

## Wynyard Community Newsletter April 2018



Photo: Courtesy of Bob Segrave – Lots of happy faces at the Inaugural Wynyard Local Long Table Lunch

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## Editorial

Welcome to the April edition of the Wynyard Community Newsletter. It has been a big month for Live Well Tasmania in preparing for and running the Inaugural Wynyard Local Long Table Lunch. It was a fantastic day, see story below. Our next event is a Produce Innovation workshop on the 2<sup>nd</sup> of May. However it was also with great sadness that we farewell Colin Hite who died last week, whose photo together with Betty, was on the front page of last month's newsletter.

April does not have many organised events in Wynyard, partly due to school holidays, Easter and Anzac Day holidays. Certainly for our Wynyard Year of Wellbeing we decided to schedule our next event in early May, being a produce innovation workshop, but then we have two more events in May, stay tuned for more information about those. We have noted a couple of groups who meet regularly in Wynyard, if you would like your community group to be added please let us know.

The session on Mental Health and Wellbeing run by RAW sounds like a great opportunity to learn more about the greatest asset we all have, our brains! It is great to see organisations like RAW in particular helping people in rural areas who often may be isolated from the social supports we all need for good mental health.

In this edition our organisation of the month is the Oldina Landcare Group, who not only engage in activities that benefit the environment, they also increase community connectedness in Oldina.

## What's Happening this Month?

11 April	11am – 1pm
Rural Health – “Now You Know”- Everyone welcome! What is it like to have Dementia? 33 Goldie Street, next to the Post Office.	
18 April	11am – 1pm
Rural Health – “Now You Know”- Everyone welcome! RAW – Mental Health & Wellbeing 33 Goldie Street, next to the Post Office.	
24 <sup>th</sup> April	4.30pm
Live Well Tasmania management meeting All welcome 28 Saunders Street, opposite Council	

### Other events:

28th April, 10am to 4pm, EcoFest (theme “Waste Free Future”) - Gnomon Room on the Wharf at Ulverstone, entry – gold coin donation, come and see the Live Well Tasmania and Community Exchange Network Tasmania stall. Includes workshops on no-dig gardening, composting and worm farming.

12<sup>th</sup> April, 11am – Burnie LINC – Free Introductory talk regarding baby massage, ph 0416 019 808, or [info@mybabymassage.net](mailto:info@mybabymassage.net)

## Some of the regular meetings in Wynyard:

6<sup>th</sup> April, 6.30pm Wynyard Bowls & Community Club- Happy Hour 5pm, meal at 6.30pm, \$15 per head, for bookings ring 6442 2536

6<sup>th</sup> April, 1pm, Wynyard Senior Citizens Club, bring a plate for afternoon tea, \$3, 6442 2619

## Update from Live Well Tasmania

One of our pre-occupations at the moment, together with the Waratah-Wynyard Council, is planning the Healthy Tasmania/Wynyard Year of Wellbeing event in May for promoting walking and cycling to school – if this is passion of yours we would love to hear from you!

In the Live Well Tasmania Wynyard High School Garden, we have available for sale:

Kale, silverbeet, potatoes, broccoli seedlings

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

Nashi pears, rhubarb, Tas (myrtus) berries (if you haven't tried myrtus berries, they are delicious, see photo to the right, described as entirely unique and very addictive!).



