



Wynyard Community Newsletter January 2020



Lots of great discussion about making death and dying better for everyone at the fourth Wynyard Community and Business Breakfast
Photo: Bob Segrave

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Welcome!

In this edition we applaud the Australia Day Award recipients of Citizen of the Year – Leanne Griffiths; Young Citizen of the Year – Laylah Griffiths; and Community Event of the Year – Wynyard Foreshore Park Run. Well done to all! See below for further details.

We just had the fourth Community and Business Breakfast called “Live Well, Die Well” and were pleased with the diversity of people who attended and the depth of the discussion. Also this month is the community forum at the Council Chambers with regards to the End of Life Choices (Voluntary Assisted Dying) Bill which will be tabled in the Legislative Council by MLC Mike Gaffney. As the name of the bill suggests, it’s a lot about greater choice about how our life might end.

Our next Community and Business breakfast discusses the science of the effect of trauma on brain functioning, we will then discuss how we can work towards Resilient Communities to firstly greatly lessen trauma from occurring in the first place, and to address current levels of trauma. Even just a childhood of less than ideal caregiving powerfully effects our physical, emotional, and intellectual development; one of the effects is reducing our ability to build meaningful relationships. We are very fortunate to have members from TANA (Trauma Awareness Network Australia) to help guide our discussion. Mark your diaries!

We do seem to be talking more about things like end of life decisions, better end of life care, the effect of trauma and other stresses on the brain and so on, however it seems to take a while before this increased discussion has an effect on our every day lives. Incrementalism (defined in Wikipedia as a process of interaction and mutual adaptation among a multiplicity of actors advocating different values, representing different interests, and possessing different information) however I think still has a lot of merit. It might seem like it’s too little too late, but the good thing about incrementalism is that it avoids the problem of change happening at a speed with which people find it hard to cope with. And tipping points where things suddenly change to become the new norm, where people begin to do the new things automatically have happened before and will presumably happen again!

We have had a great start to our partnership with Cabe from Down the Road Farm providing Live Well Veggie Boxes of organically grown fresh produce both from his farm in Lapoinya and our garden at the New Life Church in Wynyard. We are very grateful for our first pioneering customers who have signed up to get a box each week, not knowing exactly what they will receive, but everyone has loved the surprise of the contents each week. And getting something not provided commercially, for example this week it was Kohl Rabi (very tasty vegetable that can be eaten raw or cooked) is a bonus.



This is an example of the veggie box you will receive each week, depending on what size you want!

We have one of our last Healthy Tasmania events for this season on the 7th of February, which is an Open Garden Tour of three great gardens, all within one kilometre of each other. The first garden is Richard Muir-Wilson’s “Sustainable Suburbia” garden. Then we go to Rees Campbell’s amazing garden featuring Tasmanian Native food plants. The tour finishes at the Wynyard Community Garden with morning tea included. Mark your dairies also for our grand finale – the famous Local Long Table Lunch, the tentative date is the 27th of March – watch out for further details!

