

Wynyard Community Newsletter August 2021



Adele (left) leading the weaving workshop and Camilla and Di enjoying the process! Photo's: Michelle Williamson

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Welcome!

Winter can sometimes be good for having a bit more time for reflection, when we are less caught up in our busy lives. We are currently trying to do that at Live Well, to look at both where we have been and where we are going, what our vision is for the future. This has been assisted by two of us attending The Funding Networks Pitch Workshop, which is about developing a script or story, to deliver to those we are asking for help from, whether the request is for funding, volunteers, or donations. For our pitch we focussed on the Oldina property. Part of the pitch, of our vision for Oldina included the following: *Imagine a nature inspired adventure playground for young people, interactive art trails to encourage the creative mind and nature immersion. Food gardens growing an abundance of nutrient dense produce to provide low cost healthy food to our community. Social enterprises employing youth in our region offering educational opportunities around Tasmanian edible natives, and other cottage industries. Our outdoor classroom will inspire young people to connect and learn how to care for our environment through creativity and curiosity using art, music and alternative sculptural building techniques while participating in workshops around sustainable agriculture.*

This was just part of our pitch, see below for more. We are having our Annual General Meeting on the 24th of August and would love to see more people be involved with helping deliver this vision, and at the Wynyard Live Well Community Centre– you may not have much time to contribute on a regular basis but even contributing ideas and other resources can help.

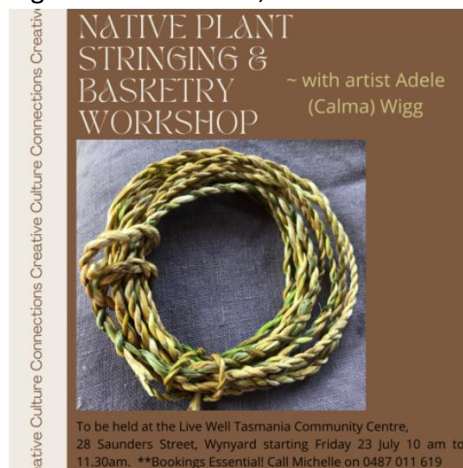
On the 10th of August we will be starting Drop In sessions (Mondays and Thursdays, 10am to noon) for those wanting to access information on health and wellbeing supports, and for those just wanting a place to relax, have a cuppa and a chat, or do some arts and crafts. Our Creative Connections sessions on Tuesdays for this month include Still Life Painting, making dream catchers and creating mini-landscapes, and the Friday weaving sessions are continuing, which are hugely popular.

We will also be hosting the Tasmanian Produce Collective towards the end of August, which is a collaboration between small, family farmers and makers in Tasmania, who are passionate about good, local food. It is based on a platform where conscientious consumers and producers come together to create a healthier local food system, providing a new, ethical way to shop locally. The North West Coast Hub services the region from Burnie to Smithton. See <https://openfoodnetwork.org.au/groups/tasmanian-produce-collective#/map>

The Wynyard Community Hub is also having their AGM on the 6th of September, 1pm at the Council offices. This is another great initiative you can get involved in if you are interested in helping make our region a better place, with a focus on connecting people to service providers as well as community initiatives to improve physical and mental health.

Coming up during August is National Science Week - When Science Week is over don't forget there's always a bit more science left! Sustainability, focusing on meeting the needs of the present without compromising the ability of future generations to meet their needs, is an increasingly important area of science and our society

For people interested in end of life issues, there is a community forum to discuss the Voluntary Assisted Dying Act 2021. This will include a presentation by MLC Mike Gaffney, and will be held at the Council.



Events

31st July, 1pm – 3pm Community Consultation for the Waratah 150 year celebrations, at the Athenaeum Hall, Waratah. If you interested in hosting a 150 Year Celebration Event, have an idea for an event or want to volunteer to help please come along. Contact Chantelle on 6443 8320 cfrench@warwyn.tas.gov.au or Richard on 6443 8363 rmuirwilson@warwyn.tas.gov.au

3rd August, 1pm to 3pm, Creative Connections Still Life Painting, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard, afternoon tea provided, all welcome, contact Kelly 0429 186 532

7th August, 7.30pm, Burnie Concert Band, Burnie Arts & Function Centre, supported by the Wynyard Chorale, "The Voice", includes African songs, and Light the Fire Within, tickets from Wynyard Chorale members or the Burnie Arts and Function Centre.

