



Wynyard Community Newsletter October 2019



Some of the action at the Wynyard Winter Bonfire

Photo: Chantelle French

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Welcome!

The much awaited Tulip Festival is almost here! It looks like being another great event, don't forget the fireworks at 9pm, and great to see that this year there will only be re-usable straws and glasses available, no one time use plastics will be used in an aim to keep the environmental impact to a minimum.

Mental Health Week runs from the 6th to the 12th of October, the purpose of this awareness week is to engage communities in activities that promote mental health and wellbeing and also raise awareness and understanding about mental illness, and how it impacts on the lives of people in our community. The theme this year is "We all have a role to play" and there are some great events being held in the North-West. See below for further details of events such as the Burnie (Somerset) Dog Walk, in Roseberry "The Wellness Hotel – A Community Check In", and 'Mind in Business' un Burnie to help small and micro business owners with their mental health. Wynyard U3A is holding a 'Strike a chord' event (auspiced by Live Well Tasmania) on the 10th October, involving ukele's, morning tea and lots of fun!

A huge well done to Mishca from Wynyard High School and the large amount of people that came along to support the Global Climate Strike. Mishca made a great video before the event, and then made an even better one after the event. She has hit the nail on the head with her approach, rather than focussing solely on criticising the government for not taking enough action, Mishca focusses on the growth opportunity for us all. That is why we at Live Well are fully supportive of events like the Global Climate Strike, rather than being negative, they are (or can be), very much about community building, about looking at what we can do together instead of expecting the government to solve the problem by itself (although they are part of the solution, community solutions are necessary for real change). So it's not just about tackling climate change, it's also an opportunity to talk about fixing our education system, our health system, making our communities safer and more vibrant places, reducing poverty and so on. Our youth are the key, so we absolutely applaud Mishca for her great efforts. Apparently the High School is talking to Mishca about what the school can do to help address climate change, from small things, bug things grow!

Also well done to Rachel Small for organising the first Seaside Scavenge event in Wynyard! Some of the statistics: 4,493 pieces of rubbish, totalling 138kg, from along the river, the beach and the highway around Wynyard were collected. This included 2,112 pieces of plastic, 1,134 cigarette butts, 178 bottle caps, a suitcase full of soft toys, and an old metal exercise bike (amongst other things). See report below.

Don't miss the Wynyard Mini Expo at the Wynyard Library on the 16th and 17th of October – find out about a range of events and opportunities in Wynyard, including the U3A, the community garden, The Men's Shed, gentle exercise, the Historical Society, Live Well Tasmania and more! It also includes entertainment and refreshments.

The Department of State Growth is seeking feedback on proposed changes to bus services operating in the Wynyard region. The proposed bus network changes include route and frequency changes to the Wynyard to Burnie via Somerset service. In particular, the proposed changes will see additional services on Saturdays and new services will be introduced on Sundays and public holidays for the first time. More information on the proposed network changes including draft timetables and maps, fact sheets and the chance to provide feedback will be available at www.transport.tas.gov.au/haveyoursay.

The Waratah-Wynyard Council is also seeking feedback on the draft design for the playground at Wynyard Rotary Park. The plan involves four small play spaces being decommissioned and a larger, safer and fully fenced playground built to cater for wider age groups being built. See further details below.

