



Wynyard Community Newsletter December 2018



Some of the many smiling faces from the Healthy Tasmania Celebration event at the Railway Institute Hall
Photo credit: Bob Segrave

Contents

What’s Happening this Month?	2
Groups/other events.....	4
Live Well Tasmania update	5
News from Waratah-Wynyard Council Meetings.....	6
Circular Head Community Bank	6
Building your brain for creativity: The crucial first step towards becoming a creative genius	6
TasMen -Tasmanian Men’s Health and Wellbeing Incorporated	7
Empowering Young Women – the Smithton “I Am” project	8
Quote of the Month.....	9

Welcome!

As well as lots of Christmas parties during December Waratah-Wynyard also has the two big Christmas Parades in Somerset and Wynyard. Somerset is first on the 7th of December, run by the Rotary Club of Somerset and Somerset Fire Brigade and the Wynyard parade, run by the Lions Club, is on the 24th of December. Also this month the University of the Third Age is having their end of year celebration on the 5th of December, after a great year of a big variety of different classes. The celebration event will include skill sharing in art, poetry, drama, words, harmonica, and ukulele players. Also on the 5th is the “Short Film, Big Ideas” at the Wharf Hotel, see www.rummin.com

There are lots of markets to make buying those Christmas presents easier – Wynyard Foreshore market is running on the 9th, 16th and on Christmas eve starting before the parade. Table Cape Primary School has a market on the 8th of December, and although it’s after Christmas there is the Sisters Beach market at the Pear Café on the 29th December.

The Wynyard Chorale will to be presenting a “Christmas Blessings” Concert, with beautiful Christmas songs by the 56 voice choir, and, Christmas Carols for all to join in to sing. They are also busking on the 21st of December in the Civic Square.

At Live Well we have two working bees on the 11th and the 14th December, as well as a planning session from 4.30pm and an end of year celebration from 6.30pm on the 14th. All welcome! We are also trialing a Grade 6 and below school holiday program, beginning on the 22nd of December. Check our Facebook page for more details. And on Wednesday evenings, from 6pm to 8pm, we are having Art classes (see flyer below).

We are also starting a produce swap (or for free), so as well having bread and various baked products available, we will have some fresh produce you can either swap for some of your own surplus, or take for free. We are often open on other days but Tuesday mornings are the main time you can be sure someone will be around, so do drop in at 28 Saunders Street!

What’s Happening this Month?

5 th December	2pm – 4pm
University of the Third Age (U3A), Wynyard Showground Hall End of Year Celebration, art, poetry, drama, words, harmonica, and ukulele players all sharing their skills Bring a plate, tea and coffee provided. No RSVP is required.	
5 th December	
From Little Things- Short films, Big Stories from lutruwita (Tasmania). Wharf Hotel of December to see these great films. Hobart film company Rummin Productions presents a collection of award winning short films about extraordinary Tasmanians. Book at www.rummin.com Kids free – beanbags provided	

7 th December	Starts 6pm
Somerset Christmas Parade, Rotary Club of Somerset and Somerset Fire Brigade. The parade begins in Simpson Street Fun Starts 6pm, parade starts 7pm Free Children's entertainment	
7 th December	6.30pm
Man-2-Man, The God Squad will talk about how they have turned their lives around and how they want to help men to be real men. Free bangers and mash. Wynyard Baptist Hall, 34 Hogg St, Wynyard, Facebook Man2Manwynyard Contact Sparra 0418 343 267, Vern 0407 104 210, Charlie 0427 421 338	
8 th December	9am – 1pm
Table Cape Primary School market, Gibbons Street, Wynyard BBQ, cake stall, coffee van, over 40 quality homemade stalls	
9 th December	8am – 2pm
Wynyard Foreshore Market Lots of food, plants, bric a brac, arts, crafts.	
11 th December	Start 11.30am
Live Well Tasmania, 28 Saunders Street, Wynyard Working Bee, variety of interesting tasks Free lunch!	
14 th December	Noon -8pm
Live Well Tasmania Working Bee, 2019 Planning and End of Year Celebration dinner Drop in at any time Planning for 2019, 4.30pm End of Year celebration, 6.30pm	
16 th December	8am – 2pm
Wynyard Foreshore Market Lots of food, plants, bric a brac, arts, crafts.	
21 st December	10.30 to noon
This Year the Wynyard Chorale are going to be busking in Civic Square—next to the post office. The money raised will be going to Rural Health. Come, Listen, Join in if you like and sing carols with us and meet the lovely people from Rural Health Tasmania	

