

WOOPI News

Woolgoolga and the Northern Beaches

FEBRUARY 2020 issue #6



Kevin Hogan MP

FEDERAL MEMBER FOR PAGE

Drought and Fire Assistance Available

Please see my contact details below

ADVERTISEMENT

NATIONALS
for Regional Australia



✉ kevin.hogan.mp@aph.gov.au | 🌐 www.kevinhogan.com.au | 🎙 Kevin Hogan MP | 📱 @KevinHoganMP | 📸 kevin.hogan.mp

63 Molesworth Street, Lismore | ☎ 6621 4044 | 1/83 Prince Street, Grafton | ☎ 6643 3973

Authorised by Kevin Hogan MP, National Party of Australia – N.S.W., 63 Molesworth Street, Lismore NSW 2480

Welcome to Woopi News

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

Welcome

Ahhh, February the month of Love ... watch out guys, it's a leap year and the girls get to propose.

Also, watch out this February as there is going to be a lot of flashing in Woolgoolga and the Northern Beaches. Why? Because it's Seniors month with lots of discounts and activities available if you flash your Seniors Card. This edition of Woopi News has a lot of information about Seniors Month plus we will keep our website and facebook up to date with other activities as we hear of them.

Do you like our front cover? We have combined Love, Seniors and Woolgoolga in one photo ... oh and by pure accident my grandson Freddy is in the background playing on the beach. That's my step mum Ann and my Dad Peter Finn on the front. They met over 30 years ago at Lakeside Caravan Park

where my family would spend every weekend and school holiday possible. Ann's family would visit there from Sydney every Christmas.

A lot of you may know my dad. We lived in Grafton, where he and my real mum were both school teachers. Dad was heavily involved in Woolgoolga Surf Club, being President for eleven or so years, as well as Secretary, Treasurer and Club Captain between 1968 and 1987. After that, he was integral in the forming of the then, brand new, Red Rock Surf Club. I can also remember lots of summers when he was the beach inspector. Back then patrols were only on a Sunday, we had our caravan set up on the beach front and Dad's job was to watch the surf all week. We would set our van up at the beginning of the school holidays and not head back to Grafton until the end. It was the best childhood.

He was one of the first people to bring

a surf ski to Woolgoolga and copped a lot of flack from board riders about being on a goat boat, whatever that means. He teamed up with Mr Cooper (George ... I still struggle not to call him Mr), they made a formidable double Racing Ski team, they entered and won many a competition. Dad was also in the Volunteer Rescue Organisation, now Marine Rescue, he partnered Mr Burton (Ross) on many a sea rescue. Dad got sea sick so the trick was not to let the boat stop for too long otherwise he was useless and Mr Burton would have to deal with dad as well as the lost or broken down boat.

He rowed surf boats with, believe it or not, Trevor 'Clutchy' Clark, who is still rowing surf boats for Woolgoolga now, 39 years later. Trevor is showing off Woopi's new club swimmers on page 27.

That's dad, with the beard, at the back right of this old March Past photo.

He's 82 now and he and Ann are still madly in love. Like the sign in Beach Street says ... there's No Stopping Love.



**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



Welcome to Woopi News

How good was the Surfboard and Street Art again this year?



Services, we will be putting them up early April in preparation for the next school holidays but also leading up to ANZAC day. So get your thinking caps on and paint brushes out, you can start creating now. Fries, Police, Ambos, Army, SES, Marine Rescue, etc.

Lastly, Brad and I would like to thank you all for the great feedback we have received regarding this publication and encourage you to support our advertisers when you can. When you do ...

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

so they know it's worth it!

A big thank you to Brett and Ronnie from XS Surf for helping to coordinate and store the art and once again to the Fluro Friday Volunteers for helping us install and uninstall the boards. Of course, we couldn't do it without the extremely talented artists who make the time and put in the effort to help us add some atmosphere to our streets. Our next theme is going to be in honour of our Emergency



Lisa and Brad.

♻ Don't forget to recycle your edition, if you're not saving it, please pass it on to someone else or take it back to the shop you picked it up from. Share the love.



Woopi News everyone's reading it!

Children's Outdoor Nature Playgroups

Explore the Northern Beaches of the Coffs Coast at a new location each week!



2 – 6 Years Preschool
Nature Walks | Wildlife Talks
Log Climbing | Water Play
Camp Kitchen | Painting
Nature Crafts
Yoga and Relaxation

Book a Free Trial Day in Term 1
Tues | Thurs | Fri 9.30 – 12.30

Program starts from Tuesday 4 February, 2020

info@natureloversgroup.com 0409 460 408 www.natureloversgroup.com

10% OFF

all services and tyres
for SENIORS until
February 29, 2020
HAPPY SENIORS
WEEK!



BP Woolgoolga



FREE
wash and
vacuum with
every
service

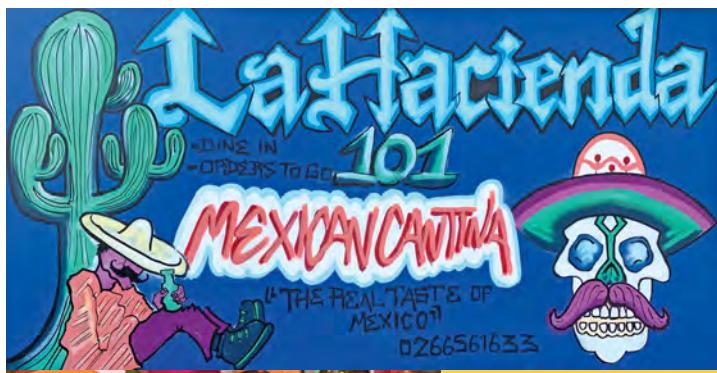
35 River Street



Two Toots in the service station driveway and we'll fill your car, check your tyres or help in any way we can! from Rayna, Sam and the team



6654 0111



Woopi Wonders

MEET WOOPI'S FUTURE GENERATION

It has been inspiring to see that so many of our young people, on the Northern Beaches, have been doing their bit to help others. These are just a couple Woopi News would like to share with you.



Maddison (above right), aged 6 almost 7, from Mullaway, teamed up with a couple of her mates, aged 6 and 4, and held a Cookies and Drinks Stall at North Mullaway Carpark to raise money for the Koala Hospital.

When Woopi News asked Maddison how doing this made her feel she replied, "I am happy we helped the koalas and firefighters. I feel proud."



Lillie (on the right) and Hope are two 8 year old best friends from Woolgoolga who wanted to help people who have lost their houses in the fires. They decided to spend a day cooking up cupcakes then took them down to Woolgoolga Beach Reserve to sell.

When Woopi News asked them how doing this made them feel they replied, "We feel happy and hope that everyone liked their cupcakes! We want to do it all the time!"

Kudos must also go out to the parents of these young people, to have brought up such caring children, then support and encourage them all the way.

Congratulations all round.

Woopi Wonders

Northern Beaches People making us proud

Congratulations to one of our favourites, Jean Vickery,

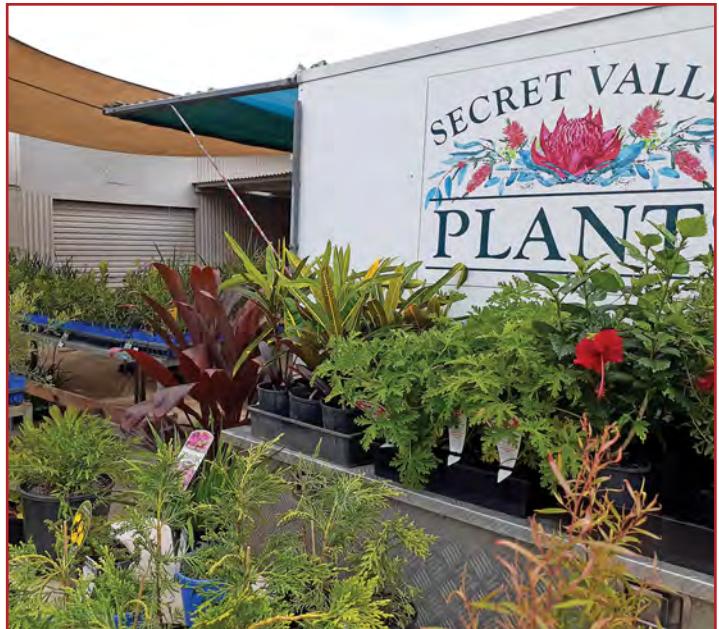


(pictured here with Local MP Gurmesh Singh) for being awarded The Coffs Coast Citizen of the Year at this years Australia Day Awards.

You may recognise Jean's smiling face from behind many Lions Club and Red Cross events. She works at the BBQs, organises the flowers for Daffodil to name a couple, she recently ran a water crusade to help towns like Guyra who have been deeply effected by the drought. She is one fabulous lady.

Congratulations

also to Teo Ross and Kaleb Darbin, another two Woopi Wonders for their nominations for the Young Achievers of the Year award. Watch this space for more on these two amazing young men.