What's on

30 th September	1.30pm & 3pm
Wynyard Fitness School Holiday program, supported by Live Well Tasmania & Healthy Tasmania 1.30pm swim, learn how to be safe in the pool, 3pm to 4pm bike ride Contact Shaun for further information on 6442 3844	
2 nd October	11am – 1pm
WynMatters -S.E.S (State Emergency Service) Who are they? When should you call them? 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	
4 th October	1.30pm & 3pm
Wynyard Fitness School Holiday program, supported by Live Well Tasmania & Healthy Tasmania 1.30pm swim, learn how to be safe in the pool 3pm to 4pm bike ride Contact Shaun for further information on 6442 3844	
6 ^h October	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	
9 th October	11am – 1pm
WynMatters Legal Guardianship/Power of attorney, elder abuse & the warning signs, who is at risk? How to protect yourself & get support. 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	
10 th October	10am – 12.30pm
U3A 'Strike a Chord' Mental Health Week event Join us in a magic morning of fun, friends and music Free event – everyone welcome, contact u3awynyard@gmail.com	
12 th October	11am – 9pm
Wynyard Tulip Festival- live Entertainment, food, Gopher Race, Colour Fun Run, kids activities, lots of stalls, 9pm Fireworks Inglis River See program at https://www.yumpu.com/en/document/read/62809747/tulip-festival-wynyard-2019	
12 th October	10am - noon
Live Well Tasmania and RESEED Free workshop, Grow great veggies and annuals in pots 28 Saunders Street, Wynyard RSVP essential, contact Kelly kelly.23@live.com.au or 0429 186 532	

16 th October	11am- 1pm
WynMatters Open music session for everyone, play an instrument / 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	
16 th & 17 th October	11am- 2pm & 2pm – 3pm
Wynyard Mini Expo – Wynyard Library Interested in events and opportunities in Wynyard? Find out about the U3A, the community garden, The Men’s Shed gentle exercise, the Historical Society, Live Well Tasmania and more! Includes entertainment and refreshments	
20 th October	11am- 1pm
WynMatters -Arthritis Tasmania – Osteoporosis, arthritis, inflammation management, joint health 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	
22 nd October	Noon – 1.30pm
Lunch and learn digital skills with Be Connected, Wynyard Library Helping you make the most of the internet. If you choose to join the Be Connected program on the day you will get a free USB! Bookings essential – Ph 6477 7415 or Wynyard.library@education.tas.gov.au	
28 th October	8am – 9.30am
Live Well Tasmania Community & Business Breakfast – Everyone Welcome! Boat Harbour Church, 17044 Bass Highway Community discussion – what’s going well in Boat Harbour? What can be built on? RSVP to Robin on 0421 461 724 or info@lwt.org.au	
30 th October	11am- 1pm
WynMatters Arthritis Tasmania – Osteoporosis, arthritis, inflammation management, joint health 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	

Other events

10th October, 7pm Chille Live ,90-94 Goldie St, Wynyard, Featuring the trio band Kin from Launceston, Red Cow platters, free drink on entry, bar available, \$25 per person, book on 6442 4111

4th & 5th October – Burnie Show includes new Producers Paddock showcasing local produce, tractor pulling, dog events and more, and new venue – 329 Ridgley Highway, Romaine

13 October, 10am – 12noon, RESEED Centre, 30 King Edward St Penguin. Grow great veggies and annuals in pots. Hands-on session will look at: Good pots, Good potting mix, fertilisers, keeping it all nice over time, garden ideas for rentals and balconies, quality info for new and experienced gardeners. RSVP essential, contact Kelly kelly.23@live.com.au 0429 186 532

10th November – Live Well, Die Well Expo – Wynyard Showgrounds, contact Lynne on 0457 247 610. If you want to participate with a stall etc, please contact Lynne or Robin 0421 461 724.

North-West mental health week events

Mind in Your Business- 8 Oct 2019, 10:00 am - 7:30 pm, Burnie RSL, 36 Alexander Street

This two hour workshop is designed for small and micro business owners to take some time out to understand the importance of developing a mental health strategic plan for themselves. There are two workshops on the day. One at 10.00am until 12.00pm. The other will be at 5.30pm until 7.30pm. We will cover some of the recent research into mental health and small business; explore the tools and support you can access and dive into a workshop where we will help you to build your own mental health plan. We will also be providing a light snack (morning or afternoon tea). To book your spot at either workshop email: admin@businessnw.com.au

The Wellness Hotel – A Community Check In, 7 Oct - 12 Oct 2019 9:30 am - 4:30 pm Rosebery Community House