24 th December	5pm – 9pm
Wynyard Foreshore Market Lots of food, plants, bric a brac, arts, crafts.	
24 th December	7pm
Wynyard Lions Club Christmas Parade Prizes for best overall float, best Christmas theme, most original or unique and best gopher.	
25 th December	Noon
City Mission Free Christmas lunch Wynyard Baptist Church Hall Contact Church Office 6442 1264 or Own Muskett 0455 511 110	
29 th December	9am - 1pm
Sisters Beach Market Pear Tree Café Contact Jo 0476 022 219	

Groups/other events

Between 9am and 5pm until the end of December, 'Art and Soul' exhibition (mixed media, watercolours, oils), Table Cape Tulip Farm

Every Wednesday, 11am – 1pm, rear of Senior Citizens Club, Jackson St, Wynyard, Wynners Club, Quality social interaction, fun times guaranteed, everyone welcome, gold coin donation.

Every Tuesday, 3.30pm – 5pm, Kids Club, Wynyard Baptist Church, 34 Hogg Street, Wynyard, costs \$2, enjoy friends, food and fabulous fun! Contact Zac Harris 0429 144 241

Every Thursday 1pm – 3.30pm, Senior Citizens Club, Wynyard Scrabble Club seeks new members, enjoy a friendly game and a cuppa, \$2 per session, contact Heather 0408 358 812

First and third Tuesday of each month (except January and December only the first Tuesday) at the Wynyard Railways Institute Hall, Wynyard, President Michael Hyland 6442 1387

Starts January 15th 11am, 8 weeks, Free Wellways to Health Program, Wellways Australia, Level 1, 41 Mount St, Burnie. Assist you to build on your strengths and values to improve your well being and help to manage your life with less stress and anxiety. Contact Karina or Trevor 6419 7010

Every Wednesday, 9 to 12 noon, Mavericks Line Dancing –, Railway Institute Hall. \$7 per session. Last class for 2019 on the 12th December, re-commences 6th February. Contact Julie 0437 320 914

Live Well Tasmania update

We had a big month firstly with our final Healthy Tasmania celebration event which went very well, and was attended by 70 people. A massive thank-you to all those 70 people. Kelly did an amazing job organising it all, and thanks to Richard and Craig from the council, to Jay for the Qi Gong session, Kristy from Moovers and Shakers, and the amazing St Brigid students for the fantastic entertainment! There are too many other people to thank individually for their help, but we are so grateful for all the help in making not only this a great event, but also for all the other Healthy Tas events we had over the year. Well done everyone! This project has been led by the Waratah-Wynyard Council, in partnership with Live Well Tasmania. We are hoping to do some similar events next year.



Kristy from Moovers and Shakers provides some entertainment at the Healthy Tasmania celebration event
Photo credit: Bob Segrave

Secondly we were presented with a Certificate of Achievement for being a finalist of the Betta Milk "Make it Betta" Health Achievement Award. It was fantastic to see the diversity of community groups doing such great work, including helping the elderly, disabled and youth with health and wellbeing. We also were equal first with the Wynyard Community Garden in the Wynyard Garden Club Annual garden competition.

We have two events during December that we are inviting everyone to. Firstly on the 12th of December we have a working bee commencing at 11.30am. We will provide lunch. There will be a range of skills required, and we appreciate any amount of time, no matter how small. Then on the 14th of December we have a follow up working bee commencing at noon, at 4.30pm we are having a planning session for 2019, and at 6.30pm an end of year celebration dinner. All welcome!



We would love to hear your ideas on making both our indoor and outdoor spaces both beautiful and functional.