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

Contact Kelly for further information on

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

## Waratah-Wynyard Council Try Skill School Holiday Program

If you'd like to get involved or require further information, please contact Council on 6443 8333 or email project officer Keith Price at [klprice@bigpond.com](mailto:klprice@bigpond.com)

Open to grades 5, 6, and 7 students from all local schools. Details of the activities, dates and venues are:

*Badminton*, Tues 24<sup>th</sup> Thurs 26<sup>th</sup>/ Fri 27<sup>th</sup>, 10.00 am – 11.00 am Somerset Sports Centre

*Golf*, Tues (17<sup>th</sup> and 24<sup>th</sup>) Thurs (19<sup>th</sup> and 26<sup>th</sup>), 9.00am - 10.00am, Seabrook Golf Club

*Ju-Jitsu*, Tues (17<sup>th</sup> and 24<sup>th</sup>), Thurs.(19<sup>th</sup> and 26<sup>th</sup>), 12.00 – 1.00pm, Wynyard Railway Institute

*Lawn Bowls*, Tues (17<sup>th</sup> and 24<sup>th</sup>), Fri (20<sup>th</sup> and 27<sup>th</sup>), 11.00am - 12.00 pm, Wynyard

*Bowls Club* *Out Rigger*, Tues 17<sup>th</sup>: 12 – 1.00pm, Wed 18<sup>th</sup> 1.00 -2.00pm, Thurs 19<sup>th</sup> 2.00 3.00pm, Cam River, Somerset

*Photography*, Mon (16<sup>th</sup> and 23<sup>rd</sup>) Wed 18<sup>th</sup>), 11.00am - 12 noon, Fredrick Street Reserve

*Rhee T- K- Do*, Tues (17<sup>th</sup> and 24<sup>th</sup>) Thurs (20<sup>th</sup> and 26<sup>th</sup>), 2.00 pm -3.00 pm, Yolla District High School

*Sailing*, Thurs (26<sup>th</sup>) and Fri (27<sup>th</sup>), 1.00 pm – 3.00 pm, Wynyard Yacht Club

*Squash*, Mon (16<sup>th</sup> and 23<sup>rd</sup>), Thu (19<sup>th</sup> and 26<sup>th</sup> ), 1.00 pm -2.00 pm, Wynyard Squash club

*Tennis*, Tues 17<sup>th</sup> and 24<sup>th</sup>), Thu (19<sup>th</sup> and 26<sup>th</sup>), 10.00 am -11.00 am, Wynyard Tennis Courts



## Inaugural Wynyard Local Long Table Lunch

The Waratah-Wynyard Council and Live Well Tasmania were very happy with the running of the inaugural Wynyard Local Long Table lunch. The whole day went well, we were lucky to have decent weather, and a great team of volunteers, including over a dozen students from the Wynyard High School, and Table Cape Primary School. We ended up with about 80 people, 10 more than we had anticipated. We discovered that the Civic Square was a great venue in one way being in the center of town since we had quite a few people walking past who joined in. But it was also challenging in terms of having enough portable means of both cooking and keeping food warm. However, we had lots of good feedback on how good the food was and how good the event was for bringing the community together. The range of food included humus and pumpkin dip, crackers and vegie sticks, roasted hemp seed, Sauerkraut, pumpkin soup, tomato soup, vegetable Ragu, bread rolls and gluten free bread, potato bake, roast vegies and feta cheese, roast vegies and vegan cheese, garden salad, potato salad, tabouli salad, vegie burgers, gluten free vegie burgers, chorizo, hamburgers, roast beef, and for desserts, fresh fruit, apple crumble, Sicilian apple café, spiced rhubarb cake, rhubarb, blackberry and apple crumble, homemade yoghurt, local honey. To drink there was freshly squeezed apple juice and locally made kefir (a fermented drink).



The second photo shows the long list of thank-you's, which includes Wynyard High School, Table Cape Primary School, St Brigids Primary School, The Smith Family, Takone Organics, Red Cow Dairies, Hill Farm Preserves, Tasland Produce, Jude and Mark Purton produce, Cassie Smith (for donations of her wonderful kefir), Coast FM, 7AD & 8BU, and invaluable volunteers Billie Chettle, Jodie Hill, Robin Krabbe who made and donated the majority of the food and helped organise the event, Sue Hartley donated time and a spiced rhubarb cake, Alister Ross, he helped all day and he won one of the veg boxes and Julie Riddle who donated at potato bake and also won one of the veg boxes. Without these volunteers, the day would never have been so successful. Thank you so much.