8th August 2021, 11am to 2pm, Permie Huddle, Live Well Tasmania, 28 Saunders Street, Wynyard. Join the North-West Tassie permaculture community to participate in a fair share swap, to map community resources. Bookings essential, email projectmanager@lwt.org.au

9th August, 10am to noon, Live Well Tasmania Community Centre Drop In, 28 Saunders Street, Wynyard. Are you looking for health and wellbeing information about what supports exist in the Waratah-Wynyard area? Do you want a place to have a cuppa and de-stress? Contact Robin on 0421 461 724. Every Monday and Thursday, 10am to noon.

10th August, 1pm to 3pm, Creative Connections Dream Catchers, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard, afternoon tea provided, all welcome, contact Kelly 0429 186 532

10th August 2021, 2pm to 3.15pm, Community Forum – End of Life Choices, Voluntary Assisted Dying Bill discussion, presentation by MLC Mike Gaffney, afternoon tea provided, Waratah-Wynyard Council, 21 Saunders Street, Wynyard, Bookings essential, Chantelle 6443 8320 or email cfrench@warawyn.tas.gov.au or for further information, contact Mike Gaffney 0409 015 253.

20th August, 11am – 12pm, The Science of Papermaking, University of Tasmania, Papermakers Garden, Makers Workshop (northern side of the building/waterfront), This free outdoor community presentation will provide insight into the creative, cultural and historic processes of papermaking, alongside the scientific principles of this ancient craft. Bookings essential; [Eventbrite.com.au/the-science-of-paper-tickets-157431731547](https://www.eventbrite.com.au/the-science-of-paper-tickets-157431731547)

24th August, 3.30pm, Live Well Tasmania Annual General Meeting, 28 Saunders Street, Wynyard. Join us to find out what projects are happening, an/or how you can be involved, even if you don't have much time to contribute. Contact Robin to RSVP and for further information on 0421 461 724.

6th September, 1pm, Wynyard Community Hub, Waratah-Wynyard Council, 21 Saunders Street, Wynyard. Come along to find out more about the current activities of the Hub, and how you can be involved. Contact Robin for further information on 0421 461 724.



Burnie Concert Band & Guests
present
The Voice
Burnie Town Hall
7.30pm Saturday August 7th
Adults \$20, Under 16 years \$10,
Concession \$10
Tickets available from band members or
Burnie Arts and Function Centre.
Burnie Concert Band is supported by:
Encore Singers
One Note Stand
Segway
Wynyard Chorale
BURNIE CITY COUNCIL

END OF LIFE CHOICES
Voluntary Assisted Dying Act 2021
Community Forum

Update Live Well Tasmania

The workshops we are supporting for Farm It Forward Tasmania delivered so well by Adele have been so popular they went from a series of two workshops to a regular event. During August we have a number of different workshops on Tuesdays, and are starting Drop In sessions on Mondays and Thursdays.

We have another session with Sharon on the 3rd August for a fascinating look at the origin of your name. Have you ever felt like you don't belong? Black sheep of the family? Pressured to be happy or compliant? Lacking in energy? Emotionally distant? What do these things have in common? Our names can exert influences we aren't aware of. Come along to this workshop and find out about the amazing hidden messages in names.'

We look forward to our first workshop in a series of workshops at Oldina which will include information on and practical experience in establishing swales. Swales are built on the contours of sloping land, and are designed to manage water runoff, filter pollutants, and increase rainwater infiltration. They are basically a ditch with the soil from the ditch being piled into a mound on the downhill side of the trench, to slow, capture and help water sink into the ground.

The mound of the swale provides a good environment for planting vegetation, and they trap sediment and bio-rich material which forms a nutrient rich decomposition mix, feeding the local flora and the macrobiotic subsoil life.

We also have 60 fruit tree's to plant, join us to also check out our new walking track! We just have to wait until there is some fine weather for a few days to let the site dry out before we pick a date.

Exerts from our Funding Network Pitch for Oldina

At Live Well Tasmania we have a dream for our 63 hectare Oldina Community Centre to become a focal point for the health and wellbeing of the Northwest Tasmanian community. Imagine a place that nurtures healthy people toward a healthy planet. A place that invites connection with nature and with each other inspiring good health and wellbeing. A place to play, interact, reflect and grow through eating fresh locally grown produce, nature immersion and personal growth in a thriving community. Research shows outdoor healthcare has hugely beneficial outcomes. Our dream will realise a vision of people coming together designing health and wellbeing strategies for all while building a resilient and sustainable community.

