



Wynyard Community Newsletter August 2020



Sisters Beach celebration of the new park project

Photo: supplied to the Advocate.

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Welcome!

It's great to hear from the Waratah-Wynyard Council that there are some active local groups at the moment, such as in Sisters Beach and Waratah. Other groups in recent times have been active in relation to the Wynyard Showgrounds, the Integrated Council Environmental Plan, Cam River Reserve, Somerset Sporting Precinct, ANZAC Park, and the Boat Harbour Masterplan. One challenge is for these groups to be representative of the larger community, difficult to do but worth pursuing!

We at Live Well Tasmania are excited to begin a partnership with Wild Walkers, whom we share a common vision with. Wild Walkers is a not-for-profit organisation which supports individuals (particularly youth) within the community to thrive, aimed at ultimately building greater resilience in the broader community. They believe that as a community, we have all the resources, passion and empowerment to forge the world we want to live in. Wild Walkers was born from a philosophy of taking responsibility for our vision for the world, to collaborate, innovate and recognise that here in Tasmania, we have an extraordinary opportunity to progress towards this vision. This is precisely the vision we have at Live Well Tasmania. So we are proud to host Wild Walkers on the 21st of August for the launch of the Wild Walkers You tube series. Stay tuned for further details. We are also happy that Elspeth Brock has joined us from Shinrin Yoku (Forest Bathing), we look forward to two very fruitful partnerships!

We are having our Annual General Meeting on the 29th of September. While the mention of an Annual General Meeting may not sound attractive to many people, we are aiming to celebrate our renovation which we envisage will largely be completed by then. Once this is completed, we will be able to offer a variety of spaces for community activities of all different types. Our current activities include the Sewing Hub, fortnightly veggie market, CENTs (Community Exchange) trading days, Art sessions, seed bank, and seed raising in our hot house. We are also interested in repair cafes, growing veggies in our garden and setting up a workshop space in our shed.... anything's possible, there are plenty of opportunities to get involved, so bring your enthusiasm, come and hear what's happening and add your ideas.

The mission of Live Well Tasmania is to help increase the health and wellbeing of disadvantaged youth via a whole of community health and wellbeing approach. We have had a small project in relation to the garden at the Wynyard High School to trial a way of helping students who find it difficult concentrating in the classroom. This had some success, however both getting ongoing funding and finding the right volunteers is challenging. Basically before we can do much more work in this area we aim to build general community capacity, build partnerships, and both create and take advantage of existing opportunities.

Finally we are excited to have been nominated for the Compassionate Communities Cradle Coast Kindness and Compassion Awards for a Community Organisation Award. One important reason for promoting kindness and compassion is that these are vital for people to work more effectively together which in turn is vital to make our communities a better place for all. Over time an individualistic culture has developed where many people feel isolated from one another. Kindness and compassion is not about being soft, among other things it's about being better communicators, and being able to achieve more from working together. The ceremony is being held this Saturday when the winners will be announced (see right).



To join the zoom, the link is <https://us02web.zoom.us/j/2046846193>

In this edition there is an article on how to have more peace in the family by agreeing on what rules should exist, and then having a clear process for rewarding good behaviours and communicating consequences for non-constructive behaviours. This agreeing on the rules that everyone should abide by is of course what true democracy is about, but which can be such a challenge to implement, both in families and communities!

What's on

7th August, 10:30am-12:30pm, Forest Therapy free session, Fern Glade Reserve, Fern Glade Rd, Stowport. Elspeth Brock invites you to take part in activities to slow down, alleviate stress, improve physical and mental health and benefit your immune function. Stretch your senses, be guided through some Qi Gong, soak up the peaceful forest and enjoy a tea ceremony. If anyone misses out there are discounted tickets (\$12) available for the next walk on the 6th of September, or follow Shinrin Yoku North West on Facebook for information on more walks as they become available. Places are limited so booking via Eventbrite is essential <https://www.eventbrite.com.au/e/fern-glade-forest-therapy-september-tickets-114483374856>



12th August, 3 to 4pm, Live Well Tasmania Veggie stall – come and get your fresh, organically grown veggies, contact Robin on 0421 461 724

19th August, 9am to noon, Free session, My Health Record and Electronic Prescribing, and how to navigate your own Health Record, Burnie Arts and Function Centre, Wilmot Street, Burnie. Bring your own device – laptop, tablet or smartphone (spare laptops will be available). Topics include overall digital literacy, empowering you to understand your own Health Record and how to understand the power of this information. We will also provide an update on electronic prescriptions and how this will impact the community, specifically older Australians. Call 6220 2955 to register, or email guild.tas@guild.org.au.

