

DIRECTORY

Air Conditioning

Repairs, Sales, installation. Domestic & Commercial
Mark Tidbury Lic no 123069C 0427500329 49977308

Bricklayer/Block layer

Adam Jones 49977125

Building

Pyramid Limestone, the extraordinary building material. Thermally efficient. Stylish, sleek & smart.
Paul Shipton 49977256

Electrical Contractor

STS Services P/L Lic 27928C
Garry Williams 49977167 0417369670

Excavations Dwelling sites prepared, road constructions, property drainage & dams, light clearing, tipper & grader hire, sand & gravel supplies
Pete 49977327 0427740990

Hairdresser

Lee Jones 49977125

Horses At Stud-GEMBRAS DOCS ONYX

ASH SM-133207 AQHA A-2966
Young stock for sale-come and see!
Gembira Horses 49977335 0419201913

Ice-Cream Cakes

For that special occasion!
Roscoes 49977351

Massage

Bowen Technique.
For relief of pain, back, neck, shoulders & head.
Registered practitioner/instructor. Home visits. \$35
Barbara Leslie 49977339

Healing Hands Therapy

Energetic Healing. Relief of physical & emotional pain.
David Flakelar 0418407750 49977320

Therapeutic & remedial massage, qualified & registered
ATMS - relieve your pain/stress
Kerry Bromage 0422977977 49977320

Motor Repairs-Small and Equipment Hire

Lawnmowers and chainsaws etc Mower hire all sizes and Trench Digger
Geoff Williams 49977404 041848209

Mobile Mechanic-(Lic No. 38287) Specializing in repairs of farm tractors, earth moving equipment, irrigation pumps, diesel & hydraulics. Machining and welding. John Spali 49977154 0418623318

Music- Guitar Lessons Professional Tuition

Beginners to Advanced Budget Rates
Ricky Bell 49977474

Painter ABN No. 13415438589 Painting your house or a door? For a free quote call.
Mike Coventry on 49977155 or 0407458167

Paving

Down to Earth Paving - Patios, Paths, Driveways, Brick edging Lic No. 37348C
Walter Haene 49977344

Plumber & Metal Roofing Specialist

John Hessing 49977427

Real Estate

Rural Valley Realty -Your local Real Estate Agent servicing Bulahdelah to Nambucca
Steve Devries 49977214

Edes Farm Sales Stock & Station Agent & Property Management. Brian Ede www.edes.com.au
49974566, 49977180(A/H), 04084928

Sculpting-Wood

Old stumps and trees into garden sculptures, fence posts into works of art. Garden seats, tables etc. John Startin 65591553

Thai take-away food Yoks - Bulahdelah

Authentic meals, sauces chutneys
Parties catered for 49974333

Trencher & Mobile Crane/Borer Hire

MRM - Specializing in trenching for underground services and power pole replacement
Mick 0408669105

Water

Sam the Waterman-Local Water Delivery
49974710 or 0408652110

Winery Great Lakes Wines 115 Herivals Rd Wootton

Verdelho, Semillon, Semillon Chardonnay, Mellow White, Chambourcin, Shiraz and Tawny Port
Steve and Robyn 49977255

Wootton Valley News

February 2004 No 28

Distribution 350 - Wootton, Coolongolook
Bungwahl, Bungah, Bulahdelah

Grey Gum (*Eucalyptus punctata*) A medium sized tree to 35m high, sometimes gnarled and scrubby, but usually with a straight cylindrical trunk to 1m diameter and a compact and spreading sparse crown. The bark is grey and dark grey, peeling in large patches to reveal cream to orange new bark. The flowers are white about 1cm across, comprising of many stamens spreading from a central disc, seen in Summer. Grey Gum is particularly striking at the moment, with its orange bark heightened even more so after rain. Possums, parrots and koalas frequent this tree for both food and habitat.