Our dream is to realise a community centre that puts people's physical and mental health at the forefront by harnessing the power of nature to inspire activities, projects and programs to increase local employment opportunities and economic activity. Healthy people and a healthy planet will help us to realise our dream.

Volunteers are also an integral part of our dream. Ten regular volunteers will help us drive action and make a meaningful impact! We have a number of suitable roles to compliment the diversity of skills and people who want to help build community.

Only once in a lifetime do communities have an opportunity to create a legacy for their community. To have a favourite place to go to destress and for connection add to our sense of belonging. Your contribution will be the significant factor which will determine the success of our dream. Will you help us nurture healthy people and a healthy planet? If so get in touch!



Lisa enjoying making baskets from natural materials. Photo: Michelle Williamson

A graphic advertisement for a macrame workshop. It features three images of macrame projects: a wall hanging with dried leaves, a large white macrame piece, and a colorful macrame piece. Below the images is the text: "macrame teacher wanted for 1-2 sessions". At the bottom, it says: "For Live Well Tasmania's Creative Connections Program Contact Kelly 0429186532 or kelly.23@live.com.au 28 Saunder St Wynyard Sessions held on Tue 1 - 3 pm".

Update Waratah-Wynyard Council

Waratah 150 year celebrations

If you interested in hosting a 150 Year Celebration Event, have an idea for an event or want to volunteer to help please come along to the Athenaeum Hall, Waratah on the 31st July, 1pm to 3pm.

At this meeting we will discuss when the celebration will occur, types of events to we want and spaces for the celebrations. We would particularly like to hear your ideas around a name for the celebration and ideas for branding. Please RSVP to Chantelle on 6443 8320 cfrench@warwyn.tas.gov.au or Richard on 6443 8363 rmuirwilson@warwyn.tas.gov.au

July Council Meeting

See the meeting minutes on the Council website for discussions on a range of issues for example in relation to:

- Road realignment of the Bass Highway at Doctors Rocks
- Fossil Bluff and Surrounding Trails Master Plan
- Communications and Engagement Strategy Annual Review
- Meeting of the Waratah Community Board

Libraries Tasmania – Burnie and Wynyard

August is National Family History Month, and Libraries Tasmania has resources, workshops and expert talks that will inspire and assist you to connect the dots of your family history.

Every year since 1945, schools, public libraries and children across Australia have celebrated their favourite books, Australian children's authors, and illustrators during Children's Book Council of Australia (CBCA) Book Week. This year's theme for CBCA Book Week is 'Old Worlds, New Worlds, Other Worlds'. Children are invited to celebrate through activities, dressing up, competitions and storytelling.



Rock & Rhyme, It's Book Week Storytime! Come along dressed up as your favourite book character and join in the celebration for these special readings for Book Week. Ages 0-5 Wynyard Tuesday 24 August 11.00am—11.30am (Regular Rock & Rhyme will still be on Thursday)

SciVR Kits

Saturday 14 August – Sunday 22 August, 2021

A Virtual Reality Hunt for Things That Go Boom!

The Universe is waiting to be discovered in virtual reality. Pop in and pickup a Science in Virtual Reality (SciVR) kit for your family before they run out. Each SciVR kit includes a headset, stickers and instructions for how to view this immersive virtual reality experience using your Smart Phone.

Kits available from August 14

We need you!

Volunteers are an integral part of Libraries Tasmania

Our volunteers share their time, skills and knowledge with us in a wide range of areas. We welcome volunteers from all backgrounds, age groups, and areas of the community. We will be holding information sessions on Thursday 15 July and Thursday 12 August from 10:00-11:00am If you would like to attend or would like more information please contact Lauren at the Burnie Library on lauren.harris@education.tas.gov.au or phone 6477 7405.

Android Tablet Users Group

24 August 1.30pm—3.00pm Join our monthly group and learn how to get more out of your Android tablet.

Community Games Table—Mahjong

11 August 3.45pm—4.45pm Come and meet people and have fun playing Mahjong. There will be guidance for those new to the game.

Knitting for Charity

27 August 10.00am—12.00pm Come together with others to knit for a variety of charities. Beginners can knit beanies, scarves and blanket squares and learn from the more advanced who might knit toys, clothing and blankets etc.

