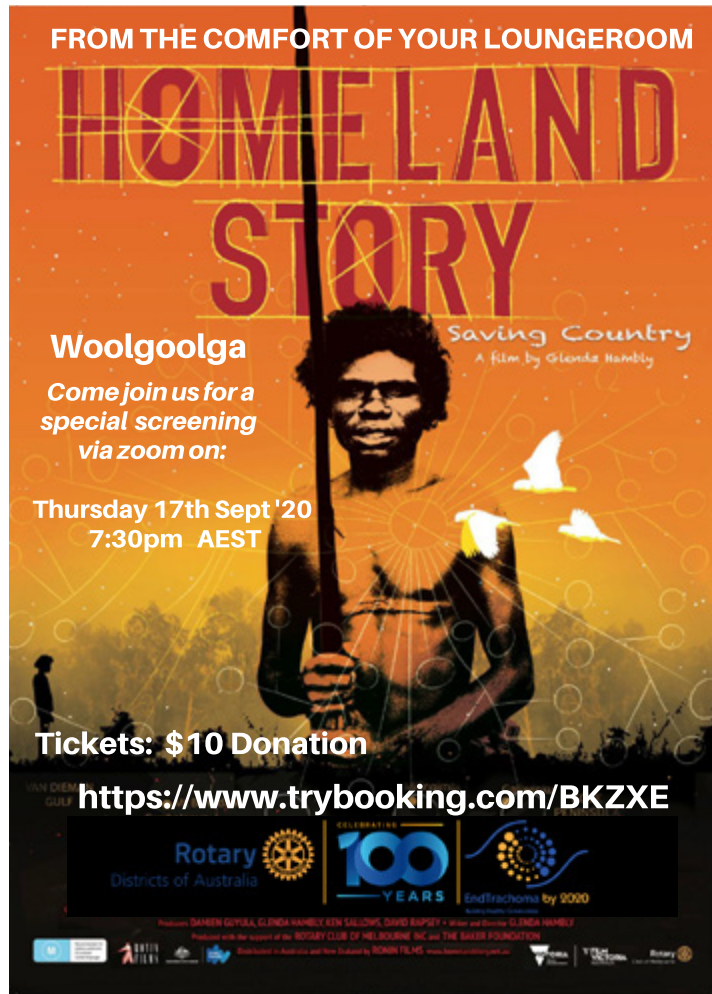
The film also tells the remarkable story of cross-cultural co-operation over nearly fifty years. In 1974, Dr Neville White, a biological anthropologist, went to Donydji to conduct research for a PhD. In effect he has never left.

When education, housing and employment opportunities became the community's major concern, Dr White convinced the Rotary Club of Melbourne to fund a major building project that was undertaken by Vietnam Veterans working with the young men of Donydji. Together they built the first school, new houses and a workshop where the youth could learn trade skills to prepare them for employment.

Fifteen years later the partnership between Rotary, the Vietnam Vets and the young men continues.

You can view the trailer via this link [youtu.be/NxaFUOS0xhI](https://youtu.be/NxaFUOS0xhI)

For further enquiries please contact Patty Delaney on 6654 2185.



<p><b>Surfside Plaza</b> SHOPPING CENTRE</p> <p><b>Surfside Plaza</b> Shopping Centre</p> <p>58 Beach Street Woolgoolga NSW 2456</p>	<p><b>Taffy's</b> Great Coffee Tasty Food</p>	<p><b>Taffy's</b> 6654 7747</p> <p>Monday to Friday 6-4 Saturday 6-2 Sunday 7-1</p>
	<p><b>Ladies and Mens</b> Fashion</p> <p>Australian Made</p> <p>Eco Threads Sizes 8-24</p>	<p><b>Eco Threads</b> 0423 079 867</p> <p>Monday to Friday 9-5 Saturday 9-3 Sunday Closed</p>



# Businesses owned by Woopi Locals

## Have you ever wondered what happened to your favourite swimming instructors?

Most of us, or our kids, learnt to swim at the Woolgoolga Pool with Swim Instructors Tracy and Scott Hunt.

They had been teaching us to swim and providing an amazing safe place for our families for over 32 years when council outsourced the contract to another company.

Tracy and Scott were pretty devastated at the time but have been able to continue their passion for teaching children to swim at their purpose built Coffs Harbour facility in Marcia Street.

Along with Carol Jackson, their business partner, they opened Harbour Swim School 12 years ago. It is a fully enclosed indoor learn-to-swim facility. The water is heated to a constant 31 degrees so offers perfect conditions all year round, which is perfect as studies have shown that timeout during winter reduces confidence and water safety skills.

The water is OZONE treated, which reduces chemical usage, making the water more hygienic and nicer to your skin, in particular if you have sensitive skin.

All the instructors are AUSTSWIM instructors and have implemented a proven quality program where your child will be assessed and placed into a small class with children of similar ability.

The swim program goes from babies through to stroke correction so all ages and levels of competence are catered



for. They also offer one-on-one classes for children with special needs.

Morning and afternoon options available 6 days per week.

Both Scott and Tracy have happily moved on, with Scott now Activity Manager at Pacific Bay Resort and Tracy enjoying putting all her energy into Harbour Swim School

So call in and see them at 81 Marcia Street or call to book on 6652 7665.



81 Marcia St  
Coffs Harbour

**SWIM SCHOOL**  
6652 7665

**BABY CLASSES**  
**LEARN TO SWIM**

**PRE-SCHOOL**  
**AND SCHOOL AGE**

**ONE ON ONE AND**  
**SPECIAL NEEDS CLASSES**

**STROKE CORRECTION/SQUADS**

**ADULT LEARN TO SWIM**

**Indoor heated pool**  
**Open all year**

**Morning and afternoon options**  
**6 days a week**



# WOOP!S EVER BETTER BUNCH



## It's not rocket surgery.

It's blatantly obvious that exercise is good for you. However what has bounded into the light is the realisation that exercise is good for the whole of you – brain, nervous system, and most importantly your mental health.

