



Wynyard Community Newsletter February 2022



Pictured on the stage at the Gutteridge Gardens are the nominees and recipients of this years awards along with Australia Day Ambassador Robert Ravens and Mayor Robby Walsh
Photo: Courtesy Waratah-Wynyard Council

Contents

Events	3
Other events	3
Training opportunities	4
Live Well Tasmania Update	5
International Women's Day.....	7
Waratah-Wynyard Council Update	8
Helping the environment	10

Welcome!

While COVID is causing lots of disruptions to our lives, it's also an exciting time of both social and environmental innovations. In this edition we mention one such innovation, regarding a new initiative now available in Tasmania called Carbar, a pay-as-you-go electric vehicle subscription service. We don't wish to promote this scheme in particular, the main aim is to highlight how we can both benefit the environment, and also join with others to build social connections and collective capacity.

At Live Well we continue to work on creating connections, convinced that working together is needed more than ever towards a range of social and environmental problems. We have put together a graphic below (thanks to RESEED for the format) to try and capture on one page our mission, vision and strategy. Our underlying assumption is that connection (and particularly a diversity of connections!) creates change. As well as social connections being vital for our health, we also recognise the importance of the environment for our own health. See the March newsletter for some exciting new volunteer positions to help us with our mission.

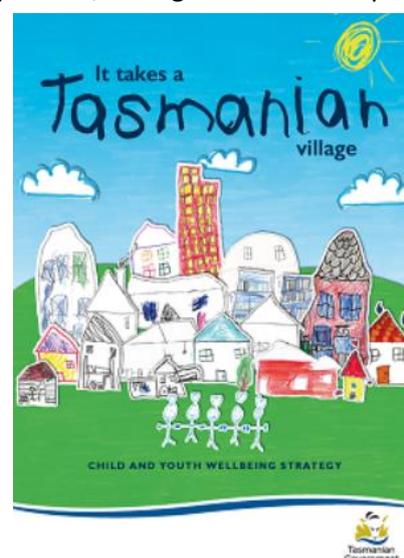
To further the theme of connection creating change, we are planning a Wellbeing event for International Women's Day. International Women's Day (IWD) on March the 8th is a global day celebrating the social, economic, cultural, and political achievements of women. See below for more on the IWD.

Again highlighting the importance of connections, the Waratah-Wynyard Council and Live Well Tasmania have been working together to produce a Community Directory. This will provide a comprehensive list of all services, community groups, information such as about local schools, transport etc in Wynyard and surrounds. Stay tuned for further details!

We know community groups are such an important part of community life, and financially supporting them goes a long way to helping them continue their great work. To that end, the Waratah-Wynyard Council has just announced the successful applicants for both the Energy Grants and Community Activation Grants. At Live Well Tasmania we were very happy to receive funding towards creating a car parking area at our Oldina property. Other groups who benefited include a range of sporting clubs (Basketball, Cricket, Football), and other groups such as the Camera Club, the Garden Club, the RSL and Artscape. Great to see these groups building capacity! With regards to the Energy Saver grants, the Somerset Amateur Basketball Association, Wynyard Community Men's Shed and Coast FM all benefitted, for example receiving funding for solar power systems.

It's not only community groups who do so much for our community, there are many individuals who do as well. Some of them were recognised during the recent Australia Day Wards, see right for the line up.

There is an amazing amount of opportunities (particularly in Burnie) for increasing your skills and meeting new people at the moment, ranging from a free certificate course in community support with the University of Tasmania, a Free Mental Health First Aid Course (I can vouch that this is an extremely valuable course, even just for helping to understand why people behave in certain ways) and quite a few parenting support programs. Thanks to the NW Tasmanian Health Service E-Newsletter for this information. We have just been looking at the "It Takes A Village: Tasmanian Children and Youth Wellbeing Strategy 2021", with which the Waratah-Wynyard Council Health and Wellbeing Strategy aligns and Live Well fully endorses; these training opportunities are significant ways we can all increase our skills to contribute to both our young people and our own wellbeing.



Events

2nd February (plus 9th, 16th and 23rd February), 6pm to 8pm, Macrame – make a pot hanger, Sorry booked out, but you can join the wait list, or book in for the March classes. \$20 for 4 week course. Contact Marie Meakins 0419 477 103.

