



Wynyard Community Newsletter November 2021



Young and old alike enjoying the Labyrinth at the Live Well Oldina Family Nature Day
Photo courtesy Michelle Williamson

Contents

Events	3
Other events	4
Update Live Well Tasmania	5
Update Waratah-Wynyard Council.....	5
Wynyard High School, winner of Woolworths Junior Landcare Team Award.....	6
Community News.....	7

Welcome!

Following on from the significant level of discussion in the media about Australia's attempts to reduce greenhouse gas emissions leading up to the Glasgow COP26 (Conference of the Parties) meeting starting shortly, this edition highlights some great relevant initiatives already underway or which are in the planning phase. An important aspect of these initiatives is that they are aimed as much at increasing our skills to live satisfying lives, and to work together, which has so much more impact than people working separately, as they are about reducing emissions for a safe climate.

Our youth are particularly vital in this process, where tackling climate change is a great opportunity for gaining skills in problem solving, communication, innovation and creativity. The first local example in this edition is the Wynyard High School Green Team, who recently won an award at the Tasmanian Landcare Conference for the Junior Landcare Team Award. Another initiative is eg North Tasmania Australian Parents for Climate Change, featured below.

An initiative in the planning phase that Live Well Tasmania is assisting with is called "Youth Leading the World" (or YOUth LEADing the World) developed by OzGREEN, which is a highly participatory program that provides young people with skills to tackle sustainability challenges and empowers them to take solution focused action, improve their environment and equips them to become leaders of positive change. To date, OzGREEN has trained over 1000 facilitators reaching 100 regions and 25000 youth. Some of the skills youth gain in this process are strategic questioning and deep listening skills, visioning skills, action planning and project management skills, and event management skills.

Looking beyond Tasmania, a mainland organisation is one of my personal favourites, called the Tomorrow Movement. They have a multi-pronged strategy which includes promoting an initiative called "Climate Job Guarantee", which addresses a significant fear many people have, made worse by COVID19, of a lack of jobs and lack of income to pay bills etc. We at Live Well Tasmania are very concerned about people having insufficient income and hence not being able to afford the things that most people take for granted. Having any sort of job guarantee or basic income is therefore very important in these uncertain times.

As was said recently at the Burnie Tasmanian Council of Social Services networking event in Burnie by Jacqueline De Jonge who is on the committee of the Tasmanian Premiers Economic Advisory COVID recovery group (or some such similar mouthful!), COVID is a highly significant opportunity to do things differently, and that doing things differently is precisely what is current needed!

Substantial support has been displayed to resurrect Oldina Reserve as an important public recreational area. At the Waratah-Wynyard Council Annual General Meeting at the Council Chambers in Wynyard next Tuesday, a public motion is planned to request that the Council host public discussions for a master plan to restore the Oldina Reserve & Picnic Area for community use. Residents that can vote in Waratah-Wynyard Council elections are entitled to vote for this motion at the meeting.

We were thrilled with the level of engagement at our recent Mental Health Week event, the Oldina Family Nature Day. We had over 70 people attend (participants and volunteers) despite the very windy weather!



Dylan representing the Wynyard High School Green Team, and Landcare Tasmania Acting CEO Peter Stronach. Photo courtesy Hannah



The discovery table well put together by Sarah and Tom for Oldina Family Nature Day
Photo courtesy Michelle Williamson

Events

30th October, 9am to 3pm, RSL Tasmania's Veterans' Health & Wellbeing Expo, Gutteridge Gardens, everyone is welcome! Ex-service and community organisations will be present on the day, holding a 'Get Moving' activity or hosting a site. There will be a variety of food available, a coffee van, fun activities for the children, and interactive displays, kayaking, medal mounting and a free hearing check.

30th October, 10am to noon, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard, Community Exchange Network Tasmania (CENTs) Trading and Information Day – come along to learn how you can trade goods and services without using money, meet new people, and learn some new skills! Contact admin@cent.net.au for further information

1st November (and every Monday), 6pm to 7.30pm, Basket weaving with Adele, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Contact Michelle on 0487 011 619.

