



## Wynyard Community Newsletter October 2018



Open Garden Day, Wynyard Community Garden

Photo: Bob Segrave

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Welcome!

There's lots happening as the weather warms up, with school holiday activities during October, and our wonderful Tulip Festival! This month we note the achievements of two locals, Harry Cuthbertson from the Wynyard New Life Church, who was recently named the Tasmanian Apprentice of the Year, and is now competing for the National Apprentice of the Year. We wish him all the best for the finals in Sydney in November (and for the upcoming new family addition!). Secondly Chris Symonds from the Wynyard Yacht Club won his section at the recent 2018 Para Sailing World Championships in Wisconsin USA. Both great achievements by our locals!

Mental Health Week is from the 7<sup>th</sup> to the 13<sup>th</sup> of October, and Mental Health day is on the 10<sup>th</sup> of October. This is a very important issue, with for example suicide being the largest cause of death for both the 15 to 24 year old and the 25 to 44 year old age groups in Australia. Rural Health is facilitating some Mental Health events in Wynyard and elsewhere in recognition of the importance of mental health. They are also supporting the Tassie Tractor Trekkers who are conducting a fundraiser, driving from Wynyard on the 9<sup>th</sup> of October to Smithton and back, arriving at the Tulip Festival on the 13<sup>th</sup> October – keep an eye out for them and support their great journey.

On a related matter, the Waratah-Wynyard Council, in conjunction with the Circular Head Council, has released a draft Health and Wellbeing Plan for public comment (see the section on News from the Council). There are two next vital steps. First there is a consultation period until the 24<sup>th</sup> of October to have your say on what is missing from the plan, how could it be improved, and also to start identifying who can be involved in implementing the plan, and what specific actions could we prioritise. It's important to emphasise that the Council has done some good work initiating this plan, but it's up to all of us working together to implement it to improve health and wellbeing (which after all is also the foundation of the economic success of our region). The second step is implementing it. There have also been some other related plans released, as mentioned below, likewise the effectiveness of these plans all depends on how much we, the community get involved in implementing them.

Entries are being sought for the Wynyard Garden Club's annual Municipality garden competition which includes Waratah, Wynyard and Somerset, there is no entry charge. We have so many great gardens in our region so hopefully there will be lots of entries.

Did you know that City Mission has a three course meal available from noon every Friday at the Baptist Church for a gold coin donation? It's a great thing to go along to, both for the food and the social interaction!

### What's Happening this Month?

7 <sup>th</sup> October	2pm – 5.30pm
Tunes in the Tulips- live music- featuring The Fish John West Reject (Tas/ Melb) and Matt Katsis, family friendly event with local produce, bar and kids activities. This event is a partnership between Big hART's Project O and the Table Cape Tulip Farm	
7 <sup>th</sup> October	2pm
"Songs of Praise" Wynyard Chorale and Combined Churches Parishioners at St Stephens Church. Free entry	
8 <sup>th</sup> October	10am

