



Wynyard Community Newsletter July 2021



Sharon explaining the very entertaining game of Gnomes, Witches and Giants Photo: Robin Krabbe

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Welcome!

We were thrilled with regards to the number of people who turned up for our Open Day to launch our first walking track recently at the Live Well Tasmania Oldina property. Thanks to the Mental Health Council of Tasmania for providing the funding. We thought the forecast for rain would prevent the majority of people from attending, not so! The feedback about the track was extremely positive, of course the Grandmother Tree (pictured right) was a big attraction. We were particularly happy with everyone who attended (about 35 people) expressing interest in being involved in the ongoing development of our Community Park/Farm. See below for further information about getting involved in this fantastic project.



One of the great things about our Creative Connections program in Wynyard is that we learn so much about a range of topics, such as how we can make things ourselves, getting the benefit of an increase in skills and reducing reliance on buying things that often cannot be recycled at the end of their life. For example we are supporting Farm It Forward to hold a basket weaving workshop this week– we discovered that there are an amazing number of materials we can use for this from our immediate environment, such as pine needles and blackberry canes!

We are happy to be partnering with Farm It Forward who are very keen for people to not only learn gardening skills and help grow food to increase community resilience but also to increase social interaction and learn a range of other skills as well.



Kelly, Maureen and Geoff show off our floor mats Photo: Robin Krabbe

Thanks to the Waratah-Wynyard Council Survive and Thrive grants, we took delivery of our anti-fatigue floor mats recently. Thanks to Tom for his enthusiasm in laying them for us!

We are also planning a two part basic woodworking course starting in September with Stephen Oram. Stephen has been a professional woodworker since 1989 who has extensive experience in a range of woodworking activities, from bush and fine furniture through to making Celtic folk harps. His work was featured in the recent Tasmanian Timber Strings event (see below). We are trying to make these session as affordable as possible, the preferred method of payment is using CENTs currency (see www.cent.net.au) or we also offer work in exchange in lieu of payment. For the second lot of sessions the payment will include two or more visits to the Somerset Community Shed, and participants will receive 12 months membership to this fantastic facility.

Great news that there will be some social housing made available in Wynyard, with the Council in April agreeing to sell it's Martin Street Wynyard property to Centacare Evolve Housing. Centacare plans to build nine two-bedroom dwellings on the site.



Centacare Evolve Housing CEO Ben Wilson, Waratah-Wynyard Acting Mayor Mary Duniam and Centacare Evolve Housing CFO Cody Burdon Photo Courtesy Council

Also great news that the Council was selected to receive the Environmental Leadership and Sustainability Award at the 2021 Local Government Professionals Tasmania Annual Award event recently. This was based on the Council's Integrated Council Environmental Plan (iCEP) 2020-2030. Of course now it's up to all of us to work together to achieving the many goals of the plan!

Events

1st July, 10am for 10.30am start, Somerset Art Gallery Opening, Somerset Plaza, morning tea and prizes. All welcome. Contact 0487 011 619.

1st July, 1.30pm to 3.30pm, Sewing Connections, Live Well Tasmania, 28 Saunders Street, Wynyard. Join Heather and the rest of our skilled team to get the best out of your sewing machine (bring yours or use one of ours). Learn how to make quilt squares, with the aim of making a small quilt later in the year. General sewing sessions are held every Thursday, 1.30pm to 3.30pm. RSVP to Kelly on 0429 186 532.

2nd July, 10am, Farm It Forward Tasmania Basket Weaving workshop, supported by Live Well Tasmania, at 28 Saunders Street, Wynyard. Calma (Adele) Wigg is a indigenous artist who creates traditional and contemporary Aboriginal Artworks. We will be using native flax to learn how to make weave baskets. Gold coin donation. Bookings essential, call Michelle on 0487 011 619. Sorry booked out, but you can go on the waiting list, and/or put your name down for our Creative Connections basket making workshop.

6th July, 10am to noon, Live Well Tasmania, 28 Saunders Street, Wynyard, Dealing with Difficult People' Workshop with Dr Sharon Condon. Learn about the different behavioural types including your own, different strategies to manage difficult behaviours, and how we can improve assertive behaviour to help us in setting and maintaining boundaries. RSVP to Kelly 0429 186 532.

6th July, 1pm to 3pm, Live Well Tasmania Creative Connections, 28 Saunders Street, Wynyard. Felt Soap Making, contact Kelly to RSVP on 0429 186 532.

