

## Wynyard Community Newsletter September 2019



Some of the 30 people enjoying demonstrations and tastings of local food at RESEED Photo: Kelly Milikins

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Welcome!

Spring is here! Love the daffodil's, sunny weather and sounds of birds getting more active! This month we have a theme of people getting active as well – climate change and what some call “social climate change” in particular. The Australian Youth Climate Coalition is having a trivia night on the 4<sup>th</sup> of September at the Wynyard High School, and there is two showings of the film 2040, one in Wynyard on the 5<sup>th</sup> which is booked out but there is another in Penguin on the 27<sup>th</sup> of September- see below for details. On the 14<sup>th</sup> of September is the first of hopefully a number of “Seaside Scavenges”, this one called Spring Into Scavenge, a very innovative way of getting people involved in cleaning up our waterways, starting at Gutteridge Gardens. Then there is the Global Climate Strike on the 20<sup>th</sup> of September (incorporating schoolstrike4climate) with a gathering in Burnie (also involving a Burnie beach clean up, bring your own gloves, bags and/or grabby sticks),

As well as supporting these events another thing you can do to help with climate change is to use your car less and use a bike instead! We have a bike workshop on the 7<sup>th</sup> of September in Penguin as part of our Healthy Tasmania funded series of workshops. Also on the 22<sup>nd</sup> of September Rees Campbell the author of Eat Wild Tasmania is doing a talk and will have tastings of Tasmanian native edible plants.

We can also reduce food waste, or at least recycle food waste – a topic discussed at the first Community and Business breakfast (see report below). Both Wynyard High School and St Brigid's Primary School are starting worm farms, so they want your kitchen scraps! Anyone interested in helping to organise a system of collection of people's kitchen waste, eg having drop off points, please get in touch.

Another opportunity to be part of the solution is to attend an event on the 15<sup>th</sup> of September in Penguin, which is looking at how we can work together on these two issues of regeneration of our environment and regeneration of our social systems. This is part of an Australian wide event called a Transition Convergence, which asks how we work together What can we imagine as a life-sustaining future? ☒ How do we promote interdependent, powerful and visible action

Social climate change in part refers to how over time we have come to see ourselves as isolated individuals fending for ourselves as opposed to being part of an inter-connected. As one result, collaboration, being vital to tackle climate change and other difficult problems, then is more difficult to achieve. Improving mental health, improving communication, particularly what is called ‘non-violent communication’ or compassionate communication are aimed at addressing this separateness. On the 20<sup>th</sup> of September, we are taking advantage of Kate Raffin's visit from Sydney to lead discussions at our second Community and Business Breakfast (see below for details of Kates full workshop in Penguin, )

We will discuss who is doing what in terms of increasing trust, helping others with needs, while also taking care of our own needs. There are many examples to draw from, such as the Samaritan's Purse, a Christian project where gifts of everyday items are packed in a shoebox and sent to children around the world in need – October is National Collection Month so now is a good time to see what you could contribute. We will have more about this project in next months newsletter.

Also on the 12<sup>th</sup> of September is R U OK day, and the University of the Third Age has teamed up with Live Well Tasmania for a Mental health Week event on the 10<sup>th</sup> of October.

Don't forget the Winter Bonfire organised by the Waratah-Wynyard Youth Leaders at East Wynyard Beach on the 7<sup>th</sup> September, 5 to 8.30pm, there will be a couple of great bands and some good food.