Synovum Morning Tea. Creating a supportive environment to discuss mental health, encouraging supporting one another through different stages of life Cnr Moore and Quiggin St, Wynyard	
12 <sup>th</sup> October	10am – 3pm
School Holiday fun – Healthy Tasmania project- this involves a trip to the Burnie Frisbee Golf Park to play some frisbee golf, and then to Mumma Rosa’s to make pizza. All food, drinks and entertainment will be provided. Meet at Wynyard High School at 10am. Limited numbers, contact Kelly to book – mob. 0429 186 532, email Kelly.23@live.com.au	
13 <sup>th</sup> October	11am – 9pm
Tulip Festival, Gutteridge Gardens A full day of FREE entertainment, food and beverage stalls, kids activities and rides Featuring the Color Run, and fireworks at 9pm	
14 <sup>th</sup> October	1.30pm
The Wynyard Chorale Concert at The Shed Table Cape Tulip Farm. For more info contact 6442 1464	
22 <sup>nd</sup> October	8am
Warawyn Early Learning Centre, National Children’s Week, family engagement, speaking with families and children about health services and support, collaborating with local businesses to encourage outreach health services 12 Exhibition Link, Wynyard	
17 <sup>th</sup> October	1.30pm
Online Grocery Shopping, Wynyard Library Bookings essential by 8 <sup>th</sup> October, Seniors Week event Ph 6442 2769	
18 <sup>th</sup> October	10am-12
Tastes of the wild- native edible plants in our garden and kitchen. Join Rees Campbell, author of Eat Wild Tasmanian, while she talks about wild food plants grown in her vegetable garden and cooks some delectables for participants to taste. Wynyard Showground Hall, Jackson St Wynyard All welcome – gold coin entry, RSVP and enquiries u3awynyard@gmail.com	
30 <sup>th</sup> October	4.30pm
Live Well Tasmania management meeting All welcome 28 Saunders Street, opposite Council Free Supper!	

## Other events

Prepare for Computing (accredited) Burnie Library. starting Mon October 15, 9.30am-2.30pm for 6 Mondays. A free accredited course to help you become more confident with the computer skills needed for daily life. Sessions include information on computer jargon, emails, apps, online programs and more.

Ready Set Go –Short Version (accredited) Burnie Library. This free program includes 7 accredited units to help you write job applications and build self-esteem, learning and work related skills. Start discovering your skills and develop the confidence to take the next step into training or work - Starts Tuesday 16<sup>th</sup> October 9.30am-2.30pm for 7 Tuesdays. Contact Burnie Library ph 6477 7400.

[burnie.library@education.tas.gov.au](mailto:burnie.library@education.tas.gov.au)

15th October, 11am-1pm, Burnie Community House, 24 Wiseman St, Shorewell Park. The Health Council of Tasmania is hosting a series of community forums across the state that are targeted at health consumers, professionals and stakeholders. The purpose is to create a visual map of the Tasmanian health system – as a shared vision of our health system that we can all aspire to.

16th October 6.30 to 8pm Marist Regional College are hosting a free community event - Cybersafety expert Susan McLean will be presenting an informative and entertaining session for parents and guardians covering the positive benefits of technology and what parents need to be aware of.

Free- booking required via Marist Regional College Facebook page

18 October, 10am-12pm at Burnie Library Food Glorious Food Morning Tea - What could be better than sharing good food? This morning tea will be a way of sharing and recording treasured recipes from around Burnie. Come along and taste some new dishes and receive a copy of 'Easy & Delicious—Burnie's Favourite Recipes for One or Two'. Bookings are essential—Burnie Library 6477 7400. This is a free Seniors' Week event.

20th October 2018, 10am - 5pm, The BIG Sing Workshop, Burnie Arts & Function Centre, Town Hall- bringing the community together to create a mass choir of all ages. Learn 3 songs with new and old friends. 3 workshops run by vocal professionals. Ph 6432 3919, [encore@live.com.au](mailto:encore@live.com.au)

28th October, 11am, West Park Oval Burnie- 321-Go! is a not-for-profit event for children between the ages of 5 and 13 who want to experience the thrill of running in a community fun run and at a distance appropriate for their age (3 km, 2 km, 1 km). The focus is on running amongst friends/peers & the enjoyment of being active. See [www.321go.com.au](http://www.321go.com.au), entries open until 27<sup>th</sup> October.

