

Wynyard Community Newsletter

May 2018



Photo from Herb Box School Holiday Workshop – Wynyard High School and Live Well Tasmania Community Garden
Courtesy of Bob Segrave

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Editorial

Welcome to the May edition of the Wynyard Community Newsletter. May has started off well for us with a great workshop on Produce Innovation. We also recently held a herb box making workshop at the Wynyard High School during the school holidays (see photo above) and also with Waratah-Wynyard Council supported a World Tai-Chi and Qigong workshop at Gutteridge Gardens.

Our next events during May are a Walk to School and a Quit smoking/how to adopt healthy habits forum. Walk to School Day is on the 18th of May, involving Wynyard High School, Table Cape Primary and St Brigid's. We especially are calling all parents to join in -we need to role model to our kids of the benefits of fresh air, exercise and enjoying healthy food (think yummy banana 'icecream' smoothies!). The Quit Smoking forum is on the 31st of May– this will include a focus on motivation in general, how habits of behaviour are formed and some mechanisms for change to more healthier habits.

We are also starting an afterschool volleyball event at Wynyard High School on Fridays, 3.04 to 4pm, We are looking for volunteers to help with this, you could either help with preparing snacks, or with the volleyball games. Also if you know of any girls who would like to participate in a Girls Soccer event coming up soon, please email Andy at info@redcowdairies.com.au, or Derryn at derryncooley@gmail.com

We are happy to have been hosting Brentarah from Epic Assist once a week for work experience, and love the activities we are doing together so much we would like to invite others to join us. Our current activities are making rag rugs (see Innovative Ideas section) and putting together posters relating to the Healthy Tasmanian activities. If you have any time between 1pm and 3pm on Mondays, do join us!

We have a bit of focus in this edition on highlighting the benefits of having fun and having more laughter in your life. We discuss Laughter Yoga and Laughter Clubs, and Playful Parenting – both are great for reducing stress and helping our children develop beliefs about our communities as safe places for them to develop their potential. The self-development section then talks about having a bit of fun but also reflecting on your values and goals at the same time.

What's Happening this Month?

9 May	11am – 1pm
Rural Health – “Now You Know”- Everyone welcome! Asthma – Medications and First Aid 33 Goldie Street, next to the Post Office.	
16 May	11am – 1pm
Rural Health – “Now You Know”- Everyone welcome! NILS – Budgeting and avoiding money traps 33 Goldie Street, next to the Post Office.	
18 May	8am to 8.45am
Wynyard Year of Wellbeing Walk to School Day – Wynyard High School, Table Cape Primary and St Brigid's. Calling all parents to join in! Includes a healthy breakfast Contact Kelly for further information – 0429 186 532	

23 May	11am – 1pm
Rural Health – “Now You Know”- Everyone welcome! Open Music Session 33 Goldie Street, next to the Post Office.	
29 th May	4.30pm
Live Well Tasmania management meeting All welcome 28 Saunders Street, opposite Council	
31 st May	
Quit Smoking and adopting healthy habits Of interest to both smokers and non-smokers Further details to be announced	

Other events

4th June, 2pm – Rural Health and local police officer, Emilie Dellar, are presenting a session for parents on cyberbullying and staying safe online. St Brigids Hall, RSVP to Calita Gregg by 18th May, cgregg@ruralhealthtas.com.au, or 0499 339 225.

Some of the great events at Burnie LINC – starts 14th May, then every Monday, 3.45pm to 4.45pm – Code Club, children 8 to 12 yrs, learn code to develop creative animations and games. May 8th and 22nd, 1pm to 3pm, Be Connected – 50s+ Technology Group – Have some fun with virtual technology and learn how to be safe in the online world. May 17th, 11am to 1pm Digital photo editing. See <https://www.linc.tas.gov.au/locations/Pages/Burnie.aspx> for other events at the Burnie LINC