SECRET VALLEY PLANTS

58 River Street Woolgoolga

Follow the signs and flags down the alley
Stop in and see us today or everyday

0400 888 680

All of your gardening needs - Prices from \$3

Exercise Physiology for:

- Mental Health
- Back Care & functional strength
- Women's Health
- Joint health & Arthritis
- Cancer
- Osteoporosis & balance training

Private health rebates
Medicare rebates
Insurance claims

Ask your GP or self-refer today and reclaim your movement freedom.



ANNA MILEY
THERAPEUTIC MOVEMENT • FUNCTIONAL YOGA

StudioMove
2/8 Market St
Ph:0409 542500
www.annamiley.com



Disability Employment

Youth Employment

NDIS & Disability

Mental Health

Workplace Rehabilitation

Workplace Wellness

Parents & Family

2/8 Queen Street, Woolgoolga
Phone 1800 899 017
www.chessconnect.org.au

CHESS Connect Woolgoolga is a for-purpose human service organisation that helps local people achieve a strong life through a range of employment, disability and mentorship services.



Woopi News

PADDLE FOR A CAUSE

Luke Sullivan has been visiting Woolgoolga since he was a young boy and has wistfully stared out over the ocean at our set of islands that form the Solitary Islands Marine Park. Luke and his wife Emily, who is the daughter of popular locals Denise and John Hannaford, own a company on the Central Coast called Teams Challenge Australia. TCA is about creating challenging team building activities that help business and sports teams to build stronger relationships within their structures. This is to improve their mental health, team relationships and the ability to handle stress, all in a fun and challenging way.

Luke and his brother Shaun, along with four mates, Ryan Quick, Darron Borg, Cameron Borg and Jackson English decided they wanted to push their own boundaries and challenge themselves, whilst bringing awareness to a cause close to their hearts.

They decided to do a 61 km Prone Paddle which would take them from Wooli Beach, out 14kms to North Solitary Island then 35kms along to South Solitary. This is where they stopped to rest and reenergise before heading into land. During the next 12kms they were smashed by a Northerly before they landed at Sapphire Beach.

Prone Paddling is paddling laying down or on your knees so it's a pretty hard slog. The motivation behind this mission was to bring awareness to The Disabled Surfing Association, a group they volunteer with on a regular basis. There was no fundraising, it was all about getting the message out there of this amazing association which regularly gives people with disability the opportunity to experience the exhilaration of catching a wave in the surf.

Luke said he wanted to pay homage to the courageous participants as well as the volunteers that help make these special surf days happen.

As regular Woopi News readers would know, Woolgoolga Beach has several Disabled Surfers Association Hands on Surf Days each year. Our next one being the last for this surf season on February 1. As usual DSA are asking for as many volunteers as possible to turn up and help. The more volunteers, the more people get to have a surf. Just turn up and register at 8.30 for a 9am surf.

For all the dates around the nation please check their website <http://disabledsurfers.org> then keep an eye out for next seasons Hands On dates to be announced, most likely around October.



Have you tried Woopi Connect yet?



Last year Transport NSW identified that Regional Public Transport needed assistance and decided to trial an on demand bus service in several regional centres in NSW. Woolgoolga was lucky enough to be chosen for this. The original six months trial, which started last March, was extended for another six months. Fingers crossed it will get extended again so make sure you use it, or we might lose it.

Woopi Connect is not a taxi

service, they pick up from virtual bus stops. So they don't operate a door to door service, but have established a multitude of pickup points along each route, and try to get as close to your home as possible.

Any person can book the bus, there is no need to have a concession card though if you do you will attract the concession rate and also be eligible for the RED card deal which provides unlimited local bus travel all day including the Coffs Harbour

service.

Currently the Woopi Connect On Demand service area is split into two zones. Zone One Woolgoolga, Safety Beach and Mullaway. Zone Two Arrawarra Headland, Arrawarra, and Corindi Beach. To travel within a zone it costs \$4.30 (\$2.10 conc.) or if you cross zones it is \$6.40 (\$3.30 conc.).

Woopi Connect would love to be able to extend these zones to include Sandy and Emerald to the south and Red Rock to the north. If you would like to help their

quest please send a letter to your local member, Gurmesh Singh, and let him know how important it is to you.

To book the service Transport NSW would like people to use the Woopi Connect app, which once downloaded is easy to book the bus for whatever time you want. If you are unable to use the app, your phone is old or you're not tech savvy, you may ring to book 6654 0581.

The service runs Monday to Friday 7am till 7pm, last orders from the app or phone is 6.30pm.

Attention all Present and Past Staff of Woolgoolga High School (PAPS)
A get together has been arranged at Woolgoolga Lake on Friday February 21st at 4.30pm. Hope you all have fun!

Surfside Plaza SHOPPING CENTRE

**10% OFF
if you mention
this ad!**

ASIAN OUTLET



Asian Outlet – 0423 079 867

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



Thai Chai Yo – 6654 0777

Open lunch Mon to Sat 11.30 - 2pm
Open 7 nights a week 5 - 9.30pm
Dine in, takeaway and now offering delivery from Corindi to Moonee



Great Coffee Tasty Food

Taffy's – 6654 7747

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

Surfside Plaza Shopping Centre – 58 Beach Street Woolgoolga NSW 2456

What's New in Woopi

Give your car the 2020 treatment

2020 Headlight and Trim Revive

Revive is about spending smart money to get your car looking its best: whether for sale prep or as ongoing maintenance.

Local, Damon Greenwood has owned many cars throughout his driving life. He has built drift cars, show cars and both SPL (loud bass) and audiophile (sound quality) cars. So yes he has 'wasted' a lot of money and time on cars. To him it's not a waste, but a passion. He just loves cars.

Damon has many car stories and also several cars which he regrets selling to this day. The most unfortunate of which was a heavily modified 1969 Datsun 1600. He made \$300 more than he listed it for and the sale was finalised

only after a near punch-up between two very emotional Datsun fans on his front lawn!

Building, selling and buying so many cars (40ish and counting) he has picked up a substantial knowledge about vehicle presentation and maintenance. He has used most of the products you shouldn't buy but more importantly he now knows which ones are outstanding quality, value and are easy-to-use.

That's how **2020 Headlight and Trim Revive** has evolved. Damon will inspect your vehicle and advise the areas of the car that he can revive so that you get the biggest improvement for the best price. From there he can advise what else could be done and what products to use which will give you the best and longest lasting



results.

For example: say your car's paint is faded with a few scratches, headlights are yellow, plastic trim is grey when it should be black and you have a gravy stain on your passenger seat. To a potential buyer, even if the car has been polished and the paint is shiny - the buyer will only ever see the yellow lights, scratches, faded bumpers and the gravy stain. **2020 Headlight and Trim Revive** can fix these

standout problems and give advice on easy products which will finish off the rest of the vehicle so that you can complete these yourself saving money.

Plus, the work Damon performs is mobile and rarely requires a power source.

So feel free to check out his Facebook page @2020HeadlightTrimRevive for before and after pics and give Damon a call if you need to know more. 0490 353 134



"As passionate and experienced travellers ourselves, who travel far and often, we want to help you make the right travel choices."

Open 9am to 5pm Weekdays
9am to 12noon Saturday

1/5 Market Street, Woolgoolga

Tel: 6654 8114

Email: mail@coastaltravel.com.au

Gifts & Homewares Store



Next to *Bluebottles* at Woolgoolga

What's New in Woopi

The Lynton Burger

There's a new Burger at the Woopi Industrial Café.



Named the Lynton Burger after its designer Lynton Godfrey, grandson of owners Kim and Peter. Lynton has just moved to Woolgoolga from Deniliquin and is excited about starting school at St Francis Xavier this year.

On his special burger, which by the way is huge and looks delicious, you get a 300g meat patty, bacon, pineapple, lettuce, tomato, beetroot cheese and bbq sauce on a 6½ inch bun. While you're there you should try the Cookie's chicken. It made me lick my fingers it was so good.



Have you seen the new signage for Kanuang Kitchenware. You can't miss them now. Worth a visit as Htun and Carol have an incredible range of kitchen and giftwares.

Woopi has a new set of Twins.



Congratulations to our favourite podiatrist Josie and partner Tom on the arrival of TWO beautiful girls.

Born naturally on January 20, 2020 at 12:40 and 12:51 pm respectively - Aurora Emily Connor (5lb10oz) and Avalon Jade Connor (5lb13oz).

Congratulations Josie, Tom and big sister Aiyana Rose.

New Woopi T-Shirts available at XS SURF

Designed by Local Artist, Peter Baker, featuring his signature Kombi and our iconic surf club.

You can purchase one of these from Brett and Ronnie at XSSurf, 76 Beach Street, Woolgoolga.