What's on

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| 3 rd February | 10.30am – Noon |
| <p>Waratah-Wynyard Council Community Conversations – Wynyard- Have a cuppa and snack, tell us what's important to you or find out more info about local Wynyard projects anytime between 10.30am-noon at the Wynyard Bowls Club, 15 Park Street, Wynyard. Light refreshments will be provided so please register your attendance for catering purposes (see www.warwyn.tas.gov.au)</p> | |
| 5 th February | 10am- 3pm |
| <p>Get Active Workshop (Facilitator training) Live Well Tasmania, 28 Saunders Street, Wynyard For those interested in promoting health and wellbeing, addressing barriers to participating in physical activity, building community capacity. Cost \$120, morning tea and lunch provided. Contact Leez on 0427 933 312, or email gap@wsrt.org.au</p> | |
| 6 th February | 9.30am – 11.30am |
| <p>Waratah-Wynyard Child and Family Learning Centre Local Enabling Group meeting. Table Cape Primary School, 33A Gibbons Street, Wynyard Contact Susan Barnard susan.barnard@education.tas.gov.au</p> | |
| 6 th February | 1.30 – 3.30pm |
| <p>Live Well Tasmania Sewing Hub– bring your own project or join in with one of ours – sewing machines and plenty of materials available. Share afternoon tea. Contact Carol 0448 451 000 or Robin 0421 461 724</p> | |
| 7 th February | 9.30am – 12.15pm |
| <p>Live Well Tasmania Healthy Tasmania Open Garden Tour Three great gardens-all within 1 km, watch out for the signs- meet at the first garden at 8 Hales Street, Wynyard, morning tea provided Free event - RSVP to Kelly – kelly23.live.com, or 0429 186 532</p> | |
| 12 th February | 1.30pm |
| <p>End of Life Choices (Voluntary-Assisted Dying) Bill Public Forum, Waratah-Wynyard Council Chambers, everyone welcome This Bill is being revised and tabled in Parliament in August, and will be introduced into the Legislative Council by Independent member for Mersey – Mike Gaffney. – come along and have your say.</p> | |
| 12 th February | 9.30am – 11.30am and 12.30pm – 2.30pm |
| <p>Opening Doors workshop – Mission Australia and National Disability Insurance Service, SevenUp Youth Centre, 46a Little Goldie Street, Wynyard. An opportunity for local people to meet and hear from their</p> | |

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| local services, Community groups/Clubs and NDIS services so that you know what is available in your community. Contact Sharon on 6420 6856, 0490 078 321 for further information. | |
| 20 th February | 1.30pm – 3.30pm |
| Live Well Tasmania Sewing Hub– bring your own project or join in with one of ours – sewing machines provided. Afternoon tea provided Contact Carol 0448 451 000 or Robin 0421 461 724 | |
| 24 th February | 10.30am – 2.30pm |
| Community Workshop Palliative Care, C3 Church, 30 Austin Street, Wynyard An initiative of the Waratah-Wynyard and Circular Head GCfAHPC (Greater Choice for At Home Palliative Care) Consultative Committee For further information contact: Helen 6166-2821 | |
| 26 th February | 8am – 9.30am |
| Live Well Tasmania Community and Business Breakfast, 28 Saunders Street, Wynyard. This event discusses the science on trauma, we will then discuss what we can begin to do about it as a community. Join members from TANA (Trauma Awareness Network Australia) Everyone is welcome! RSVP to Robin by the 24 th of February on 0421 461 724 or email info@lwt.org.au | |
| 29 th February | 11.30am – 2pm |
| Gone Nuts Tasmania's 101 Adventure Run. Commences at the Nut in Stanley, concludes in Gutteridge Gardens, Wynyard. The races are 101km - individual, team of 2, 3 or 4, 75km – individual, 50km, individual or team of 2, 25km – individual. Entries close: Sunday, February 16th, 2020 (or when entries all sold out) See www.gonenuts.com.au , phone: 0419 568510 or email: info@gonenuts.com.au | |

Other events

1st February, from 11am, Burnie Regional Art Gallery (BRAG), 77-79 Wilmot Street, Burnie- “FLOOR TALK”, hear from some of the artists whose work is on display in the FOREST OBSCURA exhibition. Hear from Leigh Hobba, Yvonne Rees-Pagh & Milan Milojevic All four artists in this exhibition feel concerned about the need to raise awareness on the precarious situation facing not only the Tarkine wilderness but all forests worldwide as they continue to disappear due to logging, mining, fires and climate change. Free entry - all welcome.

15 February at 2pm, also at the Gallery, come and meet Dr Paul Finucane, co-author of “Odd Roads to be Walking: 156 women who shaped Australian art”. Hear about the lives and work of important Australian women artists of the 20th century, and enjoy a close look at featured works from BRAG’s permanent collection Gold coin entry. RSVP to the Burnie Regional Art Gallery -galleries@burnie.net

'Friends of the Gallery' meet on the 3rd Monday of each month at 4pm at the Gallery, next meeting February 2020, New members always welcome.

20th February, 10am – noon, Volunteering Tasmania Network Meeting, Mersey Community Care Association, 167 Steele Street, Devonport, topics covered include the National Standards of Volunteer Involvement, particularly the area of “Support and Develop”. See volunteeringtas.org.au for further information.