The Rosebery Community House will open a “Wellness Hotel” and the public will be invited to check-in for a range of services and information about mental health matters. A concierge will direct the public to a range of areas for hand/head massage, foot care and use of sun lamps to combat Seasonal Affective Disorder. A range of food will also be available with a conversation card about that food, for example: Jelly slice (with blue jelly) will be an opportunity to discuss the difference in the “blues” and depression, serotonin scones will examine how serotonin affects brain function and Prozac pie will demystify the facts about the use of antidepressants. Listening lasagne will provide insight into how spending time and creating conversations actually supports people who are experiencing a lapse in their mental health – developing a compassionate, understanding and informed community.

safeTalk: Suicide Alertness for everyone – 8 Oct 2019, 1:00 pm - 5:00 pm, Burnie Library, 30 Alexander St
Hosted by Lifeline, safeTALK is a half-day training in suicide alertness. It helps participants recognise a person with thoughts of suicide and connect them with resources who can help them in choosing to live. Participants don't need any formal preparation to attend the training—anyone aged between 15 and 25 who wants to make a difference can learn the safeTALK steps in this Mental Health Week training event for FREE thanks to the Mental Health Council of Tasmania.

Burnie Dog Walk 10 Oct 2019 11:00 am - 3:00 pm Anzac Park 2 Bells Prd Somerset

Wellways Burnie branch will be celebrating our four legged friends and the support and unconditional love they bestow on us every day. Join us for a dog walk, followed by a barbeque in beautiful Somerset. If you don't have your own dog, we will have, courtesy of the Burnie Dogs' Home, and the Retired Greyhounds, a couple of dogs who would love some attention and also a stroll with you. If you aren't passionate about dogs, still come and have a chat and a sausage sizzle with us and other community members. This is a free event but we would appreciate your RSVP for catering purposes. Registration is essential – you can bring your form with you or register on the day. http://mhct.org/wp-content/uploads/2019/09/ww329_BurnieDogRegistration.pdf



“Across Tasmania, It's in all of our hands. A Mental Health Week art exhibition

10th, 1pm at Burnie Library 30 Alexander St, Burnie

This is an event that will celebrate the creative work of local artists who have an experience and understanding of how the theme of “we all have a role to play” supports the ongoing mental health for all in our communities. Works are displayed in a variety of mediums, and will be shown at local libraries around Tasmania during Mental Health Week.

Mt Montgomery guided walk 12th October, arrive 10.30am for an 11am start.

This is an awesome short walk with Wilderness Adventures Tasmania - 5km, 2.5 hours return. The walk is easily accessed from the town of Penguin in the Dial Range. The start of the walk takes you for a gentle walk through forest alongside Myrtle Creek. Several small waterfalls can be seen along the way. We will take a gentle climb uphill to the Mt Montgomery summit where we will have a picnic lunch. On a good day the views from the top are spectacular. Cost: Free or by gold coin donation. Lunch: BYO or buy our lunch packs for \$15 each, all proceeds donated to charity.

Please meet us at the Montgomery Road carpark. From the Penguin township follow Ironcliffe Rd to Montgomery Rd and turn left. Continue 200m to the carpark on the left.

Book by calling Lisa on 0427 238 176 or email Lisa@wildernessadventurestas.com.au

Spring into Scavenge by Rachel Small

After a week of cold and rainy weather, which had us biting our nails and wondering whether we'd be able to go ahead, the sun and the beautiful spring weather turned it on for our very first Seaside Scavenge in Tasmania. Spring into Scavenge - Tasmania, took place in Gutteridge Gardens, Wynyard, on the beautiful North West Coast. The gardens are situated on the banks of the Inglis River mouth, which meant that from our hub, Scavengers could choose to venture up along the beach, or down along the river track.

We had a really great turn out for our first event - with around 40 people registering, including a whole bunch of young scavengers! People ventured far and wide to pick up rubbish - including the nearby showgrounds, skate park, and up along the highway. We're very lucky to have a beautifully scenic drive stretching many km's that hugs the coastline, however unfortunately highways tend to attract rubbish - which ends up being thrown meters from the waters edge. In the lead up to the event, I'd been in contact with the Cradle Coast Natural Resource Management authority, who reminded me that we were at the start of shorebird nesting season, and that the coastal strip at Wynyard is home to both nesting shorebirds and penguins. To me, this was extra incentive to remove potentially harmful litter from the beach, and the shorelines.