Available in adult and kids sizes



regain your freedom!

test ride an electric bike today

Warning: side effects include feelings of euphoria and uncontrollable grinning



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

Photographer of the month

Lu Townsend

My interest in photography began when I was young. We went on a 4WD camping trip that started at Ayres Rock and finished in Darwin. Travelling with 12 others, we camped for two weeks in a 4WD truck, which enabled us to get to some of The Northern Territory's most spectacular and remote locations. This was

the start of my photography and travel adventures.

The inspiration gained from this trip led me to many more adventurous trips. From travelling around Australia for a year, living and travelling on a boat, venturing around Fiji for three months, visiting the Solomons, Niue, Bali, Tonga, Sri Lanka, USA, Amsterdam,

Thailand - all with a camera in hand.

I am always keen to learn and improve on my passion. I've had the opportunity to work with a master photographer, attended many different photography courses along with completing a Diploma in Photography.

We are lucky to live in such a beautiful location that offers spectacular beaches and marine life. In my spare time, when conditions allow, you will find me in the ocean with my Camera. There is something extremely special about the ocean and its ever changing

moods, from being a place of tranquillity to a place that can be extremely frightening. Using light to capture these moments is a challenge that I can't get enough of.

Although I enjoy most aspects of photography there are three that I am most passionate about:

- Architectural and Real Estate Photography
- People and their passions
- Photographing the ever changing ocean.

I am currently working on a water collection and hope to have it finished by the end of April.

If you are looking for that extra attention to detail and personal touch to showcase your property or business, I would love to hear from you.

www.lutownsend.com.au

Facebook and Instagram



Seniors Celebrations

February is Seniors month... don't you think every month should be Seniors Month?

Actually, you only have to be 60 to qualify to be a senior so it's not really that old.

To be eligible to receive a NSW Seniors Card you must be: 60 years of age or over, a permanent resident of NSW, the holder of a valid green Medicare card or a Department of Veteran Affairs card, averaging 20 hours or less a week of paid work across a 12-month period (NSW Seniors Card) or averaging more than 20 hours a week of paid work across a 12-month period (NSW Senior Savers Card).

You can apply online at <https://www.seniorscard.nsw.gov.au/> or go into a Service NSW Centre and they will help you. It will open a world of discounts which you can find on their website.

The NSW government are currently trialling a Regional Seniors Travel Card which will give you \$250 to assist with travel costs to and from essential services. The pilot is going to test the card and work through any issues, then hopefully it will be available to eligible seniors from mid to late February.

NSW Seniors Festival week is being celebrated all over the state from February 17 to 22. As you would expect the Woolgoolga Seniors' Centre has a large range of activities and they invite you to drop in and participate, watch or just ask questions. It's a perfect opportunity to get a feel of how friendly and welcoming the Seniors' Centre is.

During the Seniors Festival week they will be holding demonstrations in TAI CHI and EXERCISE, SCRAPBOOKING and WATERCOLOUR ART. This will help you decide if you would like to enrol in the full class.

There's also VIRTUAL REALITY FOR SENIORS where participants engage in a variety of experiences that promote cognitive and sensory motor exercise.

ROBOTS sounds interesting, you have the opportunity to meet two robots designed for you to engage with socially and physically.

LINE DANCING demonstrations on



Saturday morning - so much fun to be had without realising you are exercising.

WRAP WITH LOVE - talented volunteers, knit, crochet and sew beautiful, warm wraps in our knitting group. Enjoy a light lunch and a chat with our talented ladies during their knitting display.

COMPUTERS - "Get Connected" - don't get left behind. They offer free classes to assist seniors acquire the technical skills required for everyday life in the digital age. The classes are hands-on designed to assist with "everyday" online tasks.

Full program of events can be obtained from: 6 Boundary Street, Woolgoolga https://woolgoolgaseniorscentre.blogspot.com http://woolgoolga.org.au/calendar Telephone: 6654 7311

There's plenty of other activities happening around the Northern Beaches, which are either free, discounted or very cheap for Seniors Month. Here are just a few. Woopi News will keep adding activities and events to our website as we hear of them. www.woopinews.com.au

Woolgoolga C.ex are offering Half Price BINGO from Mon 17 to Fri 21 (T&Cs apply) and a FREE SHOW The Howie Brothers on Wednesday 12 at 2pm.

Solitary Islands Surf School are offering a FREE Learn to SURF day on Tuesday 13th, 1030-12pm at Woolgoolga Beach. You must call to register - 0438 561 370

Woolgoolga Diggers are offering you \$2 COFFEES during Seniors Week – just flash your card and also the opportunity to attend any of their Health Club 50 GYM CLASSES for free for the whole month. PLUS they are hosting a special Seniors LUNCH on Wednesday 19 with live entertainment. Meals will only be \$9.50, but bookings essential so call Diggers to confirm your menu choice

and reserve seats. 6654 1234

Woopi's Finest BUTCHER invites you to flash your card to get a discount on your purchase. (Not meat packs or existing specials).

The weekly CRAFT Group at the Uniting Church invite you to join them from 1pm each Tuesday. There's also a Men's Group that meets at the Uniting Church in the mornings on Tuesday from 9 where you can play some BOARD GAMES or a game of CARDS with a mate. Both are really nice ways to meet people.

The Sunken Chip at Sandy Beach invite you to their monthly SEINAGERS MORNING TEA on Thursday 27 at 10.30am You will get to meet other retired folk have a laugh, a chat a few jokes and enjoy a free coffee and slice.

There's EUCHRE every Thursday at Woolgoolga Diggers at 1pm, \$2 for the afternoon of games.

WOOPI WALKERS head off every Tuesday and Thurs at 6.30am. Meet at the Surf Club, go for a walk then back to Taffy's for a coffee.

Tuesday mornings at 7am an intrepid group of senior ladies and one brave gent play TENNIS on the town courts. Always open to newcomers - \$3.50 covers the cost of the court rental, provides balls and usually funds their end of the year lunch - all skill levels welcomed.

Woolgoolga CROQUET club invites anyone to come and try croquet on Tuesday or Friday morning at 8am.

Woolgoolga Day VIEW Club will meet Thursday 20, 10.30am at Woolgoolga Diggers Club. They work with the Smith Family to support education for Australian underprivileged kids. A women's group that ranges in age from 60 to a 91 year old veteran!

The Woolgoolga Mens Shed is also open to both women and men Mon to Fri 7 till 12.

Seniors - Our Woopi Community

The Probus Club

has been a part of Woolgoolga life for many years and as more retirees settle in our beautiful part of the world and more local people became aware of our activities, our group is growing in numbers.

The Club practises Friendship, Fun and Fellowship and meets regularly to share interests and ideas and visitors and new members are made very welcome. Membership is open to men and women who are retired or semi-retired and there are lots of opportunities to get involved. Social outings are normally held on the first Monday of each month and cover a wide range of interests. Trips have included Nambucca River cruises, guided tours of the Coffs Museum, movies, Melbourne Cup celebrations, visits to diverse rural

properties, Dolphin Marine Conservation Park and more.

Each month, members and friends meet at Bluebottles to catch up over coffee and cakes.

On the fourth Wednesday of each month the general meeting is held at the Diggers Club at 9.45 for 10.00am and follows the format of a guest speaker, who is normally interesting, entertaining and challenging, morning tea and a brief business meeting. On that day, two of our members man a free book exchange with a wide variety of authors and genre and there is plenty of time for sharing of ideas.

We asked Past President Ian what prompted him to join Probus. He told us that he had been asked to speak to the Club about a trip to Bhutan and got to know some of the members and found it to be an interesting



and varied group of people and the values of fun, fellowship and friendship suited him. Ian is currently on the Board of Directors of the Woolgoolga and District Retirement Village and says it is a fantastic community owned organisation. He really enjoys working with the other Directors and the staff there.

Involvement with other organisations and groups in the Community is typical of a lot of our members. Joining Probus can open you to new friends and adventures.

New members are more than welcome and enquiries can be made to Noreen on 0410 466 188 or Trish on 0411 663 625. We are hoping to see you soon.

Have you ever wanted to play Lawn Bowls but not quite sure how to learn?

Woolgoolga Women's Bowling Club invite you to try a game of Lawn Bowls with them on Tuesday February 25 at 9am. Play a short game of bowls till 10.30am then enjoy morning tea. If you're interested contact Meryl on 0411 278 298 or email wbc.womensbowls@cex.com.au

WOOPi GARDENS NUTRITIONAL WALK

On Saturday 22nd February join the fabulous and very knowledgeable Ricki Moore on a Nutrition Walk around our community gardens. Ricki will show you which vegetables and herbs are good for what part of your body and discuss any concerns or questions that you might have about balancing your diet. Tour starts at 9 followed by morning tea.

First Aid Courses

Registered Paramedics with current TAE40116 training and assessment.

Small or large groups. We can come to your place or you can come to our place in Woolgoolga.

CPR \$60pp and Provide First Aid \$120pp.

We can cater for all your First Aid needs, all age groups and fitness requirements.