With real-time brain scans of all types becoming considerably cheaper recently, it is possible to actually see what happens to our brains when we exercise (and the damage that Trauma does) – the world has gone from concept to reality in a very short time indeed.

## This is where the Woopi Ever Better Bunch (EBB) comes in.

My name is Damon Greenwood and I am an adult survivor of Institutional Child Abuse. I have been to District Court twice and Civil Court once. I have paid an exhausting and heavy price in my attempts to achieve justice. The other side of that coin is that I have learnt who my friends are, I know

that I can survive and I am best mates with my brain. I know how it works and why it does what it does when it does it (most of the time).

From a very dark place came the Ever Better Bunch; the only way I could find to bring something positive out of such trauma.

Imagine a man's life is a giant stone vertical wheel. For the wheel to turn and the man to be happy at least six things are needed: belonging, pride, self-worth, recognition, contributing to society and providing for the family. At any one time none of these aspects is ever working perfectly in synchronicity and nor should it, otherwise life would be very boring.

Some of these factors are more important than others.

So now imagine a man loses his job/loved one/etc. Protecting/supplying for loved ones is severely restricted which then knocks self-worth, pride, perceived recognition and basically all of life (the wheel) into disarray – the result is most often isolation from



Damon Greenwood

community and family in addition to negative behaviours. A slippery slope impossible to climb out of alone.

The Ever Better Bunch works to gain balance. Gradually through group exercise the male participant realises that he does have a substantial amount of control over what happens to him and what he is capable of. Pride, recognition, belonging, etc. re-establish themselves in the man's psyche and positivity and resilience take a bigger part in decision making such that the wheel rights itself. In



## A little about our business:

With over 30 years of experience, DFM Financial Group Accountants specialise in all business and personal taxation services.

We have a strong team based here in Woolgoolga and benefit from a larger group of Financial Specialists throughout NSW.

We welcome new business consultations and can provide the expertise and advice you need to make the right business decisions.

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# WOOPI'S EVER BETTER BUNCH

my experience men will look after themselves last, adopting a kind of "She'll be right" attitude. However when you give a group of males a common goal and some matey goading the results can be, and have been, very positive.

The Woopi EBB has been operating since January last year thanks to Jacqueline Smith and Samantha Osborne from Healthy Towns and the Rural Adversity Mental Health Group (who awarded us grant money). Participant involvement has been encouraging and we have retained an impressive number of starting members.

We train on Tuesday and Thursday mornings for one hour every week. On average our body fat has decreased by 14% and my blood pressure is normally around 125/80 (I'm 46 years old and cuddly).

With Marty Simmons as our group Personal Trainer at the Nexus Gym in Woolgoolga, the whole program has been taken very seriously and I believe has improved the mental and physical health of everyone involved.

In most instances a swim follows and coffee catch-up for those that don't have other commitments.

To my surprise a very strong bond forms between the group very quickly, as we notice the improvements in our mates and ourselves. We now contact each other regularly to check in and provide support.

The general consensus among members is that they simply would not go to the gym on their own. As a bunch it is far more rewarding to become Ever Better together. If you would like



to join our group please call me on 0490 353 134 or if you would like to sponsor another round of men please also call me.

I would like to end this article with a native American Indian Proverb: The Two Wolves.

One evening, an elderly Cherokee brave told his grandson about a battle that goes on inside people.

He said, "my son, the battle is between two 'wolves' inside us all. One is evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is good. It is joy, peace love, hope serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith."

The grandson thought about it for a minute and then asked his grandfather,

"which wolf wins?"

The old Cherokee simply replied, "the one that you feed."

And of course; thank you to the Fluro Friday bunch for all your encouragement, support and participation.



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## Honour Your 🙏

A recent social media post of mine had a strong reaction. I wrote about honouring your poo, not the digestive kind but the kind we carry around on our shoulders and in our heads. You know all the stress and unprocessed emotions and half-thoughts and semi-inspired ideas and the mental shopping list (because we left the actual shopping list on the kitchen bench). We all have it. Sometimes it is a small pile and other times it is a bigger, smellier pile that really needs attending to or it might explode (and sometimes that happens). Okay moving away from that analogy now!

It is normal to have different moods and mental states. It is normal to experience stress. For example a certain level of anxiousness is helpful prior to a performance as it helps us focus. However, we are not always able to cope in every situation. Strong emotions can elicit strong behaviours and if we have underlying high stress levels, then our reactions can be even more exaggerated.

With the global pandemic being a very real source of concern for us, it would be normal to feel a certain

level of anxiousness. We are receiving lots of information (and often mixed information) around social distancing, wearing face masks, travel restrictions, and our risk of infection. This combined with the economic impacts, may be leading to you experiencing stress at a higher level than you normally would.

The reaction to my social media post on not always being able to manage my stress well, highlighted to me just how much people are feeling overwhelmed.

So now more than ever we need to be taking care of ourselves holistically. Dipping into a Mindfulness practise may be the difference between a well-thought out business decision and a emotion-fuelled one, it may be the difference between a sleepless night compounding your stress and waking up a little clearer.

Mindfulness does not get rid of emotions or thoughts but rather it enables us to be aware of the thoughts and emotions before we react with a behaviour that may be regrettable. Mindfulness creates a PAUSE for us to get a grip on what is happening in our minds and bodies. Research shows practising meditation lessens the inflammatory response in people exposed to psychological stressors, particularly for long-term meditators. Additionally neuroscience research suggests, mindfulness practices dampen activity in our amygdala and increase the connections between the amygdala and prefrontal cortex. Both of these parts of the brain help us to be less reactive to stressors and to recover better from stress when we experience it. (The State of Mindfulness Science, Greater Good Science Center, 2017).

When I am feeling stressed to a point that it is impacting on my ability to be patient with my children, or attentive to a client or feel energised throughout the day, I make additional effort to sit quietly and focus on my breathing (even just for 5 minutes!). The meditation itself of course does not change my actual circumstance but it definitely lets me recalibrate and move forward in better frame of mind so I show up for the people in my life that need me.