Live Well Die Well Community and Business Breakfast

There is something very powerful about people getting together to talk about a topic that they are very passionate about, and furthermore want to get actively involved in doing something about. In addition the power comes from having a broadly united common vision of how things could be improved, mixed with a diversity of experience and ideas.

This was evident at our “Death over Breakfast” as an alternative to “Death over Dinner”, the following is from the website www.deathoverdinner.org.au



While 90% of Australians agree we need to talk more about end of life, too few of us actually do.

Conversations about End of Life Care often take place at a hospital in the midst of a crisis. Many people die in a way they wouldn't choose, with loved ones left feeling guilty, bereaved and anxious. We invite you to participate in the most important dinner conversation Australia is not having. It's time to share your end of life wishes and plan a dinner to help others share theirs.

Now is the time to plan a very special dinner, and help transform this challenging conversation into an inspiring one

This captures the intent of the Community and Business Breakfasts; to transform challenging conversations into inspiring ones. To help us do this, we were blessed to have Lynne, Alwyn and Cassandra for our “Live Well Die Well” breakfast version of Death Over Dinner, representing the Australian government funded Greater Choice in Palliative Care project (delivered by Primary Health Tasmania) to help frame our discussion. The aim of the project is to improve the coordination and integration of end of life care across the primary, secondary, tertiary and community health service to support at home palliative care. The Tasmanian project, informed in consultation with the Partners in Palliative Care Reference Group, aims to effectively work with identified Tasmania rural communities to design and implement team-based care approaches to improve access to end of life care in local communities.

Some of the main themes discussed at the breakfast were as follow:

- Death and dying is everyone's business – no-one is immune
- The need to reduce a general reluctance to talk about death and dying
- The need to increase information availability and access to services
- The need for people in hospitals and care homes and their families to have a better experience (often hospitals and other institutions are very under-resourced)
- There is already an excellent health care model that could be copied for end of life which is for pregnancy and birth, involving a good level of planning, discussion and education
- Education regarding death and dying could be a greater focus in schools, but parents can also play a greater role talking about death and dying to their children
- Addressing social isolation is important – when people are not well they tend to withdraw
- Perhaps in Australia we have less of a culture of communities and families (particularly extended families) looking after each other than in other cultures?

There are an amazing number of topics which come under the general heading of improving the experience of death and dying which Lynne and her team have experience with, such as:

- Natural funerals and natural burials
- Advanced care directives, Medical Goals of care and Enduring Guardianship
- Death Literacy- particularly our capacity to talk about death and dying
- Death and dying planning – what do you want for your end of life?

We thank all the participants for a great discussion, and look forward to the future awareness raising and training Lynne and her team are providing.

Permaculture Tasmania Group starting in Wynyard

Permaculture is especially close to our hearts in North-West Tasmania since one of its originators, Bill Mollison (the other was David Holmgren) was born in Stanley and then lived his latter years in Sisters Beach before his death in 2016. In 1981, he was awarded the Right Livelihood Award, also known as the Alternative Nobel prize, for developing and promoting the theory and practice of permaculture. Permaculture is now a worldwide movement, practiced in over 140 countries. It is a set of design principles centered on whole systems thinking, simulating, or directly utilising the patterns and resilient features observed in natural ecosystems. One of its applications is in increasing community resilience.

For Mollison "Permaculture is a philosophy of working with, rather than against nature; of protracted and thoughtful observation rather than protracted and thoughtless labour; and of looking at plants and animals in all their functions, rather than treating any area as a single product system.

The three ethics on which the whole of permaculture builds are:

Care of the Earth: Provision for all life systems to continue and multiply.

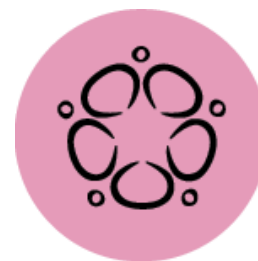
Care of people: Provision for people to access those resources necessary for their existence

Fair Share/Setting limits to population and consumption: By governing our own needs, we can set resources aside to further the above principles

The care of people ethic coincides wonderfully with our philosophy at Live Well Tasmania. Hence we are excited that Permaculture Tasmania: Wynyard and Surrounds group is holding their first planning meeting, including a produce swap (seeds, plants, produce) and shared lunch at our Centre on the 9th of February.

