



Wynyard Community Newsletter August 2018



Wynyard Chorale Society – 30th Year Celebration – Photo Courtesy Sue Darby

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Welcome!

This month focuses on music, including a great story from the Wynyard Chorale and their 30th Anniversary Celebration. The Wynyard Chorale started with eight members in 1988, and finished the year of the bi-centenary with 24 members. Today there are 55 members, and six of the founding members performed recently in two celebration concerts.

Among the many benefits of music is that it can help divert attention from fears, tensions and other concerns, modify negative thinking, establish a sense of commonality with others, induce relaxation, alter body chemistry, provide an outlet for emotional and artistic expression and more! Drumbeat as discussed this month is one music program based on recent brain research which notes the beneficial impact of rhythmic interventions on brain systems associated with anxiety and emotional control. We also have our music event as part of the Healthy Tasmania series on the 11th of August, at St Brigid's Community Hall. Kristy from Movers and Shakers will be working with us and the Waratah-Wynyard Council to deliver this fun, free event. There will also be music at the Wynyard Youth Leaders bonfire and fund raiser on the 18th of August.

We also have a section on an innovative initiative called Homeshare. The shocking statistic has just been released that more than one in six of our youth who responded to Mission Australia's latest youth survey have experienced homelessness, which is above the national average. Homeshare could be one part of the solution, with benefits not only for the younger person but also the householder. The basic model is based on older householders or householders with a disability who could benefit from help in the home and companionship, providing accommodation to trustworthy people who in return assist the householder with whatever needs doing. Of course the success of such a scheme would depend on how much support there was for both parties to reduce any potential for conflict etc. But we can see that with careful management it can provide lots of benefits.

We also feature our wonderful LINC/library resource; many people might have a picture of libraries from the past of being only full of dusty books, as only about borrowing books, and a place where making any noise is taboo! Libraries however are completely transformed these days into a Hub for people connecting with each other, for building skills, enjoying yourself and to answer those burning questions everyone has from time to time. No matter what your age or interests, Wynyard is a great community resource who would love to see more people through their doors. One extremely valuable service is having computers for anyone to use, and friendly staff to assist if you are not very computer literate. Check them out today!

As always if any of these ideas interest you, please do get in touch with us.

What's Happening this Month?

3 rd August	6.30pm
<p>A new exhibition by local Artist, Dianne Lewtas, is to be held at ArtsCape Wynyard. The opening night is this coming Friday 3rd August, 6 30 pm. ArtsCape 45 Jackson St Wynyard. Refreshments available.</p> <p>You and your friends are cordially invited.</p> <p>The exhibition runs from Tuesday to Saturday from 4th August till 17th August 10am to 2pm.</p>	
11 th August	9.30am – 11.30am
<p>Music and Movement Session with Kristy Russell. Includes scrumptious morning tea. St Brigid's Hall, Corner of Saunders and Goldie Street, behind St Brigid's Church.</p> <p>This is an interactive event for all ages. Including percussion, singalongs, jams and musical games. Contact Kelly at kelly23@live.com.au, or 0429 186 532.</p>	

18 th August	5pm – 9.30pm
Waratah-Wynyard Youth leaders are holding a Winter Bonfire night at the East Wynyard Beach. Food and drinks available including the Lynx Coffee wagon and Red Cow Dairy, live music and a big warm fire. This is an alcohol free event. The event will raise funds for Project Christmas Child.	
25 th August	9am
Wynyard Foreshore Parkrun. Parkrun is being launched in Wynyard with a 5 kilometre run/walk commencing from near the Wynyard Yacht Club. Parkrun is all about participation, being outdoors and being with other people. It's a worldwide phenomenon and gaining popularity. More information can be found on the Wynyard Foreshore Parkrun facebook page.	
29 th August	4.30pm
Live Well Tasmania management meeting All welcome 28 Saunders Street, opposite Council	

Other events

11th August, Shroud Workshop. Ever wondered what a shroud is and how it can be used? The Community Coffin Club will tell you all about shrouds, including how to decorate them. Cost: \$60, at 3 Gollan St, Ulverstone. See Eventbrite link for bookings and other information (also see funeralshrouds.com)

25th August, 6pm to 9pm – Community Exchange Network Tasmania (CENTs) trading event, Reseed Centre, 30 King Edward St, Penguin. Bring all your unwanted goods, vegetable etc seeds, baked goods etc to trade. Everyone welcome! Contact Tania for further details as projectmanager@lwt.org.au, or 0458 078 455.