Also remember to simply reach out to someone and have a chat. Talking to someone can help us relieve stress just enough to get a better perspective. So whether your poo pile is big or small right now, honour it and take care of yourself.

**Author:** Local, Anna Miley, Exercise Physiologist, Certified Yoga Teacher, Integrated Health Coach.

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

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# Car Maintenance Tips





## Your Car, Your Choice

If you drive a new car, you might be wondering what your options are for log book servicing.

I have noticed that more people are coming in to ask questions about having their new cars serviced locally. It's great that people are realising that it's possible, because in most cases you can choose a local mechanic to service your new car. The usual question I get is along the lines of "will the manufacturers' warranty still be valid if you service my car?" and the answer is ... yes, it will be.

Our workshop in Woolgoolga, along with many other local and independent workshops here, meets all the requirements for performing new car servicing. If you are interested to know what those requirements are, I have listed them below, straight from the Australian Automotive Aftermarket Association (AAAA) website;

Provided the independent workshop services the vehicle in accordance with these requirements, the manufacturer's warranty will remain valid.

-  Use quality spare parts from reputable suppliers.
-  Service in accordance with manufacturers instructions.
-  Staff are trained, supervised and qualified.
-  Fluids and lubricants meet manufacturers specifications.


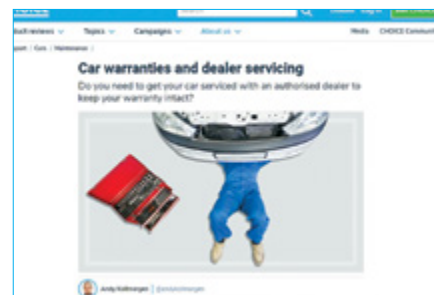
That's all pretty standard for Woolgoolga's workshops. We have been doing this from day one and to a high standard.

For more information, there is a great article on the Choice website: [www.choice.com.au](http://www.choice.com.au) with the title: Car Warranties and Dealer Servicing.

So don't be afraid to choose your own mechanic.

You can shop around, locally!

*Bryson Kelly,  
Mechanic*



Cheryl Midavaine  
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## NEIGHBOUR DISPUTES - WHO SHOULD PAY FOR THE FENCE?



When people decide to purchase property, they tend to do so without really considering the people they will be living next door to. We usually don't have the opportunity to meet our neighbours before we actually move in but we all hope to have those dream neighbours – maybe kids for your own kids to play with, or fantastic gardeners willing to share their expertise to help you get started on your own garden, or someone who you just enjoy having a chat with at the mailbox. But unfortunately, sometimes neighbours just don't get along, then little problems can become big problems and escalate into big

disagreements very quickly.

Overhanging tree limbs, car parking and fence disputes are some of the most common issues that people seek legal advice about in relation to their neighbours. These problems tend to have a common denominator – a disagreement over where one property starts and the other ends.

A dividing fence could be the answer, it provides a physical boundary designating each parties space, but who should pay for the fence?

Where there is no existing fence, then you and your neighbour should split the cost equally. Likewise, if an existing dividing fence needs to be repaired or replaced because it is damaged or deteriorated, the cost should be shared. You should obtain some quotes for the fencing work required, provide them to your neighbour, and ideally reach an agreement about sharing the costs. The agreement should always be put in writing to avoid disputes when the bill arrives.

But what if one neighbour wants a more expensive or higher fence for privacy, or needs the dividing fence to be swimming pool compliant, or wants to match the fence on the other side of their property? Fence costs do not always have to be shared equally between neighbours, particularly in circumstances where one property owner wants more than just a "sufficient" dividing fence between the

adjoining properties. But this does not mean the property owner who wants the more expensive option should pay all the costs, only the additional costs above what a standard fence would cost.

What if you cannot agree? If you and your neighbour cannot agree on the type of fence or sharing the costs, you have the option of serving a Fencing Notice on your neighbour. If agreement is still unable to be reached, you can then apply to the Local Court or NSW Civil & Administrative Tribunal for orders for the fencing work to be done. This is obviously a more time consuming and potentially expensive option and could be the beginning of an ongoing war with your neighbour over every little issue – the overhanging tree branch could well be next!

My not-so-legal advice is to sit down and have a coffee with your neighbour, have a conversation about your fence issue, consider each other's perspective and hopefully reach an agreement about the costs. Maybe they will even become your dream neighbour once the fence issue is sorted out. After all, you do have something in common, you both decided to live in this beautiful area!

If you need legal advice in relation to a dispute with an adjoining property owner, contact KC Hilton at WNB Legal, ph 0419 464 946.



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## MAC OR PC?

This month I will not be focusing on the NBNco, I will instead focus on another common question I am asked, and hope to aid those who are stuck with whether they should buy, Mac or PC (MacOS or Windows)?

Far too often I see many people struggling with this decision.

A lot of PC (Windows) users are constantly hounded by friends and family who own Apple Macs to buy Mac, and traditional Mac users are usually enticed to buy high spec Windows PCs for a fraction of the cost. But which should you buy?

If you are using your computer for gaming, working life, or very general use (email, weather, news, etc) I would suggest Windows PC. Not only can you buy a Windows PC with great specifications for a moderate pricing point, but they are very much customisable, allowing you to upgrade certain internal components and software to suit your needs, providing flexibility for your requirements now and perhaps in the future.

If you are more of a creative type that likes to dabble in movies, music, photo arrangements etc., then MacOS is the preferred Operating system for you. Both Windows and Mac offer some great included apps however, when it does come down to which performs better for handling multimedia, there really is no contest. MacOS also wins in the security department, although not immune to Malware infections, it does seem MacOS has a much cleaner record than that of its Windows counterpart.

I could go on and on about the pro's and con's of each operating system, however I will put this briefly - if you are looking for a cost effective computer that will aid with day to day processes then Windows PC is the winner. If you are looking for a computer that will visually look great and provide you with second to none apps and software to assist with photo editing, music and multimedia then MacOS is your best choice - just be prepared to spend more money.