21st August, 6pm, Wild Walkers YouTube Series launch, Live Well Tasmania, 28 Saunders Street, Wynyard.

22nd August, 2pm to 3.30pm, Seed Bank Launch, RESEED, 30 King Edward Street, Penguin, see below for further information

26th August, 3 to 4pm, Live Well Tasmania Veggie stall – come and get your fresh, organically grown veggies, contact Robin on 0421 461 724

1st September, 3.30 for 4pm, Live Well Tasmania Committee meeting, 28 Saunders Street, Wynyard. All welcome, further details Robin 0421 461 724 or info@lwt.org.au

29th September, 3.30 for 4pm, Live Well Tasmania Annual General Meeting, all welcome, for further details contact Robin 0421 461 724 or info@lwt.org.au

Forest Therapy

Four of us were lucky enough to go on Elspeth's free walk recently. It was not just an ordinary bush walk, the whole process was very inspiring. Elspeth provided the following information on Forest Therapy studies. They have found that residents living in large housing developments surrounded by trees felt emotionally and physically healthier than those with no trees nearby. They also felt safer and reported 52 per cent fewer crimes. In 2004, researchers in Japan found that being in the forest had beneficial effects on blood pressure, heart rate and the immune system. They also found that people who just looked at a forest view for 20 minutes had a 13 per cent drop in concentration of the stress hormone cortisol.

Dr Qing Li, an associate professor at the Nippon Medical School in Tokyo, says the benefits of shinrin-yoku have been researched for nearly 40 years. This also led to the establishment of forest medicine, a science that focuses on the

Happiness Chemicals and how to hack them

<p style="text-align: center;">DOPAMINE THE REWARD CHEMICAL</p> <ul style="list-style-type: none"> • Completing a task • Doing self-care activities • Eating food • Celebrating little wins <p style="text-align: center;"></p>	<p style="text-align: center;">OXYTOCIN THE LOVE HORMONE</p> <ul style="list-style-type: none"> • Playing with a dog • Playing with a baby • Holding hand • Hugging your family • Give compliment <p style="text-align: center;"></p>
<p style="text-align: center;">SEROTONIN THE MOOD STABILIZER</p> <ul style="list-style-type: none"> • Meditating • Running • Sun exposure • Walk in nature • Swimming • Cycling <p style="text-align: center;"></p>	<p style="text-align: center;">ENDORPHIN THE PAIN KILLER</p> <ul style="list-style-type: none"> • Laughter exercise • Essential oils • Watch a comedy • Dark chocolate • Exercising <p style="text-align: center;"></p>

From Elspeth's Facebook page – these chemicals don't just make you feel happier, they can make your life function much better

effects of the natural environment on human health. “We found that study participants who practised shinrin-yoku for three days had significantly increased levels of natural killer-cell activity in the body,” says Li. “These cells are responsible for fighting diseases, including cancer.” Joachim’s guided walks through the trees are suitable for all ages and physical abilities. The pace is gentle, the intention mindful. “If you really listen to nature, it can transmit enormous vital energy,” she says. “There is no Wi-Fi in the forest, but you’ll find a better connection.”

Current grants

The Tasmanian Community Fund’s COVID-19 Response Round – Support, Connect and Rebuild is now open. Large (\$100 000 to \$500 000) expressions of interest close on 12 August 2020. Medium (\$20 001 to \$70 000) applications close on 30 September 2020. Small (\$1 000 to \$20 000) applications close on 26 August.

Project funding is available for a maximum of five years, for projects that are tailored for the Tasmanian community, programs, including pilot programs, infrastructure and equipment, projects that include community or organisation collaboration are strongly encouraged. Any questions can be directed to admin@tascomfund.com.au or 6165 8333.

Healthy Tasmania – These grants aim to strengthen community connections and help people live happy, healthy lives. Healthy Tasmania is a key part of the Government’s investment to prevent chronic conditions and improve the health and wellbeing of all Tasmanians. Successful projects will build community connections while helping Tasmanians reduce smoking, improve healthy eating, be more physically active, and improve mental health and wellbeing. Grants are up to \$200 000 for projects or initiatives up to two years. There will be small grants (up to \$30 000) and large grants (\$30 001 to \$200 000). An information session is being held this Thursday, 6th August, 10:00 am – 11:30 am at the Paranaple Convention Centre, Quoiba Room, Devonport City Council, 137 Rooke Street, Devonport.

Update from Live Well Tasmania

We are excited to see our renovation progressing! We have removed a wall between the two largest rooms to make one big community space, and are installing a new kitchen (hopefully it will be registered as a commercial kitchen). We welcome everyone to come and have a preview of our new space at our Annual General Meeting on the 29th of September.