30th October 2018, 1:45 pm – 3:30 pm, Staying Safe on Facebook @ Burnie Library. For more information contact Burnie Library 6477 7402 or [burnie.library@education.tas.gov.au](mailto:burnie.library@education.tas.gov.au) Facebook is an enjoyable source of entertainment and a wonderful way to connect with family, friends and businesses. It is possible to be on Facebook and protect your privacy at the same time! This session will cover: What you can do on Facebook, Taking control of your privacy settings, Common Facebook scams, How advertising works on Facebook

## Kids Sports activities, including school holiday events

This is not a comprehensive list rather the things we could find in Wynyard and Burnie after a bit of research:

"Get into Hockey" - Basic Skills Sessions 6 - 12 years

Where: McKenna Park, Burnie

When: Thursday 4th October

Time: 10.00 - 12.00pm

Cost: \$15.00

The sessions will be conducted by Hockey Tasmania accredited coaches

Or for the more experienced:

Super Skills Sessions 10 - 14 years

Where: McKenna Park, Burnie

Date: Thursday 4th October

Time: 12.30 - 2.30pm Cost: \$20

Basketball Tasmania Camp, Burnie Sports Centre  
 10/11 October 2018, 9am to 3pm, Skill Development and Shooting Camp  
 Players born 2009-2004, cost is \$80 per person

Wynyard-Somerset Tennis Club are holding junior tennis play and coaching sessions in Term 4. The Club places a high priority on introducing children (from primary school to U18 years) to tennis and encouraging them to continue on in the sport. The next junior tennis roster (played on Saturday mornings at the Somerset courts), begins on the 20th of October and runs for 10 weeks until the end of Term 4. The rostered activities include coaching (with a qualified professional coach) and organised games at all skills levels. Woolworths Cricket Blast is a fun and fast program for children of all ages and abilities to learn new skills and play Australia's favourite sport. Over a minimum of six weeks children learn how to bat, bowl, field and catch with Junior Blasters (5 -7 years) starting Saturday the 3rd of November 8.30am - 9.30am and Master Blasters (7 - 10 years) starting Friday the 2nd of November 5.30pm - 7pm.

### Live Well Tasmania update

We had a fantastic crowd at the Open Garden Day recently, luckily the weather was kind to us! We visited three gardens – Richard Muir-Wilsons garden, the New Life Church/Live Well Tasmania Community Garden and the Wynyard Community Garden. All three gardens had quite different features; Richard's garden had a great mix of artistic features and a permaculture feel of layers of productive levels from ground layer herbs to a great mix of fruit trees. Richard also showed us the many preserves he makes from his produce. At the Church garden we saw and heard about the lots of compost making in action, as well as seeing the raised beds, herb mandala and lots of healthy broad beans in this garden in conversion to certified organic production. Then last but not least, we visited the Wynyard Community Garden, which also has many artistic features and a great mix of vegetables and fruit trees. This garden is a great community effort, and they would welcome more people becoming involved. We had a fantastic morning tea supplied by Kelly, and awarded our three lucky winners (John, Emma and Tom, and Jude!) of the Steve Solomon book "The Intelligent Gardener". Thanks so much to everyone who came, we hope to make this an annual event, along with the Local Long Table Lunch, to celebrate the abundance of food we can grow in North-West Tasmania!



One of the great sculptures in Richards garden

We have a school holiday event on the 12<sup>th</sup> of October - Healthy Tasmania School Holiday fun - this involves a trip to Burnie Frisbee Golf Park to play some frisbee golf, and then to Mumma Rosa's to make pizza. All food, drinks and entertainment will be provided. Make your way to Wynyard High School at 10am, transport provided to Burnie at 10.30am, then participants will arrive back at Wynyard High School by 3pm. Limited numbers, contact Kelly to book – mob. 0429 186 532, email Kelly.23@live.com.au Mark your Diary! On the 14<sup>th</sup> of November we will be having our final celebration event for the Healthy Tasmania Project. Join us for a BBQ and activities to celebrate all the events over the year, which included helping with the Breakfast Club at Wynyard High School, running the Local Long Table Lunch, the Produce innovation workshop, Moovers and Shakers workshop, 'Get Active' event and more.

Also we are pleased to have been named a finalist in the Tasmanian Community Achievement Awards. The finals are held on the 23<sup>rd</sup> of November in Hobart, fingers crossed!