Local legal firm providing advice and assistance in relation to Wills & Estate Planning, Probate Applications, Workers Compensation, Personal Injury and Insurance Claims, and General Legal Matters.



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

## News from 87.6 FRESH FM (Woolgoolga's Own)

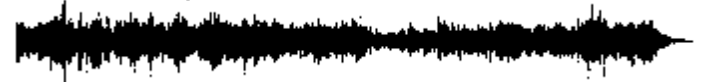


*Woolgoolga's Own*

G'day Woopi ... FRESH - FM wants to wish Happy Birthday to the Woopi News! Lisa and her team have been doing a stupendous job keeping the community abreast of happenings and bringing us little gems of history. Let's hope this continues for a long time to come.

Exciting News! Well, we've done it! FRESH - FM (Woolgoolga's Own) has now gone online.

Listen online where ever you are via  
<https://s3.radio.co/sc2c861965/listen>



No matter where you are you should be able to pick us up. Those who were just a little too far from the transmitter, on the fringes of the community, can now listen to their favourite program. Put this link into your device (phone, tablet or computer) and you'll be connected.

<https://s3.radio.co/sc2c861965/listen>

As always we have the ever popular 'Drive time' program on at 4-6pm every day. Contact us for a request and we will pull out all stops to find that rare little gem you want to hear and we'll present it dedicated to you or whomever you wish. The 'East meets West' program 6-8pm with a sublime mix of Indian and smooth dinner music continues and is perfect for the early evening.

How about all the lucky winners of our give-away CDs? All they did was call us and we delivered them. This month we have had some CDs and cassettes sent to us from Ken Davis, Ken is arguably Australia's foremost recorder of Relaxation and Ambient music. To be in the running just drop us an email or call the station on 6654 2422.

For those that like to be up late we will be featuring a full 3½ hours of Ken's music in our late night Ambient-Chillout program.

Any businesses out there that would like to have a promo played over the air please let us know, we are always seeking sponsors. Of course, being community orientated if you wish to contribute or have anything you would like us to announce all you have to do is contact us.

Check out our Facebook page or webpage to know when we have programs running and for special announcements.

Please don't hesitate to contact us on 6654 2422 or by email at [fresh.fm.87.6.radio@gmail.com](mailto:fresh.fm.87.6.radio@gmail.com)

Don't forget ... get us online and Happy Listening. 🎵



# A History of the Woolgoolga Surf Life Saving Club

**This is just a little sneak peek at our extra special edition of Woopi News out next month to commemorate the opening of the New Woolgoolga Surf Life Saving Clubhouse.**

**The First 50 years of history has been contributed by Life Member Neville Collins who is also the great grandson of Woolgoolga Pioneers George and Susannah Collins.**

Surf Life Saving in Australia was already 25 years old when a group of young men in the blossoming seaside town of Woolgoolga were encouraged to form a surf life saving club in 1932. Office bearers were:- Patron - W. Stone; President - W.H.C. (Con) Graham; Secretary/Treasurer - O.R. Featherstone. A surf reel was provided by the former Dorrigo Shire Council.

The first squad commenced training for their Bronze Medallion almost immediately and the following new members were passed as qualified surf life savers on 19th February 1933:- Lindsay Graham, John (Peter) Newman, Norman Woldseth, Keith Graham, Arthur Toovey, Bert Vardy, Stan Dahl and Doug Richards. Lindsay Graham also gained his Instructor's Certificate.

It didn't take long for the enthusiasm for this local asset to capture the interest of the township for it was on 26th December 1932 that the Woolgoolga Surf Life Saving Club held its first Surf Carnival. Competing clubs were Woolgoolga, Coffs Harbour, Coffs Jetty, Sawtell and Nambucca Heads.

As the years passed, the club continued to grow and it became necessary for the members to have their own clubhouse which was built in 1935 on the beach about halfway between the current and new clubhouses. Timber for the clubhouse was provided by Peter Newman's father from his property and all associated expenses were met by Mr. C.O.R. Newman. Volunteers helped with the construction under the guidance of Mr. Geo. Newman who was a builder and local post master.

By 1936, active membership had grown to 19. The club's first Rescue and Resuscitation Team (R & R Team) of Bob Newman, Artie Morrow, Peter Newman, Tom Morrow, Con

Hedwards and Reg Parberry won all R & R events at surf carnivals in the North Coast Branch that season but was defeated by Coffs Harbour in the Branch Championships which was very disappointing, according to Peter Newman. A photo of that team is now displayed as a mural in the Woopi Backpackers accommodation facility. Bob Newman had represented the club and branch at the Australian Surf Life Saving Championships at Bondi in the Junior Surf Belt event that year. Although unplaced, Bob had placed Woolgoolga on the map!

World War II sent the club into recess although Peter Newman's memoirs

encouraged young men from Grafton to join the club in the late 1940s. The old clubhouse (on the beach) was in a poor state of repair - no roof - no water. Bill organised the repairs, had the water connected and the members built a dormitory on the headland side of the clubhouse. Electricity was connected and other comforts were installed.

There were not many cars in those days and the highway was a lousy dirt road. As most members were from Grafton in the early 1950s, Bill arranged for Jones' Bus Service to make a special fare of 2/6 return for the members. Most would come down on Friday evenings after work and spend the weekends



*Christening Ceremony for the 'Carly' in front of the original clubhouse*

indicate that the club was still functioning in 1942 until many of the members joined the army. Eager to get back to life at the beach after the war, the club opened up again in 1946 and patrols were in operation. A new era began to emerge with young men, returning from the war, looking for an activity that gave them a purpose. The north coast also saw a number of former metropolitan lifesavers moving to new occupations away from the city. Men like Bert Sykes (North Bondi), Bill Meyer (North Bondi), Bill Miller (Dee Why), George Hallwood (Freshwater) brought their surf life saving experience to Woolgoolga and the club began to flourish with a solid management foundation.

It was during this post war period that Grafton business man, Bill Meyer,

on the beach. Competition training in surf conditions was a feature of these weekends.

