



Wynyard Community Newsletter March 2019



The sewing machine's were humming at the first Live Well Repair café! Photo: Bob Segrave

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Welcome!

During February at Live Well Tasmania we had a very successful first Repair Café, and a successful start to our Produce Stall, now being held every Wednesday afternoon. If anyone is interested in a weekly box of fresh vegetables please let us now! The next repair café will focus on bikes, how to repair them, how to maintain them, and we will have information about e-bikes. We would love people to bring along any unwanted bikes; we will make any necessary repairs and then make them available for the community. We are having weekly meetings to run the next three Repair Café' at 3.30pm on Tuesdays, come and join us! There is also interest in a weekly or fortnightly sewing session to learn how to repair, mend, fix and patch clothing, make reusable shopping & produce bags, create art from fabric scraps, learn how to mend/patch/sew, and turn something old into something new.

Our Arts classes are back into full swing on Wednesday nights, 6pm with Cat StEvens. Also we are having a garage sale on the 16th of March, at our Centre, come along for a bargain in brand clothes for teenagers, Women's clothes, shoes, chairs, household items, much more!

An initiative of Rural Health and the Waratah-Wynyard Council, 7Up, a youth drop in centre for Grade 7 and up has commenced! It's on Tuesdays, Wednesdays and Thursdays at the Community Centre in Little Goldie Street (opposite the old Save A Buck). There are snacks available, hot drinks, free Wifi, two desktop computers, board games and 8 ball.

U3A has their usual jam packed program during March, including a talk on the Alexander Technique on the 13th of March, an excursion on the 14th to Fossil Bluff, and armchair travel on the 7th (From Mt Owen to Denali and beyond) and Into Africa on the 28th March. See www.wynyard.u3anet.org.au for further details.

March has at least three significant events – the International Day of Happiness on the 20th of March, Harmony Day on the 21st of March and International Women's Day on the 8th of March. See below for a bit more about those.

Finally Tasmanians can enjoy during March the amazing Ten Days on the Island program (see tendays.org.au). For us in the North-West a highlight is the Acoustic Life of Sheds this weekend. Big hArt do an amazing job with this, including the Project O girl, see acousticlifeofsheds.bighart.org

What's Happening this Month?

6 th March	11am – 1pm
WynMatters- St Stephens Anglican Hall, 6 Dodgin St, Wynyard Independent living All Welcome – gold coin donation to cover lunch & hall hire	
8 th March	12.30pm
Boat Harbour Craft Group, Light Summer Lunch, St Stephens Church Hall, Dodgins St, Wynyard Guest speaker, Diana Butler, CEO Care for Africa Contact Catherine Fernon, cafernon@gmail.com , 6445 1484 Donation \$15	

13 th March	11am – 1pm
WynMatters- St Stephens Anglican Hall, 6 Dodgin St, Wynyard Delta Therapy Dogs All Welcome – gold coin donation to cover lunch & hall hire	
16 th March	8am - noon
Live Well Tasmania Garage Sale Grab a bargain in brand clothes for teenagers, women’s clothes, shoes, chairs, household items, much more!!!! Enquiries - Kelly 0429 186 532	
16 th March	8.30am – 4pm
Wynyard Show – Wynyard Showgrounds, Jackson Street, Wynyard Beeswax Wraps Demonstrations, Animal Nursery, Face painting, Tractor/Trailer Backing Competition Tasmanian Wild Food Cooking in the Cricket Club at 1pm Enquiries - Maxine Ewington (Secretary), 0408 323 196	
20 th March	11am – 1pm
WynMatters- St Stephens Anglican Hall, 6 Dodgin St, Wynyard Family Based Care – All about our service All Welcome – gold coin donation to cover lunch & hall hire	
26 th March	4.30pm to 6pm
Live Well Tasmania Management Meeting – All Welcome! Come and have your say on what projects would be good for our community, especially for youth 28 Saunders Street, opposite Council Nibbles provided!	
27 th March	11am – 1pm
WynMatters- St Stephens Anglican Hall, 6 Dodgin St, Wynyard Probus Club – information session All Welcome – gold coin donation to cover lunch & hall hire	
30 th March	9am - noon
Bike Repair Café – Live Well Tasmania, 28 Saunders St, Wynyard How to repair bikes, how to maintain them, and information about e-bikes Morning tea provided Enquiries – Kelly 0429 186 532	

