

Wynyard Community Newsletter March 2020



Healthy Tasmania Open Garden Tour, Murnong Garden

Photo: Bob Segrave

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Welcome!

There is a lot of talk in the media recently about issues such as the bushfires on the mainland, climate change, and the coronavirus – all these things require community resilience. The good news is that there are many local initiatives to increase community and individual resilience, some of which were touched on during our recent Community and Business Breakfast, which focused on trauma.

We will continue the conversation about how early caregiving including trauma powerfully affects our children's development at the next breakfast on the 25th of March, specifically seeking interest in creating a group which could operate as a Community of Practice. A community of practice is a group of people who share a concern or a passion for something they do, and learn how to do it better as they interact on a regular basis. Thanks so much to Rachel for her suggestion which inspired this idea!

One way of reducing the effects of the resulting stressful thoughts from trauma is Bush Adventure Therapy and outdoor healthcare. Two of us from Live Well are attending the Nature and Health Symposium and Bush Adventure Therapy Forum in late April which is being held near Dover, South of Hobart. This also relates to the social determinants of health which are increasingly highlighted as helping to explain why many people find it hard to engage in healthy behaviours. For example having low income makes it difficult to afford some types of healthy food, and prevents people from engaging in some types of exercise. Kelly, Maureen and I recently attended a "Get Active" workshop to help with these issues – we have received a small grant to run a program of 8 to 10 sessions, which will most likely be over Winter. Stay tuned for further details, if you are interested in having input or helping out, please let us know.

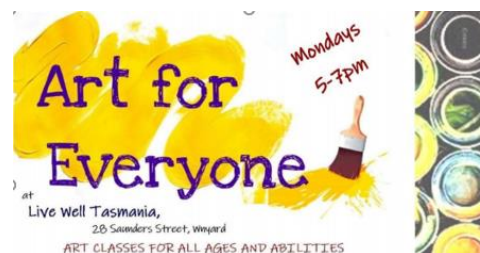
Another helpful tool for addressing trauma and promoting relaxation for everyone is Art. Join us every Monday at 5pm to learn simple techniques to produce beautiful and effective works of art. Use the art process as a tool to boost concentration, relaxation, self expression and awareness. (See on the right one of the pieces from our Art class for Harmony Week).

See below for information about Community Story Telling grants, another great opportunity for community building and promoting better developmental environments for children.

There is currently a lot of great events offered by Switch Tasmania, based in Ulverstone to help small businesses. The events currently offered include a workshop in Wynyard learning about the graphic design software, CANVA, a Business Journey Roadshow to highlight what small business assistance is available, and a workshop on "Setting Intentions for Business Women". See below for further details.

Our Local Long Table Lunch is on again! Join us on the 27th March at the Railway Institute Hall, and enjoy the best produce and products Wynyard and surrounds have to offer. Enjoy a Ploughman's platter including Red Cow Organic Cheeses, fresh seasonal vegies and fruit from Down the Road Farm, the Live Well Tasmania Community Garden and more! We are seeking local Produce/Producers, volunteers are needed before and on the day to assist with the Wynyard High Hospitality Class prepare the delights we will be enjoying. Also help needed for set up and pack up, and entertainers are also wanted, we are open to any possibilities!

While we haven't been to organise a specific event for Harmony Week (from the 15th to the 21st of March), keep an eye out for our front window in Saunders Street for our contribution to celebrating this important event.