13th July, 1pm to 3pm, Live Well Tasmania Creative Connections, 28 Saunders Street, Recycled Art, contact Kelly to RSVP on 0429 186 532.

20th July, 10am to noon, Live Well Tasmania, 28 Saunders Street, Wynyard, Communication and better relationships series with Dr Sharon Condon. RSVP to Kelly 0429 186 532.

20th July, 1pm to 3pm, Live Well Tasmania Creative Connections, 28 Saunders Street, Basket Making, contact Kelly to RSVP on 0429 186 532.

24th of July, 10am to noon, (tbc) Live Well Tasmania Oldina Working Bee, contact Robin for further information on 0421 461 724.

26th July, 5.30pm, Waratah-Wynyard Community Conversation, Boat Harbour, (venue TBC). Talk to Councillors and senior staff in a one-on-one setting. Contact the Council for further information.

27th July, 1pm to 3pm, Live Well Tasmania Creative Connections, 28 Saunders Street, Dream Catcher, contact Kelly to RSVP on 0429 186 532.

31st July, 10am, (to be confirmed) Farm It Forward Edible Gardening 101 workshop, Live Well Tasmania, 28 Saunders Street, Wynyard. Learn all the basics of gardening such as what to plant, how to plant it and when to plant. Bookings essential, call Michelle on 0487 011 619.



Update Live Well Tasmania

Oldina Community Park Open Day

The response to our Open Day, and our great Grandmother Tree was amazing, within about two days we had reached our limit of bookings, but decided given the enthusiasm to allow a few more, and then a few more.... Finally at 50 people we thought we had better draw the line!

With bated breath we watched the weather forecast the week leading up to the event, on the one hand it said 10 to 15 millimetres of rain, but on the other hand it said it would be in the afternoon and evening, so we thought it would be all OK. At the last minute however it was not good news, the forecast was changed to up to 25 mm of rain in the morning and afternoon!

Us Tasmanians however are a tough bunch, we had a few cancellations but were amazed at the numbers who braved the weather, the people just kept coming and coming! Tom and Sarah did a fantastic job in both taking guided tours of the track and organising some tree planting for the kids. We are very grateful for the Mental Health Council of Tasmania providing us with this funding.

Everyone who attended expressed interest in being part of a Friends Group, including volunteering to help at working bee's etc. We are hoping to hold our first working bee on the 24th of July, check our Facebook page for further details. We aim to have regular working bee's after that.



As part of this project we also put up our polytunnel which is now almost completed. As well as being able to grow seedlings and extend the season for growing vegetables such as tomatoes, it will also provide great shelter in wet weather.

Creative Connections

Recent sessions have included making beeswax wraps which can be used instead of plastic wrap. The process was very easy, just select whatever size you want of colourful cotton material, grate enough beeswax to cover the material and sprinkle over it, add some coconut oil, put greaseproof paper over the material and iron with a hot iron for a minute or so until the beeswax melts. Then wave the wrap in the air or peg it outside until it dries! We do need to do some more experimentation however to perfect the technique.

Sharon has continued to deliver very engaging workshops, our last one covered the very important skill of active listening. Sharon's tips were: listen more than you talk, let the speaker finish before you respond, for example without asking questions that interrupt the speaker, give verbal and nonverbal messages that you are listening, ask open-ended questions, listen with openness – suspending judgements and biases and listen for those things with which you might agree as well as those that might challenge, listen with curiosity – engage your desire to learn rather than trying to 'fix' anything, and be attentive to ideas and problem-solving opportunities

The benefits of Active Listening are numerous:

- Opportunities for learning and personal growth through exchange of ideas
- Enhances critical thinking through engaging in an informed way
- Enables others to express themselves openly
- Builds relationships
- Helps avoid misunderstandings
- Limits the potential for just talking past one another
- Grows empathy and compassion.

Sharon also showed is a great video for a funny example of not listening versus active listening. (Search for the Big Bang Theory Active Listening Youtube).

Another great insight Sharon alerted us to is the concept of Noise as anything that blocks, alters or impedes communication. Some examples are: sounds; sights; cell phones; loud noises; hunger; fatigue; headaches; illness; medication; bright lights; overheating; cold; being crowded; being preoccupied; feeling frightened, anxious, imposed upon, angry; jargon; technical language; different generation; different slang; different languages; cultural norms; racism; sexism; ageism;



preconceived impressions; past experiences; gossip; innuendo; a person's body shape, size, grooming. No wonder at times communication can be more difficult than it need be!