3rd February (plus 10th, 17th and 24th February), 3pm to 5pm, Pick up for Live Well Veggie Boxes, 28 Saunders Street, Wynyard. Get your weekly box of fresh, organically grown vegetables all grown at Lapoinya. Contact Allana to order your box or for further details on 0408 358 559 or email a_beamishparker@yahoo.com.au



4th February, (plus 11th, 18th and 25th February), 10am to 11.30am, Basket Weaving with Adele, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Contact Michelle on 0487 011 619.

7th February, (plus 14th, 21st and 28th February), 6pm to 7.30pm, Basket Weaving with Adele, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Contact Michelle on 0487 011 619.

8th February, 1pm to 3pm, Body Groove: Movement to Music, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Don't worry if you have two left feet, just come and enjoy the fun! Contact Kelly to book on 0429 186 532 or Kelly.23@live.com.au

15th February, 1.15pm to 1.45pm Chiropractic health with Dr Kate, 2pm to 3pm, Mindful Movement \$5. Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Contact Kelly to book on 0429 186 532 or Kelly.23@live.com.au



19th February (and 26th February), 9.30 to 12.30pm, Introduction to Woodworking, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Includes instruction in the safe use of hand and power tools, machinery and sharpening. Contact Kelly to book on 0429 186 532 or Kelly.23@live.com.au

19th February (and 26th February), 1.30pm to 5pm, Skeats Watercolour . You will need to purchase (eg from Shiploads or Wynyard Newsagent) a watercolour paint set, water brushes, a sketch pad and a 2B pencil. Cost \$20 payable in advance. Booking essential, contact Skeat 0410 312 855

22nd February, 1pm to 3pm, Macrame for beginners, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Contact Kelly to book on 0429 186 532 or Kelly.23@live.com.au

27th February, 3pm to 5pm, Music Connections, Live Well Tasmania, 28 Saunders Street, Wynyard. Bring your instrument to play in a 'Round Robin' format with a friendly group. Contact Chris at www.chrisokunbar.net

Other events

4th February, 12 pm to 1.30pm, Breastfeeding the second time around, Online event hosted ABA Tasmania Branch, Australian Breastfeeding Association Devonport Group. Looking to connect and chat about breastfeeding your new baby, or a baby you are pregnant with? Want to chat with qualified breastfeeding counsellors and educators and other mums who have been there? Join using this link <https://breastfeeding-asn-au.zoom.us/j/5132146735>

5th, 12th, 19th and 26th February, 8.30am, West Esplanade, Smithton, Fit February, walk or run, learn some stretches, all fitness levels welcome. Contact Deb Mainwaring on 6452 4825 or email dmainwaring@circularhead.tas.gov.au.

25th February, 4th, 11th, 18th & 25th March, 1st April, 10am to 10.45am. Families Tasmania online of short workshops on Bringing Up Great Kids. Access to the chat for questions. Suitable for parents and carers with children aged birth - 12 years. Topics include: Understanding development Communication - giving and receiving messages Reflective parenting - why do I parent the way that I do? Mindfulness - using techniques to find our calm in those stressful times The future - building your relationships with your children. For Burnie residents only. See <https://www.facebook.com/events/361401048717663> for more information. Book on Eventbrite.

Every Wednesday, 9th March to 13th April, 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

3rd Sunday of every month from 10.30am – 12.30pm at Burnie Park (near the playground). Mr Perfect is a grassroots charity that brings men together at BBQs in local parks across Australia, to create community and connection. It's free to attend. For more information call Greg on 0400 604 231.

Training opportunities

Free Certificate in Community Support

This course is for professionals already working in disability, mental health, aged care, youth work and other social and community services seeking a university qualification which builds upon and evidences their sector experience, and people interested in starting a career in the social care and community services sectors. The Community Services industry is one of the largest industry areas in Australia and is projected to continue to grow over the next few years as job demands increase. It consists of 4 units (subjects) part-time (2 subjects/semester) in 2022. Face-to-face and fully online options <https://www.utas.edu.au/courses/bus/courses/z0c-undergraduate-certificate-in-community-support>

Free Mental Health First Aid Course

Relationships Australia Tasmania and the North West Suicide Prevention Trial Site offer 3 full Standard mental health first aid courses for NW coast men aged 40 or over for free. Contact Crystal Neep on 1300 364 277 or email crystaln@reltas.com.au Course date for February - Friday 18th and Friday 25th between 9am - 4pm.