2nd November, 1pm to 3pm, Taiko Drumming Taster, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard, discover the many benefits of drumming, beginners welcome, contact Kelly to book on 0429 186 532 or Kelly.23@live.com.au

2nd November, 5.15pm for 5.30pm start, Waratah-Wynyard Council Annual General Meeting, 21 Saunders Street, Wynyard (check Council website for the agenda).

3rd November 1.30pm to 3.30pm, Christmas sewing workshop, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Projects include making Christmas stockings, Christmas wrapping bags or COVID masks. RSVP to Carol at ricardo@southernphone.com.au

4th November (and 18th Nov), 3pm to 5pm, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard, Tasmanian Produce Collective, order online and pick up your order for delicious, fresh, local food.

5th November, 10am to 11.30am (and every Friday), Basket Weaving with Adele, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Learn how to use natural fibres to make baskets and other beautiful creations. Contact Michelle on 0487 011 619.

8th November, 11am to noon, Wynyard Community Hub meeting, Waratah-Wynyard Council Chambers, 21 Saunders Street, Wynyard. All Welcome, contact Robin on 0421 461 724.

8th November, 12.15pm to 1.15pm, Mindful Movement Mondays, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Feel more positive, calmer, improve self-esteem and personal confidence, feel stronger and more flexible, improve your immune system and overall health and wellbeing. Limited numbers, contact Kelly to book on 0429 186 532 or Kelly.23@live.com.au

9th November, 1pm to 3pm, Women's Self Defence taster, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Experience the benefits of greater self-confidence and great exercise! Contact Kelly to book on 0429 186 532 or Kelly.23@live.com.au

10th November, 1.30pm to 3.30pm, Sewing Connections, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard, use our sewing machines to work on your own project or join in on one of ours. Contact Carol at ricardo@southernphone.com.au

15th November, 12.15pm to 1.15pm, Mindful Movement Mondays, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Feel more positive, calmer, improve self-esteem and personal confidence, feel stronger and more flexible, improve your immune system and overall health and wellbeing. Limited numbers, contact Kelly for bookings 0429 186 532 or Kelly.23@live.com.au



16th November (and 30th November), 10am to 2pm, Painting with watercolours, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Contact Kelly to book on 0429 186 532 or Kelly.23@live.com.au

22nd November, 12.15pm to 1.15pm, Mindful Movement Mondays, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Feel more positive, calmer, improve self-esteem and personal confidence, feel stronger and more flexible, improve your immune system and overall health and wellbeing. Limited numbers, contact Kelly for bookings 0429 186 532 or Kelly.23@live.com.au

23rd November, 1pm to 3pm, Wynyard Bowls Club taster, hosted by Live Well Tasmania, 15 Park Street Wynyard. Everyone welcome, contact Kelly to book on 0429 186 532 or Kelly.23@live.com.au

28th November, 3pm to 5pm, Music Connections, Live Well Tasmania, 28 Saunders Street, Wynyard. We welcome all acoustic instruments, voices, and styles, as a safe way to start sharing music with others. Contact Chris at www.chrisokunbar.net

Other events

10th December, 10am to noon, Self-Care and Mental Wellbeing workshop, Vinnies Hub, 43 Wragg Street, Somerset. Identify personal signs of stress and simple strategies to manage stress. Contact Natalie on 6491 1552 or admin@kentichrc.com.au

9th March 2022, 9.30am to 2.30pm, Family Food Patch Free training at the Live Well Tasmania Community Centre, learn about delicious, family-friendly and fun ways get children active and eating healthy foods. Contact Emma on 0438 926 242 or email emma@familiestasmania.com.au

November 8-14 Neighbourhood Watch Week 2021

Neighbourhood Watch Week raises public awareness of the benefits of belonging to a local Neighbourhood Watch group and encourages participation in Neighbourhood Watch programs throughout Australia.

November 13 World Kindness Day

Compliment the first three people you talk to. Write a hand-written note to a teacher. Set an alarm to go off three times, each time stop what you're doing and call/text/email someone simply to tell them how awesome they are.