Left: Robby Walsh presents Phil Jones with our certificate for equal first place in the community garden section, Annual Wynyard Garden Club competition Photo credit: Geoff Blackburn

News from Waratah-Wynyard Council Meetings

Among the items discussed at the November Waratah-Wynyard Council meeting was concern that The Advocate newspaper has discontinued the Coast to Coast section, which had been a major way to find out what's happening in each region of the Cradle Coast. A proposal was agreed on that all Cradle Coast councils be approached to gauge their support, then The Advocate would be approached to ask for reinstatement of the Coast to Coast section. There was also discussion about improving communication more generally such as via Facebook.

Julie Overall from the group "Building Somerset's Future" gave a public statement asking for Somerset to have a greater voice in the allocation of Council resources and to be included more in planning. Finally access to Sisters Beach was another item of discussion, regarding the removal of barricades that are preventing pedestrian access to the beach area.

Circular Head Community Bank

The Circular Head Community Bank is a branch of the Bendigo Bank, but managed by the community. They have just finished a process of seeking pledges from the community to buy shares. The aim is to start the bank in early 2019. If you are interested in this initiative, you can contact Tom Glynn on 0411 744 426.

Building your brain for creativity: The crucial first step towards becoming a creative genius

The following was sourced from:

https://www.linkedin.com/pulse/building-your-brain-creativity-crucial-first-step-towards-davies/?trk=eml-email_feed_ecosystem_digest_01-recommended_articles-7-Unknown&midToken=AQGUOAItpECh1A&fromEmail=fromEmail&ut=01FWubrGailUw1

Knowledge is the base of creativity. You need to create a vast distributed network of different insights, bits of knowledge, ideas, and memories to draw on. As your knowledge grows, the range of new possible combinations that can emerge in consciousness increases exponentially.

Think about it this way... even the best chefs in the world are limited by their ingredients. Give a chef a full Masterchef-style kitchen packed with exotic foods and spices and they will create a culinary masterpiece. But if the only ingredients you give the chef are 2 minute noodles and tomato sauce, guess what you'll be having for dinner?

All the best "creativity hacks" in the world will be useless if you don't have the right ingredients to work with — You can meditate until you reach enlightenment or brainstorm your way into a migraine, but you won't achieve a creative breakthrough.

Experience and knowledge are the soil out of which creativity grows. Therefore, those who have a large amount of diverse experiences and knowledge to draw on have a significant creative advantage. This explains why the most creative people tend to be very high in a personality trait called *openness to experience*. People who have high levels of openness to experience are often very curious by nature. They constantly seek out new and diverse experiences and often have an insatiable desire to learn as much as they can about many different topics. Interestingly, these people are even more likely to live abroad — an experience that is associated with higher levels of future creative performance.

You need to pay attention to the details.

The more detail with which items have been encoded in memory, the greater their potential overlap with other items. Remember that combinatorial creativity results from combining things based on common features. By paying greater attention to new experiences and information, more features will be coded in your brain — and as a result, you will have many more routes by which different experiences and information can activate each other in the future.

If you want to be a better writer, don't skim read. Instead, read work from lots of diverse writers, focus intently on what you are reading and let your brain fully internalise the content, syntax, and stylistic nuances. If you are trying to solve a business challenge in a creative way, study other industries' approaches to analogous problems and take care to notice all the little details. Adopting this approach will enable you to slowly build a large distributed neural network with many finely encoded features that can be used to spark combinatorial creativity.

Building a brain that is 'ready' for creativity takes time and effort.

Boosting creativity is not as easy as having more hot showers and spending more time day dreaming. To be more creative, you need to be actively engaging in the world on a regular basis. You need to seek out new and diverse experiences and be constantly learning as much as you can. If you truly want to be more creative, I encourage you to learn to foster your curiosity and develop a habit of exploration.