### What's happening in Waratah?

Waratah Community Board are having a public meeting on the 20<sup>th</sup> October at 3pm at the Bischoff Hotel, all welcome. The Waratah Men's Shed welcomes new members, contact Peter Hawthorn on 0419 568 090. Also an initiative which may be located at the Men's Shed is a Waratah Social Sports Club- expressions of interest are being sought from anyone interested in social and recreational activities for all ages and skills levels. Express your interest at the Waratah Post Office.

## News from Waratah-Wynyard Council Meetings

Two items of discussion during the open session of the September Ordinary Council Meeting (see [www.warwyn.tas.gov.au](http://www.warwyn.tas.gov.au) for the full minutes) was with regard to the Open Space, Sport and Recreation Plan, in terms of the provision of Freedom (ie self-contained) Camping, and the plans for the Showgrounds to move to Frederick Street. If you have particular thoughts, concerns or ideas about these issues, you will find more information via the "Agenda and Minutes" section on the Council website (see the September minutes for example).

Another important item involved the release of the draft Community Health and Wellbeing Plan, Age Friendly Communities Plan, Youth Plan (these are all five year plans, from 2018 to 2023), and the Environment Issues Paper.

The aim of the first three of these plans are to provide an evidence-based long-term direction for the planning and implementation of health and wellbeing, age friendly and youth specific projects and activities that will improve outcomes for the whole community in both the Waratah-Wynyard and Circular Head Municipal Areas.



Don't forget the Tulip Festival!  
Photo courtesy Waratah-Wynyard Council

The Plans are living documents, with progress towards goals tracked and measured to ensure the learnings from experience will strengthen the Plans over time. The plans drew on what is known about community experiences and aspirations from a range of sources, including a health and wellbeing planning workshop held in May 2018 with 32 participants drawn from Council staff, community leaders, and local and regional service providers and community input into Sustainable Murchison 2040 Plan. Maintaining health and wellbeing was named as a key future direction for Sustainable Murchison 2040. There is now currently a community consultation until the 24<sup>th</sup> of October, this is your chance to have your say!

Finally don't forget the Tulip Festival Colour Fun Run, which will be taking place on Saturday the 13th of October, starting from the Wynyard Yacht Club car park at 10.30am. The course is approximately 5km long that can be run or walked with five 'colour zones' to pass through.

## Wynyard Women's Walking Football Club

A Facebook group has just started up to try and build interest in a Wynyard Women's Walking Football Club. Things this group can discuss is some of the planning and discussing of a venue, times for games/matches, rules, uniforms etc. Most of the aforementioned depends on funding/sponsorship. We need to discuss whether we're just getting a team together to primarily keep fit and active and/or be seriously competitive or just play walking football for fun.

For what is involved with Walking Football see story "Could walking football be a game changer for older people?" <http://www.abc.net.au/news/2018-06-21/could-walking-football-be-a-game-changer-for-older-people/9848540>



A Men's Walking Football game, Photo courtesy The ABC ([www.abc.net.au](http://www.abc.net.au))

## Organisation of the Month Hospice Care Association of North West Tasmania Inc

The Hospice Care Association of North West Tasmania Inc is an organisation which is non-government and not for profit, although we are most fortunate to receive three yearly funding from the Tasmanian State Government to enable us to provide this much-needed service to our community. Hospice Care provides trained and supported Volunteers to assist people with a life-limiting illness in the environment of their choice, with dignity and respect for the individual and their carer and family.

The Hospice Care Association has been around on the coast for 33 years this year, we have 40 life members, 19 of whom remain involved today as board members, Volunteers or both. Currently we have 65 Volunteers and we generally have around 40-45 clients on our books at any one time. For many people they are on our books for a very short time, others who require transport can be on for several years. We do not charge for any services but do accept donations (which are tax deductible over \$2). We accept direct referrals from all sources; families can refer by making a call to the office, as can GPs and community nursing.