What's on

4th March	11am – 1pm
WynMatters Another superb and enjoyable performance by the Wynyard Ukulele group. If you haven't heard them yet, you are in for a real treat! 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 March	6pm – 8pm
Community Clubs, Clubs Tasmania, Wynyard Bowls Club What are the barriers to participation in our region, how can regional clubs work together, share resources to increase participation and reduce volunteer workload. Aimed at Local Government and Community Clubs. Enquiries – Andrew Moore – 1300 125 827, or email Andrew@tha.asn.au	
5th March	1.30pm – 3.30pm
International Women's Day "Empowerment Sewing Circle", 28 Saunders St, Wynyard, be creative while discussing how women can work together to increase our personal power. Community Exchange Network Tasmania trading – bring along goods to trade/swap/barter with others, make new friends, learn new skills and save money. Contact Robin on 0421 461 724 or info@lwt.com.au	
10th March	10am
International Women's Day – Waratah-Wynyard Council Morning Tea – special guests Alwyn Friedersdorff and host Deputy Major Mary Duniam. The campaign theme is drawn from a notion of 'collective individualism' – we are all parts of a whole, collectively we can help create a gender equal world, we can all chose to be #each for equal. RSVP lking@warwyn.tas.gov.au or 6443 8321	
16th March	10am – 2.30pm
Palliative Approach to Care – this workshop aims to increase understanding of palliative care and how it can be implemented. For volunteers and other interested persons, facilitators: Judith Harris, Specialist Palliative Care Service, free (lunch provided), C3 Church, 30 Austin Street, Wynyard. RSVP 9th March to Helen Woodbridge Email: mary.woodbridge@ths.tas.gov.au , phone 6166 2821	
18th March	10.30am – noon
Waratah-Wynyard Council Community Conversations at Boat Harbour Beach. Have a cuppa and snack, tell us what's important to you or find out more info about local projects anytime between 10.30am-noon. Light refreshments will be provided so please register your attendance for catering purposes (see www.warwyn.tas.gov.au).	
18th March	11am – 1pm
WynMatters - What does a hypnotherapist do? Have you ever suffered from depression, anxiety or stress, or maybe you want to lose weight? Maybe you have trouble sleeping? 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	

21st March	11am
<p>Know Your Odds Scoot, skate and BMX Competition Series, Wynyard Skate Park. WWYL (Waratah Wynyard Youth leaders) are assisting with the event. Registration from 10:30, free healthy food and water available on the day. Prizes to be supplied by Burnie Surf Shop Twenty Five Nine. Contact Chantelle on 6443 8333 or cfrench@warwyn.tas.gov.au</p>	
25th March	1.30pm
<p>WynMatters -Presentation from RACT. Being safe on the roads, from the past until now and into the future. A visual experience which is interactive, informative and very relevant. 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)</p>	
25 th March	8am – 9.30am
<p>Live Well Tasmania Community and Business Breakfast, 28 Saunders Street, Wynyard. Following on from our February Breakfast, we will discuss current initiatives to create resilient children and families. We will also discuss the possibility of forming a Service providers/Community of Practice Everyone is welcome! RSVP to Robin by the 23th of March on 0421 461 724 or email info@lwt.org.au</p>	
27 th March	12.30pm – 2pm
<p>Live Well Tasmania Local Long Table Lunch, Railway Institute Hall, Wynyard Come and enjoy the best produce and products Wynyard and surrounds have to offer \$5 donation, bookings essential – only 60 tickets available RSVP Kelly: Kelly.23@live.com.au or phone/text Kelly on 0429186532</p>	

Other events

9th March, 2pm – 5pm, Bottling fruit and vegetables workshop – RESEED Centre, 30 King Edward Street, Penguin. Cost \$15 or CENTS for workshop only, \$25 or CENTS to take bottled fruit home. RSVP's essential to michelle.towle@iinet.net.au or 6435 4559

13th March National Ride to School Day- Join hundreds of school across Australia celebrating riding, walking scooting and skating to school. Find resources at www.bicyclenetowrk.com.au

26th March – Youth Climate Leaders Conference, Burnie High School. The conference will be held over two days, in March and September. Students will be equipped with new skills and empowerment to work with mentors in developing an on-ground project to address climate change in their schools and communities. Mentors are sought to give support to an individual student leader/s in a school over six months. Projects will cover a range of focus areas such as energy, biodiversity, slow fashion, transport, health, food gardens, recycling/waste reduction and community activism. Contact Nel on 6227 9891.

6th March, 12pm, International Women's Day Luncheon, Burnie City Council, MC: Deputy Mayor Giovanna Simpson, Guest Speaker: Ginna Webster, Secretary of the Department of Justice (Tas), which contributes to a just and safe society by providing systems and services for the promotion and maintenance of rights and responsibilities. Ginna is passionate about leadership, particularly in the public sector. Ticket price (except child) includes a \$5.00 donation to Warrabee Women's Shelter. Setup as Tables of eight, single tickets are available. \$55.00 all tickets, \$13.50 Child U10, Contact 6430 5850 or email arts@burnie.net

3rd April – St Brigid’s Easter Fair, enjoy lots of entertainment for the kids, games, great food and much more! Contact Kaicee particularly if you are interested in providing an information tent and/or display.

Update from Live Well Tasmania

Live Well Tasmania & Healthy Tasmanian Community Grants- Open Garden Tour

On a warm Friday morning in February we held our 2nd Open Garden Tour in Wynyard. Again, we had a sell out event. We had about 60 people book in for the tour, the ages ranged from 6 months to over 90 years of age. All the gardens were in the centre of Wynyard and within one kilometre distance between them all. Several participants set off walking between each garden.