2nd June, 10.30am to 1.30pm – Design Tasmania is holding a “Wicker Wonderlust” workshop, Aunty Patsy Cameron and Audrey Frost will be teaching us about some of Tasmania’s plant fibres and some basic weaving techniques. They will primarily be working with Dodder Vine and Lomandra, all materials to be provided. However, if you have some materials in your garden that you would like to experiment with or learn to use, please bring some along. New Zealand Flax and Red Eye Poker are particularly good fibres to work with. Studio 2 Eleven, 211 Mount Street, Upper Burnie. COST: \$70 Members, \$75 non-Members
Contact Christine Matthews for more information and to make a booking: christinelovesart3@hotmail.com
0419 396 529

Update from Live Well Tasmania

Hot off the press! We have just run our Produce Innovation workshop as part of the Wynyard Year of Wellbeing and were extremely happy with the numbers of people who came, and the level of interest in the topics discussed. We discussed smoking food, particularly fish, using a Fowlers preserving kit, using a small cryovac machine for preserving food, using the new style dehydrating units (food labs), and making both fruit and vegetable leathers. Both can then be processed in a food processor to make a powder for example to make quick and easy soups. We talked about fermented foods such as sauerkraut and kimchi, particularly how you can use whatever you have in the garden. We looked briefly at hemp seed, which is delicious roasted and added to salads, can be made into milk, and added to dips. We also covered some more unusual foods like nasturtium 'capers', Yacun (ready to be harvested soon), and uses for jerusalem artichoke, which is a very easy to grow food in Tasmania. We also talked about mushroom growing, with regards to both wild mushrooms such as Lactarius, mushroom kits eg oyster mushrooms that can be purchased over the internet and are easy to grow at home, and the buying of mushroom compost from garden nurseries which is another easy way to grow your own mushrooms. Cassie then gave a great presentation about making kefir, which can be done at home with minimal equipment. There was some trading through the Community Exchange (CENTs) project of shampoo bars and kefir. The grand finale was the big tasting test – we tucked into smoked salmon, roasted hemp seed, hemp seed and hummus dip, sauerkraut, dried mushrooms, gooseberry and kangaroo apple jam, bottled pears, both bottled and dried apples, fried Lactarius mushrooms, and roasted jerusalem artichokes. We had samples of Lemon Balm, Lemon, Raspberry, and Peach Kefir to drink.

A big thank you to our co-presenters Richard and Cassie, to Bob our photographer, and to all who attended. We would love to run more events like this, if anyone has any ideas to contribute, let us know.



Photo: Courtesy Bob Segrave – some of the participants enjoying the kefir.

Other Healthy Tasmania projects -2018 Wynyard Year of Wellbeing (WYW) events

Two other events held recently was a herb box making workshop at the Wynyard High School (see photo page 1) and a World Tai Chi and Qigong Day at Gutteridge Gardens led by Jay McGough. Tai Chi is a moving form of Qigong. The goals of World Tai Chi and Qigong Day are to provide a global vision of cooperation for health & healing purposes across geopolitical boundaries, and also an appeal to people worldwide to embrace wisdom from all the cultures of the world. Hundreds of cities on over 80 nations participate in this annual event. The health benefits of these practices include lower blood pressure, reduction of chronic pain, reductions in sleep disorders and in anxiety and depression. There was certainly a good crowd at Gutteridge gardens who enjoyed an engaging experience.



Photo courtesy Bob Segrave – Tai Chi and Qigong in Gutteridge gardens



Likewise at the herb box workshop there was lots of smiles and enjoyment from constructing the wooden herb boxes, decorating them, and filling them with the herbs. Thanks to Jobi for organising the boxes and helping run the workshop, and helpers such as Alan for helping with constructing the boxes.

Photo courtesy Bob Segrave – some of the great herb boxes half way through construction

If you want to be involved in the after school volley ball event as below please contact Kelly.



Looking for interested persons!