For those of you who cannot make it, the group would still sincerely like to hear from you about your ideas of how the group could work, what kind of events you would like to see, if you have any ideas of venues, if you would like to host a short workshop or skillshare. They would love to hear from you as your input is just as important as those who are able to make the meeting

Please either send them an email at permaculturetasmania@gmail.com , or look for the group on Facebook.



B. *Integrate rather than segregate*

"Many hands make light work"

This is one of the twelve permaculture principles

Live Well Veggie boxes

Our members are loving the fresh organically grown veggies! One of the other great things about receiving a box is that there is not the waste of plastic that so often occurs buying from conventional outlets. Currently the small boxes (enough for up to two people) have about 13 different varieties (potatoes, tomatoes, carrots, lettuce, purple sprouting broccoli, silverbeet, kohlrabi, garlic, cucumber, beans- butter and green), zucchini, parsley, and beetroot. The medium and larger boxes (up to 4 people and six respectively) have one or two extra varieties.

We are also offering 'working shares' for people who have difficulty affording a weekly veggie box. There are plenty of side benefits - getting out in the fresh air, getting a bit of exercise and communing with nature! You can also learn some more about growing quality vegetables. There are lots of different activities happening on Cabe's farm every week; if you help out you can get a veggie box in return. Contact Robin (0421 461 724) for further information or if you would like to order a box - we may reach capacity soon, so get in quick!

We have plans to build up the "Community" side of the Community Supported Agriculture concept, starting with a regular newsletter giving storage tips, recipe ideas and so on. We are also contemplating a 'kitchen equipment library', a sort of try before you buy. People could borrow items like spiraliser's, food dehydrator's, vitamiser's and so on. If you have items to donate, please let us know and stand by for further details!

News from Waratah-Wynyard Council

Community spirit recognised with Australia Day Awards

Thanks to the Council for the following information about the Australia Day Awards. Waratah-Wynyard municipality gave special recognition to two citizens at the Council's Australia Day event in Gutteridge Gardens on Sunday, January 26.

Australia Day Awards were given to Citizen of the Year – Leanne Griffiths; Young Citizen of the Year – Laylah Griffiths; and Community Event of the Year – Wynyard Foreshore Park Run.

Nine-year-old Laylah Griffiths, along with her grandmother Leanne, established Laylah's Gifts four years ago to help share Christmas joy with less-fortunate residents in our community and the wider North-West Coast. This Christmas they distributed approximately 500 gift boxes and bags including groceries, toys and toiletries. With the assistance of community groups such as City Mission and Vinnies, purpose-built gift boxes and bags are also distributed to women's shelters and girls' homes. Media attention has helped spread the word, with donations received from around Australia and their efforts have been mentioned in Parliament.

Leanne Griffiths has worked alongside her grand-daughter Laylah in establishing Laylah's Gifts. While the key focus is Christmas, Leanne and Laylah also help families throughout the year when they learn that support might be needed.

The Wynyard Foreshore Park Run (see below for further information about the Run) unites the community every Saturday when dozens of runners join the free event. The Wynyard Foreshore Park Run was established in August 2018 and has since run for 60 consecutive Saturday mornings. The 5km run/walk is conducted entirely by volunteers with an average of 30 participants each week. The event is part of a world-wide park-run event where people of all ages are encouraged to take part.

"We are proud and grateful for the work Laylah and Leanne are doing to help others who would otherwise go without, and to the volunteers who oversee every Wynyard Foreshore Park Run," Waratah-Wynyard Mayor Robby Walsh said. "Australia Day is a day to celebrate our community and nation and more locally, for the Waratah-Wynyard municipality, we get the opportunity to publicly recognise those who have given back to the community with an Australia Day Award."

The Awards, along with a Citizenship Ceremony, were held during the Australia Day Breakfast in Gutteridge Gardens. This year's Australia Day Ambassador and guest speaker was John Zeckendorf. In 2010 John set himself a challenge to climb the world's *seven summits*. After reaching the top of peaks in Antarctica, Africa, North America, and South America, he became the first Tasmanian to reach the summit of Everest in 2017.