We started at Richard and Jenn’s garden in Hale Street Wynyard. Starting with the front yard where many edibles were growing including the feijoa hedge where we learnt that the flowers are quite delicious and edible. We continued to the back of the house where more edibles and bee attracting flowers adorned all areas of the patio overlooking a beautiful art studio that Jenn works her magic with clay as her medium. We saw many of her cheerful pieces placed amongst the gardens. They have 7 sections of gardens in total that grow fruits, vegetables, nuts and herbs. From Lime Trees, Green Gage Plums, Kiwi Berries and Egg Plants. There is an in-closed Fruit tree and Chicken yard, permanent polly tunnel, a berry cage, so much to see. Richard provided the participants with an information sheet about the different gardens and what is growing in them. Not to mention the small bedroom they turned into their storage room for all their dried goods and preserves from their garden. Amazing!

Next, we went to Murnong Wild Food Garden, our local Author and Tassie wild food expert Rees Campbell and her partner Col Myers led a group each around their Wild Food Garden. Their garden has over 120 different native species that they use in their products like jams and pickles. They have Guinea Pigs that they sell for pets and like their



Participants at the Garden Tour Photo: Kelly Milikins

quails can end up in stews. Nothing is wasted and all is used. We were shown easy ways to net your fruit trees and Berry Shrubs. We learnt about the uses of these native plants and importantly we were encouraged to grow the plants ourselves and leave the native bushes in the wild, so they don’t become depleted and could eventually become over harvested then extinct.

Lastly, we end up at the Wynyard Community Garden where the members had a stall of fresh produce for sale for donation, a Bee Hotel making station and a healthy morning tea and cuppa to finish a successful event. People were encouraged to wander the garden and talk to the gardeners about their plots. It was fantastic to see all the participants go to all the gardens.



It was a well received, informative and fun event. People were beaming and had so much praise for the whole event. A massive thank you to all the Garden owners for letting us into their gardens and taking the time to show us what goes on there.

Community and Business Breakfast

We were honoured to have Brigid Daly from TANA (Trauma Awareness Network Australia) be our guest speaker for the 5th Community and Business Breakfast at the Live Well Tasmania Community Centre. The group who attended was a great mix representing Wynyard High School, St Brigids Primary School, the Waratah-Wynyard Council, Marist Regional College, Youth Family & Community Connections, Burnie Child & Family Centre, The Smith Family, and Private Practitioners.



Brigid runs us through her great presentation
Photo: Bob Segrave

The title of Brigid's talk was "Trauma & Community Flourishing" and certainly there was a great mix of both the science of how trauma affects the brain, as well as highlighting the many scientists who focus on community as the main means of addressing trauma, such as "Self-Healing Communities". We learnt how many people struggle to feel safe in many different environments and therefore often react with extreme behaviours. Learning is compromised by the feeling that one must always be on the look out for danger, connection is a key strategy to address these problems.

Local Long Table Lunch

It is on again on the 27th March, 12.30pm t 2pm, at the Railway Institute Hall. Come and enjoy the best produce and products Wynyard and Surrounds have to offer. Enjoy a Ploughman's platter including Red Cow Organic Cheeses, fresh seasonal vegies and fruit from Down the Road Farm, Live Well Tasmania Community Garden and more! Desserts including fruit pies/tarts using the fruit from Wynyard High School, B&O Berries (Oldina) and more. Local Produce/Producers wanted – if you have local products and/or produce that you think would go well on our LLTL platters please get in touch with Kelly, details below. Volunteers needed before and on the day to assist with the Wynyard High Hospitality Class prepare the delights we will be enjoying. Also help needed for set up and pack up. Entertainment wanted -we would love to hear from you if you would like to do some entertaining on the day for the people. If you have wanted to get yourself out there and need a start, this could be it! We are asking the local schools if they would like to participate as well. Bookings essential – only 60 tickets available, \$5 each or donation contact Kelly email Kelly.23@live.com.au or phone/text on 0429 186 532.

There will also be a Local Food dinner at the RESEED Centre, 30 King Edward Street, Penguin on the 22nd of March at 6pm. Bring your local food dish to share, there will be a prize for the most amazing local dish! RSVP and queries to hello@reseed.net.au

Live Well Veggie boxes

We are thrilled to welcome Karen as our newsletter editor. She has already produced the first newsletter, which will be done fortnightly and aims to be a mix of recipes, tips for cooking with the produce, news from the gardens where the produce is grown etc. The first edition mentioned about "Working Shares" as follows, Is it difficult for you to afford a weekly veggie box? Or would you like to get out in the fresh air, get a bit of exercise and commune with nature? Would you like to learn some more about growing quality vegetables? If any of these apply to you, you might be interested in a 'Working Share'. 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.