## What's on

4 <sup>th</sup> September	11am – 1pm
WynMatters Open Music session – come and have a listen, play an instrument or have a sing-a-long St Stephens Anglican Hall, 6 Dodgin St, Wynyard \$2 donation to cover lunch and hall hire, you are welcome to bring along a plate of food to share For further information contact: 0408 454 407 or 0488 614 754	
4th September	6pm for 6.30pm start
Trivia night – fundraiser for SEED Indigenous Youth Climate Network & Australian Youth Climate Coalition, Wynyard High School Student Centre Teams of 6, \$5 entry per person. Bring cash for silent auction and a plate to share RSVP Madeline 0429 134 250	
7th September	5pm – 8.30pm
Winter Bonfire - Waratah-Wynyard Youth Leaders, East Wynyard Beach Great music by Monks in the Moshpit and The Redneck Roadshow Catering: BBO, Scrumptious Thai and LINX on Wheels	
7 <sup>th</sup> & 8 <sup>th</sup> September	10.30am – 4pm (Sat) & 10.30 – 2.45pm (Sun)
Wynyard Garden Club daffodil and flower show Uniting Church Hall, Dodgin Street, Wynyard Plant stalls, raffles, Light refreshments both days Admission \$3 single, \$5 double	
8 <sup>th</sup> September	8am – 2pm
Wynyard Foreshore Market The market showcases local produce and crafts, including jams, cakes, preserves, second-hand goods, plants, bric-a-brac and more. For more information contact the Waratah-Wynyard Council on 6443 8320	
18 <sup>th</sup> September	11am – 1pm
WynMatters, Living & working in the Northern Territory as a teacher in a Christian school, real life stories and experiences St Stephens Anglican Hall, 6 Dodgin St, Wynyard \$2 donation to cover lunch and hall hire, you are welcome to bring along a plate of food to share For further information contact: 0408 454 407 or 0488 614 754	
20th September	8am – 10am
Live Well Tasmania Community and Business Breakfast – Wynyard Connecting across difference - becoming an even more valuable resource for your community. Nonviolent Communication facilitator Kate Raffin will explore some simple communication tools to make a significant difference in connecting with members of the community, discuss local initiatives to spread empathy and compassion See <a href="http://www.lwt.org.au">www.lwt.org.au</a> for details or contact Robin 0421 461 724	

25 <sup>th</sup> September	11am- 1pm
WynMatters – phone and internet scammers- how to recognise a fraud caller & protect yourself St Stephens Anglican Hall, 6 Dodgin St, Wynyard \$2 donation to cover lunch and hall hire, you are welcome to bring along a plate of food to share For further information contact: 0408 454 407 or 0488 614 754	
30 <sup>th</sup> September	11am- 1pm
Waratah-Wynyard Council, Boat Harbour Community Conversation, staff and Councillors will be present. Further information on forum locations can be found by viewing <a href="http://www.warwyn.tas.gov.au">www.warwyn.tas.gov.au</a> , phoning Council on (03) 6443 8333 or by calling into council any weekday from 9am to 5pm.	

### Other events

7th September – “On Your Bike” workshop, RESEED, 30 King Edward Street, Penguin. See below for details.

15TH September – RESEED Centre, 30 King Edward Street, Penguin. Transition Convergence. Join us to discuss how we can work together for a better future. Contact Robin for further details on 0421 461 724, Everyone Welcome!

20th September, 11am – 1pm, outside the Burnie City Council, 80 Wilson Street, Burnie. This is three days before the UN Emergency Climate Summit, school students are inviting everyone to join us for our biggest ever global #ClimateStrike. From the Facebook page – “we shall be gathering outside the Burnie City Council building on Wilson Street with our placards and signs, where we shall be situated from 9-11.30. After this, we shall walk through Burnie down to the beach, and spend half an hour (or longer if you wish) using our compassion and manpower to pick up litter from the beach. If you are interested in taking part in the beach clean up, please remember to bring gloves, bags and/or grabby sticks for safety purposes.

20th September, 1.30pm (2pm start) - 6.00pm, 21st September, 9.00am - 1.00pm, The APPM Building (Old Paper Mill), Burnie. Bank of Us workshop to work out what the issues and opportunities are in the Burnie region. The Bank of Us provide real and practical help to get the best ideas off the ground including financial support up to \$60,000 cash, a unique loan arrangement, mentoring, networking and more.

20th, 21st, 22nd September, 30 King Edward Street, Penguin, “Cultivating Inner Freedom Non-Violent Communication and the power of choice to lead the lives we want through Non-violent Communication. Contribution – sliding scale from \$180 to \$300 or introduction only \$50. Contact Michelle 6435 4539 [heelo@reseed.net.au](mailto:heelo@reseed.net.au) or Kate 0488 550 979 [kate@kateraffin.com](mailto:kate@kateraffin.com) For more information about Kate see [www.hearttalkmatters.com](http://www.hearttalkmatters.com)

22nd September, 2.30pm to 4pm, RESEED Centre, 30 King Edward Street, Penguin. Rees Campbell, author of Eat Wild Tasmania, talk and tastings. Contact Kelly on 0429 186 532 for further information.