Donation for Bushfire fundraising

Wynyard artist Jan Suter is throwing her weight behind bushfire fundraising efforts by raffling one of her beautiful watercolour paintings. Tickets sales for the raffle will be donated to the Animal Welfare League of NSW, with the lucky winner choosing one of the pieces (to the value of \$2500) currently on display at the Wonders of Wynyard in her exhibition "A North West Collection".



Laylah with one of her grateful recipients
Photo: Laylah's Gift Facebook



Animal Welfare League NSW is a registered charity that has been operating for more than 60 years. They are currently assisting with efforts in fire-stricken parts of NSW, providing veterinary care through their mobile vet clinic and mobilising teams to deliver food and supplies to livestock and wildlife in several fire-affected areas. Jan's brother Rob Willcox and her nephew Ewan Willcox are both fighting fires as part of the Somersby Bush Fire Brigade, while her sister-in-law Gillian brought her attention to the Animal Welfare League of NSW. Amongst the collection are 15 watercolours lovingly depicted images of Table Cape, The Nut, Sisters Beach, the Table Cape Lighthouse and Marawah. Tickets are \$10 each and available to buy at the Wonders of Wynyard Exhibition Centre. Phone orders are also welcome for ticket sales. A North West Collection is on display at the Wonders of Wynyard Exhibition Centre until January 31.

Community has say on environmental plan

The following is from the Council Media release accessible from the Council website. Waratah-Wynyard Council has welcomed the community feedback received on its proposed Integrated Council Environmental Plan, iCEP. The consultation generated 140 online survey responses, 88 postcard responses and 20 written submissions. Postcards were received from children as young as Grade 2. The level of passion comes as no surprise to Waratah-Wynyard Mayor Robby Walsh. "The people in the Waratah-Wynyard municipality have always celebrated the area's natural environment," he said. "The links between environmental planning and issues like quality of life and economic sustainability are on many people's minds."

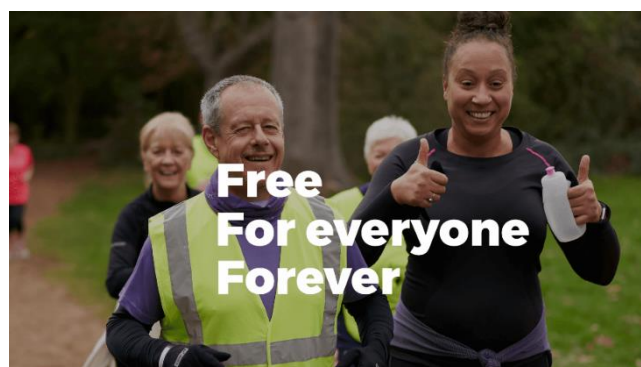
Council is creating its first iCEP and when complete in mid-2020, it will be Council's roadmap for caring for the natural environment while meeting the challenges of a changing climate. Consultation for the plan was undertaken between October 1 and November 15, 2019.

"We've been thrilled by the level of response," said Mayor Walsh. "We're seeing that our community values our beaches and coastal areas, our native bushland and our clean and green image." The consultation asked respondents to describe an ideal future as well as their preferred role for Council. "The community has a strong and positive vision for the future of Waratah-Wynyard," said Mayor Walsh. "While most say climate action should be led by the Federal Government, they're also telling us that council can and should demonstrate leadership for a sustainable future."

The full consultation report is available to the public on Council's website. However, there are still opportunities to have a say. The draft iCEP will be based on community views and the best available evidence from research. The community will be invited to view and comment on the draft iCEP before the final version is produced. To download a copy of the iCEP Community & Stakeholder consultation report, head to the Council website at www.warwyn.tas.gov.au.