The newsletter also highlights that we are working towards a Community Supported Agriculture model which is based on a partnership between our local growers and the people who enjoy the produce. CSA also has a long term approach trying to team together what goes well in North-West Tassy, what people like to eat, and what nutritionists tell us is good to eat.

One of the comments from a box recipient *...my kids loved unpacking the box and picking out treats for the school lunchbox. And how nice to know how it is grown and where it is grown, right here!*

If your New Years resolution was to have a healthier diet, veggie boxes are a great way to help achieve this. We already have feedback that investing in the boxes encourages eating more vegetables, exactly what we had in mind!

We have a regular visit to Cabe at Down The Road Farm on Tuesday afternoon's, contact Robin on 0421 461 724 if you are interested in joining us, including helping out in return for free veggies as part of a Working Share.



One of the Live Well veggie boxes
Photo: Karen Ashworth

Wynyard Community Hub

The Wynyard Community Hub held their first meeting for 2020 recently after becoming an Incorporated Organisation in 2019. A next step is to register with the Australia Charities and Nonprofits Commission. Our mission is to work with its members and associated providers of community services to strengthen our community to alleviate poverty and distress suffered by economically and socially disadvantaged communities in the Waratah-Wynyard municipality. We are seeking people interested in helping planning towards our mission, please contact Robin on 0421 461 724 if you are interested.

Tasmanian LiFE Awards 2020

Call for Nominations closing Thursday 5 March 2020. You are invited to nominate a person, organisation or business for the Tasmanian LiFE Awards 2020. The Awards recognise life-affirming work in suicide prevention. The Tasmanian LiFE (Living is For Everyone) Awards are in recognition of life-affirming work in suicide prevention, intervention and postvention. Do you know a person, service, organisation or business that has made a difference to the lives of people and communities impacted by suicide in Tasmania? Nominations are invited for the Tasmanian LiFE Awards in the following categories: Outstanding Contribution LiFE Award, Communities in Action for Suicide Prevention LiFE Award, Best Practice in Suicide Prevention in a Workplace LiFE Award, Outstanding Contribution to Suicide Prevention by a Young Person LiFE Award.



If you know anyone in the community that is doing great work in suicide prevention, please nominate someone for a 2020 award. Nominations close Thursday 5 March 2020. For any further information or for support preparing your nomination please contact one of the Suicide Prevention Project Officers on 1300 364 277 or at tspcn@reitas.com.au.

LiFE stands for Living is For Everyone. The LiFE Awards have been developed in order to acknowledge the role that is played by so many people and organisations in Tasmania in the area of suicide prevention. The Tasmanian Awards are based on the national LiFE framework, which recognises that suicide prevention is a whole-of-community responsibility and promotes collaborative action by all Australians.

News from Waratah-Wynyard Council

At the Council meeting held Monday, February 17, 2020 Council determined to:

- Allocate community activation grants totalling \$14,789 across a range of organisations including the Waratah-Wynyard Tai Chi and Qigong Group; Boat Harbour Beach Surf Life Saving Club; Wynyard Yacht Club; Wynyard Bowls and Community Club; Wynyard RSL Sub Branch; Somerset Fire Brigade Social Club; Waratah Tourism Association and the Rotary Club of Wynyard;
- Note progress of implementation of the East Wynyard Foreshore Master Plan;
- Proceed with the installation of footpath in Bridge Street, Sisters Beach including removal of existing mature gum trees, installation of kerb and channel and termination of footpath at Elfrida Avenue;
- Note a status update on the Sustainable Murchison 2040 Community Plan;
- Adopt a Central Area Development Strategies Implementation Plan;
- Note the Cradle Coast Waste Management Group Annual Report 2018/19;
- Note the 2019/2020 Annual Plan Progress Report for the period ending 31 January 2020;
- Adopt a Sponsorship Signage Policy and associated guidelines.

Next steps in Integrated Council Environmental Plan (iCEP) development

Development of Waratah-Wynyard's first (iCEP) is on track following a planning workshop in which a broad section of Council staff and Elected Members developed plans for managing environmental values and responding to climate change in the Waratah-Wynyard municipality.

