

Wynyard Community Newsletter

March 2018



Photo: Courtesy of Bob Segrave – Betty and Colin Hite

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Editorial

Welcome to the March edition of the Wynyard Community Newsletter (no replacement name has emerged yet!). March is quite a busy month in Wynyard, we have the outdoor family Lighthouse Film on the 16th of March, (the film being shown is called ‘Wall-E’ -in the distant future, a small waste-collecting robot inadvertently embarks on a space journey that will ultimately decide the fate of mankind), the Wynyard Show on the 17th of March, a full program of Wednesdays “Now You Know” at Rural Health, and the 2018 Wynyard Year of Wellbeing Local Long Table lunch on the 28th of March. We are very excited about this event, we would love some volunteers to help with it, both with preparing food etc before the day, and on the day, see below for further details.

In this edition read the amazing story of ‘Local Legend’ Betty Hite, who was born in and remains a long time resident of Wynyard, and has committed 40 years to community service.

There is a bit of a focus on pet therapy in this edition, pets enable greater health outcomes ranging from the companionship they provide, to the exercise we get when we take them for walks, and for the social connections we make in looking after them. Delta Dogs (which includes Classroom Canines – helping children to read- see the photo!), Dog Sharing and the Hannah Foundation are just three ways you can get involved if you wish to not only be healthier yourself through caring for pets, but helping others get health benefits, and of course helping our pets have better lives!



We had some good feedback regarding the idea of Street Libraries from the February newsletter, so we are seeking donations of particularly good children’s books to start a couple of Street Libraries. We have also included a brief initial report from the brand new Year 11 class at Wynyard High School - see below for the amazing woodworking they have been doing!

Another highlight in this newsletter is cycling, with the holding of the first event of the 2018 Wynyard Year of Wellbeing at the foreshore market on the 4th of March. Electric bikes were on display, plus an update on the Coastal Pathway, between Wynyard and Cooee.

Don’t forget the University of the Third Age offerings for this term, which include “Doctors Rocks Treasure Hunting”, “Maths for Grandparents” and “Video – introduction to Digital Film Making”. See their website <http://wynyard.u3anet.org.au/> for further details. You only need to find a couple of spare hours to participate in these courses, or if you have a skill or an interest you would like to share, talk to the U3W committee member, or email u3awynyard@gmail.com

Hope you are enjoying the lovely autumn weather!

What's Happening this Month?

14 March	11am – 1pm
Rural Health – “Now You Know”- Everyone welcome! Iridology- All about your eyes 33 Goldie Street, next to the Post Office.	
16 March	Sunset
Lighthouse Film Society – Outdoor Family Movie – bring a chair or rug Everyone welcome, gold coin collection for a local community group. LINX coffee van will provide refreshments The film is Wall-E - In the distant future, a small waste-collecting robot inadvertently embarks on a space journey that will ultimately decide the fate of mankind.	
17 March	8.30am to 4pm
Wynyard Agricultural Show, Wynyard Showgrounds, Jackson Street Come and see the animals, watch the horses, the axemen, or marvel at the giant pumpkins, other attractions - Tractor/ Trailer Backing Competition, Pelican Puppets, Eddie Freeman Chainsaw Sculptures, Shearing Demonstration Free entry for All Primary School Children & Under	
21 st March	11am – 1pm
Rural Health – “Now You Know”- Everyone welcome! Podiatry Tasmania – All about your feet 33 Goldie Street, next to the Post Office.	
27 th March	4.30pm
Live Well Tasmania management meeting All welcome 28 Saunders Street, opposite Council	
28 th March	11am – 1pm
Rural Health – “Now You Know”- Everyone welcome! Advocacy Tasmania – speaking up for you 33 Goldie Street, next to the Post Office	
28 th March	12 – 1.30pm
Local Long Table Lunch 3 course meal from mostly local ingredients Music by Wynyard High School Lucky ticket prizes Tickets \$6 from Waratah-Wynyard Council, or contact Kelly on 0429 186 532	

Other diary dates.....