Every Wednesday for Term 3, 3pm to 5pm, Youth, Family and Community Connections, “Arvo’s in Burnie”, see program below.

Update from Live Well Tasmania

Healthy Tasmania Activities

As well as the Movers and Shakers event on the 11th of August there is also a Girls Soccer Program. Unfortunately it was too wet to start it on the 29th July, hopefully the coming weekend will be better!

After School Activities

The third current event is as follows.

When: During term 3 and 4 (starting date to be advised)

Day: Thursday, 3.05 pm - 4.05 pm

Where: Wynyard High School

Activities may include handball, basket ball, games in the gym, volleyball, Frisbee Golf, building herb boxes. Yummy food will be provided as well.

The Waratah-Wynyard and Circular Head Councils, together with LWT were successful in applying for a grant from the Building Better Regions Fund for a ten month project aimed at developing a strategy to improve health, education and employment/participation in the Nth West. The basic idea behind this



project is that health, education and employment/participation are all very closely linked. If we want better employment outcomes we need better health and education outcomes. If we want better health outcomes, in part we need to look at how to improve education and employment outcomes. There is however an underpinning factor that can improve all three. This is having as much as possible relationships of goodwill, where people are willing to share: to share information, resources, provide support to each other and so on.

We are holding forums in Wynyard and surrounds to get your input of ideas to improve health, education and employment/participation – what is working and what are the barriers. Stay tuned for further details.

Love your LINC (Library!)

Fomerly the LINC, now being renamed back to library, is Tasmania's state-wide publicly funded library and archive service, part of the Tasmanian Department of Education. Libraries Tasmania enables personal learning, growth and community connections. It provides up to date library services through its accessible, inclusive and welcoming places for everyone – people of all ages, interests and needs. This includes offering:

- an extensive collection of lending items, including books, magazines, CDs, DVDs, audio-books, and eResources
- online sources of information, including databases and heritage collections
- research and information services
- computers, free access to the internet and support in their use
- flexible spaces for individual study, recreation and group activity
- a variety of programs, services and events for adults, children and young people.



Customer Service Officers Alison, Janet & Bev in the new children's Reading Nook, they will help you find the perfect book.

Your Local Library – Wynyard

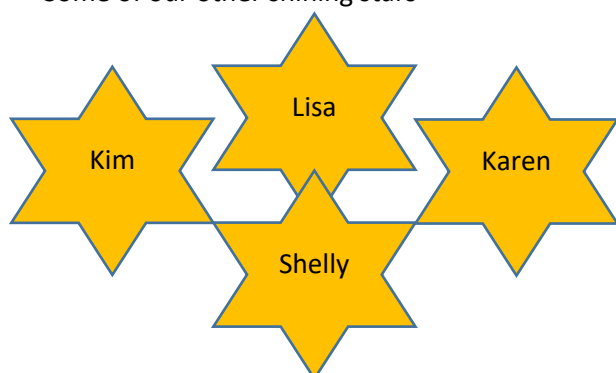
Find us @ 13 Exhibition Link (Woolworth's carpark) (03) 6442 2769

Contact us @ Wynyard.library@education.tas.gov.au,

www.libraries.tas.gov.au

Meet us @	Monday to Thursday	10am – 5pm
	Friday	10am – 5.30pm
	Saturday	10am – 12pm

Some of our other shining stars



Where's Wally? No... it's Annie our wonderful children's story-teller. Every Thursday 11am

Introducing Movers and shakers

This is the story of the birth of Moovers n Shakers from Kristy Russel - myself, my husband and our two young boys relocated from Victoria to Tasmania early 2017 in search of our dream hobby farm and lifestyle. We originally started our Tassie journey in Westbury where I had intentions to return to part time kindergarten teaching after being a busy stay at home mum for four years. I was devastated to learn that my Victorian kindergarten teaching qualifications were not recognised here, and after many sleepless nights of worrying what on earth I was going to do for work, a comical little image of a cow and a pig singing "Moovers and Shakers" popped up in my head (literally at 2am in the morning!).