TasMen - Tasmanian Men's Health and Wellbeing Incorporated

This amazing initiative was created to meet some of the needs of men seeking to improve their wellbeing, including those struggling with isolation and emotional distress by providing an environment that supports healing and self reliance. They provide events and structured learning opportunities for men of all ages, beliefs and orientation. They formed as a Tasmanian association in 1999, are self funded and run by volunteers. They have an emailed based discussion list of over 170 men. It is a moderated list, where men can talk about what is happening for them and where we share information about our activities. Its also a place where men can reach out for support and get help. From their website (<https://tasmen.org.au/home/>):

We help men get out of their heads and into their hearts. To be more respectful of each other and to take ownership of their own behaviours. To live and speak from their hearts. Our core belief is that we, as men, must take responsibility for our lives, our 'stuff', and our own personal growth. We also believe that support and good friendships help us do this. We know that men can find sharing and learning in the presence of other men very powerful. This 'experiential' learning can have profoundly positive impacts. We can become fuller humans, better partners, better fathers, and develop a network of real friends and mates.

Tasmen run an 8 week men's learning program called Common Ground, and provide annual gatherings for men. These gatherings provide a safe space for interaction, healing and strengthening. They also provide a small number of workshops and assist with the creation of men's support groups.

Breaking the Cycle, will be the 22nd TasMen annual men's gathering to be held on the March long weekend next year. Men come from all over, Tassie, Mainland Aust. and from overseas. For First Timers, their Men's Gathering's are an opportunity for men to take time out from the normal day to day. They are an opportunity to do stuff that is real, fun, and sometimes a bit edgy. For some men,

these weekends are life changing. You do this in safety, are supported, and encouraged to step out beyond your self imposed constraints and fears.

Empowering Young Women – the Smithton “I Am” project

This article is sourced from the Smithton Chronicle, November 15th 2018.

Positivity and a strong sense of self is worth aspiring to, something the I Am Project is helping locals achieve. An empowering initiative founded by Leanne Everett and Abbie Poke in 2016, the body positive and confidence movement has taken on a youth focus.

The concept was adopted by Circular Head Council with Circular Head Aboriginal Corporation, Smithton High School and Soroptimist International of Circular Head.

“We identified that a lot of young women in our community had low self-esteem and poor body image,” says Jodie Saville, youth and community officer.

“Both of these things can cause isolation, withdrawal from activities and more risk-taking behaviours.”

After reading *Girls and Beauty Confidence: The Global Report*, which looks at how self-esteem and confidence is impacted by external pressures, Jodie says she became convinced something was needed locally.

The report found over half of girls around the world do not have high body esteem and highlighted that eight in every 10 girls avoid seeing friends and family, or joining teams and clubs, because of the way they feel they look.

The report also found seven in every 10 girls stop themselves from eating or otherwise put their health at risk.

A further seven in 10 girls believe there is too much importance placed on beauty as a source of happiness, while eight in 10 girls say taking time to do the things that make them feel happy also make them feel more confident.

These statistics resonated with Jodie and Smithton High School youth mentor Selina Maguire, who have led the youth project.

“The purpose of the I Am Project is to empower young women to reach their full potential,” says Jodie. “By assisting them to develop a positive body image, increased confidence, resilience and strong sense of self. To help young women to connect and create an ongoing ‘sisterhood’ or support network.”

Throughout the project, young women discussed: the problem with comparison and appearance pressures, how beauty ideals have changed, media and photoshopping, and the benefits of living a healthy lifestyle and building resilience.

“The main message is that what you do is more important than how you look and that everybody, especially women, should support rather than judge each other.”



Participants and supporters of the I Am project, Photo Ashleigh Force, courtesy of The Chronicle



Art for Everyone

Wednesdays
6-8PM

at
Live Well Tasmania,
28 Saunders Street, Wynyard

ART CLASSES FOR ALL AGES AND ABILITIES

Learn simple techniques to produce beautiful and effective works of art.
Use the art process as a tool to boost
concentration, relaxation, self expression and awareness.

FOR INQUIRIES PLEASE CONTACT:
Cat - P: 0467 725 127 E: cathybluetuesday@gmail.com
Glen - 0429 421 499

GOLD COIN DONATION

Quote of the Month

Everyone and everything around you is your teacher

Ken Keyes Jr.

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28 Saunders Street, Wynyard TAS 7325
lwt.org.au
info@lwt.org.au

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