Other events

8th March, Burnie Library – “Living Books @ the Library” 10am – noon, at Burnie Library, contact Fiona (Family Based Care) 1800 684 098 or Anita (Burnie Library) 6477 7402

12th March, Central Coast Council, 9am Penguin Uniting Church Hall, 2pm Gnomon Room, The Wharf, Ulverstone. identify the climate change risks and hazards we may face over the next eight to 10 years and beyond, discuss ideas and suggestions on how we might be able to mitigate against or minimise these risks and hazards.

14th March, Pier 01, Wharf Rd, Ulverstone. Council of the Ageing Tasmania (COTA) will hold a free workshop to find out what is important for people 65+ as they age, regarding their mental health and wellbeing. Identify local priorities and explore local opportunities to support or expand existing, or trial new, mental health and wellbeing initiatives in North West Tasmania. This free workshop starts 9:30am (registration desk open 9:10am) and finishes at 2:30pm. Catering provided. Register, learn more and complete a pre-workshop survey on the link: <https://www.eventbrite.com/e/people-65-mental-health-wellbeing-workshop-tickets-53943495447>

17th March, 5.30 – 7pm :Public Seminar, Pain Revolution Outreach Tour, Braddon Hall, Burnie Arts and Function Centre, understand how pain affects us and what we can do about it. Also visit the "Brain Bus" on the Burnie Foreshore 11-1pm See below for further information.

7, 14, 21 March 2019 - 2-4pm, RESEED Centre, 30 King Edward Street, Penguin, Britta-Zahohie is available now for "Conscious Breathing" group sessions, "Follow your Intuition" and "Listen to your Heart". RSVP - Contact Britta: Phone: 0474 048 687, E-Mail: zahohie@zahohie.com

Live Well Tasmania Update

A small but very enthusiastic group turned up for the National Regenerative Agriculture day on 14th February. The title of the talk by Phil Jones was "Love Your Soil...". We had some naturopaths from Devonport attend, so there was a lively discussion about the links between healthy soil and healthy people



Phil talks to an enthusiastic audience about soil health
Photo Bob Segrave

Repair Cafés- On the Saturday the 9th of February around 20 people gathered to mend, fix and sew up items that they haven't been able to wear for a long time now. Our mentors Carol, Maureen and Julie Riddle helped skill up the people that came in to have their items repaired. One young woman brought in a sewing machine she had bought at the Burnie Tip and Carol was so pleased to show her how to use it and do straight and zigzag stitch. Pam made us some veggie produce bags in the short time she was there. It was a great success and the interest from the community to hold other ones is very encouraging. We hope to hold one in the near future – keep an eye out on the LWT and the Wynyard Notice Board fb pages.





- One inspired participant set up their sewing quarters and made a top from a pattern she found at the tip shop when she went home after the Repair Café!



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Next Repair Café Events

Bicycle Repairs planned for the 30th March

- Bring bikes to be repaired
- E-Bike on display
- Bike maintenance being taught
- Bring any unwanted bikes in, we will do them up and give them to the community



Gardening and plant help, Tool sharpening partnering with the Wynyard Community Garden (date to be confirmed)

- Bring sick plants- leaves/branches/fruit in to be diagnosed
- Mosaic making with old pots and tiles
- Upskilling and learn how to sharpen your own garden and pruning tools – Times to be confirmed



Our produce stall had a great start with lots of satisfied customers with the variety and quality of the produce from the New Life Church garden. We had three varieties of potatoes, beetroot, swedes, silverbeet, tomatoes, garlic, basil, parsley, chillies, herb boxes and seeds. These are all organically produced and mostly picked on the same morning as we have the stall.