TANA TALKS: Adverse Childhood Experiences (ACEs) and Addiction

15th February, 12:00pm - 1:00pm, Hosted by Alcohol, Tobacco and other Drugs Council. On-line via Microsoft Teams. Free. This presentation is designed for frontline workers, their managers and anyone interested in the links between adverse childhood experiences and addiction. See Eventbrite to register and for more information.



Tuning in to Teens

A 6 session parenting education program for parents/caregivers of children aged 7 – 12 living in the Burnie area. This approach nurtures a positive parent-child relationship and helps caregivers support their pre-teens to understand and manage their emotions, particularly in the complex teen years. At 99 Wilson Street, Burnie (Salvation Army), Tuesdays from 11am to 1pm, commencing 15 February. Marni: 0408 880 624, Madi: 0418 207 310 or 6430 4100

Circle of Security Parenting Program – Burnie Library

This program provides both a theoretical foundation and proven strategies for helping caregivers become more attuned and responsive to their young children's emotional need (ages 0-5). This program will run for one 2 hr session per week over 8 weeks, starting Tuesday 22 February 2022 at 9:30am. For parents and caregivers of children up to 12 yrs old. For inquiries please contact: Stephanie 0490 126 132 or Marni at Anglicare on (Free call) 1800 243 232.

Support group for LGBTIQ+ people 18 years and older, their friends and families, Pop-in Fridays. Cuppa & Chat every 1st Friday of the month, 10am – 11am at The Junction, YFCC, 129 Wilson St, Burnie. Zoom

Online Group every 3rd Friday of the month at 10am. For more information call or text 0455 031 262 or email nw@workingitout.org.au

Social Food

Dining with Friends is a free, three course meal offered fortnightly at our Somerset Hub. Volunteers prepare a meal for and share with those in the community who may be feeling lonely and want to make new friends, or simply just wish to share a meal with others. Commencing at 12 noon on every second Thursday. 43 Wragg St, Somerset St. Vincent de Paul Somerset Hub. Bookings essential. Phone: 6435 2323

Vinnies Van - offering food, hot drinks, information about other services, support and companionship
Burnie: Mondays 6:00pm-6:25pm Community House Wiseman Street, Shorewell, 6:30pm-7:00pm The Park in Aleeka Court, Havenview, Thursdays 6.00pm-6.25pm Carpark for No. 1/ 8 Federal St, Upper Burnie, 6.30pm-6.55pm Marine Terrace Burnie

Wynyard: Tuesdays 6:00pm-6:25pm St Brigids Church Carpark, 6:30pm-7:00pm Saunders Street Carpark, Wednesdays 6:00pm-6:25pm St Brigids Church Carpark 6:30pm-7:00pm Beamish Avenue

For Emergency Relief Assistance, support or more information, contact Vinnies (03) 6435 2323.

ROC Community Food Hub - open to the public providing food access to all. The hub is run by a great team of Volunteers. Wynyard – Baptist Hall, 34 Hogg St, Mon and Fri, 10.30am – 12pm. Cooe / Burnie – 11 Fidler St, Tues and Sat, 10.30am – 12pm. Food donations can be given at either Hub when open or by arrangement. New volunteers are always welcome. For all enquiries please contact: Wynyard Baptist Church 6442 1264 Email: wbaptistchurch@bigpond.com

Join the Ongo Group – deep listening, empathy and speaking truth without judgement. 12-week group practicing nonviolent communication, mindfulness, and more. Online via Zoom. Ongo awakens your head and heart and helps your relationships with yourself and others. Introduction to Ongo, Monday 7 February, 7.00pm by Zoom. Group starts Mon 21 February 7pm.

Find out more at the [RESEED website](http://www.reseed.net.au), www.reseed.net.au, email hello@reseed.net.au or phone Michelle 6435 4559.

What's on at Burnie and Wynyard Libraries?

26TEN Plain English Workshop, Wednesday 16 March 01:00pm - 04:30pm, Volunteering Information Sessions Thursday 3 February and Thursday 10 March 10:00am -11:00am, Library Lovers' Day 14 February – learn about the new Lending app, Rock & Rhyme It's Story Time for Ages 0-5 Wednesdays 10:30am - 11:00am, 1000 Book Challenge for children 0-7 years old, Kids Book Club - Ages 7+ Fridays 3:15pm - 4:15pm, Coding with Microbits & Sensors - Ages 9+ starts Tuesday 15 Feb 3:45pm - 4:45pm (8 week program), Intro to Computing at Burnie Library – Wed 9 Feb 9:30 – 2:30 for 10 weeks on Wednesdays. Contact Anita for all enquiries on 6477 7400.