Community Calendar

| | |
|-------------------------------|---------------------------------------------|
| Saturday 14th February | Wootton Movie and Supper Night 7.30pm |
| Thursday 19/2, 4/3, 18/3, 1/4 | Bingo Coolongolook Hall 7pm |
| Sunday 22nd February | Bounty of the Sea Tuncurry 10am-4pm |
| Thursday 26th February | Wootton Fire Brigade Meeting 7.30pm |
| Friday 27th February | Wootton Dinner - Indian 6:30pm |
| Thursday 4th March | Wootton Network meeting 7pm |
| Sunday 7th March | Clean-Up Australia 9am |
| Sunday 7th March | Bulahdelah Hill Climb |
| Saturday 13th/14th March | Relationships seminar Wootton Hall 10am-6pm |
| Saturday 13th March | Nabiac Show |
| Saturday 20th March | Trivia Night Wootton Tennis Club |
| Friday 26th March | Winery Dinner - Gourmet BBQ 6:30 |
| Saturday 27th March | Local Government Elections |
| Thursday 1st April | Wootton Network Meeting 7pm |
| Thursday 1st April | Wootton Hall Management meeting 5.30 |
| Saturday 3rd April | Anything & Everything Auction 10am |

Published by Wootton Community Network Inc
Editors: Bronwyn Little 49977185 and Pat Tate 49977292
Email address: riberry@tsn.cc and PatriciaTate@tsn.cc

Wootton Community Network News

Thanks to Peter Spalivero for donating his labour costs in surfacing the carpark. Also to Ron Claxton, from council, for his assistance.

Building progress After a well earned Christmas break we are back on track and are keen to finish the last stages before approval. We are still in need of volunteers to help out at working bees. Any amount of time, an hour or so would be of help.

Brush Turkey Café We are hoping that the café will be open within the next few months. It will begin with a 3 month voluntary start-up period, with training, after which we hope to be able to pay wages and create up to 4 part-time jobs. We will be open limited hours initially and increase this as demand dictates. It will provide basic provisions and delicious food and coffee for both locals and tourists. Any profits derived from the Café and Centre will go towards maintenance and upgrading the facility, future worthwhile community projects and employment training. Anyone interested in knowing more about this project are welcome to attend our monthly meetings, dates on the front of the Wootton Valley News. Volunteers to help set up the café and work voluntarily in the first 3 months contact 49977185.

Dinners Our last dinner was well attended. Please remember that you *must* book for the dinners as we cater to the numbers booked. Ring Pat 49977292

Friday, February 27th 6.30pm Indian Curry Dress in Indian theme if you wish. Prizes for most authentic costume. \$10 non-members, \$7 members, \$5 children.

Friday, March 26th 6.30pm Gourmet Barbeque at the Great Lakes Winery, 115 Herivals Road, Wootton. \$13 non-members, \$9 members, \$5 children.

Movie & Supper Night to be held 14th February "The Man Who Sued God" Drinks and nibbles first, followed by the movie then a delicious supper. \$10 per adult \$5 for children. Start 7:30pm movie 8pm.

Anything & Everything Auction Saturday 3rd April 10am Food available on the day. Any donations of goods or services will be accepted. Contact 49977292

Newsletter Subscriptions If you would like a copy of the Wootton Valley News posted to you this year, please send a cheque for \$11, payable to the Wootton Community Network Inc., with your name and address.

Directory If you would like to be included in the directory for this year, please send a cheque for \$33 (non-members) and \$27.50 (members), payable to Wootton Community Network Inc., and your details. Both newsletter subscriptions and directory information can be sent to Bronwyn Little 441 Squires Rd Wootton 2423.

Membership is due as of 1st January, 2004. New Members \$22 and 20 hours voluntary work per year. Associate membership (no-voting rights) \$22. Existing members: \$5.50. Send cheque payable to Wootton Community Network Inc. C/- Bronwyn Little, 441 Squires Rd, Wootton. 2423 (49977185)

Membership entitles you to discounts at our Monthly Dinners, Advertising in the Wootton Valley News and future discounts in the Brush Turkey Café and within the Community Resource Centre. New members are always wanted. A good introduction for new residents to the vibrant Wootton Community and a way to make new friends.

MOVIE AND SUPPER NIGHT

This Saturday 14th February

7.30 pm Nibbles

8pm "The Man Who Sued God"

An Australian comedy with Billy Connolly and Judy Davis

Followed by a delicious supper

\$10 Adults, \$5 Children

Where: Wootton Community Resource Centre

Booking for catering: contact Pat on 49977292



Anything and Everything Auction

Saturday 3rd April, 10am Viewing from 9am

Wootton Community Resource Centre

Food, drinks and coffee available on the day.

Donations of suitable auction goods and services are needed.