Hospice Care Volunteers provide a respite service in the clients home, for those with a life limiting illness, including cancer, COPD (Chronic Obstructive Pulmonary Disorder), MND (Motor Neuron Disease), Parkinsons Disease and Dementia to name a few. Hospice Care Volunteers aim to meet the emotional, social and spiritual needs of the client. By providing regular and ongoing respite with the client, we enable the main carer to have a break from their caring role to rest, rejuvenate and return to their role a little more relaxed- knowing that their loved one is safely supported at home. Volunteers are young and old; they come from all walks of life and bring to the Association a diverse range of life skills. Volunteers undergo six days of training which incorporates many guest speakers in specialist fields such as palliative care, grief and loss, spirituality and manual handling. Volunteers require a National Police Check which is renewed every three years at no cost to the Volunteer. Volunteers are given sufficient information about a client to assist them with their respite visit and are encouraged to provide feedback to the office and to debrief with office staff.

Hospice Care provides support by:

Staying with a client whilst carers have some respite time, visiting a client in the environment of their choosing, their home, Residential Aged Care Facility (RACF) or Hospital, being appropriately matched with a client through interests, hobbies or past occupation, providing transport to medical appointments in Launceston or across the coast, and being able to sit with a dying person, who has no one else. (after consultation).

The skills required include, Being a good listener, valuing silence, respecting client and family privacy and confidentiality, being empathetic, non-judgemental, punctual, flexible, having good personal boundaries, representing the Association in a professional manner, and having a sense of humour.

After the induction and training, there is a probation period of three months. All Volunteers are asked to be able to Volunteer between 2-4 hours per fortnight, but this is related to client need, where people live and a good match between client and Volunteer.

If you think you have what it takes to be a Hospice Volunteer why not call or email to our Burnie office. Our business hours are 8:30- 4pm Monday to Friday. There are two paid part-time staff-

Lois Berry (Manager) and Michelle Malley (Coordinator)

We can be reached on 6477 7747 or 0418 127 590 or

[hospicecare@ths.tas.gov.au](mailto:hospicecare@ths.tas.gov.au)

Article by Hospice Volunteer Bob Segrave.



Photo supplied: Michelle Malley (L) and Lois Berry

## Garden competition

The Wynyard Garden Club each year run a Municipality garden competition which includes Waratah, Wynyard and Somerset, there is no entry charge. Gardens are not open to the public.

Individual sections: Please note - all Sections MUST be the work of the owner, except the Communities Gardens section:

- |    |  |                                     |
|----|--|-------------------------------------|
| 1. | New Garden under 5 years Old   | 1 <sup>st</sup> and 2 <sup>nd</sup> |
| 2. | Senior Citizens Garden (60 years & over own work, mowing lawns excluded) | 1 <sup>st</sup> and 2 <sup>nd</sup> |
| 3. | Country Garden This can be either small or a large garden)               | 1 <sup>st</sup> and 2 <sup>nd</sup> |
| 4. | Town Garden Waratah/Wynyard/Somerset combined (Any size town block)      | 1 <sup>st</sup> and 2 <sup>nd</sup> |
| 5. | Best home Vegetable Garden   | 1 <sup>st</sup> and 2 <sup>nd</sup> |
| 6. | Established garden that hasn't previously entered                        | 1 <sup>ST</sup> only                |
| 7. | Best Community Gardens   | 1 <sup>st</sup> and 2 <sup>nd</sup> |

Note that any size garden is acceptable big DOES NOT necessarily mean the best.

The judges look for the following requirements as applicable. Design/layout, permanent features, floral effects.

Judging week November 6<sup>th</sup> – 9<sup>th</sup>. The competition is open to all residents of the Municipality. Entry forms will be in the business listed below the second week of October: Wynyard Council Offices, Petreena's Florist Shop, Wonders of Wynyard, Health Shop Wynyard, Cloverlea Nursery, Two Oaks, Stamping Bug Somerset). Any inquiries Wynyard Garden Club 64 42 3181 (Helen).