Some of the feedback we received on what people enjoyed most about the day "Everything, beautiful food, good music, food well identified, charge more! It is SO good!".

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

We welcome everyone to our next event, a Produce Innovation workshop. We have such great growing conditions in the North-West, that we really have an abundance of healthy, great tasting food available. It's fairly well known we can grow avocados in Tasmania, did you know with some patience and a greenhouse you can even grow pineapples and banana's (although its yet to be determined how ripe they get)? Jerusalem Artichokes are one thing that do grow very well in a range of conditions, did you know that not only are they great for diabetics and people wanting an alternative to potatoes, they also form a great windbreak in your garden, and look very attractive as per the photo on the right?



Photo: Jerusalem Artichokes

Anyway details below of the workshop, we look forward to some stimulating conversations!.

## *Produce Innovation Workshop*

*2<sup>nd</sup> May 2018, 3 to 5pm*

*Live Well Tasmania Community Centre, 28 Saunders St, Wynyard*



### **Free event – All Welcome!**

Learn all about (and most importantly taste test the foods!):

- Growing mushrooms in your backyard
- Fermented foods like sauerkraut, kimchi, kefir
- Hemp seed
- Innovative ways of using our abundant Tassie foods

Share your favourite recipes and tips for innovative produce. The first five people to register with a Health Care Card will receive a free Produce Innovation “Goodies Pack” of foods we will be featuring during the workshop.

Contact Kelly on 0429 186 532 for further information, email [info@lwt.org.au](mailto:info@lwt.org.au) to register



# Celebrating Year 11 at Wynyard High School

**Year 11 Horticultural Class**-from Kelly Milikins

The students have completed their first Unit of Competency, AHCWHS101 - Work Safely, well-done Boys! They are two thirds of their way with two other Units of Competency- AHCPGD101 -Support Gardening & AHCNSY101 Support Nursery. These young men are showing such promise demonstrating how to work safely and with competency. I am very proud of their attention to detail, their attendance, their enthusiasm to learn new skills and how they take ownership and care with the tasks and tools that are required to be used and completed.

Great Job Chris, Dylan, Jacob, and Jordan!

## Organisation of the Month – Oldina Landcare Group

The Oldina Landcare Group was formed in 1994 and was incorporated in 2011. Its membership has ranged from 6 to more than 25 with 20 currently (2018). Membership numbers have fluctuated over time due to individual projects being completed, changes in property ownership or changes in priorities. The OLCG is centered on the locality of Oldina, with the majority of OLCG property's located in the southern half of the locality or in adjacent localities.

The OLCG has three objectives, which while informal, are quite distinct and also have considerable overlap:

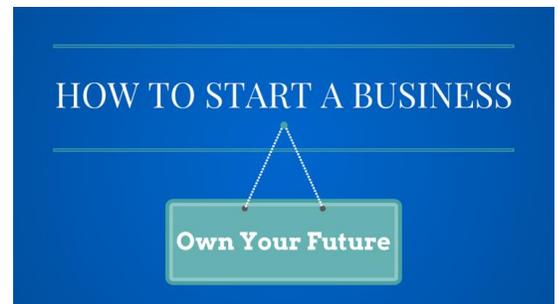
- Management and eradication of invasive plants, examples of which have been:
  - Community-wide blackberry eradication program.
  - Ragwort eradication program.
  - Liaison with Waratah - Wynyard Municipality Council in relation to the roadside spread of Montbretia.
- Environmental management activities such as:
  - Shelter belt plantings on erosion prone slopes.
  - Stream line plantings to manage erosion.
  - Management and rehabilitation of erosion in slump areas.
  - Fencing to keep stock out of regeneration areas.
  - Fencing to reduce the impact of native animals on crops and pasture.
- Community engagement:
  - Promoting weed management through the erection of signage that is changed at appropriate times to alert land owners. This concept was subsequently adopted by the Waratah-Wynyard Municipality Council for use elsewhere in the Shire.
  - Supporting the annual Christmas party for the area which all local residents are invited.
  - Occasional dinner meetings.