We are also excited to announce the official launch of our Seed Bank on the 22nd of August at RESEED in Penguin. See below for further details.

Our fortnightly vegetable stall continues as we plan for our next season scaling up of our Live Well Veggie boxes. We will be expanding the numbers of boxes we provide each week, and also are looking at providing options of adding other products apart from fruit and vegetables, such as cheese, honey and eggs. Stay tuned for further details!

Live Well Tasmania

Annual General Meeting

3.30 for 4pm, 29th September 2020

28 Saunders Street, Wynyard

Join us in discussing the next exciting stage of our journey, check out our new community space, tell us your idea’s for making our community a better place!

Our current projects include: Sewing Hub, Art sessions, Seed Bank, CENTs trading days, growing seedlings... Anything’s possible, plenty of opportunities to get involved!

RSVP to Robin at info@lwt.org.au

or 0421 461 724



We are working with Grow, Gather, Give, who operate from the previous Produce to the People garden at the Burnie High School to distribute 'Care Packages', particularly trying to help people with additional problems due to COVID-19. Kelly and Elspeth have started a project funded by Highways and Byways, who support people and communities experiencing disadvantage and exclusion in rural Australia. They are growing seedlings for Grow, Gather Give (GGG), which is a social enterprise that supports North-West 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 Cooee, GGG has much in common with Live Well, with regards to this aim of creating a healthy and sustainable food system that benefits us all.

The Highways & Byways project is focused on food security for disadvantaged people and the COVID-19 situation is likely to make it harder for disadvantaged people to afford healthy food. The seedlings will be used in the GGG garden at Cooee to grow veggies for their food hampers. They give out around 100 hampers a week to disadvantaged people and families of the communities of Burnie and Wynyard. If anyone is able to donate silage for GGG they would be very grateful! It doesn't have to be fresh and they have a volunteer who can arrange collection. We also welcome silage and materials for compost for our Saunders Street Centre.

We welcome more people for our weekly Art classes. You can attend at our Community Centre, or participate via zoom (yes we have experimented, and it is possible to do an Art class via zoom!). Unleash your natural creativity and experience some valuable time out

News from Waratah-Wynyard Council

Iconic Tulip Festival on hold as Council plans alternate celebrations

Waratah-Wynyard Council's popular Tulip Festival will be put on hold for 2020, with a month-long celebration of Spring dubbed Spring Loaded planned instead. The Spring Loaded program will capture the essence of the flowers (tulips), community coming together, food and wine and icons of the traditional festival whilst bringing back the nostalgia of the past with a series of smaller events from Friday September 25 to Sunday October 18. "Wynyard and surrounds comes alive during tulip time and we would love to have people visiting from all over the State to see the flowers and enjoy the proposed Spring Loaded program of events. We encourage all Tasmanians to visit and explore what our area has to offer," Waratah-Wynyard Council's Community & Events Officer Chantelle French said. If any business or groups would like to be included in the program please contact Chantelle at cfrench@warwyn.tas.gov.au

Ordinary Council Meeting

As COVID-19 restrictions have been eased Council meetings will now be at the Council Chambers, 21 Saunders Street Wynyard unless otherwise advised. Due to the current COVID-19 restrictions, there will be limited access for the public to attend to ensure social distancing requirements are maintained.

The public can view live streaming of the meeting via YouTube (search Waratah-Wynyard Council) or by selecting the YouTube link on Council's website. Members of the public who are unable to attend due to these restrictions and would like to ask questions of the Council are able to provide their question in writing



Elspeth and Kelly setting up seedlings at the Live Well Community Centre Photo: Kelly Milikins



to the General Manager by 3.00pm on the day of the meeting, by emailing council@warwyn.tas.gov.au or post to PO Box 128, Wynyard 7325. Those members of the public who are in attendance will be able to ask questions at the meeting.

At the July Council Meeting (Monday, July 20) Council determined to:

- appoint Councillor Maureen Bradley to the Australia Day Committee and the Boat Harbour Beach Master Plan Working Group
- note a Rural Road Safety Audit
- seek approval from the Commissioner of Transport to reduce the speed limit on Calder Road from:
 - 100km/h to 60km/h, from the Bass Hwy intersection with Calder Road to the existing rail corridor; and
 - 100km/h to 80km/h from the existing rail corridor to the intersection of Calder Road and Pages Road
- provide a financial contribution of \$5,229 to the Myalla Community Centre Inc toward the cost of a mower
- note the 2019/20 Annual Plan Report, the Waratah-Wynyard Audit Panel Annual Report and an updated Asset Management Policy
- Following Notices of Motion from Councillor Fairbrother, Council determined to undertake a review of the new waste disposal facility costs; undertake an investigation into identifying a preferred secondary access to Sisters Beach, identify and/or provide a parenting lounge or feeding nook within close proximity of the Wynyard and Somerset CBDs
- When acting as a planning authority, approved 5 units at 5 Sandy Crescent