- What:After school Volley ball games with healthy snacks,
- When: ...Proposed day - Friday 3.05 – 4.05pmstarting in May,
- Where: ...Wynyard High School Sports ground ,In the Gym if raining,

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Contact: Kelly 0429186532 .txt call or ,
Kelly.23@live.com.au,

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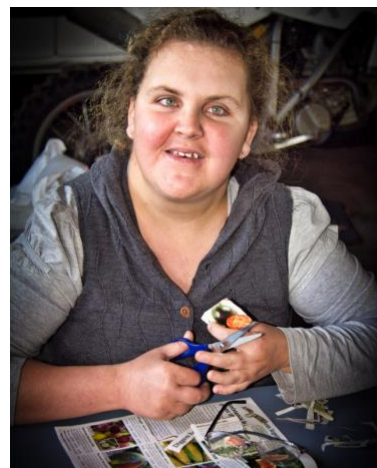

WARATAH WYNYARD COUNCIL


Live Well TASMANIA
Helping youth achieve wellbeing

Welcome to Brentarah

We are currently hosting Brentarah from Epic Assist who is doing a work experience placement with us at our Community Centre. Brentarah is also currently working two days a week at Save A Buck. Brentarah told us a few things about herself such as that she attended Wynyard High School, likes watching TV such as Home and Away and Neighbours, and has two dogs at home. Some of things Brentarah has been helping us with is making seed packets and making posters particularly for our Healthy Tasmania Wynyard Year of Wellbeing projects. You can see some of her posters at the Wynyard Library/LINC.

It is a delight to work with Brentarah, she has lots of smiles and is willing to give everything a go, exactly what we like! We would love people to join us on Monday afternoons anytime between 1 and 3pm, one of our next projects include making rag rugs, or bring along your own art or craft project.

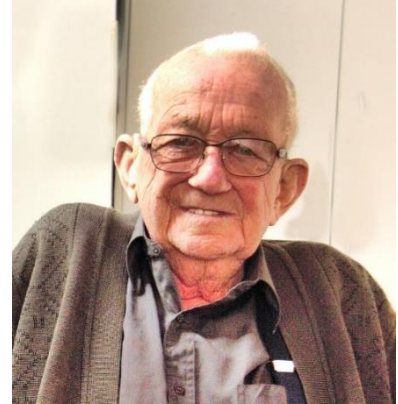


Farewell to Colin Hite -1 July 1932 – 25 March 2018

Wynyard resident Colin Hite, whose wife Betty Hite OAM was featured in the March issue of this newsletter, sadly passed away in Burnie on 25 March. Betty has kindly provided the following information about Colin. Colin was born on 1 July 1932, the 11th child of a family of 12. His father was a labourer for the local council for many years, later he became a bread maker for Byards Bakery until his retirement. His mother was a stay-at-home Mum.

Colin left Burnie school at 14 years of age. He then worked with his brother George as a carpenter's assistant before commencing at Burnie Papermakers (a subsidiary of the Burnie Paper Mill, better known as APPM) as a beater man for many years and then he became the colour mixer for the coloured papers until his retirement in 1991.

We met at a local dance when he was 19 and I was 16 years old. We married on 4 September 1954. This year would have been our 64th wedding anniversary. He was always known as "Poppy" in our family and as "Pop" to many friends and associates. His love of canaries was a part of his life since he was a small boy. There was always a cage or two at his parents' home and always canaries at our home along with love birds, quail and peach faces. Rest in peace Colin.



Organisation of the Month – Wynyard Bowls and Community Club

The Wynyard Bowling Club will be 100 years old in 2023 and is still going strong, according to club president John Neal. "We have over 120 playing members with four men's and three ladies' sides playing from October to March – Saturdays for men and Thursdays for ladies," John said. The club has 40 social members. Social bowls are conducted on Wednesdays in the summer months. From April to September winter pennant games are played on Saturdays and Wednesday with around 60 players taking part on each day.

The club has a junior program including schools and disability groups (New Horizons) and also runs a corporate bare-foot competition for six weeks before Xmas and six weeks after. "The club has enjoyed pennant success over the years with our men's Division 2 side winning this year," John said.