Bill Meyer also approached his old club (North Bondi) for a donation of an old set of March Past costumes. North Bondi was reluctant to agree due to a possible chance that the two clubs might meet at a state championship carnival. So, funds were raised for Woolgoolga's own set of March Past costumes. The club did adopt North Bondi's colours of red, white and chocolate though and, for many years, both clubs had identical competition caps (white with red centre stripe and brown "ears"). However, in the 1970s, with Woolgoolga having more competitors at State Championships, North Bondi objected to the clash of cap designed so we adopted the



## - a Sneak Peek

current design of white cap with red and brown centre stripes.

Surf Carnivals began to attract spectator attention and it was reported in Grafton's Daily Examiner on 10 January 1950 that an estimated 2,000 people watched the first post-war surf carnival at Woolgoolga. It was reported that "a heavy sea, whipped up by a strong north-east wind, a strong southerly drift and masses of seaweed which, at times, became entangled in surf lines made conditions very arduous for competitors in swimming events".

It was at this carnival that the duty boat from Bellingen-Urunga was swamped and was in danger of being swept onto the rocks. A total of five surf lines were used to secure the boat and a further line was taken from the Jetty to secure the boat and prevent it from striking the rocks. It was reported that the rescue was indeed a most spectacular incident!

Following this incident, the club wanted its own surf boat! Bill Miller went to Sydney and settled on a second hand double ender from the Bondi Club for £25. The North Coast Steamship Company brought the boat to Grafton free of charge but, when it was lowered into the water, it sank! Running repairs and a coat of paint, together with a generous donation from Mr Carl Coutts-Smith saw the "Carly" launched at the club's carnival in 1951.

Bill Miller and his crews competed well with this boat but it was old and heavy. Funds were raised for a replacement boat at a cost of around £500, called "Rita" at the request of a man who had made a substantial donation. Bill Miller swept "Rita" to victory quite a few times with his crews including Spiro and Brunos Notaras, Neil (Ebor) Welsh, "Bomber" Judd and Ted Wolters.

In 1953 the old clubhouse, mysteriously, caught fire. For the next five years, the club operated out of an old cargo shed adjacent to the Jetty while plans were drawn up, funds raised and negotiations were made with local and state government departments in Grafton and Sydney to acquire a suitable site for the current timber clubhouse. Members spent time in the bush, felling about 75% of the timber required and the logs were taken to Ossie Hall's Sawmill. Eventually, permission was granted for the club



*Bill Miller sweeping the Carly at Woolgoolga Beach, check the bareness of the headland*

to prepare a site in the vicinity of the Jetty access and work commenced. The clubhouse was officially opened in 1959 with a debt of £1,500 to be met (a £1,000 loan from the Surf Life Saving Association to be paid back over 5 years and a £500 overdraft from the National Bank). Annual repayments almost exhausted the club, so much so, that in 1962, the then Club President, George Hallwood, approached the Manager of Radio 2GF who commenced an appeal for the club, culminating in a Beach Girl Quest and Concert at the Grafton Garden Theatre. Within a month the outstanding debt of £850 was surpassed.

During the middle of the 1950s the old Jetty became unsafe and moves were made by the Public Works Department to dismantle the famous landmark. In 1958, the Grafton Land Board Office approached the club with the offer of retention of the remaining 11 Jetty spans that extended from the clubhouse. The club suggested that it could utilise the last three spans for the purpose of an open-air dance floor but abandoned the idea and the remaining spans were eventually dismantled, leaving just two pylons as a "memorial" to the Jetty. However, these were also removed in the early 1970s.

Funds were always difficult to acquire in the 1950s and so a deputation by Bill Meyer, George Hallwood and Ron O'Connor (wearing their respective North Coast Branch hats) approached the Coffs Harbour Shire Council with the resultant meeting securing annual

donations of £25 to the Coffs Harbour, Sawtell and Woolgoolga Surf Life Saving Clubs.

Meritorious Awards – whilst Woolgoolga Beach could be considered a relatively safe surfing beach, two club members, Reg Parberry 21 February 1937 and Greg Rockett 25th July 1965, were presented with Meritorious Awards of Certificates of Merit for their individual rescues in treacherous seas, without the aid of equipment. Many other notable rescues have been conducted by club members both on the main beach and further afield on northern beaches over the years.

Despite the decades of calm surf conditions, Woolgoolga Beach does experience the occasional barrage of huge seas. It was in the winter months of 1964, when just five years old, that the surf clubhouse was in danger of collapsing. The north eastern foundation pier had been washed out and urgent work was required to provide a more secure foundation. The sloping dunes had disappeared, leaving a three metre "cliff" between the reserve and the beach.

### **TO BE CONTINUED NEXT MONTH ...**

If you have any photos of the last 88 years of the Woolgoolga Surf Club you would like to share. Please send to [woopinews@gmail.com](mailto:woopinews@gmail.com)

Also if you would like to be part of our next month's souvenir edition, please call 0410 052 601 or email the above address before September 10.



# The Woopi that Was

*The last of our Ray Whitton art print series.*  
This is Jack Casson from Corindi on the beach with his bullock team. Possibly after unloading timber at the jetty, the bags on the wagon are general supplies unloaded off a ship. Looking east towards the site of the new surf club, Pollack Esplanade and an old boat shed. The house in the background possibly belonged to the Sullivan family. Circa 1935-36. Woolgoolga was fast becoming a popular township with its protected bay and bustling timber industry. Families from Grafton flocked to town to spend time fishing, swimming and enjoying the coastal atmosphere of the town. Many of these families decided to move to Woolgoolga and take up permanent residency. The descendants of these families still live here today. It used to take two days to get to Woolgoolga by horse and sulky. The main road went through Colletts Crossing upstream from Station Creek.



**'Teamster on the Beach'**

Local man Ray Whitton created a set of pen and ink prints by the composition of a number of photos and he has a story to go with each one. There are four in the set which we have been featuring with their story over the past few months. This is the fourth print "Teamster on the Beach". Ray has some sets available to purchase for \$39. Please email [woopinews@gmail.com](mailto:woopinews@gmail.com) if you are interested in owning this little bit of Woopi History.