Sharon's workshop next week is Dealing with Difficult People as below. 'Difficult' of course can cover a wide range of issues, for example people who are stressed can often seem difficult.

'Dealing with Difficult People' Workshop

Human beings are social creatures....we share neurons that allow us to match each other's emotions unconsciously and immediately. We mirror in sympathy or agreement and we seek to find common ground and acceptance from each other.

But all too often, our desire for collaboration and inclusion is derailed by 'difficult' people we encounter. When we interact with other people, we each bring our own perspective, expectations, fears, hopes and agendas. On top of this, we may have different ways of expressing our personalities and different means of obtaining our objectives and these alone may give rise to friction. And on top of all of this – there can be the effects of peoples' trauma and mental health issues. This alone can be significant when you consider that 20% of people suffer with a mental illness (aged between 16 to 85) and that two thirds of people will experience traumatic events in their lifetime.

This workshop will look at the different behavioural types and examine our own behavioural type and its strengths and weaknesses. We will look at different strategies to manage difficult behaviours, as well as our own role in creating problematic encounters. And we will look at the difference between assertiveness, aggression and passivity and how we can improve assertive behaviour to help us in setting and maintaining boundaries.

Save the dates for Woodworking Workshops

Learn all the basic woodworking skills to make a range of useful and beautiful items.

The first two sessions will look at wood and its various qualities and uses; basic hand and power tools and how to use sharpen and maintain them. As the course has a "hands on" approach, participants are encouraged to bring along any of their own woodwork tools that they have, including those which are a mystery! The second part of the course will revolve around the making of a joint project which will involve design; timber selection and dressing; safe use of machinery; appropriate joinery; when to use power tools, when to use hand tools; sharpening; finishes and finishing.

Spaces for the introductory sessions are limited to 13 people. Due to its intensive nature, the second part of the course is only open to four participants.

Dates and times:

- Intro sessions, Tuesday, September 7th & 14th, 2021, 9.30am to 12.30pm
- Second part, same day and hours from Tuesday September 21st for eight weeks. At least two sessions at Somerset Community Shed



Cost:

- Intro sessions, 10€ents or \$10 per session, or work in exchange
- Second part, 120€ents plus \$100 (covers eight sessions and includes one year's membership of the Somerset Community Shed, payable in advance)

To find out you can pay for this without using money via the CENTs project, go to www.cent.net.au

To book, contact Kelly on 0429 186 532 or Robin on 0421 461 724.

Community Exchange Network Tasmania

We had lovely weather for our recent CENTs trading today at the RESEED Centre in Penguin. Over 20 people turned up with an amazing variety of goods to trade. There was lots of fresh produce (yes even in Winter we can still grow lots of things in Tassie!). The produce on offer included tamarillo's, kale, potatoes, lemons, tomatoes, rocket, silverbeet, spinach and watercress. Other items included second hand clothing, books, soap, mini solar panels, lemongrass and cardamom plants, aloe vera, native violets, dried fruits, spices, stationery, tool hire, and a range of bric a brac. Thanks to all who attended, and check www.cent.net.au to join CENTs to reap all the benefits of connecting with your community, learning new skills and trading without using money.



Marlene, Maureen and Heather admiring the range of items available via CENTs Photo: Tania Brookes

Update Waratah-Wynyard Council

Main points from 2021/2022 Annual Plan & Budget Estimates: Council is expected to show an underlying surplus of \$0.309m in 2021/22.

The Council has endorsed a general rate price increase of 1.9%.

For those that live within the waste collection areas, the increase this year is 75 cents per week (\$39 for the year).

Council has decided to continue free entry to the Waste Transfer Station for all residents.

This year's capital works expenditure is \$10.010m which includes \$4.339m in new infrastructure spending, \$3.255m in asset renewals, and \$2.416m on upgrading existing assets.

Infrastructure commitments include – For Wynyard ♦ Completion of Port Creek and Big Creek flood mitigation works. ♦ Implement the Fossil Bluff Plan in collaboration with Wynyard Landcare. ♦ Provide for safety improvements at Inglis and Church Street junctions in collaboration with West End IGA Supermarket. ♦ Complete construction of the Wynyard Yacht Club and Multi-Use Facility. ♦ Commence the Geological Trail Plan. ♦ Final remediation of Camp Creek. ♦ Upgrades to existing public toilet facilities. ♦ Continuation of Community Conversations at Wynyard.