The club caters for a lot of different Wynyard groups such as Lions, with two dinners a month in winter. and also caters for events such as wakes. The club has a licensed bar that is open seven days a week "with the best prices in town". Happy hour is on Friday night and Sunday mornings.

"We encourage people to become social members," John said. "Our club is run by volunteer members who put in countless hours. Our aim is to be a friendly club where people like to be, whether it's for a game of bowls or just to have a drink and socialise with other people."

The club changed its name to Wynyard Bowls and Community Club in 2015 to better reflect the activities of users such as bingo, cards, dinners, disability groups and social entertaining.

The club has since then been able to obtain financial grants, the main ones being \$15,000 for solar power which has already helped with the club's power bill and one of \$190,000 to build new male and disability toilets together with an upstairs room for office space which will be of great benefit to the club. Smaller grants have been obtained for various works around the club.

Contact the club on 6442 2536, they are located at 15 Park Street in Wynyard.



Photo: Courtesy Bob Segrave: Wynyard Bowls and Community Club participants enjoying some refreshments

Innovative Ideas # 1- Rag Rugs

We have a lot of concrete flooring at our Community Centre that needs covering on the one hand, on the other we need to try and reduce waste clothing etc going to landfill. Rag rugs solve both these problems. There are many different ways of making rag rugs, some involve sewing and some don't, some involve weaving or crocheting, and there is a 'shag rug' version that uses a rubber or similar mat as a base, then the rags are woven through holes that are made in the mat. If you are interested in either donating rags, or helping make some rugs on Onda afternoons please contact us.



Innovative Ideas # 2 - Laughter Yoga

The Social Enterprise Laughter Yoga Australia has the following to say about Laughter Yoga. "Let's start with what Laughter Yoga is not! It has *nothing* to do with being a stand-up comedian who aces Open Mic nights at the local pub. In fact, Laughter Yoga doesn't rely on humour or jokes at all. And it has *nothing* to do with bending yourself into a pretzel shape. Now that we've got that sorted, let's explain what Laughter Yoga is. Laughter Yoga is a fun and effective exercise program that can be adapted for anyone and everyone's wellbeing".

They then give five benefits of laughter yoga, being improved mood and more laughter, it helps to change your mood within minutes. You will remain cheerful and in a good mood throughout the day and will find yourself laughing more usual. It consists of healthy exercise to reduce stress, increasing oxygen to the body and brain, making you feel more energetic and relaxed. The health benefits also include strengthened immune system, and it increases your quality of life, for example via increasing positive energy which helps people to connect with other people quickly and improves relationships. If you laugh more, you will attract many friends. Finally it can increase positive attitude's in challenging times. It helps create a positive mental state to deal with negative situations and negative people. It gives hope and optimism to cope with difficult times.

There are also Laughter Clubs in Australia and around the world which are local social gatherings during which laughter yoga is practiced generally either weekly or fortnightly. They may go for 30-40 minutes or as much as 2 hours. They combine laughter exercises, breathing and gentle stretching exercises, and most incorporate laughter meditation as well. For those who cannot physically attend a laughter club—or who just can't get enough laughter in their lives—there's now even a Skype Laughter club.

Would you like to learn how to teach others about Laughter Yoga? If so please get in touch! We would love to organise some training if there is the interest.

Tips for self-development

From the "Relax, Focus, Enjoy" website are the following tips with regards to goal setting. We've all heard that it's important to set goals and about the benefits of goal setting. We understand that we need to have direction in our lives instead of feeling like we're just floating down a river in a boat without a paddle. So why is it that most people don't set goals? Well, one reason is that it can be boring. So they give 5 fun goal setting activities that may inspire you. You could do these as a family or by yourself. First, imagine you've just won the lottery! You realize that your life is about to change forever. So how will you change your life from today? You've got all the money you need to make things happen in your life, so write down how your life is going to start changing from today.

Number Two - What if you were Superman (or Superwoman)? You could do just about anything you wanted and nobody would be able to stop you. How will you spend your days when you're not wearing your cape?