27th September 2019, 6.30pm – 8.15pm, Penguin District School Community Learning Centre hall. 2040 - this film asks what the future could look like by the year 2040 if we simply embraced the best solutions already available to us to improve our planet. All welcome. Suitable for adults and children 9+ and mature



Some of the yummy foods that Rees produces Photo source: <https://feistytasmanian.com>:

younger children. Book at <https://fan-force.com/screenings/2040-community-learning-centre>, \$15 per ticket.

10th October, U3A, Mental Health Week event “Strike a chord – strike accord.....making connections, music and fun together”. Have fun learning to play the ukulele, enjoy morning tea, then join in with our choir conductor to play some songs.

10th November, Live Well Die Well Mini Expo – Showgrounds, Jackson St, Wynyard. We’ve got you covered, range of stalls and information for both living well and dying well! Enquiries for stalls ring Lynne or Robin 0421 461 724.

Waratah-Wynyard Council Community Conversations – Sisters beach 28th October, Yolla 25th November, Somerset 2bd December. Further information on forum locations can be found by viewing [www.warwyn.tas.gov.au](http://www.warwyn.tas.gov.au), phoning Council on (03) 6443 8333 or by calling into council any weekday from 9am to 5pm

### Spring into Scavenge

There’s a real waste revolution happening, and part of it, an initiative called Spring into Scavenge, is coming to Wynyard - 14<sup>th</sup> September – 9am to 1pm! See <https://www.facebook.com/events/396981347605396/>

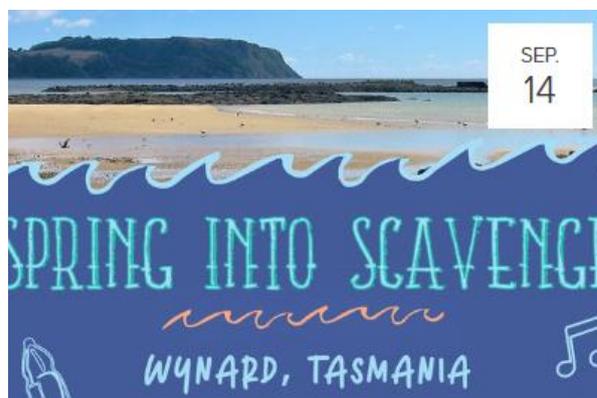
Come along to enjoy local, live music, beach cleaning, trash trading action and all round inspiring vibes to ditch single-use plastics! It has two main aims: to empower people globally to eliminate waste entering the ocean and to educate people about waste streams using fun and unique solutions that inspire participation to clean-up the ocean.

The general idea is that participants scavenge for litter around local waterways and parklands - the Wynyard event will be held at Gutteridge Gardens. We're blessed with two beautiful waterways right next to each other in Wynyard - so our clean up will be stretching up the river, and down the beach, with the central action happening at Gutteridge Gardens. With 300 million tonnes of plastic produced annually and 8-13 million tonnes of rubbish flowing into our waterways every year, there’s a lot to be done.

Once collected the litter is then sorted into recyclable and non-recyclable piles. Every 10 pieces of litter earns the Scavenger a Trash Token. These tokens are the currency accepted in our pre-loved, pop-up clothes markets. Each donated item is priced at either 1, 2 or 3 tokens.

The following list of partner organisations to Spring into Scavenge is very inspiring and shows just how much communities are acting to tackle ‘wicked problems’ that larger organisations struggle to address. If anyone is keen to get one of these happening in Wynyard, let us know and we will support you as much as we can.

Boomerang Bags is a community-driven movement where volunteers from all walks of life get together to make reusable ‘boomerang bags’ using recycled materials, to provide a sustainable alternative to plastic bags. The Travelling Trash Troupe aims to inspire community members to reduce plastic pollution through a fun and creative program of education, action and ongoing engagement. Plastic Pollution Solutions is a program of creative educational presentations and activities that engage and empower school kids across the country to be a part of the solution to plastic pollution. The Developing Clean is a growing Sydney-based business that offers plastic-free and reusable products for everyday use, they donate 10% of profits directly back into grassroots environmental groups. Fair Food Forgers -has a location-based app that lists the best options wherever you happen to be, so you can put your \$\$ where it counts. Responsible Runners - a network of runners, walkers & everyday people keeping our beaches,



waterways & communities clean through fun & fit weekly clean ups across Australia. Sea Shepherd Australia's Marine Debris Campaign brings together the efforts of all chapters in Australia and the community to keep beaches and waterways cleaner and safer for marine life while collecting data for national analysis.