10TH March, 7pm, Reseed, 30 King Edward Street, Penguin, showing of film “Living the Change” – local people implementing local solutions to global problems

23rd March 10.30am – 12.00pm or 3.00pm – 5.00pm. Burnie LINC would like to invite you to join a very special day celebrating Harmony Day, Healthy Tasmanians, and Neighbourhood Day. If you can bring a display, set up an information table, run a small activity and have food to share that focuses on healthy eating or can sing and play music, please contact Deirdre Brown deirdre.brown@education.tas.gov.au or Anita Anderwald anita.anderwald@education.tas.gov.au or Burnie LINC (03) 6477 7400

8th April – Wynyard Neighbourhood Day, New Life Church, Frederick Street, let us know if you can help organizing that.

Update from Live Well Tasmania

Are you a bit unsure about what Community Gardens are, or how the different gardens in Wynyard work? The Wynyard Community Garden, as highlighted in this edition, has been going for many years as more the traditional model of plots looked after by individual members, who nevertheless garden socially together, sharing growing advice, recipe tips etc. In this traditional model, individuals decide what they want to do with the produce from their plot, whether they use it themselves or give it away to others. The Wynyard Community Garden is auspiced by the Waratah-Wynyard council, who recognise and seek to promote the significant health benefits from community gardens. At Live Well Tasmania we have what could be called hybrid community/market gardens. They are not based on individual plots, rather they are a community resource for training in horticulture, for increasing food security, and are part of a plan to build food related Social Enterprise's. Our gardens also contribute fresh fruit and vegetables to people in need, who otherwise would not be able to afford to source this organically grown produce. However we also need our gardens to be self-supporting given we cannot ultimately rely on government funding. So if you want some fresh produce:

The **Live Well Tasmania Wynyard High School Garden** has lots of produce for sale:

Vegetables: kale, rainbow chard (spinach), potatoes, tomatoes, beetroot, beans

Fruit - red grapes, nashi pears, william pears, apples, rhubarb

Herbs – Parsley, sage, thyme, peppermint

Galang Galang in the ginger family -the flavor of galangal is much stronger too; it's earthy, sharp, and extra citrusy, Thia ginger

Flowers - Gladioli, Sunflowers

All \$2kg or \$2 per bunch- bargain!

Horse and Cow poo \$5 per bag, and liquid fertiliser - provided by Jaxon and TJ

Email Kelly - Kelly.23@live.com.au or kelly.milikins@education.tas.gov.au or txt 0420 186 532

Available to collect from garden at the end of the visitor's carpark at the Wynyard High School Wednesday - Thursday - Friday mornings 9.30 -12noon, contact Kelly for availability and time



We also have produce at the New Life Church, contact Phil on 0419 355 246.

Celebrating Year 11 at Wynyard High School

Did you know that Wynyard High School is starting Year 11 this year as a part of the Department of Education's Extension School Initiative? There are five pioneers participating in the first Year 11 intake, and these fantastic chopping boards is one of the great things they have been up to so far with Mr Ned Taylor. We have put in an order for a trolley for our vegetables from the garden, we look forward to seeing the finished products! They are also doing Horticulture with our own Kelly Milikins and other traditional subjects... Stay tuned for further updates!



Council Try Skill Program

Following the success of Try Skill over the past 15 years, Waratah-Wynyard Council will again run this program in 2018 with the aim of introducing young people to community activities.

The program operates as follows:

- First term school holidays April 16 – 27 (Not including ANZAC day.)
- Ideally Clubs run four one hour skill development sessions – 2 per week
- Open to grades 5, 6, and 7 students from all local schools.

It aims to include not only sports clubs but all community groups in the municipality who feel that they would like to take the opportunity to attract new members from this age group.