November 13-14 Garage Sale Trail

Host or shop at virtual garage sales OR community garage sales [with another Garage Sale Trail weekend on 20-21 November.]

November 20 World Children's Day

World Children's Day was first established in 1954 as Universal Children's Day and is celebrated on 20

November each year to promote international togetherness, awareness among children worldwide, and improving children's welfare.

November 20-28 Social Inclusion Week

Social Inclusion Week aims to help all Australians feel included and valued, giving everyone the opportunity to participate fully in society.



Update Live Well Tasmania

Community Exchange Network Tasmania (CENTs)

Join us for a CENTs Trade Day & Information Session. Bring along your goods to trade, new or used. If you offer skills or services bring a flyer to advertise your Offerings. Everyone has something to contribute! Freecycle Area is open to bring what you have to give away (please take home what you bring if not taken). RSVP required to admin@cent.net.au

Live Well Veggie Boxes

They're back! The new season for the veggie boxes starts on the 2nd of December! Get your order in now to enjoy a weekly small, medium or large box of fresh organically grown vegetables (and fruit later in the season). Between 12 and 15 different varieties of vegetables, herbs and later fruit. Pick up will be on Thursdays 3pm to 5pm. Contact Robin on 0421 461 724 for further information.

Oldina Family Nature Day

It didn't bode well for the best weather for an outdoor event, but the sun shone through and the rain stayed away, we were very grateful! It was a lot of fun and we met some beautiful families with an interest in gardening and nature and/or living wonderful permaculture lives. The Live Well Tasmania team did a magnificent job, overcoming many challenges and hiccups, but in the end creating one of many family and community events to come. Thank-you to Inglis River Meats and Seafoods for their donation of beautiful quality meat and the West End IGA for their donations also. Such a wonderful day!

Carers Celebration event

Recently Care2serve and Live Well Tasmania partnered to provide a lunch and activities for our local carers, at the Wynyard Bowls Club, as part of National Carers Week. The aim was to celebrate our carer community, and to connect carers for mutual support. We had a lot of fun with laughter yoga, bowls (almost all of us were first timers!) and conversation over a yummy lunch made by the Wynyard Bowls Club volunteers. Well done to all involved - Jackie, Tammy, Stuart, John, kitchen volunteers and our guests - and thankyou John for your bowling instruction and patience. Connections were made on the day and following the event. The feedback included: "Met some interesting new people... It would be great if it could happen every two months". Anyone interested in facilitating regular events let us know! Thanks to Michelle for the above two stories.

Update Waratah-Wynyard Council

Spring Loaded Festival

The spring Load program of event was very successful with most event/activities selling out. The program was diverse and interesting with something for everyone. Events and activities included soap making, ghost tours, nature walks, tunes in the tulips, bonfire, drive in movies, open gardens and many more with something on nearly everyday during the month, all finishing with fire works over the Inglis River.

Annual General Meeting and Community Conversation

The Annual General Meeting of the Waratah-Wynyard Council for the year ended 30 June 2021 will be held on Tuesday 2 November 2021 commencing at 5.30pm at the Council Chambers, 21 Saunders Street, Wynyard. The Council's Annual Report is



Carers enjoying the great facilities at the Wynyard Bowls Club. Photo: Jackie Ruthof



Action at Wynyard Skate Park during Spring Loaded Photo courtesy Chantelle French

available on the Council's website at www.warwyn.tas.gov.au/governance/annual-reports/

The next Community Conversation will be at Yolla at 5pm November 22, contact the Council for the venue details.

Wynyard Skate Park Art

These inspired art boards have now been officially unveiled at the Wynyard Skate Park. Such fantastic work by artists Sarah and Amelia. Congratulations!