The workshop participants developed priorities and actions for the iCEP based on research evidence, good practice in Local Government, and community and stakeholder feedback received by Council during the recent iCEP consultation period. "It was positive to see so many staff members and Councillors participating in the workshop, bringing their expertise and experience," said Waratah-Wynyard Mayor Robby Walsh.

"It is important to Council that the Plan is evidence-based, but also that it responds to the community's hopes and concerns. "With more than 250 responses received during the consultation period, it was clear to us that climate action is important to the people in the Waratah-Wynyard municipality." Following the internal staff workshop, the iCEP Steering Committee will meet in mid-March to review the proposed priorities and actions before a draft plan is prepared. Waratah-Wynyard Council aims to release the draft iCEP for public comment in time for World Environment Day - Friday, June 5, 2020.

Wynyard High School Green Team Report

The Green Team at Wynyard High is a team that was started at the end of last year to raise awareness and educate students, staff and parents about climate change. We also want to find ways to make Wynyard High more "green" and renewable.

Our main goal for this term is to teach students and teachers about what rubbish goes into what recycling bin. We introduced the bins last year, but have found that many people aren't sure about where different types of rubbish go.

We are also in the process of signing the school up to a program called Terracycle, which is a program that collects items that would usually be classified as non-recyclable and recycles them. We have signed the school up as a collection point so that community members can come and drop off their rubbish at the collection bins. We currently have collection bins for writing instruments and stationery, and oral care. These are open to all people in the community from 9am to 3pm.

On the 1st of April, we are having a day called We Are Wynyard. The day revolves around educating students about climate change and sustainability. There will be guest speakers coming to talk and run workshops, and the Green Team is running a short workshop on responsible recycling and which rubbish goes in what bin. The textiles class is also in the process of sewing some reusable shopping bags to distribute to the wider community.

By Mishca Linden and Claire Williams, Green Team members.

Interested in participating in U3W?

The University of the Third Age has started their first Semester! Take these three easy steps to participate- 1. Sign up as a member, you can commence or renew your membership at any time. To do so go to the U3AW website at www.wynyard.u3anet.org.au and follow the easy membership sign-up process or, collect and complete a Membership and Medical Form from the Library and post or drop off to U3AW at ArtsCape, 45 Jackson Street Wynyard 7325.

Fees One semester: \$30 for individuals and \$50 for couples:, Full year - \$50 for individual and \$75 for couples. Membership entitles you to enrol in as many classes as you wish, but you must be a current (paid up) member before you can enrol.

2. Check program details in the current Newsletter. The U3AW newsletter and all program details are on the U3A Wynyard website at: www.wynyard.u3anet.org.au. You can also find copies in the Library.

3. Enrol in sessions/courses of your choice- go to the U3AW website at www.wynyard.u3anet.org.au and follow the easy enrolment process. or, complete an Enrolment Form from the folder in the Library and post/drop off in the ArtsCape mailbox. Enrolments can also be made in person at the Wynyard Showgrounds on the 6th and 13th March, 10am to 12pm.



Some of the offerings in March:

March 16- 10am-12:30pm Excursion+ Vestiges of our glacial past. Jo Crothers, 12:15pm – 1:45pm Harmonica jam, 2pm-4pm Tai Chi for Beginners 1, Frank Croucher

Mar 18 - 10am-12pm Serendipity 1 The story behind an Australian Story Wendy Page, 12:15pm - 1:45pm Uke jam, 2pm-4pm The North West Coast by Time Travel 1 Brian Rollins

Mar 19 10am-12pm Birds of the region 1 Col Meyers, 2pm – 4pm Armchair travel: Tasmanian Discovery - Mal Kearney

March 23 - 10am-12pm Excursion. Remnant vegetation of Wynyard: a botanical walk. Jim McLeod

March 30- 10am-12pm Clogging for Beginners 2 Jan Collins - Railway Institute Hall

12:15pm – 1:45pm Harmonica jam, 2pm-4pm Tai Chi for Beginners 3 Frank Croucher

Mar25 - 10am -12pm Serendipity 2 Rural Alive and Well (RAW) John Clark

12:15pm -1:45pm Uke jam, 2pm-4pm The North West Coast by Time Travel 2 Brian Rollins

Mar 26 - 10am-12pm Birds of the region 2 Col Meyers, 2pm-4:30pm Film Appreciation Janet Boland

March 30- 9am – 11am Excursion Bird identification at Tiabunna Col Meyers, Edward St Somerset