## Brew'd on Beach Coffee Shop

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*Thank you to the families of Woolgoolga and  
Northern Beaches who entrusted to our care*

Margaret Nellie Bebb - Arrawarra - 25th July 2020

Christian John Ella - Nana Glen - 1st August 2020

Ian Gregory 'Greg' Walsh - Sandy Beach - 1st August 2020

Joyce Mary 'Joy' Cleva - Mullaway - 1st August 2020

John Reginald Doherty - Emerald Beach - 2nd August 2020

June Cox - Woolgoolga - 3rd August 2020

Eric Lindsay White - Sandy Beach - 3rd August 2020

Gary Michael Smith - Sandy Beach - 7th August 2020

Keith Stuart Fizelle - Woolgoolga - 14th August 2020

Paul Joseph Stabback - Arrawarra - 14th August 2020

Laurence 'Laurie' Dudley - Woolgoolga - 15th August 2020



*Life is  
a precious gift.*

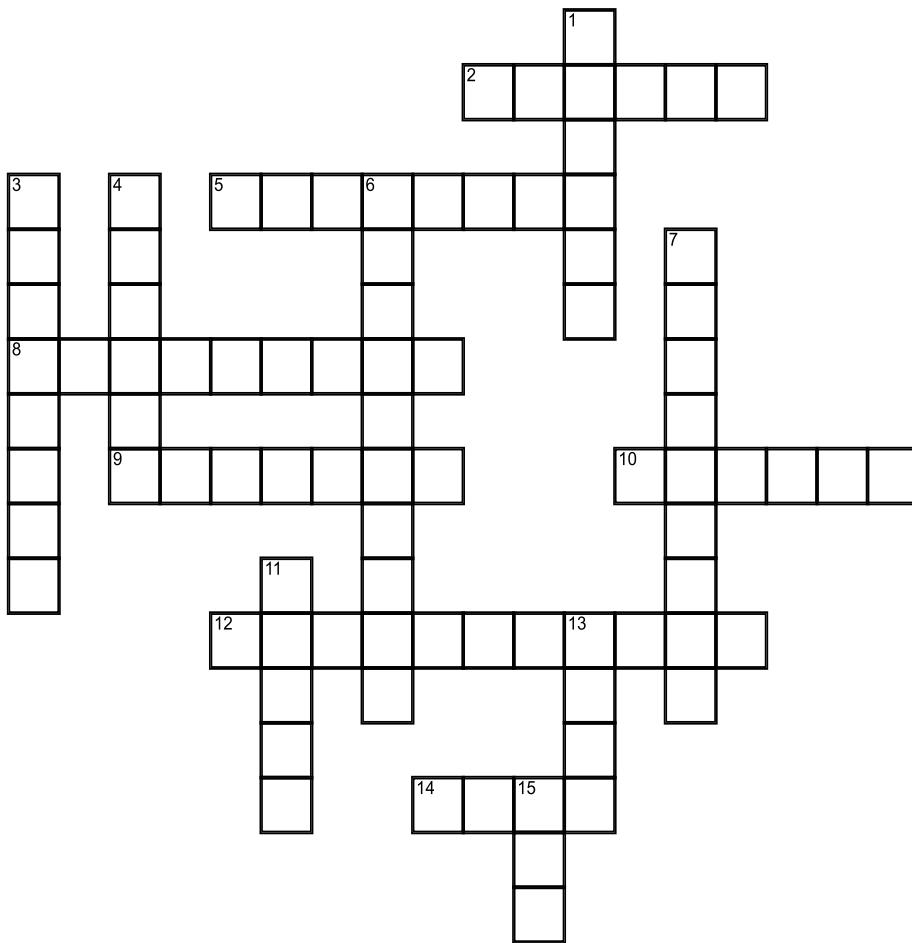
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# Woopi puzzle time

## Woopi Trivia Crossword (click to complete online)



### Across

- 2 Excavation Company on page 43
- 5 Rotary fundraiser movie on this month
- 8 Beach suburb that is a palindrome
- 9 Name of a local Tavern
- 10 What colour are we asking you to wear to support Suicide Prevention
- 12 What kind of challenge have the Mullaway PS kids entered
- 14 What Suicide Prevention Day is held in September

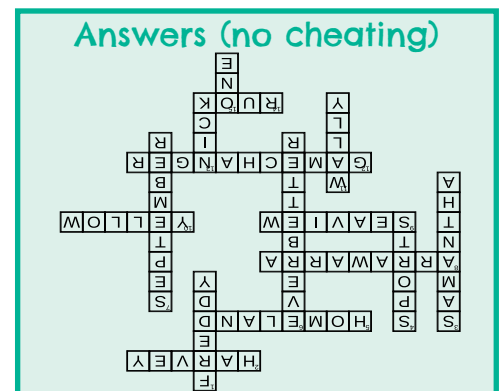
### Down

- 1 Name of toddler who has been in every edition of Woopi News
- 3 Person who made Woopi News cake
- 4 What kind of complex is going in at West Woolgoolga
- 6 What BUNCH of guys meet at the gym every Tuesday and Thursday
- 7 This month
- 11 Nick name of Woopi News Photographer
- 13 Name of Woopi News IT writer
- 15 How many years is Woopi News celebrating

## Woopi Findaword (click to complete online)

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



➤ Nivaran Dosanjh wondering Where Wally is before she heads off for the St Francis Xavier School Book Week Parade



➤ Varinder Singh Sahungra and baby Himmat Singh having some dadda bubba time (photo: Robert Watkin)



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# People who make Woopi Woopi



👉 This little guy, sitting on David Dodsworth's shoulder, was rescued and then released during the bushfires. He now spends his days hanging around the Nana Glen Community Hall.