One of the two great new art pieces at the Wynyard Skate Park Photo courtesy Waratah-Wynyard Council Facebook

October Meeting outcomes

At the October Council meeting, Council determined to:

- adopt the Fossil Bluff and Surrounding Trails Masterplan;
- approve the release of draft Mobile Food Vendor Guidelines for public consultation;
- receive the Annual Audited Financial Report for the year ended 30 June 2021;
- adopt the Financial Management Strategy 2022 to 2032;
- note the Quarterly Statistics Report to 30 September 2021;
- award Contract for ANZAC Park All Abilities Playground to Hardings Hotmix;
- award Contract for Design and Construct Cardigan Street Subsurface Drainage to Total Turf Care;
- note the Annual Plan Update Report for the period 1 July 2021 to 30 September 2021;
- note the Financial Reports for the period ended 30 September 2021; and
- as a planning Authority, approve an application for a caravan manufacturing business and shed at 378 Murchison Highway, Somerset; and approve demolition of a dwelling and construction of a new dwelling and pool at 1/63 Irby Boulevard, Sisters Beach.

Waratah Heritage Festival

To celebrate 150 years since James "Philosopher" Smith discovered tin and the iconic township of Waratah was created, the Waratah Community are hosting the Waratah Heritage Festival on 4-5 December. The event program is coming soon



[Wynyard High School, winner of Woolworths Junior Landcare Team Award](#)

Huge congratulations to the Green Team from Wynyard High School for winning the Woolworths Junior Landcare Team Award recently! The Green Team is a volunteer group of students that began in 2019 to raise awareness and educate community about climate change and the environment. Students, with the support of school staff, have since successfully created a number of initiatives for the school and broader community and increased awareness and engagement around climate change awareness and sustainability.

The group are also focussed on finding ways to make Wynyard High "greener" and more renewable. Made up of a small core of eight students on the organising committee the Green Team draws on the larger student body when organising events and is well supported by all year levels. The WHS Green Team was initiated after a year 8 student organised a large community School Strike for Climate to coincide with national and global climate strikes. The strike was well supported by the school staff and students with a large contingent of students attending. The climate strike, and the

community response to it, caused the students to reflect on their capacity to make changes within their own school space. With the lack of direction coming from adults or leaders in this area the student-led Green Team was formed with the support of staff at Wynyard High.

The Green Team meets once a week during term time, and when an event is planned more regularly to coordinate, delegate and organise. These activities range from increasing waste management education and recycling capacity to tracking the school greenhouse gas emission and hosting and school-wide Climate Awareness Day. The schools horticulture class has developed a partnership with local community organisations Grow, Gather, Give and Live Well Tasmania, including establishing a community garden within the Wynyard High School grounds. The school has initiated an Our Environment class for year 9 -10 students which links with local environmental initiatives, community groups and organisation to learn more about the local environment and undertake on-ground environmental work.



Wynyard High School students happy with their efforts!
Photo: courtesy Hannah Sadler

The Green Teams activities have been aimed at a range of natural resource management issues including climate change, over-shing, deforestation, individual consumption habits, pollution, ecosystem degradation and biodiversity loss.

Wynyard High School students, with the support and encouragement of staff have greatly improved student and community education and engagement around climate change and sustainability.

Congratulations also to Red Cow Organics who got a Highly Commended Award for converting from conventional farming practices to holistic farming practices in 2010, Red Cow Organics produces organic cheeses and recycles farm waste back into their pastures.

Community News

Pop Up Playgroup

One of the pop up playgroups for Children's Week, was held at the Live Well Tasmania Community Centre. Fiona Pearce has done an amazing job hosting a pop up playgroup with different themes at different venues around Wynyard each day this week. Farm it Forward Tasmania and the Waratah Wynyard Child and Family Learning Centre, held a pop up nature and garden playgroup at the Live Well Tasmania community centre. It was a fun day with the children and their parent/grandparent, creating, playing, reading and exploring the garden and planting herb seedlings in the children's raised beds, which will be a sensory garden. We hope to do it all over again in the near future!



Owen having a close inspection of our flowers and bee's Photo: Tina Hayes

Wynyard Community Garden Spring Loaded event

The Wynyard Community Garden held a Spring Loaded Event on Saturday 23rd October with the sun finally peeping through the clouds after several days of wet weather.