Project Officer Keith Price can be contacted through the Council on 6443 8333 or by email at kprice@bigpond.com

Seeking tinkerer's

This month's request is someone who could help make Courier Bikes such as in this picture – There are a few websites giving details of how to make different variations, and we know there are plenty of old bikes out there that can be adapted to the basic design.



Betty Hite OAM 40 Years of Community Involvement

One of the most familiar names in the Wynyard and Burnie communities is that of long-time Wynyard resident Betty Hite, who was made a Member of the Order of Australia in 2001 for her service to the community over a period of more than 40 years. Betty was born in the old hospital in Wynyard in 1935. Betty recalls as a 10-year-old rounding up the cows with her sister at 5 a.m. to walk them to the dairy where they milked them by hand, separated out the cream, washed out the dairy and fed the pigs on their way back home where they prepared their own breakfasts and lunches before walking eight kilometres to school. Weekends were spent working on the farm, sometimes crawling on her hands and knees levelling the ground behind her father as he planted seed potatoes by hand.

Betty married Colin Hite when she was 19 in 1954. They met at a dance in the IOOF (International Order of Oddfellows) hall in Inglis Street where the community radio station is now located. Col walked into the hall with a group of friends one night and saw me for the first time. He said to his mates, See that girl over there? I'm going to marry her and two years later we got married, Betty said. They have four children, 10 grandchildren, 16 great-grandchildren and two great-great-grandchildren. While drawing plans at night Betty worked on farms during the day and cooked fish in the old Wrights fish shop in Wynyard at weekends.

She was 40 when she took up her first full-time job working in a second-hand shop in Wynyard and over the next few years had a variety of jobs including work at radio station 7BU Burnie where she was employed for eight years in various roles including advertising salesperson, copy-writer and announcer.

In 1992 Betty started her long involvement with the Wynyard community when she joined the Wynyard Tulip Festival Committee in its second year. Asked what project gave her the most satisfaction, Betty unhesitatingly nominated the City Kitchen which provides meals and other items for the local community. City Kitchen served its first meals to needy persons in June 2009 with over 100 volunteers on the roster. Betty loves the peace and quiet of Wynyard, but says that feelings of harmony with your surroundings come from within. She said that there were always volunteering opportunities for anyone with time on their hands.

Activities and Awards

Below is a list of some of Betty's contributions to the community over the years and some of the awards she has received. A total of 25 years of compering district shows including Burnie, Wynyard and Circular Head. Began volunteering in 1972 for Burnie Musical Society, Life Membership 1989 Committee member of Village Green Fair 1978, Chairman 1994-99 Tutor Microwave Cooking Adult Education Burnie 1985-90, Committee member Wynyard Tulip Festival 97-2005 Board member Coast FM 1995-99 Board Member Umina Park Home for the Aged 1994-99 Red Cross volunteer for Meals and Transport 15 years 1990-2005 Australia Day Award Waratah-Wynyard Council 2002 Certificate of Recognition, International Year of the Volunteers, 2001 Tasmania Day Award Burnie City Council 2000 Citizen of the Year, Lions Club, City of Burnie 1997-98 Gold Membership Wynyard Musical Hall 1994 Who's Who of Australian Women 2007, Makeup Artist for Wynyard Rotary Music Hall 1974-94 Received Order of Australia Medal 2001 Who's Who of Tasmania, Inaugural Edition 2008.



Photo: Courtesy of The Mercury
Received Order of Australia Medal 2001 Who's Who of Tasmania, Inaugural Edition 2008.

Organisation of the month – Wynyard Community Garden

The Wynyard Community Garden is located in Johnston Place, behind the sports centre in Austin Street. Members of the garden meet and work at the garden on Mondays and Fridays from 10am to 12pm. The produce from the garden is generally shared among members, with excess going to local charities. We currently have garden beds available for new members. We also have management meetings on the last Monday of each month at Artscape at 12pm. If you would like to visit the garden and learn more about it, you would be very welcome to visit and talk to us on a Monday or Friday morning. You can also check us out on Facebook at Wynyard Community Garden.