Goods can be left at the Resource Centre. Enquiries: 49977292

Proceeds to Wootton Community Network



Bounty of the Sea Festival

Great Lakes Premier Food, Wine and

World Music Festival

Sunday February 22nd

John Wright Park, Tuncurry

Live entertainment all day from 10am to 4pm

Interactive Drama, quirky circus entertainment

Swing, Rock 'n Roll, Latin,

African jazz from the brilliant Jive Kayana



Clean up Australia Day

Sunday March 7th

Meet at Wootton Bus stop 9am

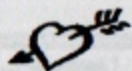
Wear appropriate footwear, gloves provided.

Anyone who knows of a site that needs cleaning

turn up on the day.

Clean up





Valentine's Dinner

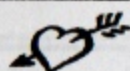
Father John's Coffee Shoppe & Gallery

Pacific Hwy Coolongolook

Saturday 14th February 6:30pm

\$25 per head - Delicious 2 course meal BYO alcohol

Bookings essential 49977107 or 0402123446



Nabiac Farmers Market

Nabiac Showground 8am -12pm Last Saturday
of the month. Selling only locally grown goods and
produce. Phone Helen on 65541906



Helpful Contact Phone Numbers

| | |
|----------------------------------------|-------------|
| ◇ Ambulance, Fire, Police(24hrs) | 000 |
| ◇ Poisons Information | 131126 |
| ◇ Manning Base Hospital | 65929111 |
| ◇ Bulahdelah Hospital | 49974477 |
| ◇ Mental Health Service | 65929540 |
| ◇ Dept of Community Services | 65521577 |
| ◇ Kids help Line (24hrs) | 1800-551800 |
| ◇ Life Line (24hrs) | 131114 |
| ◇ Family Crisis Service | 1300-134294 |
| ◇ Suicide Prevention Medical | 1300-360980 |
| ◇ Dept of Housing | 65511999 |
| ◇ Youth Refuge (14-18 yrs) | 65516996 |
| ◇ Financial Counselling | 65558300 |
| ◇ Centrelink | 131021 |
| ◇ Dept of Health and aged care | 1800-048998 |
| ◇ Community Health Forster | 65556822 |
| ◇ Gay and Lesbian Counselling service | 1800-184527 |
| ◇ Cancer Help Line | 1800-422760 |
| ◇ Victims of Crime (24hrs) | 1800-633063 |
| ◇ Legal Aid Helpline | 1800-806913 |
| ◇ Free Legal Advice | 1800-451784 |
| ◇ Alcohol and Drug Information Service | 1800-422599 |
| ◇ Alcoholics Anonymous | 65500416 |
| ◇ Quit Line | 131848 |
| ◇ Gamblers Anonymous | 65556358 |

WOOTTON TENNIS AND COMMUNITY CLUB INC

The new competition started on Monday 9th February with 2 grades. The teams consist of 3 members and a reserve. Games start at 7.00pm and finish around 9.30pm and costs \$4 per night. Reserves are still needed. Fundraisers this year are:

Trivia Night on Saturday, 20th March, 7pm at The Wootton Community Hall

(Donations for prizes are asked for) Booking Contact: Colleen 49977516

Golf Day at the Bulahdelah Golf Course, date to be finalised in November.

Contact: Rodney Watts 49977403

There have been a recent spate of break-ins occurring in our Tennis Club House, involving the theft of drinks and lollies. No money is kept on the premises but these losses are costly and disappointing for a voluntary organization. Recent information identifying the offender has been received and action will be taken if the break-ins continue.

COOLONGOLOOK TENNIS AND SPORTS CLUB INC

After a Christmas break the construction of the tennis courts are back on track.

Next meeting 11th February The executive works committee meeting will be at 6:30 followed by an ordinary meeting.

Bingo 19th Feb, 4th March, 18th March, 1st April, 15th April, 29th April

6:30 start, 'eyes down' 7pm Contact Neryl 49977159

Trash 'n' Treasure Saturday 1st May then 7th August Coolongolook Oval

Contact Sue on 49977170

WOOTTON RURAL FIRE SERVICE REPORT

Next Meeting is on Thursday, 26th February at 7.30pm. The meetings are held in the Squires Rd, Fire Shed monthly and all are welcome, especially newcomers.