What would you do if no one knew you had superpowers, but there were no barriers to doing anything you wanted. Write down those goals Clark!

Number three – Imagine you are about to retire. Ask someone who’s already retired, about how quickly the time went by during their life and what were the things that they didn’t get a chance to do during that time. Imagine looking back at your life and making a list of all the things you wished you had done, but didn’t do.

Number Four -Imagine you’ve only got 6 months left to live. This one doesn’t sound like much fun, but if you think about it, knowing that you’ve only got 6 months left on this earth could actually be fun. You’ve got nothing left to lose now. You are not afraid to try new things anymore or fearful of failing at something new. You are not afraid to tell people how you feel. You have the courage to take risks and live the life that you have always wanted to. So what are you doing to do for the next 6 months? Do some quick brainstorming, because you don’t have much time left. What do you want to learn? Where do you want to go? What do you want to do? Who do you want to meet or spend time with?

Number five -grab some scrapbook paper, old magazines, scissors and some glue and create an awesome vision board. Do you want to live in that house? Do you want to marry someone who looks like that? Do you want to travel to an island like that? No problem, cut them all out. Now stick those pictures on a large piece of scrapbook paper and voila, you have your vision board! Spend a few minutes imaging how your life would be if that vision was a reality. Does it make you feel excited? If not, then rip out some pictures and find some better ones. The article concludes that this is your life; don’t be afraid to dream, even if you’re not sure right now on how you’d achieve any of those goals. Well done for making it this far. Pick at least one of these fun goal setting activities and start to discover what you really want in your life, this will also help highlight what your values are, what you think is important in life.

Tips for positive parenting

This month’s tips come from the great book available from your local LINC called *Playful Parenting*” by Lawrence Cohen. He notes that feeling socially isolated is one of the worst experiences any of us can have but is especially a problem for children. If they are looking withdrawn or depressed, or are hyperactive, unable to pay attention or calm down, a common response by parents is aggravation or worry. We may focus on the annoying behaviour, not seeing the pain underneath, or we may see the pain but feel helpless to fix it. For these instances playful parenting uses the power of play to help children feel less socially isolated.

For adults, play is leisure, but for children, play is more like their job. Unlike some adults, they usually love their work and seldom want a day off. Play is also a children’s main way of communicating, of experimenting and of learning. Play is a place a of magic and imagination, where a child can be fully themselves. Play is fun, but it is also meaningful and complex. The more intelligent an animal, the more it plays. Every human learns new things about the world, and themselves through discovery and practice, being the essence of play. It is a children’s main way of communicating, where children can express their feelings that they normally can’t or won’t talk about. Children benefit from time away from adults but benefit from play with adults for some of the time. It can be hard for adults at first to play but is a skill that anyone can develop with practice and commitment. The adult role in play can be minimal – just making sure of basic safety and being there if needed. But children have a special need of more active participation from grown-ups especially when they are having a difficult time connecting with peers or adults; when they seem unable to play freely and spontaneously; when things are changing in their life eg when routines are upset by the birth of a sibling, death or divorce, or going to a new school.

So Cohen says let’s have more fun; sing goofy songs, fall over, exaggerate, have pillow fights, tell jokes. If you are frustrated because you have to remind your child for the fourth time to pack their lunch, next time try singing the request in a fake-opera voice instead of the usual nagging tones. At the very least it will get their attention.



Playing with food can be one of the testing times for parents, but sometimes you just have to laugh at what they get up to!

arvos @ the burnie junction

2nd May	Bunnings workshop- Kokedama balls
9th May	Sharpie mugs
16th May	NO ARVOS
23rd May	Movies & Popcorn
30th May	Makers Workshop- paper making
6th June	Minute to Win it
13th June	Ready, Steady, Cook
20th June	Pass the pen + Milkshakes
27th June	Human hungry hippos + Pizza
4th July	Yoga

A no-cost weekly hang-out session at Burnie's youth space with free food, things to do and a place to chill. Every Wednesday during school terms from 3-5pm. Ages 12-25 years. Come along and check it out.

the junction
youth information service burnie

129 Wilson Street Burnie
Contact Jas for more info:
Email: jasmn@yfcc.com.au
Phone: 6431 9552

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WYNYARD GYMNASTICS CLUB

GymAbility

GymAbility is a gymnastics class for children with or without disabilities.