We welcome new members or visitors, so if you're interested in finding solutions to a particular problem or meeting other residents of the district, we meet every second month on the last Monday evening, details of which can be obtained from our Secretary John on 64381352 or [jandym@bigpond.net.au](mailto:jandym@bigpond.net.au).

## Innovative Ideas # 1-Small business incubation/Social Enterprise

The Waratah-Wynyard Council found in a recent survey that over 80% of people in Wynyard think there is insufficient employment opportunities here. For our young people, this is a particular concern. One way to address this is via small business. Of course there is a huge amount of information on the internet with ideas of businesses and 'how to' guides. For example, the website <https://www.thebalance.com/small-business-ideas-2951453> lists 101 different ideas, many of which have descriptions of how to go about it. One major initial question however is, "is that product or service actually needed in Wynyard or do we have enough people supplying it already?" This is where we would love feedback – have you experienced difficulty accessing a particular product or service? Is there something that you buy regularly that comes from overseas that you think could be produced in Tasmania? And do you think it would help if we had a "Small Business Incubation" service in Wynyard? There is a service that helps people with establishing small businesses called the Braddon Business Centre (see <http://braddonbusiness.com.au/>), who provide 'free and confidential business advice and information to existing small businesses and to those who wish to start a business', for the Burnie, Circular Head, King Island, Waratah-Wynyard and West Coast local government areas, but would it help to have extra support for people in Wynyard? Also note that there is a Facebook group which has just started for women supporting each other in a fun and casual setting, called "Ignite North West Women".



## Innovative Ideas # 2 – Baby massage

Whether you are looking for a way to help your infant to sleep, to relieve colic or constipation, or just want to bond more with your baby (note this applies to both mothers and fathers!), baby massage has been proven to provide multiple benefits to both parents and babies. Parents benefit by feeling more confident, less stressed and feel closer to their baby, which may be particularly helpful for fathers who may lack ways of engaging with their child.

There is an organization, Infant Massage Australia who is "committed to empowering parents and enriching families through the nurturing touch of infant massage fostering healthy communication, understanding and love for children in our society". We have local people also who give instruction in how to massage your baby. For example, Helen is giving a free introductory session at the Burnie Library, 30 Alexander Street, Burnie on April 12 at 11:00 am (ph 0416 019 808, or [info@mybabymassage.net](mailto:info@mybabymassage.net)). She also gives group introductory sessions for mother's groups and other parent groups who would like to know more about the benefits of baby massage and how to get started. We at Live Well are happy to organise a group session if enough people indicate interest in that.

In terms of what oil to use for baby massage, it is recommended to use cold pressed, unscented fruit and vegetable oils such as safflower, sunflower or fractionated coconut oil. They are non-toxic and safe if ingested, they can contain beneficial nutrients, such as vitamin E, which are good for the skin and which help prevent rancidity and are less slippery when applied, so it's safer to handle your baby after application.

## Tips for self-development

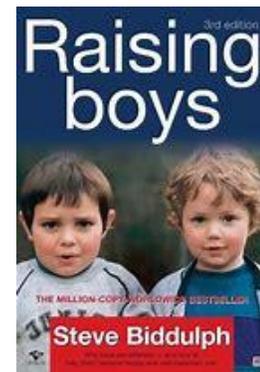
Mindfulness meditation is very popular these days – some workplaces are promoting it because of the benefits of increased productivity, and many schools advocate it for links with increased academic results. Yet at the same time, many people do not understand what it is, or what the benefits are. There is a useful book called *Search Inside Yourself*, written by Chade-Meng Tan, which talks about “Mindfulness Without Butt on Cushion”. He states that “mindfulness may be one of the most important things you can ever learn in your life”. Tan points to the significant aim of being to decrease your mind from wandering, or for many of us, ruminating about fears and worries that we often can do nothing about. Mindfulness increases your ability to achieve calmness and clarity of thought, which becomes life changing when you can achieve that calmness and clarity on demand, in day-to-day life. One way mindfulness works is by helping us to not take simple pleasures for granted, but by focusing on them, they become more pleasurable, and likewise focusing on neutral experiences can make them seem more pleasurable.