[Live Well Tasmania Update](#)

Our Community Exchange Network Tasmania (CENTs) program in 2022 is underway with new software. The principle of community capacity building hasn't changed, we are just using Simbi as our software. If you would like to join for free sign up here (click Join button) - <https://simbi.com/live-well-tasmania/welcomefor> some free community currency to start spending. Or go to www.cent.net.au

Help others and find the help you need! Start with 60 credits which can be exchanged for any service on Simbi — the world’s largest non-profit mutual aid network!

The Simbi platform is not connected to the Cryptocurrency system. One of the primary goals of Simbi is to ensure that simbi credits represent real productive/helpful human capacity, which becomes impossible once simbi credits can be bought and sold directly for dollars (or other dollar-convertible digital assets, such as cryptocurrencies). The benefits of not acting as a cryptocurrency are crucial to the long-term success of Simbi's (and CENTs) mission. Whatever potential is lost in speculative profitability for any particular individual is gained back many times over in the ability for members of our community to trust each other. In Simbi/CENTs, no one gets rich quick; an accumulation of credits comes from an accumulation of good deeds, and no one benefits from tricking, over-selling, or out-negotiating others.



Live Well Tasmania Mission

This is our work in progress mission, vision and strategy document. Currently we are focussing on the use of Arts, Crafts, movement and healthy eating via our Healthy Tasmania grant. We are also however seeking to develop our Oldina Community Farm for other aspects of our strategy. If any of these activities interest you, get in touch and join us!

Live Well Tasmania’s Mission



Woodworking classes

We are looking forward to our introductory woodworking classes with Stephen Oram. Stephen is 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. 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, and at least two of the sessions will be held at the Somerset Community Shed. You can pay via CENTs (see www.cent.net.au) or work in exchange, contact us if you would like to do either of those. Otherwise the cost is \$10 per session for the introductory sessions, and 120 Cents plus \$100 (covers eight sessions and includes one year's membership of the Somerset Community Shed, payable in advance). Registration essential, to book, contact Kelly on 0429 186 532.



International Women's Day

We are planning a Wellbeing event for International Women's Day (IWD) but haven't finalised the details yet. One possibility is a self-care day at the Live Well Oldina Community Farm. The theme this year for IWD is "Break The Bias", which asks us to Imagine a gender equal world, A world free of bias, stereotypes, and discrimination, that is diverse, equitable, and inclusive, where difference is valued and celebrated. This of course is very important and worthwhile, especially recognising that bias largely occurs below our consciousness, it tends to be a hardwired, automatic response. However we challenge women to not only attempt to reduce our own biases, but to also try and foster a broader range of capacities to allow us to work across difference such as empathy.

IWD began well over a century ago, with the first IWD gathering in 1911 supported by over a million people. The IWD website has some useful ideas of thinking about equality, such as "the rise of women is not about the fall of men". It also shows that we have come a long way in our relationships with each other. The following is some of the stages they note with regards to how society has evolved with regards to the women's movement.

Fix the women: The 1980's saw an array of "Fix the Women" programs that were well-meaning in trying to help women become more confident, visible, well-networked and assertive - but many reinforced a notion that women needed to "act like men" and "fit" into existing patriarchal structures and organizations if they were to succeed (all while still being a superwoman in the home). Shoulder pads, power suits, high heels and a loud voice were in fashion.

Change the organization - The 1990's and noughties focused on organizational development: "Maybe if we change or fix the organizational structures, women will thrive?" So a focus on areas like 'women in the boardroom' escalated, as did more diverse recruiting, inclusive talent pipelines, and attention to wider diversity groups beyond gender such as race, LGBT+ and so forth.



Men as allies: In more recent years, men as advocates and champions of change has been recognized as a major trend in accelerating women's equality. Many progressive CEOs and influential leaders have committed via formal public channels to helping build diverse and inclusive organizations that challenge stereotypes and bias.

Now the world expects inclusivity: Movements like #MeToo, #TimesUp and the significant global rise in IWD activity in every corner of the world mean gender is firmly on the agenda. As expectations rise and information spreads faster and wider than ever before, organizations face unprecedented scrutiny from candidates, consumers, communities, investors, governments, and the media in terms of their support for and treatment of women (and importantly, other groups often discriminated against). Men's role in society is more varied and gender roles are more fluid. We are moving to a very exciting time in history where the world now "expects" diversity, equity and inclusion. The world notices its absence and celebrates its presence.