Contact Karina 0438 688 005 or info@firstaidcoursesoffsharbour.com.au



Our services include but are not limited to:

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

Josie Prime | 7/4 Market Street | Woolgoolga 2456

6654 8860

Seniors - Mind your mind

Every Thursday at 10.30am, 91 year old Don, comes to my Yoga class. He also goes to the local gym, plays lawn bowls, sings in a choir and travels to visit family. He is certainly an example of living life well.

Just like at every stage of our lives, staying active and social is so important for our mental wellbeing.

In fact there is increasing recognition good mental health is one of the key factors associated with healthy aging (Kane 2005). We are so lucky in Woolgoolga to have a broad selection of opportunities for older adults to stay active in friendly environments. You only need to look through this month's edition

of Woopi News to see all of what is on offer in our beautiful village. Mental health can sometimes be overlooked in older adults. Our physical and mental health is directly linked. When we talk about mental health we are not just talking about clinical mental illness. We are actually talking about our general mind and emotional health. Just like our physical health we don't always have a clinical diagnosis but we can feel lethargic, or have pain or a collection of minor symptoms that leave us feeling unwell but not sick. Our mental health is the same. It refers to our general attitude, our ability to cope with stress, our emotional stability; sometimes we feel really mentally well and at other times we don't feel as content or resilient. It is

helpful to view ourselves as whole beings, whose physical, mental, emotional and spiritual wellbeing all requires care. Check in with yourself this month and review your overall well-being. Perhaps engaging with one of the many activities on offer in our town might be the key to your healthy aging.

Author: Local, Anna Miley, Exercise Physiologist, Certified Yoga Teacher

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



ROB BROWN'S

DENTURE CLINIC

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



Australian Dental Prosthetists Association (NSW) Inc

NO REFERRAL NEEDED!

6654 1452

6/66 River Street, Woolgoolga

Seniors - Keep active

Keeping active to prevent trips and falls!

When aging, falls become an increasing worry for many people. Often being dismissed as a part of getting older.

What can older people do to help prevent falls?

Some factors which may increase the risk of having falls: Reduced balance. Decreased strength. Vision impairments. Loss or reduced feet sensations. Fear of falling.

How does exercise help?

Exercises can improve a number of the above factors. Including feeling more confident performing activities of daily living safely. Improving your muscular strength, mobility and balance during everyday activities.

What exercise should I do?

Balance training:

This should include safe exercises that moderately challenge your balance. *Example* doing balance exercises beside a wall or bench used to stabilise you if required. Balance challenging exercises include movements or postures performed on one leg or feet close together. *Example* walking in a straight line with heel to toe. These exercises will not only increase your stability, also improve your bodies responses to being put off balance. This can improve your reaction time and how you correct your movement to prevent yourself from falling in this situation – good news!

Resistance training:

Increasing your lower limb and trunk strength will improve your walking ability

and reduce muscle fatigue related to losing balance and falls. As you become stronger, your confidence in yourself and your body will improve. We know a fear of falls may increase your risk, an increased confidence will improve your mobility and help prevent future falls.

How can Coffs Coast Sports Physiotherapy help?

Our team of physiotherapists, exercise physiologist and podiatrist can work together to assess your current balance, mobility, injury and risk of falls with the view to develop a structured corrective exercise and treatment program.

We are here to help – feel free to call or pop in to chat about the options that will best work for you.

You can find us in Fawcett Street, opposite the skate park. Phone 6654 2477.

Nominations open

There's still time to nominate your favourite senior. One who makes a difference, whether it be a grandparent who supports the family, a volunteer that lends a helping hand, or an older person who advocates for the rights of others."

Local and Member for Coffs Harbour Gurmesh Singh is encouraging us to celebrate a local senior by nominating them for the 2020 NSW Seniors Local Achievement Awards.

You have until February 10. Nomination forms are available at Gurmesh's electorate office 1/9 Park Avenue, Coffs Harbour. or via www.woopinews.com.au

coffscoast sports physiotherapy

Quality care for your injury

Sports Injuries, Orthopaedic/Joint Rehab
Neck and back injuries
General and tendon injury rehab
Hip, knee and ankle injuries
Shoulder, elbow and hand rehab
Work cover injuries/conditioning
Physical capacity assessments
Hydrotherapy, dry needling

Radial Shockwave Therapy:
Treatment for tendinosis/calcific, plantar fasciitis, myofascial release

Exercise Physiology: Strengthening, Health & Disease Management

Pilates: Gym, individual and classes

Remedial massage
Acupuncture / TCM

NDIS provider

Motor vehicle injuries, DVA, EPC

EXOS bracing, taping and bracing
Fibreglass plastering and removal

Physio product sales
Braces, crutches, moon boot hire



Woolgoolga 6654 2477
3 Fawcett Street

Coffs Harbour 6651 9622
78 Albany Street

www.ccsp.net.au

Seniors - Technology

Technology has become a necessary evil

One of the most common issues I encounter from a technology standpoint is the gap between digital technology and our senior community.

Whether we like it or not the government, financial institutions, utility companies – all rely on the user/customer to have a digital presence in order to interact with them. I have found myself, on many occasions, nursing people through the online application process for various institutions only to realise that, unfortunately, the person I was assisting was not learning the process or is struggling to come to terms with the fact that this is how everything

is done, or going to be done in future.

Since realising this, I have completed some research into online training for seniors. I have also became a member of the 'Good Things Foundation' which is a vessel for the 'Be Connected' program – a Government born initiative to assist older people improve their digital skills.

Mainly to access essential services such as Centrelink, Medicare, Services NSW, etc. The online training provided through this channel can be very beneficial for ongoing learning. It even allows the user to select what operating system they are using on their computer (Mac or Windows), mobile phone and tablet training (Android & IOS) and is full

of information and courses in an attempt to bridge this gap between the older community and digital technology.

If you fit this category, or know someone that needs a bit of help in this area visit the following website: <https://beconnected.esafety.gov.au> and check out what it has to offer.



Nick Valaxus

Free computer classes

Another way to help you understand the digital age is via the Tech Savvy classes held at the Seniors' Centre

Topics include: Introduction to Android Tablets and Phones, Introduction to Online Banking, Introduction to iPads and iPhones, Introduction to Computers, Introduction to Social Media, Introduction to Online Shopping, Introduction to Email, Introduction to Cyber Safety, Sharing Photos and Other Attachments Online.

Contact Coffs Coast Community College 6652 5378 or if you are able, admin@coffscollege.nsw.edu.au



Together
WE SERVE

HOW CAN YOU HELP YOUR COMMUNITY?

Become a member of the Lions Club of Woolgoolga

*Have you just retired? Need to have some fulfillment in your life?
Do you have skills in administration?*

Contact us and discuss how Lions can be a valuable and rewarding part of your life.

We meet at the C.ex Club, Boundary Street, Woolgoolga
1st and 3rd Thursdays of the month at 6:30pm

or Volunteer 4 hours per month at the Woolgoolga Waste Transfer Station
Where the moneys collected are channelled directly back into our local community



*E:mail: woolgoolga@lionsdistrict201n1.org.au
Phone: Mike Mellefont – Secretary – 0408 395 053*

Humans of the Northern Beaches



Anne Dorman

It's 6:15 in the morning, the sea mist blankets the beach and the morning sun is warming the bodies of a group of dedicated humans known as the Woopi Wavers. The sun is bouncing off our long standing, original Woolgoolga Surf Club and the Woopi Wavers have just been for their ritual, early morning swim. I am sitting with Anne Dorman, one could say the founding and longest member. Anne

had her towel wrapped around her, goose bumps a plenty, so I wanted to keep it brief. I started by asking her how long she had been in Woopi? "30 plus years." I then asked was she born and bred here? "No." Anne was straight to the point. I then asked Anne where she came from? "Murwillumbah and before that Sydney." she said.

Anne has a big smile and a strong but comfortable presence about her and I didn't feel the morning chill one bit. It was at that moment I realised I was in awe mode.

So, the people behind me think you are the founding member of Woopi Wavers, I said to Anne, her big smile

came through "Well with Glad and Art, we started swimming together, then we decided to give ourselves a name, other people started joining us and now we're in the surf summer and winter." I asked Anne, how long do you reckon you have been doing this? "Well, 30 plus years, the same time I've been in Woopi, well its nearly 31!"

Do you love your sleep? Do you love to sleep in? Can you imagine waking up every morning, summer or winter and swimming at Woolgoolga's main beach, and do it for over thirty years?

The Woopi Wavers are a young at heart bunch and have a very loyal following.

So, what's the bug, why do you come here every morning? I said. "Well I love the water and that's why we came here to live, because it was a good safe surfing beach. I just love it here." I told her I understood and then asked Anne what was her favourite part about Woolgoolga? (I had to ask, but I sort of knew the answer already, right) "The beach" yeah you love it? We both just laughed "I body surf, oh and I used to boogie board, but I wore them out so now I just body surf." she said, still holding that smile.