The person who discovered the Seaside Scavenge initiative and decided to bring it to Wynyard is Rachel Small. Many people will know Rachel for her great work with Big hArt's Project O, which aims to empower girls in Wynyard and Smithton, Project O creates change by encouraging young women to become leaders and change makers in their own community, developing skills and confidence. Rachel is organising Spring into Scavenge not with her Big hArt hat on however, rather from a personal concern for the amount of rubbish going into waterways and the dire effect this has particularly on our oceans, and a strong belief in communities capacity to rally together to do something about it. Rachel commented that when businesses are informed of how much of their plastics does end as rubbish on the beach etc, they sometimes take steps to reduce the plastics they supply to customers, such as not supplying drinking straws. Hence even just the awareness raising aspect of Seaside Scavenge is valuable. Rachel is looking for volunteers to help with a variety of roles for the event, as well as donations in good condition that can be used for the pop up market. Please contact Rachel if you can help on

## Live Well Tasmania update

### *Kindred and sourdough workshop at RESEED Centre Report*

Early August we held the 'Local Food Demonstration' at the RESEED Centre in Penguin. We had an overwhelming interest for this excellent event and filled our space quickly and had to make a cancellation list. We were at capacity of 30+ people for both workshops and demonstrations.

At the start of our workshops we welcomed the participants and introduced ourselves, we then helped Michelle facilitate an icebreaker activity that allowed people to find out who their geographic neighbours are, who lives close to them. This is a part of our Buddy System - Promoting Social Support. We encouraged the participants to take note so they can see who lives close by and may be interested in supporting each other with healthy choices and to share their sourdough starter and recipes. Michelle then facilitated a brainstorming activity where all the participants were invited to call out answers to certain question, these were recorded on a whiteboard by one of the participants.

We started the workshops with our local farmers 'Kindred Organics', Henriette Damen started her demonstrations and explained about the various grains they grow on their organic farm in the beautiful Kindred area. Henriette was assisted by her husband Luran who informed about the growing and milling methods.

Henriette Damen was inspiring as always, showing us the great range of organic grains they grow in Kindred, and the delicious things they can be made into. We heard about the care they take with keeping their gluten free grains separate from the rest, and how delicious their rolled oats are - tolerated by many a sensitive person.

Henriette had her products on display, encouraged participants to help make the spelt and buckwheat pancakes, she also made a Quinoa cake and the best ever granola all from their products. We all got to taste these delights. Henriette provided recipes for all of her products, people were engaged and asking lots of questions especially about the nutritional value, it was informative and fantastic. It was cosy! And there were lots of new people to get to know.



Lots of hands on at the Local Food workshop Photo's: Kelly Milikins

From Michelle who provided a great workshop in the afternoon -I enjoy teaching people to make sourdough bread. It really is very simple and delicious! We tackled making sauerkraut and fermented vegetables together, squashing lots of local organic produce into jars. Some created beautiful rainbows of colour! 10 minutes of effort and a week of observation gets you a big jar of wild fermented goodness!

### *Get on your bike!*

Saturday, 7th sept 2019, 10am – 3pm, The RESEED Centre, 30 King Edward St Penguin. Adjust your bike correctly with advice from our experienced bike fit technician, get help with basic maintenance from our volunteers, find out about bike clubs, try an electric bike or a recumbent trike– family ride, leaves at 2pm.

Bikes with cleats (clip-in pedals) – demo 10.30am, then 1:1 sessions up to 12.30pm

Bikes without cleats (flat pedals) – demo 1.00pm, then 1:1 sessions up to 3.00pm

Car parking on site before 10.30am. After that please park on the street.

All ages welcome, bring your bike and helmet!