Jimmy Connor and Abdu Mohamad, all smiles on their way for a rare but special surf off Mulhearns (photo: Robert Watkin) 👉



👉 Young Joshy was very proud of the poster he was awarded recently after achieving 20 push ups at the Woopi Warriors Judo Club



👉 Bringing some Italy to Woopi is Matteo and his piccolo saxophone (photo: Robert Watkin)




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# Woopi Sport - Surfing

## Woolgoolga Boardriders Club

July 26 was met with ominous skies and challenging surf. The seniors decided on Sandy Beach as the venue while the juniors opted for the relatively calmer waters of Woopi Main Beach.

The junior surfers showed great commitment and skill to complete their event in surf that was bigger and much more demanding than the conditions they are used to. The results are as follows:

### Under 10 mixed

1st: Lyla Freudenstein  
2nd: Freya Stewart  
3rd: Koa Messer-Quandt

### 12 Boys

1st: Cooper Grayson  
2nd: Hamish White  
3rd: Jax Fuller

### Micro Groms

1st: Dasher Mitchell  
2nd: Tyler Grayson  
3rd: Billy Burns

### 12 Girls

1st: Kalani Grayson  
2nd: Gracie Kennedy  
3rd: Bella Nalder

Mid way through the seniors event, torrential rain descended on the crew, and as the day progressed the surf became larger and more unruly. With the 14s boys about to enter the water, the decision was made to postpone the remainder of the contest to the following week for safety reasons.

Sunday the 2nd of August was the polar opposite of the previous week. Beautiful clear skies and clean 3-4ft waves were on offer. Again, Sandy Beach was the location and the level of surfing was outstanding all day. In between heats a few of the crew got to sample a few rare treats out off the point.

In the women's division Kristy Drough clinched the win with a series of critical manoeuvres, while Alexis Grayson wasn't too far behind. Billy Budd dominated the old boys division picking off some cracking waves. One, in particular, he rode right to the beach, performing a series of radical turns throughout. However, the standout performance of the day belonged to James Hill in the Men's open division. With only minutes remaining in the final, James was in a tight battle with Tommy Geyson for the victory. He managed to put himself in position to paddle into a beautiful 4ft right hander. He then proceeded to "go to town", blasting turn after critical turn leaving the judges little choice but to award him the perfect 10 and seal the win. Well done Jimmy!

You can follow their facebook page for more details [www.facebook.com/woopiboardriders](http://www.facebook.com/woopiboardriders) or call Luke Connor on 0408 667 834.



Top: Levi Woods Middle: James Hill Bottom: Cooper Grayson  
Photos taken by Robert Watkin

### 14 Boys

1st: Hamish White  
2nd: Cooper Greyson  
3rd: Jax Fuller

### 16 Boys

1st: Arley Thorp  
2nd: Levi Woods  
3rd: Joe Murray

### 18 Boys

1st: James Hill  
2nd: Kai Nudd  
3rd: Charlie Hubbard

### Opens

1st: James Hill  
2nd: Tom Geyson  
3rd: Angus Budd

### Womens

1st: Kristie Drough  
2nd: Alexis Grayson  
3rd: Aisha Ando

### Over 35s

1st: Luke Anderson  
2nd: Luke Connor  
3rd: Joe Woods

### Over 45s

1st: Billy Budd  
2nd: Steve Kennedy  
3rd: Brett Pilon





# Woopi Sport - Golf

Woolgoolga Golf Course is an 18 hole golf course on leased land in Safety Beach.

The nature of the layout requires precision placement on the front nine with doglegs and hazards which need to be avoided. The back nine requires a change of approach, rewarding longer and straighter ball strikers. Wayward shots will find themselves in multiple water holes.

The greens provide good surfaces, with the player having to consider slope as well as pace.

The club offers 18 hole competitions for men on Wednesdays and Saturdays. The ladies play 18 holes on Tuesdays. There are additional weekly 9 hole competitions including the vets on Mondays and the pizza comp any weekday.

The Woolgoolga Open, was played at the Woolgoolga RSL Golf Club in Safety Beach.



It was won by Logan Toms (above) in an exciting single round event. Shooting an impressive score of 71, he held off several competitors to finish top of the leaderboard.

Winner of Nett was Robert Maude who shot a nett 64.

Winner of the Junior

competition was Mali Loomes who shot nett 79 Other low scores were recorded by G. Shute, J. Clark, P. Gralton, M.

Beales, S. Kendall and J. Hughan.

In addition to players from Woolgoolga, there were competitors from Dorrigo, Coffs Harbour, Bonneville, Lismore and Grafton.

Other results

### 15 August Ambrose

Winners G. Penfold, W. Biggin, G. James, G. Harris 135pts

### 12 August Stableford

Winner M. Taylor(20) 42pts

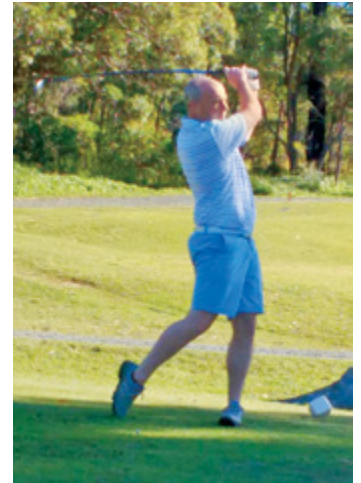
### 8 August Stableford

A Grade Winner N. Tennant (12) 36pts

B Grade Winner A. Maric (16) 39pts

C Grade Winner S. Gentle (22) 34pts

### 9 August Woolgoolga Pairs



Action at the third tee

### Handicap Matchplay

Winners L. Lole and I. Young

### 5 August Monthly Stableford

Winner K. Mavin (7) 39pts cb

### 1 August Monthly Medal Stroke

Medal Winner J. McFarlane

A Grade Winner S. Ewart

B Grade Winner R. Treweek

C Grade Winner J. McFarlane.