Healthy Tasmania project – the 2018 Wynyard Year of Wellbeing (WYW)

The first event of the 2018 WYW was held at the foreshore market on the 4th of March, which was a “Bicycle Network of Tasmania” event. Electric bicycles in particular were being promoted (courtesy of the Somerset and Burnie bike shops), as a great way to get some exercise at the same time as cutting down on car use. On display was a very affordable and practical fold up model (very easy to fit in your car!), priced at \$1,700. There are apparently over 60 different electric bikes available. About 10 people tried the bikes and 50 people attended the stall on the day. The vision of the Bicycle Network is very straightforward – “More Tasmanians Riding More Often”. The North-West arm have monthly social rides, advertised on their website at <http://www.biketas.org.au/>

Also discussed at the event was the North West Coastal Pathway, which involves the construction of approximately 85km of continuous shared pathway connecting coastal communities from Wynyard to Latrobe. The Plan emerged from the five municipal Councils (Waratah Wynyard, Burnie, Central Coast, Devonport and Latrobe) that form the coastal urban strip wanting to improve connectivity and improve outcomes in tourism, economic activity, safety, health and wellbeing. The good news is that after funding being committed last year, construction of the pathway from Wynyard to Cooee is now proceeding. If everything goes to plan, it may be finished by this time next year.

Please join us for the First
**Wynyard Local Long Table
 Lunch**

28th March, noon to 1.30pm
 Civic Square ('cow park'), Wynyard, next to
 Post Office

*Fantastic 3 course buffet,
 featuring local produce*

Amazing music by Wynyard High School students

\$6 for tickets (or what you can afford), available from
 the Waratah-Wynyard Council office (from 9th March)

Volunteers wanted, both pre-organisation
 and on the day

Contact Kelly for further information,
 email kelly.23@live.com.au,
 or 0429 186 532

Proudly supported by:



The official launch of the 2018 Wynyard Year of Wellbeing will be at the inaugural Local Long Table Lunch to be held at the Civic Square on the 28th of March. This is a celebration of all the wonderful produce we can grow in the North-West. We would love to have lots of volunteers helping in the lead up to the event, and on the day, please contact Kelly if you can help.

Innovative Ideas # 1-Pet therapy and Dog Sharing

Do you have some spare time, have a dog, and would like to share your love of dogs with others? Both you and your dog should like meeting new people, and be comfortable in different environments. Delta Dogs are seeking volunteers with a bit of spare time and a calm dog - assessments are carried out roughly twice a year to see if the both of you would be suitable for the programs.

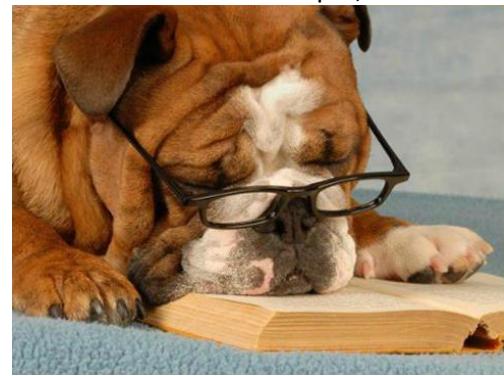
Interacting with a pet has been shown to have many health benefits, and in fact has been scientifically proven as a “complementary medicine intervention”, typically utilising dogs trained to be obedient, calm, and comforting. Several studies have reported significant pain relief after participating in therapy dog visits, with objective reports of reduced pain and pain-related symptoms. This is the idea behind “Delta Therapy Dogs”, whose dogs and their handlers currently visit over 850 facilities nationally ranging from aged care through to acute care hospitals for children and adults as well mental health, prisons and dementia specific facilities. Delta Dogs also run the great Classroom Canines program, aimed at improving children’s confidence, health and wellbeing by providing schools with a powerful additional learning tool to encourage the overall development of a student. The program concentrates on children that have difficulties with reading and writing but are not part of a remedial reading program.