We are thrilled that people are appreciating so much being able to buy guaranteed local produce. Come and see us every Wednesday, 1pm to 4pm at 28 Saunders Street, Wynyard (opposite the Council).

Sharon serves Andrea, our very first customer! Photo: Robin Krabbe

[News from Waratah-Wynyard Council](#)

Items discussed at the February Council meeting included a perceived lack of action regarding Freedom Camping at Boat Harbour; currently the Council is reviewing the Draft Freedom Camping Strategy, a motion was put forward to review dog control processes and an investigation will be held into having a Somerset Community Board.

Another item referred to a Council decision last year that it “undertake investigations into relocation of the existing York Street bus stop to another area within the vicinity”. The option of West Jenner

Street was considered a favourable option, noting the impacts to residential amenity due to an increase in on-street parking and the requirement to collaborate with the State Government to implement. Subsequent to the workshop, officers have been informed that the Department of State Growth have amended the bus schedule to add another stop at Cotton/West Jenner Street, and that this may have effectively alleviated some of the concerns regarding congestion at York Street. Further investigation and consultation will be required to determine the extent of this outcome. Consultation with a range of key stakeholders will be required to meet the desired outcomes of this project and to facilitate an amicable outcome for all vested parties. Key stakeholders identified as part of this consultation process include; State Government, Boat Harbour Primary (students and parents), bus companies, surrounding community.

A final item was that Council commence the drafting of a Communications Strategy as a matter of priority, and the following are produced as a necessary suite of associated documents; 1. Draft Communications Policy 2. A paper which reviews the cost-benefit of a Community Survey and alternative options 3. A report which explores the option of a Waratah Wynyard Council smartphone “app” for the public.

Strong Families, Safe Kids

I went to a great workshop in Penguin in February which was about the *Strong Families, Safe Kids* Project, which via the Children’s Advice and Referral Alliance (CARA), will provide a single point of entry for people seeking information, advice and service referral in regard to significant concerns for the safety and wellbeing of children. The State Government is committed to improving the child protection system in Tasmania to better protect our most vulnerable children. A comprehensive Redesign of the Child Protection Services was started in August 2015. The overriding goal of the Redesign is to secure the safety of children by doing the very best we can all do to support their families and communities.

The framework identifies six domains of child and Youth Wellbeing as below. A key message is that the framework can help all children with wellbeing, that despite our efforts it is difficult to provide for all of the six domains all the time. Only by working together can we ensure children’s needs are met to allow them to thrive into the future. See

<https://www.dhhs.tas.gov.au/children/strongfamilies-safekids> for further information.

The Six Domains of Child and Youth Wellbeing



International Day of Happiness

March 20 is the International Day of Happiness and this year's theme is Happier Together, focusing on what we have in common, rather than what divides us. Everyone wants to be happy - and life is happier when we're together. So let's celebrate our common humanity. Join the community and be part of this special day.

The more we talk about what makes a happy and satisfying life for everyone, the more we think it's possible. Resilience has become a bit of a buzz word in terms of our capacity to deal with life's ups and downs. The following are some tips from <https://www.wikihow.com/Be-Mentally-Resilient>

Be a realistic optimist. People who are both optimistic and realistic tend to be successful.

Recognizing the possibility of a less than ideal outcome, understanding the necessity of hard work to reach a given outcome, and maintaining a positive outlook are all key to cultivating and maintaining mental resilience. Many of us feel entitled to a life that doesn't include setbacks and obstacles. This unrealistic attitude is antithetical to mental resilience. Recognize that life is full of unexpected twists and turns and no one is entitled to an easy life. Try spending time volunteering at a local homeless shelter or food bank. Seeing the struggles of others in your community may help you let go of feelings of entitlement.

Staying social is key to developing mental resilience. Socializing with friends, families, and colleagues is critical to both our mental and physical health. Don't isolate when you're feeling down; instead try sharing your feelings with a trusted friend or loved one.