So, you have seen the town grow? "Oh yes, you could just pull up in front of the shop you wanted to go into but ya can't do that now."

Anne and the Woopi Wavers meet every morning at 6 and you don't need to be a rocket scientist to figure out why it's so therapeutic and revitalising for the soul after a sleep. It sets up the day with zest and gives you the spark you need. When you see the Woopi Wavers all sitting on the long bench seat at the Surf Club, the smiles say it all.

I asked my final question, Is it Woopi or Woolgoolga? "It's Woopi," she replied.

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

- *Garrett Nicholls*

INTERIM REPORT - ISSUES & OPTIONS PAPER FOR PERFORMING ARTS SPACES (INDOOR & OUTDOOR): Have Your Say!



* Drop in and discuss the interim report in person with our consultants and Council staff at the Cavanbah Hall, 191 Harbour Drive, Coffs Harbour from:

3-6pm Mon 10 Feb 2020 and 9am-12noon Wed 12 Feb 2020

All are welcome – no bookings required

* Submissions are invited via Council's Have Your Say website by **28 Feb 2020**

The interim report and further project information can be viewed and submissions made on Council's Have Your Say website: <https://haveyoursay.coffsharbour.nsw.gov.au> for enquiries email creativecoffs@chcc.nsw.gov.au

More project info: haveyoursay.coffsharbour.nsw.gov.au



Seniors - Our Woopi Community

Woolgoolga Red Cross Branch has a long history in Woolgoolga

It came into existence in 1914 when a group of locals joined together to knit, sew, cook and fundraise to support the war effort. They continued their efforts throughout both World Wars and recessed in 1944.

The Branch was reformed in 1991 and now some 140 members and volunteers contribute their humanitarian effort to support vulnerable people in a variety of ways. Community engagement is a major goal of the Branch and programs include the award winning Skyrockets Homework Group which is an educational program supporting children of local refugees. Another is Hands On where volunteers visit residents at the Woolgoolga Retirement Village to provide some basic hand massage and a friendly, and very welcome, chat.

A group of skilled knitters make Trauma Teddies which are distributed to ambulance centres, fire brigades and hospitals for donation to traumatised children, and are particularly in demand with the current bushfires across our country.

Trained Emergency Support volunteers have also been in high demand with the drought and bushfire conditions and are on call to assist at Evacuation Centres and Recovery actions.

The longest running project of the Branch is the monthly Friendship Afternoon Tea (FAT) which is held on the last Friday of each month, and which provides a fun outing for seniors with great local entertainment, delicious home-made food and sing-alongs. Initially

begun as a venture to give back to the community the Afternoons have provided opportunities for meeting with friends and have seen generations of children come along to entertain and share with visitors.

Busy Branch members also fundraise to support Red Cross on local, national and international scenes with barbecues, a motorbike run, raffles and the annual Red Cross Calling Doorknock Campaign all contributing considerable funds to assist in the humanitarian work of the movement.

Many of our committed members volunteer in several programs. Doreen is one who uses her talents and energy across the work of the Branch. She was asked about her background and her involvement in humanitarian work.

What brought you to Woolgoolga Doreen, and how long have you been here? I came from Scotland in 1962, and spent several years in Sydney. My husband and I visited in our campervan and while here I was invited to the FAT and was impressed with the spirit of the volunteers. A neighbour, Betty Watkins, asked me to be involved.

You are now heavily involved in the wider community. What made you decide to be a volunteer – and what attracted you to Red Cross in particular? When we moved eventually to Woolgoolga I was most impressed with the Red Cross Principles and the Pledge which guide us as volunteers – they are all about helping others, meeting and listening to their concerns.

Your official role in the Branch is Catering Officer but you are often seen around town promoting the



work of the organisation and helping in various ways. Recently you were sighted at the local market collecting funds for the Red Cross Disaster Appeal (see pic). You also look after our History Books which are a record of almost thirty years of activities and successes of the Branch in the district. What are your favourite activities? I really love doing whatever I can to help – but if I had to choose I enjoy selling raffle tickets in the community, talking to passers-by and sharing with others.

You have now been a financial member for 14 years. What advantages do you see in joining, other than the very low annual fee? Insurance cover is the obvious one but I really value the recognition of being part of the team. The community spirit within the Branch is wonderful. I have also enjoyed attending State wide celebrations and Regional Conferences.

It sounds like you would make a great recruitment officer – what would you say to people looking for

volunteering opportunities in our community? The friendship within our Branch is so enjoyable and it goes wider afield to other Branches across the region. As a team we are helping others, listening to their concerns and finding solutions. I do enjoy the day-to-day commitment.

Thanks Doreen. Your passion is contagious and you make a fabulous ambassador for Red Cross.

Let's all try and make this world a happy and safe place to live. It is so important that we grow community spirit, are involved in everything, and support our neighbours especially at this time when we are surrounded by disasters.

If you would like to find out more about how you can be involved please come along to the monthly meetings at the CWA Rooms at 1.30pm on the second Tuesday of each month, or visit the FAT on the last Friday of the month, 2pm at the Seniors Centre. Enquiries can be made to Annette on 0418 214 587.

Our Woopi Community

Boomerang Bags Next meeting Feb 16, 1pm Community Centre

CWA Woolgoolga third Monday 10am, CWA Rooms, 21 Beach Street. Carol 0402 249 371. Next meeting Feb 17

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

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

Grandparents and Kinship Carers 2nd Monday 10am Neighbourhood Centre. 6654 1598

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

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

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

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

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

Rotary auction first Saturday of month.

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

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

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

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

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

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

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

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

Woolgoolga Evening View Club meet 2nd Wednesday, 6pm C.ex Club (Bowlo) in the cinema room. Meeting followed by guest speaker and dinner

contact Secretary Elfie Garbers 0427 541 032. woolgoolgaeveningviewclub@gmail.com Visitors always welcome

Woolgoolga Mens Shed 6656 1210

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

Woolgoolga Neighbourhood Centre Cnr Beach and Boundary St 6654 1598

Woolgoolga Probus Club meet fourth Wednesday, Diggers 0410 466 188

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

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

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

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

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

For listings please email woopinews@gmail.com

COUNSELLING FOR CHILDREN IN FIRE AFFECTED COMMUNITIES IN NSW

The Australian Childhood Foundation would like to extend an invitation to those Children and Young people who are in fire affected communities across NSW the opportunity to access a counsellor to provide support at this distressing time.

It is important that families can get access to the help they need to move through this devastation, to provide the opportunity to begin to heal from the impact of this traumatic event.

We can offer short term outreach counselling in a location close to where they are currently residing. If you would like to make a referral, please call 1300 381 581.

Australian Childhood Foundation

childhood.org.au

Grandparents and Kinship Carers.

Support group for Grandparents and Carers raising children.

An opportunity to chat with people who know and understand what you might be going through.

**Next Morning Tea 10am
Monday 10th February**

at the
Woolgoolga Neighbourhood Centre,
35 Boundary Street.
Phone 6654 1598 or just turn up



Woopi News would like you to meet Kari Hilton (aka KC).

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

We are pleased to have KC join us with a regular column offering tips and advice for a better understanding of the law and how it affects you.

Understanding of Verification of Identity – Why is it so difficult?

We are all familiar with searching our wallets to find the 100 points of identification to open a bank account or even just to sign a membership form. There never seems to be enough ID in your wallet despite being exactly who you say you are. Verifying your identity is even more extensive when consulting a solicitor regarding a property or conveyancing matter. Why is it so difficult to prove who you are?

The simple answer is that it is for your own benefit, even though it certainly doesn't feel like it when you are searching for that elusive additional form of ID. Unfortunately, identity crimes are on the rise in Australia and cost us billions each year.

In Canberra in 2014 a residential property was sold without the South-African based owners' knowledge; it was only discovered once she stopped receiving rental payments and contacted the real estate agent to find out why. The fraud was able to occur because the agent and the solicitor involved were contacted by email and provided with copies of identification electronically or by post by the fraudulent party impersonating the owner.

In 2016 new conveyancing rules were introduced in NSW in an effort to prevent this type of fraud from occurring. The rules require a face-to-face interview with a legal representative or appointed identity agent with production of at least two original forms of identification depending on the documents provided.

As you may be aware, conveyancing in NSW is now completed primarily through electronic workspaces linked directly to Land Registry Services and electronic Certificates of Title are issued in the majority of transactions. This makes face-to-face verification of identity with your legal representative an important way of preventing fraudulent property transactions from occurring keeping in mind that property is often one of the biggest investments we make.

If you have any questions regarding a property or conveyancing matter, Gallagher Solicitors & Conveyancers have appointments available in Woolgoolga with our locally based solicitor, KC Hilton. 02 6642 6944

Monster Monthly Auction

The Woolgoolga Rotary Monster Monthly Auction, started out as a one off fundraiser many years ago and is now a regular, must go to, on the first Saturday of every month. It's held at the Rotary compound which is behind the CWA building, beside the Woolgoolga Diggers (that's the one with the helicopter). There is always a huge variety of goods donated by the local community. Furniture (dining settings, sofas, beds, mattresses), white goods (fridges, freezers, washing machines), sports equipment, bikes and tools.