For Somerset: Progression of the construction of the Coastal Pathway – Cooee to Wynyard. ◇ Complete construction of the ANZAC Park All Abilities Playground. ◇ Continue to partner with Wynyard Landcare to undertake Frenchs Road Nature Reserve Master Plan actions. ◇ Undertake coastal erosion mitigation works to protect Council assets from sea level rise at ANZAC Park. ◇ Deliver lighting and fencing upgrades at the Cardigan Street Recreation Ground and seek funding for the final stage of the upgrades. ◇ Work with the Department of State Growth to provide the connecting footpath between Cam River Reserve and ANZAC Park. ◇ Implement the actions of the Cam River Reserve Master Plan. ◇ Open the new community hub. ◇ Continuation of Community Conversations at Somerset.

For Boat Harbour & Sisters Beach: ◇ Replacement of stairway adjacent to 276 Port Road, Boat Harbour. ◇ Repair western seawall at Boat Harbour. ◇ Port Road drainage works. ◇ Continue to progress the Boat Harbour Beach Master Plan in conjunction with the working group and the Boat Harbour Beach Surf Life Saving Club. ◇ Review and plan for the future of the playground at Sisters Beach. ◇ Continuation of Community.

The main points from the June Monthly Meeting:

At last night's meeting, Council determined to:

- Approve the release of the Draft Fossil Bluff and Surrounding Trails Master Plan for public consultation and feedback;
- Defer any further investigation into identifying a preferred secondary access to Sisters Beach until advice is received from TasFire and continue to lobby the State Government for improved maintenance service levels on existing fire trails in the Rocky Cape National Park;
- Note a petition relating to East Wynyard / Seabrook Beach Dog Access

Environmental Leadership and Sustainability Award

Waratah-Wynyard Council's commitment to environmental responsibility was vindicated at the 2021 Local Government Professionals Tasmania Annual Awards ceremony held last week. Council's Integrated Council Environmental Plan (iCEP) 2020-2030 took out the Environmental Leadership and Sustainability Award; recognition that came almost one year to the day since the draft plan was released for public consultation on World Environment Day, 2020 (June 5).

The Plan sets out key priorities across five areas of council and community life so that residents, workers and visitors can enjoy the benefits of a more secure future.

"The natural environment is one of the municipality's most important assets and is central to our local identity," Waratah-Wynyard Acting Mayor Mary Duniam said.

"At the same time, we recognise we are facing unprecedented challenges as the impacts of global climate change is felt by ecosystems and communities."

Somerset Outdoor Art Gallery Official Opening



Thursday 1st July
10am for official opening at 10.30am
Somerset Plaza
Morning tea & prizes
All welcome



Dana Hicks and Bill Walker, from Waratah-Wynyard Council with their Environmental Award Photo: Courtesy Council

Significant community input helped shape the final plan, “More than 250 responses were received during the consultation period, which sent a message to Council that climate action is important to the Waratah-Wynyard community” Acting Mayor Duniam said. “It is important to Council that the Plan is evidence-based, but also that it responds to the community’s hopes and concerns.”

Persistent Pain Self Management Program

The Persistent Pain Self Management Program starts in Wynyard on Tuesday 17 August and finishes 21st September, (12:00pm – 2:30pm). The Program runs for six weeks, 2.5 hours each week. The Wynyard program will be held at the Community Centre in Little Goldie St, Wynyard.

Mitch Edwick (peer leader) and Michelle Towle (Tasmanian Health Service) will be facilitating the program. Supporters and carers are encouraged to also attend. A gold coin each week is the only cost to cover tea/coffee.

The Persistent Pain Self Management Program is suitable for anyone with long term pain.

The program helps people:

- manage pain & fatigue
- get better sleep & eat well to improve health
- communicate effectively with their health team
- pace themselves
- set reachable goals.

It was developed by Stanford University and is delivered around the world.

To register contact Michelle on 6477 7347 or email michelle.towle@ths.tas.gov.au



Persistent Pain
Self Management Program

TASMANIAN
HEALTH
SERVICE

A six-week group program: 2 ½ hours each week

Join the program to discover skills, tools, and techniques to help manage your health and overcome pain!

Wynyard Community Garden News

Sweet Potato Harvest

One of the members of the Wynyard Community Garden loves to eat sweet potatoes. From that enjoyment a plan evolved. And that plan was to grow his own sweet potatoes. With encouragement from his co-gardeners he began the process of propagation in spring, using cut off pieces of sweet potato and glasses of water, then planting them in a small raised bed at the garden.