Can you volunteer an hour of your time to do some basic bike maintenance? We'll give volunteers a yummy lunch. Contact Kelly, RSVP welcome, [kelly.23@live.com.au](mailto:kelly.23@live.com.au) 0429 186 532

### *First Community and Business Breakfast*

Live Well Tasmania gained a grant from the Building Better Regions Fund to run ten Community and Business Breakfasts, which will be roughly one per month for the next ten months. The aim is to promote discussion about a variety of topics that impact on social and economic wellbeing.

We had a great start to our first in a series of ten community and business meetings aimed at topics of concern to people in our community. The first one (at Sweetness Café, we enjoyed very good breakfasts!) discussed local food –basically growing it, getting it to people in need, increasing healthy eating and ways of retailing it locally. The attendee's were from St Brigid's Primary School, the Sisters Beach Working Group, Wynyard High School, St Vincent de Paul, Produce to the People Tasmania, Thistle Hut in Boat Harbour, two local organic growers and Live Well Tasmania.

We looked at what the needs are, what is already happening, and what the opportunities and gaps are. A number of themes emerged during the meeting, such as:

- Many parents do either not have time or lack the skills to cook healthy food, therefore their children often do not consume the recommended amount of vegetables and often do not learn the skills themselves of healthy cooking.
- In many other places eg Victoria there is planting of fruit tree's on nature strips
- Regular free workshops for the community on healthier eating, growing food
- Sharing of information amongst food providers such as supermarkets, cafes and restaurants; donation of meals destined for land fill
- Healthy recipe books for schools
- Need to educate and involve the community in (organic) food production; including elderly/disabled/financially disadvantaged
- Raise expectations within the community for healthier food
- More collaboration between groups.
- Transport is a problem to get to free food hubs



Part of the discussion at the first Community & Business Breakfast – love the picture on the wall! Photo: Robin Krabbe

The discussion had the desired effect of stimulating some idea's regarding collaboration, for example school garden projects working together, and working with Council to develop a kitchen waste collection project – watch this space!

Don't forget we are generally open every Tuesday afternoon, so drop in to join us in doing some sewing, or bring some clothes to swap.

### Update from Waratah-Wynyard Council

Some of the items discussed at the August Council meeting:

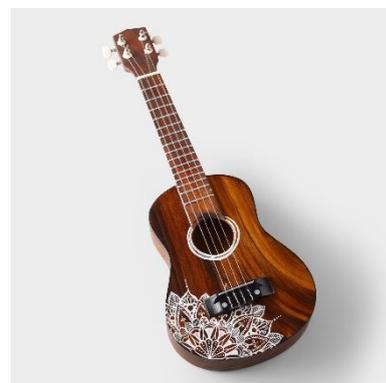
- Two Dying2Know forum's have been held in Waratah and Somerset. The primary aim is to improve coordination and integration on end-of-life care across primary, secondary, tertiary and community health services to support at home palliative and end-of-life care.
- Comments from the first Council "Community Consultation" and responses by Council in italics:– Need identification of space/underutilised land for children's spaces and planting of fruit trees/edible plants.
- *Warawyn Early Years currently has fruit trees and vegetable garden. Expansion of these areas to provide additional edible gardens is being considered. In terms of other public spaces where this could occur further consideration will be given to this.*
- More should be done re Climate Change Adaptation and mitigation. *An Environmental Policy is currently being developed which will address this issue. A working group which includes interested community members is currently being formed with public consultation to follow development of a draft document*
- We need a public/community composting facility. *Item will be considered as part of the Waste Strategy initiatives*
- Make area available for collection of old cars/burnouts etc several times a year. *Item will be considered as part of the Waste Strategy initiatives*
- Motion carried from meeting – to adopt the East Wynyard Foreshore Masterplan – including considering rationalising the existing 4 local playground sites, 2 at the East Wynyard Foreshore, 1 at 9 Martin Street and 1 at 25 Lockett Street in order to fund the proposed district level playground; and remain flexible in the implementation of the East Wynyard Foreshore masterplan as it assesses cost and benefits in consultation with the community. Multiple workshops have been held to outline the proposed timetable for this playground project. Preliminary work will continue as part of the project planning and preparatory stage.