You can view and buy smaller items from 10am, and check out what is up for the auction which is held at 1pm. Money raised goes towards our community projects: local, national and international. <https://woolgoolgarotaryclub.org.au>



VALAXUS
PHONES & NBN

valaxus.com



Coffs Coast
COMPUTERS & I.T.

coffscoastapplemac.com.au

Now Introducing - TV Antenna Installation & repairs!

YOU'RE NOT ALONE, WE'RE A CLICK AWAY

7 Bosworth Rd, Woolgoolga 2456 NSW

1300 431 678

Level 1 Water Restrictions

NOTICE TO ALL WATER USERS

IN ACCORDANCE WITH CLAUSE 137 OF THE
LOCAL GOVERNMENT (GENERAL) REGULATION
2005, LEVEL 1 WATER RESTRICTIONS APPLY
FROM MONDAY, 16TH DECEMBER, 2019
IN THE COFFS HARBOUR CITY COUNCIL AREA



COFFS HARBOUR
CITY COUNCIL

Water restrictions apply to ALL properties connected to the Coffs Harbour City Council water supply systems.

Water Restrictions apply to ALL RESIDENTIAL AND NON-RESIDENTIAL CONSUMERS including public areas, commercial premises, holiday accommodation, etc

Some LEVEL 1 WATER RESTRICTIONS are:

- Residential properties permitted to use hand-held hose for maximum 1 hour on relevant odd/even calendar days before 9:00am OR after 4:00pm only. NO watering on 31st of the month.
- Residential hosing or pressure cleaning of hardstand areas eg. driveways, is banned except for health and safety reasons
- Non-residential properties permitted to use sprinklers, fixed/ unattended and hand held hoses for maximum 1 hour/day between 7:00am - 8:00am
- Non-residential hosing or pressure cleaning of hardstand areas is banned except where food is prepared/consumed or for health and safety reasons

Complete details of LEVEL 1 WATER RESTRICTIONS are available on the Coffs Harbour City Council website: www.coffsharbour.nsw.gov.au/water

Breaches of LEVEL 1 WATER RESTRICTIONS or misuse of water attracts an on the spot fine of \$220.00 under the Local Government Act 1993 (Sec 637). Report breaches to Council on (02) 6648 4000.

Properties that use alternate water supplies (eg bores or tanks) with NO town water top-up are to have appropriate signage, clearly visible from the street, on the property.

The Woopi that Was

This month we bring you the final chapter of Don Clinch's memories of Woolgoolga from the 50s when he arrived as an enthusiastic new chemist in town.

He told us of his arrival and how it looked and felt. He shared some stories of Billy Avery's Café, the Priors, the Ratcliffe family, the Featherstones, the MacPhersons, the Blackadders and Billy Richards Supermarket. He shared with us anecdotes of The Seaview, the Post Office, the banks and the clubs. He also reminded us of the old jetty and the timber cutting and banana growing days along with some yarns of the local constabulary and the lack of medical support in our town. When he left us last month he was reflecting on the effects of droughts and fire on agriculture and the introduction of tourism and the need for more population...

The Woolgoolga Chamber of Commerce was responsible for forming the first regional tourist promotion group in Australia, the Mid North Coast Tourist Authority. Its concept was five years ahead of the US. Slowly this promotion brought more people to the area by introducing them to the attractions of a place for permanent residence. It is safe to say that the region's economy is now significantly based on tourism.

Unfortunately, the organisation failed after about five years due to the lack of support from local councils. In 1968 I addressed a meeting of the Kororo P & C on the future of the Kororo basin. To the incredulity of those present, predictions were made that the coastline would carry tourist accommodation. Professional people and outsiders who, having money, would buy and settle in permanent homes there. You can see what has happened.

During that same period the classic example was the establishment of the hydroponics enterprise on the side of the highway just north of the town, known then as 'Wonder Gardens'. There, at one stage, 80,000 lettuce were under production. It was a very early introduction to the present

fruit and vegetable industry, a good proportion of which uses modern hydroponic culture, and which was destined to become a major factor in local economics.

In those early days there was the beginnings of the Indian Community. I recall Booja Singh, who lived opposite the recreation ground, and Jageer, and Gurbachin, and Pritam, and Chanan. It was said they came from Punjab, the farming province in India and from Fiji to supplement the labour force for cane cutters and banana growers when all the local young men went off to war. They liked things here and did not go back after the war. They brought their wives and families out to Woolgoolga and so their community grew. Their custom of arranged marriages also had an effect. History proves them to be shrewd businesspeople, and history also records them to be the very best neighbours.

There was the advent of the flourishing Costa and Ozberries Co-operatives, spreading its wings to cope with the expanding blueberry farming industry. In the 50's and 60's the banana industry was considered the most affluent and major money earner. Woolgoolga certainly grew good bananas.

As our population grew, so did the number of children, the single primary school was elevated to a central school. High school students travelled by bus to Coffs Harbour for fourth and fifth year studies. It was far from satisfactory. Woolgoolga achieved high school status with a high school in a tree studded location for 800 students at a cost then of \$5,000,000. Additions were made to the primary school and the Sandy Beach Public School was built to cater for children south of the town.

When the dangers of having the Pacific Highway through town with a dangerous corner was realised, the highway was redirected behind the Top Town Shopping Centre. This meant that the shops there were not getting the benefits of passing traffic. I was speaking to a prominent architect in Sydney who advised that to be successful you have to have premises somewhere close to a focal point in town. It became obvious that the place to be was at the beach, so my wife and

I bought the land and built Surfside Plaza. (pictured below)



It triggered the relocation of some existing businesses and prompted people to build new premises there. So, in some ways the town changed its direction when the Highway changed its direction. Several months ago I loaned the Yeates, History of Woolgoolga to a visiting American. When he returned it he said it was obvious that Woolgoolga had been treated as the poor country cousin of Coffs Harbour.

This prompts me to tell you the story of Lake Road. In the 50's and 60's it was just a track of grass over sand with two wheel tracks and a low area on the north end. It was possible to get bogged in the soft dry sand, and a guarantee of getting bogged in the low area in wet weather. It was Crown land and Council would do nothing to improve it. The Beach Management Committee had a member who was a large Sawmiller who had a lot of mechanical gear. The Committee took a lease over a gravel pit at Knobby. The chemist, the doctor and the butcher as committee members, laid out the road! The sawmiller loaned the grader and bulldozer and the committee engaged tip trucks and paid the drivers' wages. In one week-end the road was surfaced with gravel. The location of the road altered to eliminate the bog hole. Then some beer was consumed at the RSL Club.

When the Council did assume control of the road, it was surfaced with a tar seal ... and that is the road to the lake today.

The Highway was sealed, and they took out the posts and hitching rings in Coffs Harbour got a bigger and better hospital and another private hospital, more Doctors there (and in Woolgoolga), and so many new facilities that the grip by the Clarence area died. Woolgoolga looked to Coffs Harbour as its larger centre.

The Woopi that Was

The homes on the subdivisions around the town are in such numbers now, that, in fact, Woolgoolga is slowly taking the position of Coffs Harbour thirty years ago – as the centre for the area Red Rock to Moonee Beach, and the rural subdivisions.

A revelation occurred on 7th June, 2013. It was connected with Rotary's celebration of the 125th Anniversary of the establishment of the Village of Woolgoolga and the opening of the Heritage Walk. I viewed the parade from the roof of Surfside Plaza. It gave a great overview of the masses of people all there because it was Woolgoolga. Whilst the crowd was cheering, a great feeling of quiet came over me. I had read Professor Yeates' History of the Village several times and had been a resident from 1951 to 2013, but never before had I witnessed such a demonstration. The feeling was that Woolgoolga had come of age by this mass of people united in joyous celebration. But all the characters have gone. They have been replaced by personalities.

The truth is that the characters were locals. They never had the opportunity to become personalities. But as I look around Woolgoolga I see people who have had that opportunity. Whilst the characters had all the colour to inject into the day-to-day events in the town, a personality is prompted to make a contribution in direct proportion to his or her worldly experience.

The town has not only grown in population over the years, but it has grown in breadth and depth. In the 1950's the residents were fiercely proud of their town, and that pride came from a common sense of not having much

Woolgoolga Central School, 1964



Top L to R. David Harris, Rodney Cordell, Alan Casey, Stuart Condon, Dennis Wells, Mark Dare, Russell MacLennan, John Pearse, Teacher Mr Kel Engel. **Second Row.** Zara Singh, Lorraine Oliver, Hardip Singh, Kathy Hall, Zaura Dean, Dale Mawhinney, **Third Row.** Chris Newman, Billy Wells, Peter Whitton, Garry Howard, Ken Carters, John Moffitt, Trevor Newman, Gary Lee, Terry Booth. **Front Row.** Robyn Morrow, Denise Mawhinney, Marion Hall, Parlo Singh, Olga Pilton

but being able to do and be happy and of course that final knowledge that they could depend on one another. There were limits to that because of relative isolation. But some years ago, I detected a new sense of pride developing. I believe that population growth, and with that the arrival of personalities and their families, has influenced the thinking and definition of 'pride'.