## Local spotlight – Chris Symonds

Chris recently competed in the 2018 Para Sailing World Championships in Wisconsin USA, and he won his division!. Here is his report from the trip on his great accomplishment.

We had a great trip to Sheboygan in Wisconsin. To win the Hansa 303 Male division of the Championships was amazing against so many great sailors from all around the world. So many different cultures who all come together to compete in identical equipment with only the sailors preparation, skill and nerve being the deciding factor. We had 43 country's represented at these championships with 130 sailors competing. Four divisions. Two person division, 2.4 Division, Hansa 303 Female and my division the Hasna 303 Male where we had 38 competitors from 25 countries.

Conditions were good with the winds medium to light with very bumpy sea state. We sailed on Lake Michigan a huge freshwater lake. Our preparation was the key to winning the regatta with 4 months of intense training over the Tasmanian winter in waters off Wynyard. I must thank the many who supported us both on water and off. The Wynyard Community have being so supportive with many offers of assistance. What's next - Our short term goal is to retain my Open World championship in Japan and go one better and win gold in the two up division at the same World Championships. In this division I will be sailing with my coach, friend and carer Mike Darby -very special. We depart for Japan next Monday the 8<sup>th</sup> and return the 21<sup>st</sup>. Long term goal - the next Para World Sailing Championships are in Puerto Sherry Spain where we will be campaigning to win another Para World Championships.



Chris and the boxing kangaroo! Photo: World Sailing

## Trauma Training – sponsored by Big hArt

Kelly and I on behalf of Live Well Tasmania attended two days of Trauma Training during September, held at the Two Oaks Café in Somerset. This training was presented by the Australian Childhood Foundation, and funded by Big hArt, specifically by funds raised by the Project O girls such as via the Colorathon. We are very grateful that this extremely valuable training was provided for free. The venue at Two Oaks was full, this topic is coming to the attention of increasing numbers of people due to the recognition that the chronic stress which causes trauma is a problem for many people both young and old. This training focussed on the trauma that happens to young children which can then adversely affect them for the rest of their lives. We learnt of how the first few years of a child's life is critical in terms of brain formation, and if a child's basic needs are not met for a safe and secure environment, with at least one loving caregiver, the child tends to become 'hypervigilant', in other words very prone to react via 'fight, flight or freeze' to stressors which other people may take in their stride. For these children, even interacting with others, especially people they are not familiar with, can seem threatening. And often what is perceived as bad behaviour is merely the child reacting to feeling threatened, hence punishment inflicted without an understanding of this will often make the child worse.

We learnt about how language is so important, in particular, the language we use in talking to our children becomes their self-talk, in other words strongly shapes how they feel about themselves, particularly how much self-esteem and self-confidence they have. If we frequently use negative language, they tend to feel negatively about themselves. The graphic from Beaconhouse on the left (which is a fantastic website with loads of great resources) illustrates the importance of language.

There are so many other resources on the internet to help, for example see <https://professionals.childhood.org.au/training-development/> for a free online learning course which can be completed at your own pace; called The SMART (Strategies for Managing Abuse Related Trauma) Program, that focusses on supporting children and young people in a range of educational and other settings.



Source: [www.beaconhouse.org](http://www.beaconhouse.org)

It was a very valuable workshop, many thanks again to Big hArt.

**Kids Club**

Every Tuesday from August 28  
3.30pm - 5.00pm  
Grades 3/4/5/6  
Wynyard Baptist Church Hall  
(34 Hogg Street Wynyard)  
Cost \$2

Fresh and full of friends, food and fabulous fun!