Amongst 40 people, we were able to remove 4,493 pieces of rubbish, totalling 138kg, from along the river, the beach and the highway around Wynyard. This included 2112 pieces of plastic, 1134 cigarette butts, 178 bottle caps, a suitcase full of soft toys, and an old metal exercise bike (amongst other things).

I was really blown away by the community support for this event. Having moved to the area only a year ago, it's through organising events like this that I am reminded of the generosity of people in small towns and rural areas. How lovely it is to walk around town delivering posters to shopfronts, and stopping to yarn with supportive shop owners who tell me 'oh you should get in touch with so-and-so, they make art out of trash!'. There is definitely momentum here, and plenty of good-will. Our first Scavenge may have been the bare bones, but I feel confident that if we were to do another down the line, it could be an extravaganza!

I would like to say a massive thank you to Sandra at Ilk Yoga Studio, Umami Cafe, Nuts About Health, LiveWell Tasmania and Waratah Wynyard Council for their generous support. We also had a small but amazing group of volunteers, without whom the event could not have gone ahead. Knee deep in rubbish to be sorted, one of our volunteers Laura said "wow, I am going to be so much more aware of my waste after this!" - and to me, that's what it's all about.



one

Some of the enthusiastic volunteers at Spring into Scavenge
Photo: Rachel Small

Update from Live Well Tasmania

Wynyard Fitness as part of the Healthy Tasmania partnership with Live Well is holding school holiday events on the 30th of September and on the 4th of October. At 1.30pm and 2pm there will be sessions in the heated pool, then there will be a one hour bike ride at 3pm. Contact Shaun for further information on 6442 3844.

We have had our second Community and Business breakfasts, based on a guest speaker from Sydney, Kate Raffin, who is a certified trainer of Non-violent Communication. People are realising more and more that collaboration is a key to addressing a wide range of problems. However a barrier to effective collaboration is difficultly in connecting across difference. Fourteen participants attended the breakfast (thank you to St Brigid's for letting us use their hall, which is a great venue for community events) from a range of organisations who were keen to gain some insight into improving communication. One key message was the importance of understanding the needs that underlie our communication.



An attentive audience listening to Kate Photo: Robin Krabbe

Wild Food Tasmania presentation with 'Feisty Tasmania' Rees Campbell

On a spring Sunday afternoon 50 people experienced the best local Native 'Wild Foods' talk ever! A packed conference room at The RESEED Centre in Penguin watched, listened and tasted Tasmania native plants and fruits while Rees and Col from Feisty Tasmanian gave us the most informative and interactive power point presentation. Rees explained how to incorporate these plants into our daily diet and their benefits, she also encouraged any of us who have the knowledge or would like to learn to research and develop these plants and grow them in a controlled environment, so we do not take from their natural habitats and deplete the species. Rees and Col also explained the medicinal and other properties of the Tasmanian natives. Thank you Rees and Col, it was fantastic and your products and 'EAT WILD Tasmania book are amazing! This presentation has inspired many of the participants and myself to get active to plant these species that Rees talked about. Us at Live Well Tasmania and The RESEED Centre are especially grateful for the people that connected and have planned to be working together to keep the biodiversity growing of these plants.

We are thrilled that Rees is a member of the CENTs project, so you can get her great products, and/or advice re Tasmanian native plants via CENTs!



Some of the 50 people enjoying Rees's captivating talk



Photo's and story: Kelly Milikins

News from the Waratah-Wynyard Council

Waratah-Wynyard Council is excited to present the draft design for the playground at Wynyard Rotary Park to the community for public consultation. The design creates a safe, fun and vibrant space that caters for a wider age group (ages 2 to 12) and meets changing community expectations for outdoor play areas. Council has partnered with the Rotary Club of Wynyard in preparing the design, acknowledging that the development of the existing playground was one of Wynyard Rotary's earliest major projects. The existing playground has been an important community space for more than 25 years but no longer meets current Australian Standards and is in desperate need of an upgrade. Mike Dixon, President of Rotary stated "What we will see is four small play spaces decommissioned and this larger, safer and fully fenced playground built to cater for wider age groups" "We invite the community to give feedback on the new playground design. I would also like to encourage children's ideas" said Mayor Walsh. To view the draft design, please visit the website www.warwyn.tas.gov.au or call into Council any weekday from 9am to 5pm.