Woolgoolga in the 50's and 60's and even before that was limited by its resources, natural and human. But the resources allowed the town to live ... or exist. Progress brought those secondary resources ... those personalities. In their numbers they

have reversed the process and made decisions to make decisions.

My notes do not run in chronological order, nor are they in any way remotely complete. Dates have become irrelevant over time. We don't worry too much about time in Woolgoolga. As I and so many people have found out. It's not a bad place to find yourself, and to realise who you are.

Well that's it for Don's Memoirs. Woopi News would like to sincerely thank Don for sharing these with us. Stay tuned next month for more 'The Woopi that Was'.

COMMUNITY FACILITIES PLANNING:

Have Your Say!



Complete a survey about community facilities in your area, online at <https://haveyoursay.coffsharbour.nsw.gov.au/communityfacilitiesplanning> and/or

Attend a workshop - 10-11:30am, 11 Feb 2020, Woolgoolga Library. Due to limited spaces registration is *essential* at Council's Have Your Say website or via creativecoffs@chcc.nsw.gov.au

Council is developing a community facilities plan to meet the needs of our community now and in the future.

We are talking with people across the community to gather information on needs, gaps and opportunities with facilities such as community and youth centres, halls and other indoor venues.

More project info: haveyoursay.coffsharbour.nsw.gov.au



What's on in Woopi

Sat 1: Safety Beach Giant Neighbourhood Garage Sale, Over 30 houses 8am-2pm

Sat 1: Rotary Auction

Sat 1: Disabled Surfers Association Hands On Surf Day. Woolgoolga Beach 8.30 for 9am

Sat 1: Bollywood Markets Woolgoolga Beach Reserve

Sat 1: Barefoot Beach Walks - Mental Health Support. Woolgoolga Beach 10am

Sat 1: AFL Blues Season Launch, Centennial Oval 2pm

Sat 1: Retro Kids Party Moonee Beach Tavern 5.30pm

Sat 1: Live Band Karaoke with Miss Chief Seaview Tavern 8pm



Sun 2: Yoga for Beginners StudioMove \$40 - 1.30-3.30pm To book phone Anna 0409 542 500

Sun 2: Paint pARTy at Moonee Beach Tavern 2pm

Mon 3: Superbowl live on the big screens C.ex Woolgoolga

Wed 5: Free Trivia Night - Amble Inn 6.30pm

Thu 6: Beyond Beginner Ukulele Lessons, Woolgoolga Library 11am

Fri 7: Fluro Friday, wear your brightest colours and support mental health. 6.30am Woolgoolga Beach

Fri 7: Beer Bored & Buzz, 6pm Garage Board Store Mullaway.

Fri 7: Craig Atkins Music Sam's Place 6pm

Fri 7: Moonee Mobile Trivia Moonee Beach Tavern 6.30pm

Fri 7: Push Band live at the Seaview 8pm

Sat 8: Barefoot Beach Walks - Mental Health Support. Woolgoolga Beach 10am

Sat 8: Woolgoolga Beach Markets - Marine Rescue Woolgoolga Beach Reserve

Sun 9: Happy Functional Spine Workshop \$40 StudioMove 1.30pm



Fri 14: Valentine's Day Love Bonus - Walters Bistro C.ex Woolgoolga

Receive two free desserts (mango cheesecake with mango coulis) plus two complimentary drinks* when you spend \$40 or more at lunch or dinner on Valentine's Day from Walter's Standard Menu#.

***Schooner of tap beer, glass of house wine, glass of sparkling or schooner of soft drink. #Excludes the specials menus (lunch/dinner).**

Fri 14 Valentines set menu 5 course tasting menu for \$65 matching wines for \$35 Anchor Kitchen & Bar

Fri 14: Fluro Friday, wear your brightest colours and support mental health. 6.30am Woolgoolga Beach

Fri 14 : Mighty Ocean, Sam's Place 6pm

Sat 15: Barefoot Beach Walks - Mental Health Support. Woolgoolga Beach 10am

Sat 15: Coloured Porcelain Jewellery Making - North Coast Potters CWA Hall 9am

Sat 15: Mighty Ocean, Anchor Kitchen & Bar 8pm



Sat 15: Two Fires Chisel Show, C.ex Woolgoolga 8pm \$25 18+

Sat 15: RnB Night with DJ Helmy Seaview Tavern 8pm



Sun 16: Coffs Coast Archery First 3D Shoot and AGM - Creek Road, Woolgoolga

Sun 16: AKOVA, Anchor Kitchen & Bar 3pm

Wed 19: Free Trivia Night - Amble Inn 6.30pm



Thu 20: Woolgoolga and Northern Beaches Chamber of Commerce Network Breakfast, Digital Transformation: Create A Modern Workplace, Woolgoolga Diggers 7am Tickets via Eventbrite. 0410 052 601

Fri 21: Additive Free Masterclass, Woolgoolga Neighbourhood Centre Tickets via Eventbrite \$38 6.30pm

Fri 21: Fluro Friday, wear your brightest colours and support mental health. 6.30am Woolgoolga Beach

Fri 21: P.A.P.S. Past and Present Staff of Woopi High 2020 celebration and reunion. Woopi Lake 4.30pm

Fri 21: Pink Zinc Live Seaview Tavern 8pm

Sat 22: Bollywood Markets Woolgoolga Beach Reserve

Sat 22: Barefoot Beach Walks - Mental Health Support. Woolgoolga Beach 10am

Sat 22: Peter L Barry, Anchor Kitchen & Bar 8pm

Sat 22: Leeroy and the Rats Live Seaview Tavern 8pm

Sun 23: Jesse Morris, Anchor Kitchen & Bar 3pm

Fri 28: Fluro Friday, wear your brightest colours and support mental health. 6.30am Woolgoolga Beach



Fri 28: Hat Fitz & Cara - Free Show. C.ex Woolgoolga 7.30pm

Fri 28: Hekyl and Jive live Seaview Tavern 8pm

Sat 29: Barefoot Beach Walks - Mental Health Support. Woolgoolga Beach 10am

Sat 29: Mighty Ocean, Anchor Kitchen & Bar 8pm

To be included in next months What's on Guide please email your event to woopinews@gmail.com before February 10

Seen at the scene...



Beach Beauties all in their floral. Shanine, Lily, Mel and Belinda



Ellis giving Freddy a push



Noah mastered surfing the peacock flamingo

Wednesday 5th & 19th Feb
Trivia Night
6.30pm for a 7pm start

the AMBLE~INN

Every Wednesday
Happy Hour
\$5 schooners
(on all Carlton products)

f 7 Tasman Street, Corindi Beach Phone 6649 2622 www.ambleinn.com.au



Tradie of the Month

Ison Tile & Stone

With each new client comes a new opportunity to be creative and **Ison Tile & Stone** will ensure your ideas are brought to life.

Ison Tile & Stone is a premier wall and floor tiling company, that is licensed in QLD and NSW. A family owned and operated business that has always delivered a high quality of craftsmanship since 2001.

With many years experience, **David Ison** and his team work hard to ensure your tiling work is to a high standard and completed to your satisfaction.

Their scope of works include: tile removal, waterproofing, bathroom renovations, new homes, pool, pool surrounds, residential, commercial, resorts and specialising in high-end porcelain and stone.

You name it – they know how to get it laid! They provide a no fuss service in all the features that you might need and are available to start at your most convenient schedule.

No job is too big or too small as they provide quality, excellence and a personal touch with each project.

For a closer look, check out these links:

www.facebook.com/davoison

www.instagram.com/ison.tileandstone

Please consider **Ison Tile & Stone** for any of your tiling needs. Contact David on 0414 620 108 for a free measure and quote in the Woopi and Coffs Region.



Local Trades and Services Guide

ADVERTISING



You can advertise here for just \$50.
0410 052 601
woopinews@gmail.com

ELECTRICAL



ELECTRICAL PTY LTD
For All Domestic Installation & Repairs
Phone Brad Close **0408 756 590**
Pacific Street, Corindi Beach NSW 2456 • Lic. No. 35276C

PLASTERING



Specialising in New Homes

Patrick Curtain
0404 276 918
pwcplastering@gmail.com

Laura Connell
0452 605 293
Licence No. 266 864C

ANTENNA



FLOOR COVERINGS

Dwayne Heffernan Floor Coverings

0423277566
dwayneheffernan@gmail.com
Carpet and Vinyl Layet

PLUMBING



Alex Byrne **0421 517 216**
abyrneplumbing@gmail.com
Plumber • Drainer • Gasfitter • Metal Roofer

CLEANING



GARAGE DOORS



Colin Williams
Principal
Showroom & Office
33 Bosworth Road
Woolgoolga
NSW 2450

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

PRINTING



Printers of Woopi News
(02) 6651 1566
5/9 GDT Seccombe Close
Coffs Harbour NSW 2450
info@pepperprint.com.au



ELECTRICAL



LAWNCARE



TILING



Delivering a high standard of quality

Woopi sport

CRICKET

The Northern Districts Rebels are now shaping up for the second half of the season. All grades are in with a shot for Semi Finals lime light. All players have been training hard and having an enjoyable season.