Sisters Beach

The following story is sourced from The Advocate. Funding secured for a new park at Sisters Beach for bikes, scooters and skateboards with a basketball half court is set to be popular among locals and visitors alike. The Waratah-Wynyard Council and Sisters Beach Community Association (SBCA) have joined forces to bring the idea to life. "All the hard work has finally paid off, the local kids are fully stoked, it's something they have dreamed about for a number of years," SBCA treasurer Ben Saward said. "Key to our success was a strong business case with clear budgeting protocols that supported the value to our community, fostering and encouraging healthy pursuits and a meeting point that doesn't currently exist." A \$70,000 grant from the Tasmanian Community Fund has been secured for the project with the assistance of a working group made up of Sisters Beach residents,



The Sisters Beach park has been professionally designed by Simon Williams of Concrete Dreams with input from locals. Photo: Supplied to the Advocate.

council staff and councillors Celisa Edwards and Darren Fairbrother. It is estimated the council will contribute \$70,000 towards the project. "It demonstrates what can be achieved via community support and working constructively with local councils and important organisations like the TCF," Mr Saward said. It is expected construction will begin later this year and completed ready for summer and the facility will include lighting to extend the times it can be used. Council have put out tenders for the Sisters Beach Recreation Park, Sisters Beach. Tender documents may be obtained from Tenderlink portal <http://ow.ly/6voH50AtvIA> or the Engineering Department at the Waratah-Wynyard Council Chambers or by telephoning 03 6443 8360.

Waratah Community Board

The Waratah Community Board met on Saturday at the Athenaeum Hall in Waratah, the first time members have met face to face since February. After the meeting residents were invited to discuss local issues with Board members and learn about progress on the three anchor projects. Among items discussed was the Waratah Falls Walk. It includes three stages. The first, a walk to the base of the walk, is wheelchair accessible and elevated above the vegetation.

The first stage is estimated to cost \$2.1M.

Stage two involves renovating the existing track to the waterfall base from the eastern side.

Stage three links the viewing platform near the base of the Falls to the old calciner plant via a new pedestrian bridge over the Waratah River, before continuing up the slope on the eastern side to just north of Quiggin Street.



Waratah Community Board meeting
Photo Courtesy Waratah-Wynyard Council

Loo with a View proposal

The ABC recently published this story on the "Loo with a View" proposal. You can't deny public toilets are an essential amenity for any traveller — but it is rare for them to become an attraction in their own right. That could be about to change for spectacular Table Cape in Tasmania's north-west, with plans underway for a "loo with a view". Formed from the remains of a 12-million-year-old volcano, the cape is home to a renowned tulip farm that bursts into colour every spring, and an 1800s-era lighthouse. The Waratah Wynyard council is keen to push ahead with a proposal that is designed to attract tourists — while addressing the lack of public toilets. The toilet would allow visitors to take in the stunning coastal scenery while attending to a call of nature.

"The plan is to have it fully suspended and straight down is the ocean." The area attracts thousands of visitors every year. "We have tours of Table Cape lighthouse, tourists visit the area a lot and we have our tulip farm up there and we have the Tulip Festival that creates 20,000 people visiting our area that weekend," Cr Walsh said. "It's necessary to have a toilet on Table Cape, whichever way you look at it."

But not everyone is supportive of the idea. Councillor Andrea Courtney said she did not want the area to be iconic for a toilet. "I just think that this area is so valuable," she said. "From Yolla down to Waratah it's almost God's country. To make us famous for a toilet I think undervalues the quality of the area. We obviously need toilets up there but we also need toilets up at Yolla, we've got a lot of areas that could do with a bit of extra infrastructure." She said the facility would cost \$35,000 to maintain every year. "I can't see there's a massive value in it when we could do so much better than being famous for a toilet."

Chief executive of the West by North West regional tourism group Tom Wootton described the loo as an exciting project. "For them to go a step further and think a little outside the box about what they could do to create a point of interest for tourists is fantastic," he said. "It adds further layers to the offering on Table Cape. "I don't think there's a risk of Table Cape becoming synonymous with only a public toilet." The council is confident government funding will be available to build the facility.