Monthly Book Chat @ Burnie Library

26 August 11.00am—12.00pm Come along, meet some new people, enjoy some morning tea and bring along what you have loved reading the most whether it be a book, magazine, newspaper, journal article, fan fiction, eBook etc.

Painting Flowers Workshops

Saturdays 7, 14 and 21 August 9.30am—11.30am

Learn the steps to painting beautiful flowers during 3 workshops with an artist to guide you. Costs \$12 for art materials to be paid at the first class.

Writers Circle

26 August 10.00am—12.00pm Need some encouragement or activities for your writer's block? Join our monthly group of likeminded writers in supporting each other to progress and refine each other's work.

English Conversation

Wednesdays 10.00am—12.00pm

Would you like to improve your English language skills? Join our free class, meet other learners and connect to the community in a safe and fun environment. Contact Glenda on 6477 7400

One to One Digital Skills Support

Did you know you can book some time with our volunteers? They can help with online forms, emails, buying and selling online, mobile phones, online job applications, tablets, MyGov and much more! Contact Anita on 6477 7402 or call into your library

Wynyard Community Hub

The Wynyard Community Hub became incorporated in 2020, and is currently applying for charity status as a Public benevolent Institution. It has a number of aims, in particular:

- To act as a structure to facilitate the collaboration of providers of community services in the Waratah-Wynyard municipality and surrounding districts.
- To work with its members and associated providers of community services to strengthen its communities to alleviate poverty and distress suffered by economically and socially disadvantaged communities in the Waratah-Wynyard municipality.
- To provide a venue, when required, for providers of community services in the Waratah-Wynyard municipality to: hold meetings; conduct training courses; and, consult with community members.
- To work in partnership with other organisations in the private, government and community sectors with a view of using available resources most effectively to assist in the delivery of services and activities for members of the Waratah-Wynyard municipality.
- To connect individuals and community groups through the provision of information and resources to the services and support they required.
- To work in collaboration with relevant services providers to identify emerging needs in the community and work with others to find solutions

The Wynyard Community Hub can also help progress the Waratah-Wynyards Health and Wellbeing Plan. Currently the main task is to compile a directory of local services related to health and wellbeing, remembering that there are a diversity of things that contribute to wellbeing, ranging from the



availability of supports for physical exercise, through to housing, transport, and the quality of our schools and other educational institutions. Come along on the 6th of September to find out more! Contact Robin for further information.

Community group - Farm It Forward

Farm It Forward Tasmania started at the beginning of June 2021, with a Wynyard backyard planted out as a small market garden as well as an involvement in a small community garden project being created behind the Wynyard Community Centre in Little Goldie St.

Our mission is to grow a local and sustainable food movement, one backyard at a time. This will be achieved by our supporting a community-based food system, working with all to live more sustainably in growing their own produce at home, sharing their excess with their neighbours and creating a stronger and more resilient community.

We hope to do this in several different ways:

1. To utilise the yards of our elderly community members to grow produce, providing a box of produce to them each week as well as important connections with others in the community, who come to work in their yards.
2. To help people set up an edible garden and to provide support, assistance and information/advice, in exchange for the excess produce grown in their garden. We will provide the support for 12 months and then step away to allow the garden owners to continue under their own steam with any assistance or advice they may need from us, and
3. To provide regular Edible Garden 101 workshops that will assist new gardeners who would like to set up a garden themselves, with the information that they might need to get a garden started (what to grow when, where to grow it in relation to the sun, access to water, shade etc).

The produce grown in the market gardens and the excess produce from the “12-month contract” gardens will go into vegetable boxes to be sold as a weekly subscription service, as well as donated to local food relief organisations.

Farm It Forward Tasmania has two more gardens lined up (with further recent conversations around 3 more) as well as requests to be involved in other community garden projects - but these will need to wait until we have a few more garden volunteers! We want to ensure that the gardens and projects that we take on will be able to be sustained and so we are seeking gardeners that would like to assist us.

We are based at the Live Well Tasmania Community Centre and work at the centre each Monday morning, working in the yard and, in the near future, propagating seedlings ready for Spring planting. Farm It Forward Tasmania is working in partnership with Live Well Tasmania (Wynyard), who also share our vision of helping our community members to live their best lives.

If this sounds like something that you would like to be a part of or you would like further information, please contact us via our email farmitforwardtasmania@gmail.com or messenger through our social media or call/text 0487 011 619.