Premier League have been playing strong and sitting third on a very tight table. There are only four points separating the three teams. Some strong results from Nick Velt with the ball and Alex Byrne with the bat scoring 75.

The Ones have been inconsistent throughout the season with some convincing wins and frustrating losses, but they are still in a position to play in the finals. Players that have put some great performances in during this inconsistency are N. Nagra,

A. Heir, M. Haworth, L. Carlyle, C. Dickinson, S. Clair, C. Pickett and P. Nagra.

The Twos have continued to improve as the season has progressed with the team also positioning itself for a run at the finals. The senior players have played consistently which has given the younger players such as S. Lalli, J. Rangi, I. Bajwa and P. Sidhu confidence and put together some match winning bowling and batting performances.

The Threes have also been batting really well with Beau Jefferies scoring 42 off 42 balls. He hit five fours in a row against competition leader Bellingen. He also held the top score and aggregate for the North Coast at the recent Ballina Carnival. Brady Thelander scored an impressive 96



Arundeep Heir

and our two T20 teams have played a couple of games with indiffering results, but we have seen some great innings from N. Stanlan-Velt, Q. Feroz, N. Nagra, B. Mangat and A. Heir who has hit a 53 off 29 balls and 100 n/o off

38 balls. He also has backed this up with some consistent bowling. L. Cox, Q. Gunjial, J. Dosanjh and P. Nagra have also had some notable bowling figures.

Good luck for the rest of the season Rebels.

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

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

PLANT & LABOUR HIRE:

- 3.5T Excavators
- 5.5T Excavators
- 14T Excavators
- 24T Excavator
- Posi Tracks
- 10,000L Water trucks
- Slashing Attachments
 - Forestry Mulcher
 - Road Sweeper
- Core Holing Equipment
- Tipper Trucks
 - 5t, 8t and Bogi
- Electrofusion Welding
- Labour Hire
- Employees have confined space ticket, up to date first aid and appropriate machine tickets
- Full insurance and public liability.



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

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

HARVEY EXCAVATIONS PROUDLY SUPPORTS THE FOLLOWING GROUPS:



NORTHERN
DISTRICTS
REBELS

OP



-  **Coffs Harbour**
EISTEDDFOD

OR 
COFFS HARBOUR
clay target club



Woopi sport

WOOPI NETBALL

Wear the Woopi Green!!



It's getting so close now to the restart of our U12, U13, U15 & U17 Rep. Squad Training.

Woopi Netball welcome players old and new to come along and trial for these 2020 teams.

Due to the hot conditions they will start slightly later each week until our Senior Comp starts on 3rd March.

Be there at 4.45pm for a 5.00pm sharp start. Please remember players that the selectors will always be watching and the final selection trials will take place very soon!

We are also seeking expressions of interest for players to join our awesome Over 35's team for North Coast Regional League with training to start shortly.

Online Registrations are open for the following Competitions

- Senior Ladies (players turning 15 up).
- NetSetGO (for players turning 5-7)
- NSG Go Junior (players turning 8-10)
- Intermediates (players turning 11-13)
- Cadets (players turning 14-17)

Registering Online is compulsory. If you require assistance to register or cannot pay online please ask for help at one of the Rego sessions detailed below.

To Register visit our website - www.woopinetball.nsw.netball.com.au
Click on the Register to Play tab and follow the prompts from there.

SENIOR LADIES COMP: Tuesday nights. Nominate as a team or individuals are most welcome. Comp starts 3rd March. This should be a great Comp and the Ladies teams from our recent awesome Twilight Comp will be ideally suited.

So get your teams together, we would love to field two divisions.

SATURDAY COMPETITIONS - NetSetGO 5-7 years, NetSetGO Junior 8-10 Years, Intermediates 11-13 years and Cadets 14-17 years. Rego assistance and information sessions on Saturdays 22nd & 29th February at the Seaview Tavern 11am-12.30pm.

GO Junior, Intermediate & Cadet teams are graded from the pool of players in their age group. To enable these competitions to proceed we require volunteer coaches and umpires. Woopi Netball will provide full assistance, guidance, training and resources so we'd love you to give it a go!

The first of two grading days is on Saturday 7th March.

NetSetGO for 5-7 year olds commences on Saturday 21st March. Go Junior, Intermediate and Cadet competitions start Saturday 21st March.

Active kids rebate vouchers can be used. All children enrolled at school are eligible to obtain the \$100 rebate.

We are also excited that Walking Netball is coming to Woopi in 2020! Stay tuned for further details as they become available. Later in the year will also see the return of our amazing Mixed Hi-Score Twilight Competition.

The 2019 comp was a sell out and the best we have ever had!

Woopi Netball will field four teams at the State Titles and three teams in North Coast Regional League in 2020 which is fantastic for our little association. We will also be looking forward to commencing our U11 Development Squad as early as possible. Participation will be very important for those wanting to start a Rep. journey in 2021.

For any enquiries please message us through Facebook - Woopi Netball, email-woopinetball@gmail.com, website - as above or call Sandra on 0401 563 116.

WOOPI BLUES - AFL



The Northern Beaches Blues AFL Football Club are looking for men's and women's players for the 2020 season training Tuesday and Thursday nights 6pm. Centennial Oval. All skill levels are welcome.

SOCCER

Corindi Red Rock Breakers Rego Day Saturday February 1, Rafa's Cafe 9-11am

Woolgoolga United FC Rego available on line. Don't forget your active kids voucher. <https://wufc.org.au/registration/>

WOOPI'S FINEST BUTCHERY
BEEF • PORK • LAMB • CHICKEN
82 Beach St, Woolgoolga

FEBRUARY SPECIALS

LAMB FOREQUARTER CHOPS
AND LAMB LEG CHOPS ONLY \$15 KG

BEEF STIRFRY STRIPS
AND DICED BEEF ONLY \$15 KG



Cheryl Midavaine

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

Speak to us about helping you with all facets of Real Estate:
• Property Sales
• Property Rentals
• Holiday Accommodation

Woopi sport

WOOPI BOATIES

Woolgoolga SLSC Surf boat crews had a great carnival on their home beach in January, proudly winning six of the seven grades contested. These were Open Mens and Women, Reserve Mens, Masters Mens and Masters Women, The Whale Cup, which is mixed crew of both men and women, and third in The Masters 160 Mens. It was a mammoth effort to run the carnival and compete so well. They are now looking forward to the NSW Country Championships at Cudgen/Kingscliff on February 1, then the following day at Evans Head for round five of the of North Coast Surf Boat Series (NCSBS).

Carnivals coming up are the ASRL Championships at Mollymook, The Battle of the Boats at Pacific Palms, the Crescent Head round of NCSBS, then NSW State at Blacksmiths Beach.

NCSBS will be held at Woolgoolga on April 4, then the Australian Championships at Broadbeach Qld April 20 to 27. A big season ahead with the Woopi Crews going hard and keeping Woolgoolga firmly on the map. We hope you enjoy these spectacular photos taken by photographer Robert Watkin. You can see more on Woopi News Gallery <https://woopinews.com.au/photo-galleries>



CITY HILL SCOPING PROJECT SITE ANALYSIS:

Have Your Say!



- * Come and attend a community workshop on **Wed 19 Feb 2020** at Cavanbah Hall, 191 Harbour Drive, Coffs Harbour - more info and registration **essential** online at: <https://haveyoursay.coffsharbour.nsw.gov.au> or via creativecoffs@chcc.nsw.gov.au
- * Submissions are invited via Council's Have Your Say website by **3 March 2020**

The Site Analysis report and further project information can be viewed and submissions made on Council's Have Your Say website until 3 March 2020

More project info: haveyoursay.coffsharbour.nsw.gov.au



Custom made furniture that's designed and built right!

**10% discount if you tell us
you saw it in Woopi News!**

*Rustic bar & stools
from \$3000*



Daybeds from \$2500



*Custom settings
from \$2700*



- Local business
- The best service
- Attention to detail
- On time delivery

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

Open Monday - Friday 9am - 3pm

Saturday 9am - 1pm

Sunday by prior appointment only

Showroom Lisa 0407 172 733
www.biggardenfurniture.com.au

 Big Garden Furniture
 biggardenfurniture

UNIT 1, 20 BOSWORTH ROAD, WOOLGOOLGA

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

Our furniture is built to last...

**big garden
furniture**