The crowd was entertained by musicians, Aaron Hopper and Curtis Poke who were accompanied by Ken Nichol's harmonica group. The mosaic exhibition in the garden shelter was admired by everyone and many were sold. There were plants and seedlings for sale as well as a huge raffle with two raised beds as part of the prize list. Damien Rossiter (Gadget) from Burnie touched up our mural and we had Viv's Spilt Milk and Beans coffee van to keep everyone energised.



Some of the images from the Wynyard Community garden Spring Loaded event Photo's courtesy Pam Rodwell

Wynyard Foreshore Parkrun

Have you ever considered joining in at our local Wynyard Foreshore parkrun at 9.00am on a Saturday morning? Wynyard Foreshore parkrun is a free, fun and friendly community event that welcomes everyone, encourages intergenerational exchange and provides an opportunity for all members of a community to expand their local networks and improve their health and happiness.

There are over 2,200 parkruns located across the world in 23 countries with over 430 parkrun events in all Australian states and territories and our Wynyard Foreshore parkrun is right up there amongst the friendliest and the most scenic with views of the Inglis River, Foreshore Cove and Bass Strait.

There are many ways you can participate at Wynyard Foreshore parkrun to meet people and start a journey to an even more active and healthy lifestyle. These include volunteering, walking, jogging, running or even spectating.

If volunteering is of interest to you there are a range of roles you can perform. We are actively looking for one or two passionate community members to help coordinate and support this event as Event Directors, and a team of volunteer Run Directors, to help deliver the event on a Saturday morning. These roles are fun, simple, come with heaps of support, and are an extremely rewarding way to be part of your local community.

We also have heaps of other ways to get involved such as course marshal, barcode scanner or funnel manager, all of which are simple and fun to do. Volunteers are highly regarded in the parkrun family and while the recognition they receive from those who either walk or jog the Wynyard Foreshore course is reward enough in itself, they also get to spend



One of the many park run events that happen all over Australia Photo courtesy Carol Cunningham

time in our great Tasmanian coastal outdoors, meet like minded others in a positive environment and could even develop new skills that may be helpful elsewhere. Wynyard Foreshore parkrun is located at East Wynyard Foreshore, Old Bass Highway, Wynyard at 9am every Saturday. Afterwards we love to have a coffee at the Umani Cafe. You can register for free at parkrun.com.au/register/. If you're interested in volunteering at Wynyard Foreshore parkrun you can contact the event team at wynyardforeshore@parkrun.com.

We look forward to welcoming you to Wynyard Foreshore parkrun."

Carol Cunningham

Head of Volunteer Management | parkrun Australia w: www.parkrun.com.au

North Tasmania - Australian Parents For Climate Action

We are a group of parents, friends and students from North West Tasmania who want to see leadership and action on climate change. Our group operates across two locations (Burnie West & Cradle Coast) to connect parents in their area, who can form friendships, support each other, work on climate actions and attend events together whilst engaging in a family-friendly setting

Some of the actions they have taken are:

- buying an electric car
- measuring and boosting soil carbon as part of the Government's Emissions Reduction Scheme
- receiving grant funding to revegetate local creeks
- several members have joined Farmers for Climate Action
- Continue to work towards eradication of invasive weed species such as gorse and sea spurge.

Movember – Mens Health Awareness

An internationally recognized campaign [Movember](#) was established by the International Movember Foundation and is observed annually during the month of November. It is the leading global organization committed to changing the face of men's health. Every November, men around the world grow a moustache and women step up to support them, to raise awareness and funds for men's health-specific problems, such as prostate cancer, testicular cancer, mental health, and suicide prevention. Grow a moustache. Move for Movember. Host a Mo-ment. Mo your way. Movember fundraisers are a global community of fired up Mo Bros and Mo Sisters – aka rock stars making a difference in mental health and suicide prevention, prostate cancer and testicular cancer.



Some of the members of North Tasmania -Australian Parents For Climate Action Photo from their Facebook page

Each time we face our fear, we gain strength, courage and confidence in the doing

Theodore Roosevelt



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