Vale Betty Hite OAM

It was with great sadness that we learnt about the recent death of Betty Hite, an amazing lady with huge energy and a great heart. The following story comes The Advocate on some aspects of her life of giving to others.

Her community-minded approach earned Betty an Order of Australia award in 2001 for distinguished service to the communities of Wynyard and Burnie. In 2020 she was presented with a special plaque for her contribution to the Order of Australia Association. At the time of receiving the plaque Mrs Hite said she "loved" her volunteering commitments.

"You don't do them because you've got to," she said. She organised events for the North West Regional Group and served as secretary and newsletter editor up until 2019 .

Betty raised thousands for Umina Park in her role as

president of the Village Green Fair Committee and was known for going above and beyond often camping out the night before the fair to ensure its safety. She channelled her passion for music by volunteering in the make-up department for the Burnie Musical Society and Wynyard Rotary Club Music Hall.

Betty played a role in helping establish the car boot market on the Esplanade at Wynyard in aid of the Wynyard Tulip Festival. She was also instrumental in starting a food van in Burnie to provide meals for the those in need, which was then taken over by City Mission. A staunch monarchist Mrs Hite became the voice of the region on matters relating to the Royal Family proudly weighing in on milestones.

We will miss you Betty!



Wynyard BMX hosts National Cup event

Round 5 of the 2021 AusCycling BMX National Cup, will be held at Wynyard BMX Park on the 11th of September, and is proudly supported by the Tasmanian Government through Events Tasmania. The AusCycling BMX National Cup aims to be as accessible to all riders by providing local opportunities while recognising the importance of State/Territory and National competition.



ArtsCape's Emerging Artist Prize – Undercurrent 2021

This is an art prize that aims to showcase the incredible local artists from our beautiful and remote region of Tasmania. ArtsCape encourages all members of the Cradle Coast region to enter their artworks. ArtsCape aims to bring together a community of like minded people and to show off the diversity of creatives in our remote and regional area. Judging in October, see their website for entry details.

National Science Week Tasmania

There are a number of events for National Science Week around Tasmania, one of the exciting events in the North-West is the University of Tasmania Derby. The University of Tasmania Derby is a fun, hands-on, model car making activity that is great for the young – and the “young at heart”!

Learn to build a model car using easy to find materials. Make a car from materials from around your home, using the guidance notes provided - or pick up a kit from the Burnie Library (subject to availability). You can also pop into the library to test your creation on the Derby test track!

Cars can be constructed from ANY materials! The crazier the better! We've seen wonderful examples made from wood, metal, milk lids and even fruit! Check out www.facebook.com/makerxburnie for some inspiration from National Science Week 2020.

You can also find instructions there on how to make and race a car and access the UTAS Derby Car Making Video Series. Don't have a test track? No problem ... make your own or find a hill and race with your school mates, friends and neighbours!

The UTAS Derby Car Making Video Series is also a great resource for parents and teachers to explain some of the STEM skills being applied while making your model car.

Other events include The Science of Papermaking, Creating Frog-friendly garden (Ulverstone), Blunders and bad luck in Space (Ulverstone) and Food Sustainability and Science Showcase (Ridgley). See their website for further details.



Permie Huddle
northwest Tassie permaculture community

SUNDAY 8 AUGUST
11AM - 2PM

fair share swap

- bring your abundance

map jam

- map community resources

pot luck lunch

- bring a plate to share

meet @ Live Well Tasmania
28 Saunders St, Wynyard
RSVP essential
projectmanager@lwt.org.au

The poster features a central image of several hands stacked together in a huddle, with a circular inset showing a person's hands working on a project. The background is a warm, orange-brown color with decorative elements like leaves and dots.



LIVE WELL TASMANIA
CREATIVE CONNECTIONS PROGRAMS

FREE! STILL LIFE DRAWING & PAINTING TO MUSIC

Join us to create - no teachers - just people creating, letting go and having fun, everything supplied

Contact - Kelly : kelly.23@live.com.au
or Ph/Txt 0429 186 532

WHERE : Live Well Tasmania,
28 Saunders St, Wynyard
Date: Tue 3rd August 2021
TIME: 1 pm - 3 pm

The poster includes images of people at a drawing event, a colorful abstract painting, a pencil sketch of a vase with flowers, and a line drawing of a pumpkin and an apple. Logos for Australia Post and FRRRI are also present.

How wonderful it is that nobody need wait a single moment before starting to improve the world

Anne Frank



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info@lwt.org.au

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