But what about people who cannot own a pet, whether because of lack of time to look after a pet, not enough space etc? The idea of Dog Sharing is yet another great idea that is facilitated by the internet. See websites such as

<https://www.dogshare.com.au/>

And see <https://www.shareable.net/blog/dog-sharing-has-tails-wagging-and-people-smiling>

This is also the rationale behind Riding for the Disabled (RDA), we have a RDA Centre in Burnie RDA North-West is situated at 172 West Mooreville Road, Burnie, for anyone who would like to help out.



A final related concept is The Hannah Foundation INC <http://www.hannahcaninesanctuary.org.au/>

- a group dedicated to ensuring that dogs whose owners pass away themselves having a caring home to go to. Dog owners who are in need of someone to care for their pet in the event of their death may choose to make a bequest to The Hannah Foundation INC, which would fund ongoing personal care and medical expenses for the life of their dog. Most pet owners do not realise that by law your beloved dog becomes classed as a chattel when you die. This means that when you die, your dog may have to live for many months in a kennel environment until probate is declared. The Foundation is seeking a suitable property to house the Foundation. If you have one you could rent or lease at a reasonable cost, please let them know.

Innovative Ideas # 2 – Timebank Youth Court

Our young frequently make mistakes (as we all do!), and may ‘go off the rails’ from time to time. One problem that has happened in the past however has been that the punishment given to them to try and dissuade them from repeating the behaviours has made it more likely rather than less likely that they reoffend; in fact sometimes the behaviours might get worse. In the USA one innovative model to address this is a “Timebank Youth Court” which works with middle and high school aged youth who have made a mistake, for which they could potentially receive a sentence. As an alternative, they can participate in a youth court program, where their case is heard by a jury of other youth, the jury will choose alternative sentences in lieu of fines or sentences. The goal is to connect youth aged 8 to 25 with an informal network of community services, residents and business owners. The youth sign an agreement that is in part aimed at increasing the youth's skills and support system. The goal is to keep young people engaged in programs that they enjoy and can benefit from, including helping them to willingly take responsibility for their actions, make amends and build healthy and productive relationships. Working with law enforcement, schools, and neighborhood groups; youth in the program can contribute to a safer, more caring community. There are hundreds of youth courts across the USA.

All of the jurors and participating schools earn “timebank hours” for their service, so they are being rewarded for the work they do. Jurors who join the TimeBank as individual members earn hours for doing jury duty and hearing cases. They then can spend those hours on things they need/want from anyone else in the TimeBank. Jurors have spent their hours on things like gardening lessons, tutoring, music and art lessons, mentoring, etc. When a juror does not want to join as an individual member, they earn hours on behalf of their school (all participating high schools are organizational members). The schools can then use these hours to bring in additional resources. This concept is based on the idea of “restorative justice” which emphasises repairing the harm caused by criminal behaviour. Restorative justice is based on relationships among individuals and their communities and views crime as a breach of these relationships, so restorative justice seeks to restore relationships and communities rather than to punish. It relies on the community to create peace and is best accomplished through cooperative processes that include all stakeholders.

Read more at <http://www.riverfronttimes.com/newsblog/2016/10/24/time-bank-youth-court-could-divert-teens-in-trouble-near-cherokee>

Tractor Trek – Mental Health awareness

A group of about 15 local tractor enthusiasts went on a “Tractor Trek” from Wynyard to Launceston recently to raise money for Beyond Blue and increase awareness of mental health issues in regional Tasmania. Wynyard resident and Councilor Gary Bramich was one of the main organisers- you can donate to this great cause at <https://beyondblue-individual.everydayhero.com/au/tasmanian-tractorTrekkers>



Learn to Play an instrument with the Wynyard Concert Band

When: Thursdays 5.30 pm to 6.30pm

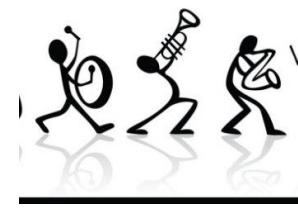
Where: Band rooms Johnson Place Wynyard (near Squash Courts)

For all ages 10 to 100.