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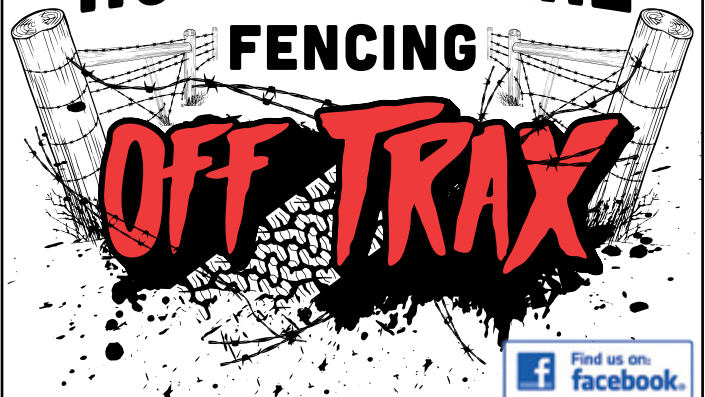
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# AUSSIE RURAL FENCING





# Woopi Sport - AFL Womens



## The Northern Beaches Blues Womens team have been slaying it on the field this season

Pictured above: Back left, (Ace) Adrian Roberts (coach), Ashlee Farrell, Jessica Midavaine, Kayla McIntosh, Holly Norris, Belinda Schofield, Shania King, Rubee Frost, Emily Goodall, Kiara Van Ryswyk, Mitanne Doughney, Ella Wilson, Kyriae Crofts, Elaine Chiang. Front left, Sarah Bower, Britt Hargreaves, Ashleigh Miller, Shauna McVey, MacKinley Taylor, Rhiannon Taylor, Hailey Lemin, Jazlen Hooke and Madeline McAlister.



Top right: Madeline McAlister.  
Bottom right: Jess Midavaine  
*Photos by Robert Watkin*

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# Woopi Sport - Bowls

## WOOLGOOLGA LADIES BOWLING CLUB



Life Members of Woolgoolga Ladies Bowling Club  
Julie Womersley and Maureen Short

### Tuesday 04/08/2020

We had our President, Life Members and Veterans Day. We had a paddle pop draw for a game of 18 ends, so everyone was unaware of what they would play with or what position you would play. This was a fun way to start the day. Results were Rink 8 Helen, Helen (D) Wendy, Fran. Rink 9 S Sweeney, H Pallister (D) J Lynn, N Haines. Rink 10 P Greenwood, Y Cunich (D) J Hampstead, J Womersley. Rink 11 E Nielsen, J Gibbons (D) M Short, C Boyden. Rink 12 V Valentine, M Brookes (D) A Dorman, L Virag. Rink 13 J Hinchley, M Campos (D) S

Bracher, D Washfold.

After our enjoyable morning of bowls a luncheon was held for our President, Life Members, and Veterans.

This day gave us all an opportunity to show our appreciation to our President Julie Womersley (OAM) for her constant loyalty, dedication and lots of hard work throughout the year.

Members were asked to say one word that they felt described Julie and this proved what a very popular President Julie had been.

### Tuesday 11/8/2020

We had a fun game of Pairs,

there were five games of 20 ends and after each 5 ends, then the winning team would move to their right. The teams were S Bracher, J Hampstead. M Campos, A Dorman. F Streeter, S Sweeney. S Goodsir, V Valentine. J Hinchley, W Bracher. J Gibbons, H Dunbar. V O'Brien M Short. H Palister, D Washfold. J Lynn, N Haines. C Matthews, C Boyden.

All players enjoyed the game and thought it was wonderful how they got to play with so many others on the day. The winning team with four games was J Hinchley and Wendy Bracher, coming second with three wins was H Pallister and Di Wasfold.

### Thursday 13/8/2020

We played one triple game and two pair games: C Boyden, L Fairhall, D Porta (D) S Bracher, Y Cunick, W Bracher. S Sweeney M Short (D) V O'Brien, H Dunbar. J Hampstead, D Washfold (D) S Goodsir, N Haines. Everybody enjoyed their games with close scores.

### Tuesday 18/8/2020

We played two games of two bowl triples and one game of two ball fours with a swinging lead.

F Streeter, H Palister, V Valentine (D) M Campos, J Barratt, E Nielsen. S Bracher, C Boyden, D Washfold (D) B Hart, L Virag, D Porta. H Dunbar, J Lynn, P Greenwood, M Short (D) H Dunbar V O'Brien, S Goodsir J Hampstead. S Sweeney, J Hinchley, N Haines (D) J Gibbins, A Dorman, W Bracher.

### Thursday 20/8/2020

We had two games one was three bowl pairs and the other three bowl triples.

S Goodsir, H Dunbar, N Haines (D) S Sweeney, J Hampstead, W Bracher. a great game with one point the difference. V O'Brien, D Washfold (D) S Bracher, M Short.

We hope to be starting Thursday Twilight Bowls when daylight saving starts, also we hope to start a Sunday Breakfast bowls on the 30/8/2020. Twilight and Breakfast bowls are a great place to start learning the game and to meet new people whilst listening to some great music. If you would like further information about the game please contact Meryl Brookes on 0411 278 298.

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# Woopi Sport - Surf Boats

## Woopi Boaties

The Woolgoolga Surf Life Saving Club Surf boat crews didn't stop training over winter. Now that spring is here they will be out and about even more in preparation for the beginning of the surf

season, at the end of this month. Every Sunday morning between 7 and 9 you will see them in action at Woolgoolga Main Beach, and wow, they are pretty spectacular to watch.

If you've ever wanted to give surf boat rowing a go, this is the time. You can have some

experience or absolutely none, everyone is welcome, but you must be over 15. It's great fun, promoting fitness and camaraderie. If conditions are not safe they will not take you into danger. Woopi Boaties are very competitive and have won, Australian, State, Country

and World Medals. They are currently North Coast Premiership Winners, overall and in most divisions.

So here's your opportunity to give it a go, join the club and enjoy a great lifestyle on one of the most beautiful beaches in the world.



Above: Damien McSkimming, Rachel Key, Julie-Anne Templeton, Meggan Matthews-Frederick and Kathryn White came third in the World Titles.

Right (Photo by Kim Magee): Damien McSkimming, Geyne Feeney, Zade Goodenough, Neil Baker and Daniel Stewart are the Queensland State Champions




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