For more information contact Zac Harris on 0429 144 241

**WYNYARD GYMNASTICS CLUB**

**OCTOBER HOLIDAY PROGRAM**

Come along and enjoy a day or a session of gymnastics these school holidays. Full day programs 9-4:30 are \$50 or just come along to any individual session for \$10 each. Min of 5 max of 20, members and non-members welcome 5years+

To reserve spots or for more information please email head coach Nikkila at [nikkilapopowski@yahoo.com.au](mailto:nikkilapopowski@yahoo.com.au) or register at the gym. (Monday- Friday 3:30 onwards)

<p><b>Monday 1<sup>st</sup> Oct -</b> Full day - 9-4:30- \$50</p> <p>9-10:30- Fun in the gym - \$10 10:30-11- BYO morning tea - \$10 11-12:30- Swing about- \$10 12:30-1:30- BYO Lunch 1:30-3- Floor flippin- \$10 3-4:30- Ninja course- \$10</p>	<p><b>Thursday 4<sup>th</sup> Oct-</b> \$10 each class</p> <p>1-2:30-Skills, drills and thrills - \$10 2:30- 4- Acro, cheer and dance - \$10</p>
<p><b>Tuesday 9<sup>th</sup> Oct</b> Full day - 9-4:30- \$50</p> <p>9-10:30- Fun in the gym - \$10 10:30-11- BYO morning tea - \$10 11-12:30- Swing about- \$10 12:30-1:30- BYO Lunch 1:30-3- Floor flippin- \$10 3-4:30- Ninja course- \$10</p>	<p><b>Wednesday 10<sup>th</sup> Oct-</b> \$10 each class</p> <p>1-2:30-Skills, drills and thrills - \$10 2:30- 4- Acro, cheer and dance - \$10</p>

## Sisters Beach takes the lead with the Little Free Library!

Spotted at the Pear Café in Sisters Beach a poster promoting a Little Free Library, with the motto "Take a book, leave a book". Also on the poster is inspirational quotes about the power of books, such as "Books are uniquely portable magic" Stephen King, and from Dr Seuss "The more that you read, the more things you will know, the more you learn, the more places you'll go!"

Apparently the library has been there for about 12 months, so Sisters Beach as far as we know is the first Street/Little Library in our area at least!



The Little Free Library in Sisters Beach  
Photo Robin Krabbe

**TASSIE TRACTOR TREKKERS**

**RURAL HEALTH TASMANIA FUNDRAISER**

WARATAH WYNYARD

RURAL HEALTH TASMANIA INC

9TH OCT - DEPART WYNYARD CATHOLIC CHURCH AT 9AM. ARRIVE IN STANLEY  
10TH OCT - SMITHTON - COMMUNITY BBQ & HEAD TO WYNYARD VIA BOAT HARBOUR  
11TH OCT - IN WYNYARD  
12TH OCT - IN SOMERSET & BURNIE. THEN WYNYARD FORESHORE MARKET FROM 6PM  
13TH OCT - WYNYARD TULIP FESTIVAL

**OCTOBER 9 - 13 2018**

5 days  
8 men  
177kms  
2 causes  
1 amazing week

Contact Calita  
0499339225



## Seniors' week open event

Thurs. 18<sup>th</sup> October 10am -12

### Tastes of the wild...native edible plants in our garden and kitchen.



Have you tried wattleseed? warrigal greens? native parsley, rosemary or thyme? saltbush chips?

Join Rees Campbell, author of Eat Wild Tasmanian, while she talks about wild food plants grown in her vegetable garden and cooks some delectables for participants to taste.

Participants will be able to assist or observe Rees as we make, bake, talk and eat tastes of the wild.

Venue: Wynyard Showground Hall  
Jackson St Wynyard  
All welcome – gold coin entry  
RSVP and enquiries  
u3awynyard@gmail.com



## Quote of the Month

A little nonsense now and then is relished by the wisest men

Roald Dahl

If you do not wish to receive this monthly email, please reply 'unsubscribe' to this email



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info@lwt.org.au

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