Also congratulations to the Wynyard Youth Leaders who organised the Winter Bonfire, 250 to 300 people attended over \$500 was raised for Operation Christmas Child – see next story!

Samaritan's Purse – an interview with Wendy Weekes

Wendy Weekes has been on a great journey which is continuing with the Samaritan Purse project. As part of a Samaritan Australian team she recently went to Chile, the first time an Australian team has travelled overseas.

Samaritan's Purse is a non-profit, Christian organisation providing emergency relief and development assistance to people suffering distress around the world. Operation Christmas Child is one of their projects, it partners with local churches in developing nations to connect with children by providing gift-filled shoeboxes. A major aim of the trip that Wendy was part of was to present the shoeboxes at four churches in Santiago. She noted that all churches in Chile have a heart for kids; they will go to school to pick them up, feed them, and then walk them safely home. There is lots of problems with criminal activity, drug problems and violence, hence the churches play an important role in keeping the children safe.

Wendy was very struck by how grateful and excited the children were to receive the boxes, and how happy they generally were, despite their challenging environment they lived in day to day.

Last year Tasmania supplied 18,000 boxes, and in the North-West we supplied 2225, which was well above the rest of Australia. In 2018, 293852 boxes were packed across Australia and NZ. In Wynyard, most Churches are involved, as well as Chat N Choose, and the Wynyard Youth Leaders packed 54 boxes, and raised money to send them away. Local business have supported the project, such as Sweetness Café, Parkside Funerals and Kimmies Take Away.

So Wendy's message is that this is a very rewarding project to be involved in. You can be involved by organising a shoebox for either a boy or girl and for one of the age groups of 2 to 4, 5 to 9 or 10 to 14 years old. When is packed, put on sticker whether for girl or boy, and preferably use a rubber band around the box. Put \$10 in box or pay online for the postage, customs fees and printing. Makes sure everything is unpacked, so that there is no plastics etc that will have to be thrown away, Wendy made the point that it is important not to send our rubbish over to them!

The website <https://www.samaritanpurse.org.au> has more information, or contact Wendy – email



Wendy with some excited recipients of gift boxes Photo: Wendy Weekes

Community Exchange Network Tasmania (CENTs)-Latest Local Offers

Some of the great local offerings on CENTs-

Wynyard (Rees Campbell – see story above) - Education and workshop and products related to edible native plants. Jams and preserves, baked goods all from edible natives

Wynyard - Juicy organic lemons - Can drop off central Wynyard/Burnie or come and collect and see our range - duck eggs - kefir - chillis - galangal (stems and crowns) - rhubarb (stems and crowns) - tarragon - parsley - bay leaves - chervil - savory - thyme - asparagus - tamarillos - garlic. Also Calla lilies (corms) - red dahlia bulbs - blue Dutch iris bulbs. All season-dependent and subject to demand - cuttings available for many plants

Wynyard - Carpentry large and small, cutting boards and boxes of any size and any type of wood. Stools, cupboards, shelves - no job too hard. Repairs and customer designs welcomed. All welding work including repairs and fabrication onsite. Metal turning - all metals except stainless Materials for all work extra in \$s, or provide your own. Free estimates

Wynyard - One double bed with mattress and one single bed with mattress to give away. Both in good condition.

Somerset -Assorted boys size 2 clothing brand names inc Quicksilver and Nike in great clean condition. Also have assorted toys , nerf guns and books

Wivenhoe - 10 copies of Handyman magazine, from 2015 to 2017. Excellent condition.

Tullah – Handmade bracelets - gold, silver, copper and antique bronze tarnish resistant wire with glass beads and metal beads on some in various sizes and colours and each one comes in bag so they would make a nice Xmas gift.