Everyone watched as sprouting from the soil began, and spread over the sides of the bed, and upwards and downwards. It was a magnificent herbaceous expanse. But what was happening beneath? Tasmania's climate is not conducive to growing sweet potatoes, although some gardeners have had success. Our gardener decided to have a sweet potato digging day, inviting anyone interested to join in the harvest on Friday 14th May, with morning tea to follow. On a cold blustery day, a small gloved crowd gathered around the bed.

Our gardener had admitted some apprehension that their efforts might produce little or nothing. But Immediately there were shouts and shrieks of delight as the harvest began. And continued. And continued. For such a small bed the results were extraordinary. Some of the harvest was shared, and the rest put in storage to see how the potatoes last. If they're not eaten first. And all that from a piece of sweet potato from a supermarket.

And the taste test? I can report success in a vegetable curry for a start. Others have reported culinary delights with soup and mash. Well done All!

Winter Mosaic Sessions

Fayellen Symonds reports that the mosaic sessions are going well. Seven people have attended at each session, there is room for another two people. They are looking at extending the sessions into August to accommodate people from the University of the Third Age. Further information below.



Winter Mosaic Sessions

Day: Friday mornings.
 Date: 18th June to 30th July 2021.
 Time: 10am to 12pm.
 Where: Wynyard Community Garden, Johnson Place (off Austin Street, behind basketball stadium).
 Bring: Please bring an apron and any ideas you may have for a mosaic that illustrates our beautiful region.

Information

The WCG is conducting winter mosaic sessions on Friday mornings for a seven week period over June/July. The completed mosaics will then be exhibited locally and at the 2021 Wynyard Tulip Festival in October. Design ideas, materials and tools will be supplied. Morning tea will be available for participants. The sessions have been kindly sponsored by North West Support Services.

One mosaic will take two to three sessions to complete, so participants can nominate their available dates over the seven week period.

Bookings are essential as places are filling quickly, please call or message the WCG on 0408 421239.

Tasmanian Timber Strings – Wynyard Showgrounds

Story courtesy of Meg Whitfield from The Advocate.

Mr Oram was just one of 14 exhibitors at Tasmanian Timber Strings at Wynyard recently, an instrumental exhibition bringing together the music-makers of the Coast. He said he got his start making the string instruments through a friend of his partner who needed an extra pair of hands. "He asked if I'd like to take on making harps," Mr Oram said.

"I thought, oh well- how much demand can there be in Australia for harps? Maybe I'll make one or two a year. "I haven't made much furniture since then.

"I make about seven or eight harps on average each year," with each experience unique and time-consuming. "Woodworking in general is sort of a lonely pursuit, so when meet other people who are doing a similar thing you get to bash your ideas around and discover new ways of doing things," Mr Oram said.

Exhibition organiser Mary Kille said her aim was to showcase the unique instrument-making skills available in the region - from hand-built guitars to violins made of kelp.

"My main purpose was to throw them all together, all the makers," Ms Kille said.

"And you see it's working, because they're all wanting to know how everyone works."

She said the exhibition aimed to break down what an instrument actually is and how music comes together, right from the beginning phases, but also to bring this musical community together.

"Pretty much everyone here is from the North-West Coast, but a lot of them haven't met each other before.



Philip Nicholas trying out a guitar Photo Courtesy The Advocate

FARM IT FORWARD TASMANIA

WE ARE LOOKING FOR GARDEN VOLUNTEERS!

Help us make a difference in our community!

DROP IN TO THE LIVE WELL TASMANIA CENTRE,
28 SAUNDERS STREET, WYNARD
AND HAVE A CHAT ABOUT BEING A VOLUNTEER WITH US.

When - 10AM, on the last Monday of the month.

Contact: 0487 011 619

**LIVE WELL TASMANIA
CREATIVE CONNECTIONS**
MAKE NEW FRIENDS, LEARN NEW SKILLS

SEWING CONNECTIONS

These monthly sessions will equip you with the knowledge to get the best from your machine whilst making quilt squares.

At the end of the year we will make a quilt, eg a cot/lap quilt from the quilt squares.

FIRST THURSDAY OF EVERY MONTH 1.30 – 3.30 PM

FREE EVENT Bookings Essential
Contact Kelly - txt or ph 0429 186 532
Email - kelly.23@live.com.au
Morning Tea Provided

Do the best you can until you know better. Then when you know better, do better

Maya Angelou



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