Come and try out some instruments and learn to play in a friendly atmosphere. For further info phone Alison 64381285 or 0408354574

We also welcome new players in our intermediate and Senior bands.

Instrument hire available. This is a low cost and fun way to learn a new skill.



Tips for self-development

This month's advice comes from the “moneysmartguides” website, titled “Push Through Tough Times”.

You will fail. You will struggle. Life will be hard sometimes. But **you have to keep pushing through**. This builds character. When you push through a hard time, the next hard time you encounter will be easier to get through. Why? Because you proved to yourself that you can get through anything. That belief is a huge part of daily self improvement.

Another tip to help push through tough times is to take it one day at a time. Too many times we go through a rough patch and think this is what our life will be from now on. This isn't the case. Take things one day at a time, and try to focus on the positive things from that day. In time, the tough times will pass

Source - <https://www.moneysmartguides.com/20-self-improvement-tips-change-life>

Tips for positive parenting

The following tips regarding “Over-functioning for Our Kids” from <https://www.empoweringparents.com> When we get anxious about our kids, we often over-function for them and that's when boundaries can get blurred. This means that we do too much for them, and “get in their box” instead of staying in our own. When this happens, we've forgotten where we end and where our child begins. At the root of all this is anxiety. When you become nervous about your child's success or ability to handle things in life (whether it's in school, with friends, in sports, or with his or her ability to behave appropriately), it might feel as if you're alleviating stress by jumping in and taking control instead of letting your child work things out for himself.

It's painful to see our kids struggle in life; we love them and feel responsible for them, so we naturally want to make things better for our kids and “fix things.” But know that when you aren't able to let your child work through obstacles on her own, you're denying her an important experience—the experience of how to overcome disappointment, how to deal with an argument with a friend, or how to talk to her

teacher about a grade. I'm not saying that we should never help, guide, coach and teach our kids; of course we should—that's a huge part of what it means to be a parent. What I'm saying is that we need to let them try to fight their own battles when possible and appropriate, rather than taking on their battles for them. Letting your child work through things is a way to respect them by observing their boundaries—and your own.

How do you know if you might be blurring boundaries as a parent? Here are some signs:

- Doing for your child what he can (or should) do for himself.
- Constantly asking questions; interrogating your child over everything.
- Letting your child invade your boundaries as a couple—making your kids the center focus at all times.
- Over-sharing with your child about your life; treating them like a friend rather than your child.
- Giving up your parental authority and allowing your child to take control of the household.
- Living through your child vicariously; feeling as if their achievements are yours, and their failures are yours as well.
- Your child is upset, and you fall apart.

What parents might not be aware of, in all these instances, is that they're operating from anxiety in some way. The best advice here is to try not to react from your emotions, but instead, stay in your parental role and respond from your principles. This is the best way to recognize those parent-child boundaries and honour them.

News from Community Exchange Network Tasmania (CENTs)

Help us welcome members of the N/W Coast LGBTIQ community to CENTs, and come along to support, celebrate and enjoy a CENTs Rainbow Luncheon and Trading, Sat 12 May, 11.30 AM – 3 PM, at the Reseed Centre, 30 King Edward St, Penguin . A special 'rainbow themed' event to celebrate marriage equality, and to invite CENTs members and people from local LGBTIQ groups to Share, Swap and Meet (SSM).

Our guest speaker will be Rodney Croome, national director of Australian Marriage Equality, plus 3 guest speakers from local LGBTIQ groups, who will speak about what marriage equality means to them. Wear or bring something rainbow themed, bring a dish for a potluck lunch and your wares for trading. This is a FREE community event.



Quote of the Month

The most effective way to achieve right relations with any living thing is to look for the best in it, and then help that best into the fullest expression”

J. Allen Boone

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lwt.org.au

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