I'm a great believer in things happening for a purposeful reason (however good or bad as it may seem at the time!) so I quickly drew the image on paper and started jotting down ideas as to what it all meant. My skill-set is quite varied: I have an undergraduate degree in Psychology, a Postgrad Diploma in Early childhood Education, an Associate Diploma in Classical Piano, and another in French Language and Culture. I have had many years of working and travelling but always closely linked with music, art and education, particularly early childhood, being my three passions. I inherited my mothers percussion instruments when she retired from teaching and I thought to myself - I've wanted to run music sessions for a while - Now is my chance! And because we live in a rural community, I thought a play on words would be fun, so Moovers n Shakers was born! I originally intended to focus on Early Childhood but since we moved here and made Wynyard our adopted home (yes we found our dream farm in Oldina!) I've also branched out into Training workshops for Early Childhood Educators, choir performance, aged care, and now this fantastic community event coming up (on the 11th August)! I've run preschool music sessions at Warawyn Early Learning and plan to do so again for the infant/toddlers later this Term, and currently I run the weekly kindergarten and Early Learning (Brigid Buddies) music programs at St Brigids Catholic school, Groovy Kidz Childcare, and I teach piano. I truly believe that music is the only universal language and that it has the power to unite people. Everyone has a musical bone in their body! So, my vision is to inspire people of all ages to use and enjoy music in their daily lives: my "motto" is Love Music, Love Learning, Love Life"

There's plenty of research highlighting the positive benefits of music on physical, social, emotional and mental wellbeing; It can boost memory, alleviate pain, reduce stress levels, decrease blood pressure, improves productivity and retention of information, stimulates physical coordination...so really across all ages music is a necessary part of life to help you THRIVE not just SURVIVE.

Here are some useful websites for more info.

au.reachout.com

musicalchild.com.au

www.livingwell.org.au

musiceducationworks.wordpress.com

FREE FUN EVENT!
"MUSIC AND MOVEMENT SESSION"
FOR ALL AGES!

Live Well Tasmania, Healthy Tas and Waratah-Wynyard Council are proud to partner with Kristy Russel from Moovers n Shakers Music to present this Interactive Musical Event. Singalongs, Percussion Jams and Musical Games are sure to get all generations Moovin' n Shakin'!

SATURDAY 11TH AUGUST
9.30am-11.30AM
ST BRIGID'S COMMUNITY HALL
 (corner Saunders and Goldie Street Wynyard, Behind St Brigids Church)

LIGHT REFRESHMENTS PROVIDED
 For RSVP and information please contact
KELLY.23@LIVE.COM.AU 0429186532

Logos for Live Well Tasmania, Waratah Wynyard, and Moovers n Shakers are visible at the bottom.

Wynyard Chorale/Community Choir

On Saturday 7th July, the blustery weather conditions did not deter a “full house” audience in the Senior Citizen’s building for The Wynyard Chorale’s presentation of chosen songs for their 30th year Afternoon and Evening Concerts.

The Wynyard Chorale started with 8 members in 1988, finishing the year of the bi-centenary with 24 members. Today there are 55 members, and six of the founding members performed in both celebration concerts.

This year the choir of 50+ members under the conductor’s baton of Lydia Long, with Jonathan Marshall



Wynyard Chorale Society – 30th Year Celebration – Photo Courtesy Sue Darby

presented a wide range of songs chosen for the special occasion for invited guests. These included the choir’s founding Music Director Roslyn Tierney and Life Members Jill Bacon, and Patron Rev. Louise Priest, along with many of the audience being past members and regular attendees of concerts in all variations during these years. With Dillys Goninon and Mike Dixon as Compare’s for both concerts, everyone enjoyed Gospel, classic, inspiring as well as toe tapping songs and comic interludes along the way interspersed with the talents of members solos and duet presentations.

Memorabilia and photos of all the names of previous Music Directors, Accompanists, and members, as well as some of the events in the first year and special events we were involved were celebrated. This included a Celebration “Cup Cakes tower” as the feature, and the evening supper included a fruit cake made by Helen Williams, and beautifully decorated by Erica Bergman, which was cut by Founding Music Director Roslyn Tierney, Accompanist for the 2nd and 3rd year and current Accompanist Jonathan Marshall, Patron Rev Louise Priest and President Carol Gray.