ACTION CALENDAR: MINDFUL MARCH 2019

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

"The best way to take care of the future is to take care of the present moment" - Thich Nhat Hanh

- Start today by appreciating that you're alive and have a body.
- Get outside and notice five things that are beautiful.
- Cultivate a feeling of loving-kindness towards others today.
- Stay fully present while drinking your cup of tea or coffee.
- Every hour simply take three calm breaths in and out.
- Eat mindfully. Appreciate the taste, texture & smell of your food.
- Listen to how you speak to yourself. Try to use kind words.
- Look around and spot 3 things you find unusual or pleasant.
- Listen to a piece of music without doing anything else.
- No plans day. Slow down and let spontaneity take over!
- When someone is speaking, take a full breath before you reply.
- Feel the cool of a breeze or the warmth of the sun on your face.
- Stop, breathe and just notice. Repeat regularly during the day.
- Enjoy doing any chores or tasks more mindfully today.
- Take an unusual route and notice what looks different.
- If you find yourself rushing, make an effort to slow down.
- Have a device-free day and enjoy the space it offers.
- Do something creative that absorbs your attention.
- Listen deeply to someone and really hear what they are saying.
- International Day of Happiness! Focus on what makes you happy.
- Notice when you're tired and take a break as soon as possible.
- Stop to just watch the sky or clouds for ten minutes today.
- Bring to mind all the people you love and care about.
- Make a list of amazing things that you take for granted.
- Mentally scan down your body and notice what it is feeling.
- Tune in to your feelings, without judging or trying to change.
- As you walk, notice the sound of each step and how it feels.
- Stop work earlier and use the time to be still and relax.
- Appreciate your hands and all the things they enable you to do.
- Notice the joy to be found in the simple things of life.
- Go nature spotting today. Even in a city, life is all around.

ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

Rural Outreach Tour Tasmania March 16-23rd 2019 and the Brain Bus



Meet Dr Dan Harvie and his team of researchers at the Brain Bus in Tasmania. The Brain Bus is a mobile illusion van, that aims to fascinate and inspire people to learn more about the amazing science of pain. At the Brain Bus, you'll learn about your brain and experience some of the experiments that help researchers understand pain. **The experiments**

don't hurt, but they might surprise you! You will **experience a range of mind-bending illusions** that have been used by researchers to understand sensory perception and how our senses work to protect us, and pain is a very important protector. **Understanding pain is an important first step to changing pain**, even if you've had it for a long time. Visit the Brain Bus on the Burnie Foreshore 11-1pm.

A chat with Jay McGough, local Qigong and Tai Chi teacher

How did you first come to the practice of Tai Chi and Qigong?

My journey into Tai Chi and Qigong started with a free community “come and try” class back in early 2003. I went along, not really knowing what it was, but within minutes I was hooked and knew that I had found something that I really wanted to know more about. I began to attend local classes.

How did you become a teacher?

Shortly after beginning to attend local classes I had an opportunity to do teacher training in *Tai Chi for Arthritis*. The training was funded by NSW Health for health workers, on the condition that we all started to teach as soon as possible. This was perfect for my professional role as a Health Promotion worker. By May 2003 I was running 3 classes a week through community health. Since 2003 I have sought out as many opportunities as possible to learn from Master Teachers by regularly attending training in Australia, China, the USA and Bali. In 2007 I went to China and qualified as a certified Qigong teacher. I have now been practising and teaching Tai Chi and Qigong for more than 15 years.

What are some of the highlights of your training with Master Teachers overseas?

In China I once spent five days doing Qigong teacher training with Dr Xu Hong Tao, a Traditional Chinese Medicine Doctor who was the head of the Qigong Department at Xinyin Hospital in Beijing. The training was at a place on the *Great Wall* where there were no other foreigners and you could walk on the *Wall* and be alone – so different to the overwhelming crowds at the more often visited tourist sites on the *Wall* in China.

I also spent a week studying Tai Chi with Prof. Tang at the *Beijing Institute of Physical Education*. I lived on site in the student accommodation surrounded by hundreds of young people studying all sorts of sports, including Tai Chi and Qigong.