### New from University of the Third Age (U3A)

When U3A asked live Well Tasmania to auspice a grant for Mental Health Week, we were very happy to oblige! The grant was successful and hence will be held on the 10<sup>th</sup> of October in Wynyard. The name of the event is "Strike a chord – strike accord.....making connections, music and fun together". The event is open to everyone and will involve participants being matched with a ukulele mentor who will teach them the basics of 3 chords. They will spend the first hour learning, practising, chatting and connecting. After a break for morning tea the music director will organise the group into rounds or as the group chooses, and we will practise the songs. At the end of the session, participants will sing and play 3 songs as a singing choir.

The outcome will be participating in an informal playing choir, but also having learnt the basics of ukulele playing.

Check out the Semester 2 program of great U3A offerings – they include make a blackwood pen, Tau Chi for Arthritis, musical troubleshooting for beginners, learn how to speak German, bread making, film appreciation and much more! See [www.wynyard.u3anet.org.au](http://www.wynyard.u3anet.org.au)



## RU ok Day

R U OK? Day on the 12<sup>th</sup> of September is our national day of action dedicated to reminding everyone to ask, "Are you OK?" and to remember every day of the year to support people who may be struggling with life's ups and downs. We want everyone to feel confident they know the signs someone might need support by listening to what they're saying, seeing what they're doing or knowing what's going on in their life. Whenever you notice a change, no matter how small, we want you to trust your gut and start an R U OK? conversation.

We can all make a difference in the lives of those who might be struggling by having regular, meaningful conversations about life's ups and downs. If you feel like something's not quite the same with someone you know – there's something going on in their life or you notice a change in what they're doing or saying - trust that gut instinct and take the time to ask them "Are you OK?". Use our R U OK? Day Packs and Every Day Resources to get everyone in your school, workplace, uni/TAFE, sporting club and community involved and ready to trust the signs and start a conversation that could change a life. See <https://www.ruok.org.au/how-to-ask>

## News from CENTs

Some of the Items currently available via CENTs we have our electric bike for hire (pick up from Penguin or Wynyard), and a food dehydrator. We are seeking to buy an oven for our Centre  
Devonport – Ready to drink Kefir -Kefir is a great natural product that is far more effective than any yoghurt or acidophilus tablet. If you have any kind of stomach/digestion issue or just wish to improve your general health then try Kefir. Soymilk Kefir or Dairy Milk Kefir available made to any quantity required and desired consistency (thick or thin). Made on request, takes 1-3 days to make. Supplied in a 250ml jam container or equivalent and consumed by putting a tablespoon or two on your cereal in the morning.

Wynyard – Hair cuts from a qualified hair dresser

Burnie/Wynyard (available from the Live Well Tasmania Centre) - Bodyshop products in stock. Assorted shower gels, face care, face masks, compressed powders, makeup, pre-made up gift packs, perfumes etc etc

Devonport – Home made multigrain bread

Burnie – ICT support – qualified with Bachelor of Information technology

Wynyard – Kefir a kefir starter pack including full instructions, support and lots of interesting info such as making your own cottage cheese and butter from cultured kefir cream

Finally there are a small number of places to pay 50% CENTs and 50% cash for the Cultivating Freedom workshops as per the flyer below.



HEART TALK MATTERS PRESENTS  
**CULTIVATING INNER FREEDOM**  
and the Power of CHOICE to lead the life we want  
through the basics of  
NONVIOLENT COMMUNICATION\* in Penguin, Tasmania  
with **Kate Raffin**, certified trainer with the Centre of  
Nonviolent Communication [www.cnvc.org](http://www.cnvc.org)  
Venue : The RESEED Centre 30 King Edward st. Penguin

Part 1 intro: Friday 20 Sept, 5.30 - 8.30pm  
Part 2: Saturday 21 Sept, 1 - 6pm  
Part 3: Sunday 22 Sept, 9am - 2pm  
Each part is a pre-requisite for the next

Contribution: sliding scale – from \$180 to \$300 (intro only - \$50)  
We would like to make this training both accessible and sustainable.  
Please contribute at the top of your ability.