North West bus network changes

The Department of State Growth is seeking feedback on proposed changes to bus services operating in the Wynyard region. The proposed bus network changes include route and frequency changes to the Wynyard to Burnie via Somerset service. In particular, the proposed changes will see additional services on Saturdays and new services will be introduced on Sundays and public holidays for the first time.

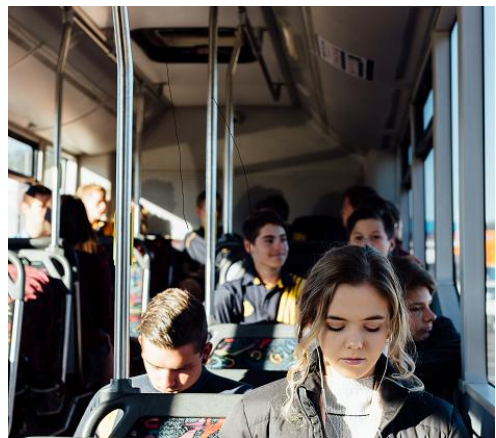
Some proposed changes include simplifying the route through Somerset and Wynyard and introducing a number of new bus stops and bus stop upgrades to support the new network.

The proposed changes are part of a wider review of all general access bus services in Tasmania to ensure they reflect the needs of local communities and provide better access to employment, education and other services.

More information on the proposed network changes including draft timetables and maps, fact sheets and the chance to provide feedback will be available at

www.transport.tas.gov.au/haveyoursay.

Keep an eye on the State Growth website and Waratah-Wynyard Council Facebook page throughout September for updates. Service changes are expected to occur in April 2020.



Strike a chord - strike accord



Find a friend; we've got the ukuleles...

U3AWynyard extends a hand of friendship and welcome...

Join us in a magic morning of fun, friends and music

Learn to play a few chords on the ukulele with a friendly mentor...enjoy morning tea with us, then join in a playing choir with members of the Wynyard Chorale



Thursday
10th Oct.
10 -12:30
Wynyard
showground
hall

Free event!!!

All ages and stages welcome

Contact U3AWynyard on u3awynyard@gmail.com for more details.



**Everyone has a role to play,
everyone has a song to sing**



COMMUNITY + BUSINESS BREAKFAST

A COMMUNITY CONVERSATION AROUND HOW TO HELP OUR FAMILIES AND COMMUNITY FLOURISH



MONDAY 28 OCTOBER
8AM-930AM
BOAT HARBOUR CHURCH
17044 BASS HWY,
BOAT HARBOUR
COST: \$5


Australian Government
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WARRATAH WYNYARD


Live Well TASMANIA
Life, health and education

*This event has been made possible with funding from the Australian Government's Building Better Regions Fund
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Growing Veggies in Pots

These Hands-on Sessions will look at:

- Good pots
- Good potting mix
- Fertilizers
- Keeping it all nice over time
- Garden Ideas for rentals and balconies
- Quality Info for new and experienced gardeners



2 FREE EVENTS

Sat 12th October
The RESEED Centre 30 King Edward St
Penguin

Sun 13th October
Live Well Center 28 Saunders St
Wynyard
10 am - 12 noon

Bookings essential contact
Kelly 0429186532 or kelly.23@live.com.au




WYNYARD MINI EXPO



Libraries Tasmania

"It's not the years in your life, but the life in your years". Interested in events and opportunities in your local community? Wynyard Library will be hosting a mini expo catering to the interests and needs of our community. Come and join us for some entertainment and refreshments during Seniors Week. Learn about our community garden, U3A, The Men's shed (also for women), gentle exercise, the historical society, arts and crafts, service clubs and health options. Also a special event with some younger members of our community, who would like to ask some questions of our seniors, rather than asking Google! Wynyard Library is situated near the Woolies carpark.

Wednesday 16th October 11:00am-2:00pm

Thursday 17th October 2:00pm-3:00pm,
Wynyard Library, 13 Exhibition Link, Wynyard

If a little dreaming is dangerous, the cure for it is not to dream less, but to dream more, to dream all the time
Marcel Proust

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