We have had a 2 week break, returning to work on songs for presentations for events during the second part of the year and our Christmas presentation.

The Wynyard Chorale is a Community Choir and, should you be interested in joining us, we meet weekly Tuesday evenings at the Senior Citz’s. 7.30 – 9.30 pm and for further information contact Beth Smith, Secretary 6442 1464.

Innovative Idea #1 – Drumbeat and TaKeTiNa Rhythm process

Drumbeat is a music therapy program of Holyoake, non-profit community based organisation who has operated in Tasmania since 1988. The name DRUMBEAT is an acronym for Discovering Relationships Using Music, Beliefs, Emotions, Attitudes and Thoughts. It has been shown to engage young people quickly through music, provide a sense of connectedness with self and others, is non-competitive and fun, allows for pro-social, creative self-expression, reduces isolation, reduces tension, stress and anxiety. The African djembe drum is the perfect medium – it’s easy to play (reduces fear of failure), it’s powerful (demands attention) and playing it is physical (releases tension). Participants learn how to cooperate, collaborate and communicate without the threat of misunderstanding and judgement that dialogue can bring. The program is taught to groups of 8-10 participants across ten one-hour sessions over a school

term, and finishes with a performance. As has been said about Drumbeat and similar activities - "I think that some of our activities that we do to enhance our wellbeing need to be physical and need to be fun and have joy in them."

Staff at CatholicCare in Burnie have just come back from Victoria where they received training to how to deliver the Drumbeat program. We are currently discussing with them how the program could be made available to youth in Wynyard.

Another innovative initiative is the TaKeTiNa Rhythm Method, which originated from asking the question of how those no longer "in touch with rhythm" could learn and experience it to provide improvements in wellbeing. TaKeTiNa was first developed in 1970 by Austrian musician and composer Reinhard Flatischler. Today, it is used throughout the world in university music departments, clinics, in therapeutic practices, in drama schools, in pain therapy and in management.

TaKeTiNa uses the body as an instrument. The learning process therefore is direct and deeply felt. While using the body for musical expression is as old as humankind, the TaKeTiNa process uses vocal expression, hand and feet movements in a new and very particular way: participants are gradually guided into three different rhythmic movements with stepping, clapping and chanting. This can be successfully learnt by everyone even without a musical background. For information about TaKeTiNa, please visit their sites www.taketina.org and www.taketina.net.



Sourced from <http://www.holyoake.com.au/drumbeat.html>

Innovative Idea #2- Homeshare

Homeshare brings together older householders or householders with a disability who could benefit from help in the home and companionship, with trustworthy people prepared to lend a hand in return for affordable accommodation. The Householder provides a bedroom and shared facilities. In exchange, the Homesharer provides approximately 10 hours per week of practical assistance such as cooking, cleaning, shopping and gardening, as well as providing company and the added security of having someone else sleeping in the home.

Definitions: The Householder: The person who owns or is a tenant of the property and who is offering accommodation in exchange for some support. The Homesharer: The person who is seeking accommodation and who is happy to offer some support in exchange for an accommodation subsidy. The Property: The property owned or tenanted by the Householder.

Householders are either:

- People with an Intellectual Disability who require a very limited level of support; or
- Young people who are at risk of homelessness and require mentoring and support with developing independent living skills.

The Householder may need help with the household tasks, or need to rent a room or a combination of both. Homeshare recognises that two people have needs and something to offer. A Homesharer may be looking for affordable accommodation and a Householder may be able to offer reduced rent in exchange for some agreed support.

See <http://www.homeshare.org.au/about-homeshare/> for more information.



Not all homeshare buddies could maintain this friendliness, but with support it can work!

Tips for personal development: using music to attain peace of mind and more

In keeping with the theme this month of music, the book by John Ortiz, called “The Tao of Music: Using Music to Change Your Life” is a truly inspirational book on the power of music to help with growth, change, and self-empowerment. The chapters in the book include an individual chapter each on the use of music (including specific exercises) to help with depression, pain, self-esteem, stress, anger, sleeplessness, control and relaxation. For example John advises at times when you do have problems with feelings of anger to set aside some time when you will not be disturbed, and find some ‘angry’ music, which express the way you feel. The music/songs should be up-tempo and loud, and/or may have empowering or motivating lyrics that assist you moving through or beyond your anger or frustration. Singing along with the tune can also help release your feelings. As he puts it “feel the relief that comes from the emotional bonding, the support stemming from the common sharing of emotions with other kindred spirits’. Another exercise is reciting poetry to music.