BOOK : <http://hearttalkmatters.com/penguin-tasmania-nvc-foundation-training/>  
Contact: Michelle Towle 03 6435 4559 [hello@reseed.net.au](mailto:hello@reseed.net.au)  
Kate Raffin - 0488 550 979 [kate@kateraffin.com](mailto:kate@kateraffin.com)

More info about Kate: [www.hearttalkmatters.com](http://www.hearttalkmatters.com)  
\*Heart Talk Matters is based on the work of Marshall B. Rosenberg,  
author of "Nonviolent Communication: Language of Life"  
[www.cnvc.org](http://www.cnvc.org)

'I think this content should be in everyone's life curriculum'  
- Frank Deveson, Canberra Nov, 2018



**WYNYARD GARDEN CLUB**  
**2019 DAFFODIL & FLOWER**  
**SHOW**  
AT THE UNITING CHURCH HALL  
DODGIN STREET, WYNYARD  
**SATURDAY 7<sup>TH</sup> SEPTEMBER**  
10.30 am - 4.00 pm  
AND  
**SUNDAY 8<sup>TH</sup> SEPTEMBER**  
10.30am - 2.45pm  
PLANT STALLS, RAFFLES  
RAITHBY PLANTS NURSERY  
FANCY GARDENS & PLANTS  
KATANDRA BULB FARM  
Light refreshments available both days  
Admission \$3 single \$5 double



**BOAT HARBOUR  
SCOTTISH COUNTRY  
DANCING**

BEGINNER LEVEL CLASSES  
(NOT HIGHLAND DANCING - MUCH EASIER)

Boat Harbour Church Hall, Bass Highway

Thursdays 10:00 am to 12:00pm  
\$5.00 per class

- Great exercise –mental and physical
- Much fun & laughter
- Suitable for all ages & genders
- No partner needed

For more information phone Nikki on 6445 1569



**PRODUCE TO THE PEOPLE**  
TASMANIA

*grow. gather. give*

Produce to the People Tasmania is aiming to start a NW 'Harvest Helpers' group, following in the footsteps of the Meander Valley Harvest Helpers project. We are looking for local growers who have an abundance of nuts, fruit or vegies and are willing to share it with their community.

Volunteers will help to harvest & preserve the produce, which will be shared equally among the grower, harvesters, and the local community (through our emergency relief/fresh food hub).

If you are interested in registering to donate your produce OR becoming a volunteer harvester/preserver, please let us know! Leave a message on the farm phone (0417 176 187), use the contact form on our webpage [www.ptp.org.au/contact.html](http://www.ptp.org.au/contact.html) or find us on FB : produce to the people tasmania

Produce to the People is a social enterprise with charity status that supports Tasmanians through growing, gathering and giving fresh produce to those in need with an emphasis on nutrition and dignity for all. Set on two acres on the grounds of Burnie High School in Coosee (North West Tasmania), we operate a diversified, four-season farm as well as an education centre that hosts thousands of visitors each year.

**VOLUNTEER**

THE RESEED CENTRE PRESENTS **FREE EVENT**

Rescheduled **Winter Bonfire**



**Saturday 7th September**  
**5pm—8.30pm**  
**East Wynyard Beach**

Be entertained by  
**Monks In a Mosh-Pit**  
**The Redneck Roadshow**  
Fill up with  
Scrumptious Thai  
BBQ  
Linx on Wheels



Alcohol Free Event



**Get on your bike!**

Adjust your bike correctly with advice from an experienced bike fit technician

- Flat Tyre? Get help with basic maintenance from our volunteers
- Find out about **Local Bike Clubs**
- Try an **Electric Bike** or a **Recumbent Trike**
- **FAMILY BIKE RIDE** – leaves at 2 pm
- Adjust your bike: **Demonstrations and 1:1 Individual bike fits**

Bikes with cleats - Demo 10.30 am then 1:1 sessions until 12.30 pm  
Bikes without cleats (flat pedals) - Demo 1.15 pm then 1:1 sessions until 3.00pm



**Saturday 7th September**  
**30 King Edward St**  
**Penguin**  
**10 am - 3 pm**

Contact or RSVP [kelly.23@live.com.au](mailto:kelly.23@live.com.au)  
**0429186532**




The future belongs to those who believe in the beauty of their dreams

Eleanor Roosevelt

[If you do not wish to receive this monthly email, please reply 'unsubscribe' to this email](#)



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