Another benefit is the development of “response flexibility”, which is a fancy name for the ability to pause before you act. For example, if you feel provoked by something that makes you feel angry, instead of lashing out in response, pausing for a second or two gives you the choice on how to react. Cultivating the habits of calmness and clarity helps to make a choice which is less reactive, and therefore leads to de-escalation rather than escalation of what could be a heated argument.

## Tips for positive parenting

The following is from Steve Biddulph’s book – “Raising Boys”, much of which can be applied to girls as well. He identifies three distinct but overlapping stages of development, with a shift in emphasis from the mother to the father then to the community/.mentoring :

1. Zero to six – the learning to love years, when strong love and security is important, to ‘switch children on’ to life as a warm and welcoming experience
  2. Six to fourteen – the time when fathers count most, reflecting the importance of building competence and skills while also developing kindness and playfulness
  3. Fourteen to adult – when boys need mentors and adults who care, in addition to their parents. Otherwise youth have to rely on an ill-equipped peer group for their sense of self. The aim is to help boys learn skills, responsibility and self-respect by joining more and more with the adult community.
- Steve notes the vulnerability of boys’ brains and the importance of stimulating their brains so they become good communicators. When you chatter and tell stories to little boys, he says, this actually builds their brain connections so they are more likely to become men who are good with words and feelings. He states “the world no longer needs men who can wrestle buffalo. But it does need men with people skills. Most men, it seems want to improve on the way their father was, but don’t always know how”. In part Steve notes that if fathers are not absent emotionally or physically during the second stage this can help enormously. In addition, the community needs to give extra help when youth are in their mid teens (although it can be argued that community support is vital for all stages). Steve concludes that there is a strong possibility that many of the problems with boys behaviours, such as poor school engagement, depression, problems with the law etc have increased because we haven’t know about these stages and provided the right human ingredients at the right time.



## News from Community Exchange Network Tasmania (CENTs)

While the CENTs project has achieved significant levels of growth over the past six years that it has been operating, there is still lots we want to do to increase its impact. The experience with other similar community exchange projects has been that when the economy is not going so well, including relatively high levels of unemployment, membership and trading in community exchanges increase. There are two main reasons for this, firstly people have more time to engage in CENTs if they are having trouble finding work, and secondly if people do not have much money owing to a lack of work etc then CENTs is the perfect way for them to get the goods and services they need, and to offer to others goods and services they can supply. Hence if we do see a slowing economy, we want to be prepared for even greater numbers of people around Tasmania joining CENTs.

There are a number of strategies we are working on to build the capacity of CENTs to help people out, particularly in times of an economy that is not able to cater for everyone's needs: firstly we have Local Area

Coordinators who help to introduce how CENTs works to new members, and to help match people who need a particular good or service with those who can supply it. Secondly we are looking to build our Trading Days, which people use to network, to find out who does what in our communities, to make new friends and to trade their goods and services. They generally have extra themes such as incorporating a Repair Café, where people bring along things from home that need repairing. A third strategy is looking for opportunities to increase the supply of things that people need within CENTs, whether that's someone to unblock your plumbing, supply eggs, or tutor your child in maths. If you are interested in any of these let us know! See the website for further details: [www.cent.net.au](http://www.cent.net.au)



## Quote of the Month

*A little nonsense now and then is relished by the wisest men- Roald Dahl*

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