Wynyard Park Run

The Wynyard Foreshore parkrun is a fun, free 5 kilometre event organised by volunteers for the benefit of everyone. It is run every Saturday at 9:00am and starts close to the Wynyard Yacht Club on the outskirts of the marked car park on the right hand side. It then proceeds along the East Wynyard Foreshore, Old Bass Highway. It's free to participate, but you should register before your first run, you only need to register once which covers you for



running with any other Park Run group – there are 3,753 other Park Run clubs in Australia! You bring along a printed copy of your barcode, then your time is recorded and you can track your improvement over time. After the run join your fellow runners for a cuppa at the Umami Café – everyone welcome! Note you don't have to be super fit – walking is OK!

Some of the statistics for Wynyard:

Number of runners: 623

Number of first finishers: 58

Number of Personal Best's: 453

Average number of runners per week: 34.6

Average number of runs per runner: 4.1

Biggest Attendance: 116

Average run time: 31:59 minutes

Female record holder: Amy Lamprecht - 20:45 - Event 1 (25/08/18)

Male record holder: Thomas Murton - 16:30 - Event 53 (24/08/19)

Age graded record holder: David O'Brien - 82.49 % - 18:28 - Event 74 (25/01/20)

Update- Coastal Pathway

The following is from The Advocate on the 12th of December 2019. Construction on the Coastal Pathway between Burnie and Wynyard is still more than six months away. Infrastructure minister Michael Ferguson met with Burnie mayor Steve Kons and Waratah-Wynyard mayor Robby Walsh to negotiate issues of land management and erosion which have plagued the project. The councils were concerned the financial costs of managing erosion along the Coast would be prohibitive, but Mr Ferguson has provided assurance they, and local rate payers, will not be liable.

Transfer of the rail corridor between the Burnie waterfront and West Park was also agreed upon, which Cr Kons said will allow council to progress infrastructure plans which have been long delayed. Cr Walsh said the Coastal Pathway project will better connect both communities.



MP Michael Ferguson, Burnie Major Steve Kons and Waratah-Wynyard major Robby Walsh discuss the Coastal Pathway Photo: The Advocate

News from Community Exchange Network Tasmania (CENTs)

We have some very active CENTs members in our Wynyard area with some great skills that they are offering to help others. Below is some of the offerings in Wynyard and North-West Tasmania. By becoming a CENTs member (see www.cent.net.au) you don't have to pay money to access these, you just supply goods and services to others in return for accessing them.

- Help with learning theory of Music, beginner ukulele, piano or harp
- Maths tutoring to year 12 and all ages (in Wynyard area)
- Airport valet service - I can drive you and your car to Wynyard airport and drive it back to park at my place and pick you up on your return journey
- Second hand in good condition bath robe for female size X Small but would also fit small. Heavy towelling robe for super absorption. Cerise & green colours. Very stylish item.
- Qualified Bowen Therapist for animals and humans (Penguin)

- Free GO-BAG for fires, floods etc- We are all concerned during this bushfire season. Preparation can focus these concerns into positive self-help. We offer a list has been built up after a ten year semi-circumnavigation including months of self-sufficiency and 3 cyclones at sea and 10 years in rural Tasmania.
- Carpentry large and small, cutting boards and boxes of any size and any type of wood. Stools, cupboards, shelves. Repairs and customer designs welcomed. all work done off-site but can be installed. All welding work including repairs and fabrication. Metal turning - all metals except stainless Materials for all work extra in \$s, or provide your own. Free estimates
- 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.
- Help with drafting and editing documents, and applications. Dealing with bureaucracy including government departments. Advice on how to complain about service providers.
- Garden cultivator and operator. This rotary hoe will save you hours of digging. It will tackle any size job and leave a fine tilth ready for planting.



Use of this cultivator and someone to operate it is available for Wynyard CENTs members

Another great demonstration of the capacity of Community Exchange to promote us all working together is how via the internet we can link up with people from other groups both in Australia and across the world. This February we are hosting two enterprising Community Exchange members from Adelaide who will be staying with some CENTs members in Wynyard and the North-West, and who will be bringing items with them to trade. We are planning a Wynyard CENTs event around the 5th of March, please get in touch if you would like to join us.

Note you can also potentially find accommodation overseas and pay it for it with CENTs currency – the Community Exchange internet system automatically works out the currency exchange.

Everything you can imagine is real
– Pablo Picasso

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