Two particular functions of engaging with music is that it can help us keep our attention on the current moment, instead of feeling anxiety about the past and/or the future, and of letting go of thoughts which can also cause us anxiety. More broadly, music can help with the ‘psychological noise’ of intrusive and unwanted thoughts and help us attain peace of mind. Music can replace negative thoughts with rhythmic structures and musical cadences, and provide us with a sense of control, that everything is OK amidst things going on that would normally stress us.

Other work that confirms the power of music as an article called “The Ice Breaker effect: singing mediates fast social bonding” by Eiluned Pearce, Jacques Launay, and Robin I. M. Dunbar. This article discusses how group singing can facilitate the ‘ice-breaker affect’, in terms of rapid bonding without the need to know individuals on a personal level. Relationship can be formed quickly based on the common goal that the participants all share. Singing is found in all human societies and can be performed to some level by everyone. Support for the idea that singing and music may have evolved as a mechanism of social bonding comes from the association between singing and the release of ‘feel good chemicals’ that occurs in mother–infant bonds, romantic relationships and social touch in humans, and appears to be released during synchronous behaviours that involve some physical exertion, such as rowing, laughter and dancing, particularly in social contexts. Singing has been shown to increase positive affect and choir members often report a ‘lift’ in mood after singing.

John also points to music as a highly effective means of engaging with youth. Music is an important form of communication, so keeping up with new popular music is a way of finding out where young people are at as a group in terms of social, political, philosophical and emotional trends. He calls music a ‘barometer of change’, defining and reflecting our times. Again, music is an excellent ice breaker with youth- even if your tastes in music are the exact opposite of theirs, the mere fact of having a joint interest/passion in music can help to establish a connection.



Singing and listening to music releases ‘feel good’ chemicals in our brain

News from Community Exchange Network Tasmania (CENTs)

We are having a trading event, including a potluck dinner on the 25th of August, from 6pm to 9pm (but you can leave whenever you want). This is a great way to meet new people, and find out what skills different people have in the North-West. Have a declutter in your house and shed, and bring along all those things you don’t need anymore, books, clothes, kitchen items etc. and trade them with things you do want!

If you are interested in becoming more involved in the CENTs project, there is also a forum from 2pm to 6pm also on the 25th August, prior to the trading dinner. Each area in Tasmania has a CENTs Local Area Coordinator, who helps people to trade in their area. We would love you to join us if you are interested in contributing in any way to increasing awareness of all the benefits of CENTs, and helping people connect to each other. Also some advance notice – on October the 6th, 11.30am to 3pm, at the Burnie Community House CENTs will showcase the old time skills and services available to the Burnie and northwest community. CENTs has 350 members on the northwest coast and we love creating, re-using, repairing and being environmentally friendly. Old time skills, including knitting, carpentry, dressmaking, candle making, spinning and handyman work, are very much needed to live more self sufficiently and reduce environmental pressure – we invite you to meet some of our Makers and Repairers, and to consider offering your Old Time Skills on CENTs. Join us for a shared lunch (bring a plate) talks and CENTs trading. For more information contact Diana on 0456 358 083.




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ARVOS AT THE BURNIE JUNCTION
WEEKLY HANGOUT

July 25th **toasties & chill**

August 1st **tas rocks - design, create, explore**

August 8th **woodwork with bunnings**

August 15th **no arvos on this week**

August 22nd **badge making + pancakes**

August 29th **movie fx makeup workshop**

September 5th **pastry chefs**

September 12th **video games + milkshakes**

September 19th **bunnings workshop**

September 26th **op. shop party**

WHAT'S ON

COME ALONG 3-5PM ON WEDNESDAYS!

A no cost weekly hang out session with free food, things to do and a place to chill. Ages 12-25 years.

129 WILSON STREET, BURNIE.

FOR MORE INFO:
 CALL 6431 9552 OR
 email jasmin@yfcc.com.au



Quote of the Month

It is precisely the possibility of realizing a dream that makes life interesting.
 Paulo Coelho, *The Alchemist*

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