Small Business events

Business Journey Roadshow

Tasmanian roadshow to highlight what small business assistance is available - bringing a selection of service providers relevant to your local area, who feature on a new “Business Journey” resource. You will hear from Stuart Clues, Small Business Advocate, Department of State Growth, Brand Tasmania, Business Tasmania, Ausindustry and more! Everyone is welcome to attend this free event. Light refreshments will be provided. Tuesday 3rd March - Devonport from 5:30 pm, Wednesday 4th March - Burnie from 5:30 pm, Thursday 5th March - Queenstown from 5:30pm. . Contact Switch on 6408 7005 or email admin@switchtasmania.com.au

Setting Your Intentions - For Business Women

This workshop will explore how self-awareness enables us to remain resilient and on track amidst consistent change and challenge. Ben and Jessie together bring expertise in supporting people to overcome their challenges and help participants clarify their intentions. Introducing a feminine framework for business and economics they will focus on the holistic and cyclical nature of growth that supports renewal and innovation. Together they will support you to set your intentions for 2020, enabling you to be more authentic, meet personal commitments and remain grounded in constant flux. Thursday 12th March from 6:00 pm - 8:00 pm, Switch Spaces, 3 Gollan St, Ulverstone, \$25 for Paid Members, \$50 for Non Members. Email ignitenwwomen@outlook.com for more information or to find out about membership.

Design like a Pro with Canva In Wynyard

Tell a story. Market a promotion. Build brand awareness. Prompt an action. Do all these things and more using Canva. What's Covered:•What is Canva, Creating a Canva account, Starting your first Canva project, Working with text and graphics, Downloading and sharing Canva projects. Also included in the ticket price is a 2 hour 1:1 mentoring session with a specialist Digital Mentor, access to our online portal and free access to subsequent Digital Solution Workshops. If you are an existing Digital Solutions Member, this workshop is free. Contact Switch on 6408 7005 or email admin@switchtasmania.com.au

B4 Early Years - Community Story Teller Grants

B4 is pleased announce the availability of grants (closes 27th March) of up to \$20,000 for eligible community organisations and Local Governments, to train natural storytellers/leaders to become B4 Early Years Community Story Tellers. B4 Community Story tellers will be trained by Community Champions, using the Facilitators Guide to Training B4 Community Story Tellers resource, in both the importance of the early years and storytelling techniques. Once trained, B4 Community Story Tellers will share the early years story across their community. Funds can also be used by local communities to contextualise the B4 Early Years Story and develop locally appropriate resources to support Story Tellers build awareness and understanding of the importance of the early years within their communities. For further information contact b4@education.tas.gov.au or by telephone on (03) 6165 5666.

Wynyard Camera Club

Serving the community for more than 60 years, the Wynyard Camera Club has become a well-established club catering for people interested in digital and print photography at all levels. It caters for all people, all ages interested in digital and print photography • Provides the opportunity to meet with other photographers to talk and improve their craft • Enter club competitions • Compete in inter-club, state, national and international competitions • Participate in photographic activities and outings • Gain skills from guest speakers and members

You are welcome to become part of a group of enthusiasts willing to share their knowledge and passion for photography. Membership is open to any person interested in photography. It is free for the first two meetings for you to see if it is for you. Then \$40 from AGM in July to next June. Feb to July it is \$20. Meeting time: Between 7.30pm and 9.30pm on the first and third Tuesday of each month (except the third Tuesday in December and the first and third Tuesday in January) Location: Wynyard Railway Institute Hall, Station Street, Wynyard.

Contact: President - Lyn King, phone 6445 1271, email: wynyardcameraclub@gmail.com

News from Community Exchange Network Tasmania (CENTs)

We are seeking seed donations for our new Seed Bank, thanks to funding received by Aurora Energy. You can drop seed between 3pm and 4.30pm on Wednesdays to 28 Saunders Street. Also a SAVE THE DATE for the launch of the Seed Bank on International Permaculture Day, the 3rd of May in Penguin at the RESEED Centre in conjunction with CENTs Trading.

Join us for International Women's Day "Empowerment Sewing Circle", at Saunders St, Wynyard, be creative while discussing how women can work together to increase our personal power. This includes CENTs trading – bring along goods to trade/swap/barter with others without money and learn about the network all over Tasmania who are making new friends, learning new skills and saving money. Contact Robin on 0421 461 724 or info@lwt.com.au



To be purposeful is not to be goal oriented, but to seek to reconnect to the source of one's life - Michael Meade

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lwt.org.au
info@lwt.org.au

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