Gymnasts will be provided with a range of stimulating skills/activities that are likely to enhance and develop physical, cognitive and social abilities.

- Obstacle courses
- One on one skill development
- Team work
- Free explore in a safe and accredited environment

When: Thursday 4:40-5:40 – Starting 3rd May
Where: Wynyard Gymnastics Club
- Showgrounds @ Jackson Street

Cost: \$50 registration (Calendar year), \$80 term fee

For more information message Nikki at -
nikkilapowski@yahoo.com.au or 0427490248



RURAL HEALTH
TASMANIA INC



ARE YOU INTERESTED IN SOCIAL MEDIA, CYBER BULLYING AND HOW TO TAKE CONTROL?

WHEN – MONDAY 4TH JUNE

TIME – @ 2PM

WHERE – ST BRIGID'S HALL

COST – FREE

THIS 'THINK U KNOW' SESSION IS FOR ALL PARENTS AND STAFF TO COME ALONG TO GAIN AN INSIGHT TO OUR DIGITAL WORLD. WE WILL BE DISCUSSING ISSUES AROUND CYBERBULLYING AND STAYING SAFE ONLINE.



THINK U KNOW IS RUN BY OUR LOCAL POLICE OFFICER, EMILIE DELLAR AND WILL BE CONDUCTING SESSIONS FOR STUDENTS IN YEARS 3 – 6 AT ST BRIGID'S. WE WOULD LIKE TO EXTEND OUR INVITE TO ANY PARENT OF STUDENTS WITHIN LOCAL SCHOOLS TO BE PART OF THIS SESSION.

IF YOU ARE INTERESTED, PLEASE RSVP CALITA GREGG -
CGREGG@RURALHEALTHTAS.COM.AU OR 0499339225 BY MAY 18TH



Supporting Healthy
Communities

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Phone: (03) 6452 1268 Email: reception@wynyard@ruralhealthtas.com.au Web: www.ruralhealthtas.com.au AHC 3306 06 108

News from Community Exchange Network Tasmania (CENTs)

This month's contribution comes from one of our CENTs members, Cate, who recently attended an "Unconference" in Adelaide – it's great that a network is building of people around Australia who are involved in Community Exchange projects. The following is some of what Cate had to report from the gathering.

The cafe where the Unconference was held is a venture by the Clayton Wesley uniting church in Norwood. Within was a buzz with traders setting up stalls and sharing conversations. Locals and interstaters were meeting and sharing their offers of produce, including home made bread, jams, pickles, veggies, advice, crafts, photography, bric-à-brac, and shoulder massage. The official opening began with an honouring of the traditional peoples of this country. Greg, the Uniting Church minister, welcomed us to the venue, and was happy to announce that the cafe accepted LETs (a type of alternative currency similar to CENTs), and that the venue was available for hire with LETs.

One of the traders from Queensland, Alison, shared a simulation game her sister devised, to assist our local communities in understanding local trading systems. In this game the trades are all valued at 200 Units/CENTs. There's a deck of cards, each paired as a "want" and "offer". For example: Wanted: someone to establish a "Wicking bed garden". The corresponding offer could be "Wicking bed gardens built for home gardeners, 200 units. Another example: Wanted: Second-hand trailer. The offer could be: 200 units. The cards are given out and people take two, one "offer" one "want". Next, the players mill around and find each other's matching offers and wants. They do the exchange and fill out a trading sheet. They all trade to the value of 200 and all finish with 0 points, having gained 200 units and spent 200 units. So this game reminds us that it's all about trading and exchange, and not accumulation of units.

Quote of the Month

Whatever you can do or dream you can, begin it. Boldness has genius, magic and power in it. Goethe

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