Mayor Robby Walsh at the possible site of the "Loo with a View"
Photo courtesy Waratah-Wynyard Council

New Cradle Coast Online Market

Courtesy of a grant from the Tasmanian government, Business Northwest and the Devonport Chamber of Commerce built the Cradle Coast Market so small businesses could extend their sales channel into the online world. Covering the North-West Coast of Tasmania, the website provides a complete online shopfront for retailers, market operators and service providers. The Cradle Coast Market is a not-for-profit incorporated entity which works for all coastal businesses. See <https://cradlecoastmarket.com/>



Boundaries for Screen Time

Tammy Fisher Huson, Ph.D., is the author of "Fearless Parenting," among other books, - his approach is based on his observation that children so often get attention when they are acting up, but adults often ignore them when things are going well. Children subconsciously want attention, even if it is not the best kind, and so they may act in ways to get the type of attention that is not ideal. What if adults started directing their energy toward the behaviours they want more of, rather than the undesired actions? Sure enough, when this approach is employed, it often leads to more of the behaviours we want to see in our kids — including those around screen time issues.

His approach (called The Nurtured Heart Approach) is based on three principals, which are like three legs of a stool:

Absolute Clarity, Absolute No, and Absolute Yes. These three "absolutes" are not about what we say to our kids but how we ourselves operate.

Absolute Clarity is about being clear about expectations and rules and consequences. (Ideally, a family will have done the work to come up with screen time etiquette and limits together.) Absolute Clarity is being transparent about why certain rules exist — such as deciding as a family that tech should be put away during meals because, as a family, you value uninterrupted time together.

The idea of Absolute No is that the parent does not get energised and mad if a child does not follow a rule, or does a behaviour that you do not want them to be doing. So it means that the parent does not give significant energy when a rule gets broken. This does not mean they ignore or dismiss the rule, but instead stay calm.

Now let's get to Absolute Yes, it is all about holding a mirror up and pointing out the good choices your child makes. You say things like, "Hey, I saw that you got off your game right on time, that shows a lot of responsibility." Or, "I noticed you put your phone away last night without me asking, that really shows a lot of respect, and how reliable you are."

Another key point, particularly for teens, is to point out the fact that a lot of the behaviours our kids do are not easy. Let's say you had to remind your child to get off his game to come to the table. You are frustrated that you have to remind him, and so often, we add fuel to that by being angry when they finally come to the table. We say things like "I should not have to remind you so much!"

Instead, with this Absolute Yes approach, when your child finally comes to the table, you might say something like: "Hey, I see you left your game, and came to the table, and I know that was not easy. You love that game, and disconnecting is really hard. It shows a lot of willpower, and it shows that you know our dinners are important."



See <https://www.screenagersmovie.com/> for more on this article, and other great information for parents with children growing up in a digital age.

Community Seed Bank

Live Well Tasmania in collaboration with RESEED and Permaculture Tasmania are proud to establish community Seed Banks for our northwest corner of the State. Two Seed Banks, to be co-located in Wynyard and Penguin, will provide a space for our community to save and share seeds sourced and grown locally which are adapted to local conditions.

This project aims to:

- create a network of friends, neighbours, gardeners, farmers, permaculture practitioners and everyone in between to fulfil the function of preserving locally adapted varieties.
- to secure community sufficiency through food sovereignty and community resilience
- conserving biodiversity at the local level
- to encourage sharing and swapping of a valuable resource to reduce economic barriers to growing food
- to encourage pollinator attracting plantings which support bees and other beneficial insects

Using the Seed Bank is as simple making a deposit or withdrawal. You deposit seed saved from your garden and in turn take seed from the Bank. We will also have heritage (true) seed which will be made available for a compulsory gold coin donation. To ensure our Seed Banks remain financially viable and sustainable into the future it is important our community gets behind this initiative by supporting its operation.

ALL donations of seed may be made to the deposit boxes located at: Live Well Tasmania – 28 Saunders St, Wynyard and RESEED Centre – 30 King Edward St, Penguin. The launch is on Saturday 22nd August 2020 at 2pm-330pm at the RESEED Centre – 30 King Edward St, Penguin. Attendance by invitation only due to COVID-19 restrictions.

Email enquiries to projectmanager@lwt.org.au



Join the launch of the Live Well Tasmania Community Seed Bank
 at RESEED Centre, 30 King Edward St, Penguin
 Bookings essential (restricted numbers apply) txt 0458 078 455
 NO COST Seed donations welcome

I want to be in the arena. I want to be brave with my life. And when we make the choice to dare greatly, we sign up to get our asses kicked. We can choose courage or we can choose comfort, but we can't have both.
 Not at the same time
 Brene Brown

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