I have been to China four times to enhance my teaching skills, with my most recent trip (in 2018) giving me the chance to train directly with Grand Master Chen, the 27th generation lineage holder of *Da Yan Wild Goose Qigong*. Grand Master Chen is in his '90s and still extremely fit, flexible and alert,

having spent a lifetime doing daily Qigong practice. His mother, the previous lineage holder, lived to 106 and was still teaching at the end of her life. Grand Master Chen's advice for a long and healthy life is to "eat well, sleep well".

What are the benefits of practising Tai Chi and Qigong?

Qigong and Tai Chi have many health benefits, with Qigong being particularly helpful in reducing stress and enhancing relaxation. Qigong is very similar to Tai Chi, but it has a different intent. Qigong is a self-healing practice that aims to improve our Qi – our vital life force energy. The combination of movement, breath and intention allows us to remove blockages in our meridian system which improves overall health and raises our spirit, creating a state of positive wellbeing. Tai Chi is also a great exercise. It helps to improve flexibility, balance and concentration. Both Qigong and Tai Chi can be viewed as moving meditations and mindfulness practices, and the benefits of both can be greatly enhanced by adding seated meditation at the end of the practice.

Can local people experience Tai Chi and Qigong for themselves?

I teach Qigong and Tai Chi in Wynyard. In addition, there are other teachers offering Tai Chi classes in the local community. I also continue to offer occasional free "come and try" opportunities to the community so that local people can have the chance to experience something that might end up becoming a passion in their lives. I also teach a Qigong Retreat in Bali each year and my first Tasmanian Qigong Retreat will be in October at Cradle Mountain.



Photo is of the free "Come and Try" session at Gutteridge Gardens for *World Tai Chi and Qigong Day* in April 2018

***World Tai Chi and Qigong Day* will be held on Saturday 27th April. Everyone is invited to come along and experience a free Qigong session in Gutteridge Gardens at 9.30 to 10.30 am. A Qigong Workshop will follow at the Senior Citizens Rooms from 11.00 am to 3.00 pm.**

Please contact Jay for more information about the workshop, local classes and retreats:

zenji.jay@gmail.com or visit www.zenjiconnections.com



THE BOAT HARBOUR CRAFT GROUP
 invite you to a
LIGHT SUMMER LUNCH
 on
INTERNATIONAL WOMENS DAY

At St Stephens Church Hall
 Dodgin Street Wynyard
 On Friday 8th March
 At 12.30pm
 Entry \$15 Donation
 Guest Speaker Diana Butler, CEO Care for Africa

We will have our usual array of wonderful raffle prizes, and a silent auction

All funds raised will go towards assisting the work of Care for Africa to support the empowerment of Women and Children living in Tanzania (careforafrica.org.au)

RSVP for Catering purposes appreciated by Monday 4th March to
 Catherine Fernon by email cafernon@gmail.com by phone 03 64 451 484 or
 Barbara Minahan by email bminahan@hotmail.net.au by phone 03 64 450 913

We thank




for their generous sponsorship
 of our Summer Lunch




**IT'S A
 GARAGE
 SALE!**

LIVE WELL CENTRE
 28 SAUNDERS ST WYNYARD
 OPPOSITE COUNCIL

SATURDAY 16TH MARCH
 8AM TILL 12 NOON

ENQUIRIES TO KELLY
 0429186532



**HARMONY
 DAY CELEBRATION**

*Meet new people and
 share culture and food.
 Everyone is welcome to
 bring a plate of food
 representing your
 nationality!*

**HARMONY WEEK
 TASMANIA** 17-24 MARCH 2019
WWW.HARMONYTASMANIA.COM

SAT 23 MARCH | 11 AM TO 2 PM
 TRAWMANNA | 73 MELLA RD | SMITHTON

Entry by gold coin donation. All activities are free. For more information phone 64789574



Quote of the Month

Failure is the condiment that gives success its flavour

Truman Capote

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