Contact: The Secretary, Adrienne Hacene 49977344

WOOTTON HALL NEWS

Plans for the construction of a new extension to the carpark is under way. The proposed site is along the laneway entrance, angled parking, which it is hoped will accommodate an extra 10 car spaces. The alteration of the toilet to allow for disabled access is proceeding with the help of the Wootton Network's volunteers. Ron Claxton, from Great Lakes Council, who maintains all the community buildings in the area, on his last inspection, commented that the Wootton Community Hall "is the best kept hall in the district". Thanks to the committee for volunteering their time.

Grape Harvest Time

It's "Grape Harvest" time again at Wootton's Great Lakes Winery. A couple of weeks ago, with a 5am start, the Verdelho and Chardonnay were picked. The remainder of the crop; Semillon, Chardonnay, Cabernet and Shiraz will be harvested this week. There seems to be a better yield this year since the introduction of the scare guns, which will cease after picking. The crows have given us a better share this year. It's shaping up to be a good vintage. Call in and taste what Wootton has to offer. Great Lakes Winery is situated at 115 Herivals Road, Wootton and is open 7 days a week 11am-5pm. Situated in a leafy, grassy setting the venue is ideal for any function, bbq available. Phone Steve on 49977255 and book your next function. Keep an eye out for our regular music days which are held throughout the year.



Survival Tips to Help Prevent Stress

1. Get up fifteen minutes earlier in the morning
2. "The palest ink is better than the most retentive memory" **WRITE IT DOWN**
3. Procrastination is stressful. Whatever you want to do tomorrow, do today,.....whatever you want to do today, do it now.
4. Plan ahead. Don't let the petrol tank get below one-quarter full. Keep a well stocked 'emergency shelf' of home staples. Don't wait till you run out of something before you buy more.
5. If something does not work **FIX IT**.
6. Simplify, simplify, simplify.
7. Create order out of chaos. Organize your home and work space. Put things away where they belong.
8. Become more flexible. Some things are worth not doing perfectly. Some issues are good to compromise on.
9. Take care of today as best you can and the yesterdays and the tomorrows will take care of themselves.
10. Try and do one thing at a time.
11. Any unpleasant task that has to be done, do it early in the day and get it over with.
12. Learn to delegate responsibility to capable others.
13. Forget about counting to 10. Count to 1,000 before doing anything (ie: don't rush into things without thinking first.)
14. Have a forgiving view of events and people, especially yourself. Review each day and plan for tomorrow.
15. Accept the things you cannot change and change the things you can.

Learn How to Create Red-Hot Relationships

A Two-Day Seminar for couples & Singles By Des Coroy

Author of Communicate or Disintegrate

Would you like to be "in-love" again? Do the same issues come up over and over again?

Are you really fulfilled in your relationship? Do you want to be?

In this seminar you will learn to:

- ◇ Communicate feelings more effectively
- ◇ Fight fair - Resolve arguments in a win/win
- ◇ Courageously speak your truth
- ◇ Create and manifest your ideal partnership
- ◇ Keep romance alive
- ◇ Redirect the jealousy of outside attractions
- ◇ Let go of resentments
- ◇ Know if you're with the right partner
- ◇ Gracefully say goodbye if you're not
- ◇ Build bridges of trust

Date: Sat & Sun Mar 13-14, 2004 **Time:** 10am - 6pm

Place: Wootton Community Centre

Cost: \$250 Couples, \$150 Singles

To register call Jenni 49977330 Limited Seating



**Congratulations:
Toby, Bridget
and Clare
Bradbury on
becoming
Australian
Citizens.**

**Thankyou:
From Wally
Cheal to everyone
who helped him
celebrate his
recent 80th
Birthday.**

**Farewell:
To Clive and Ann
Bentley who are
now residing in
Toowoomba,**



We made sure we got a fire permit, there were so many candles! Congratulations Wally, on your 80th birthday.

Yoga



The benefits of Yoga are far reaching. It affects the physical, psychological and bio-chemical make up of the body. Some of the benefits include increased respiratory efficiency, flexibility, posture, strength and resilience, more energy and better sleep patterns. It also decreases anxiety and depression, improves attention, concentration, memory and learning. Peter Auriac has been teaching at Wootton and Bulahdelah for over 6 years and his regular students will vouch for the benefits.

Yoga classes are held:

Wootton Hall Wednesdays at 6pm-7:30

Bulahdelah RSL Hall Mondays 6pm-7:30

Cost is \$5 Contact Peter on 49977201

Next Issue: A chat with Edie Mudford, Continuous short stories and More Amazing Country Stories