Waratah-Wynyard Council Update

Australia Day Awards

2022 saw a return to Wynyard and Gutteridge Gardens for the Aussie Brekkie incorporating the Australia Day Awards. It also saw the relocation of the Family Fun Day organised by the Somerset Rotary Club from Anzac Park in Somerset to Gutteridge Gardens. Around 700 people attended the event and enjoyed the day. Several bands played during the day while local singer Amy Pegg played during the Aussie Brekkie. Wynyard Lions Club provided their traditional egg and bacon rolls while Doug and Anne Elphinstone served up Billy Tea and damper. Tiarna West was named the Young Citizen of the Year while Dr. Jim Berryman was named Citizen of the Year. Robert Ravens from Bridestowe Lavender Farm was the Australia Day Ambassador and key note speaker and assisted Mayor Robby Walsh on stage. Three Waratah Wynyard residents also participated in the citizenship ceremony and became Australian Citizens.

Dr Berryman is dedicated to ensuring everyone in our community has access to good medical services. His national award winning clinic provides allied services to the communities in our area. He has previously been recognised as National GP Educator of the Year for his outstanding work; including with Rural and Remote Medical Students at UTAS.

Tiarna West is dedicated to Surf Life Saving and youth mental health. She has been involved in Surf Life Saving for 10 years (since she was 13). She has been involved with Headspace since its inception in 2020 and is a member of their Youth Reference Group and is a member of the Waratah-Wynyard Youth Leadership group. She has implemented a pathways information session for young women in grades 7-10 across Northern Tasmania to encourage participation, networking and leadership for young women in Surf Life Saving. Tiarna is a fully qualified member of the Emergency Response Team for Surf Life Saving Tasmania and one of 24 women across Australia to be chosen to participate in a women's Mentoring Program for Surf Life Saving Australia. Council also recognises the other nominees for the Australia Day Awards; the Young Citizen of the Year nominees were Kaytlyn Johnson, Shaun West and Trinity Shires. the Citizen of the Year nominees were Sue Walsh, Dr. Mary Kille and Lyn King

Council is excited to announce Waratah-Wynyard's Australia Day 2022 Ambassador, Robert Ravens of Bridestowe Estate Lavender Farm. Robert Ravens was born and educated in Sydney, and has graduate and post-graduate qualifications. After 40 years in senior management positions in Australia and Asia he retired from his last full time role as CEO of Incitec Industrial Chemicals in 2003. Since then, he has been



Part of the crowd of about 700 people who enjoyed the Australia Day celebrations in Gutteridge Gardens. Photo: Courtesy Waratah-Wynyard Council

engaged in chairmanship and mentoring roles in start-up and small business enterprises and purchased Bridestowe Estate in 2007. Bridestowe Estate's strategy of "Global Engagement" has helped position Northern Tasmania as a tourism destination and attracts visitors from Northern Europe, The Americas and Asia.

New Multi-purpose Building and Somerset Playground

Council is excited to announce that the new Multi-purpose Building in Wynyard will soon be opening. In preparation, works will be undertaken to lay concrete pavement for the carpark from Monday 31 January until Friday 4 February. During this time the foot bridge across Camp Creek from the Boardwalk to the Yacht Club will be closed for public safety. In addition work is commencing on the much awaited Somerset's all-abilities playground at ANZAC Park.



Image of Somerset's all-abilities playground at ANZAC Park, Courtesy Waratah-Wynyard Facebook

Community Conversations schedule for 2022

Waratah – 5.30pm to 7pm, January 31, 2022, Athenaeum Hall, Smith Street, Waratah, Wynyard – 5pm to 6.30pm March 28, 2022 (venue TBC), Somerset – 5pm to 6.30pm May 23, 2022 (venue TBC)

The aim to allow individuals to interact with Councillors and senior staff in a one-on-one setting in locations throughout the municipality. They are based on open, respectful two-way communication in order to build trust, encourage feedback and increase stakeholder understanding and support. ‘

Order of Australia Medals

A pioneering defence force captain, a longtime volunteer and a Coastal footballing legend were the recipients of retrospective Queen's Birthday Honours. Normally awarded at Government House in Hobart, the three awards were bestowed upon the recipients by the Governor of Tasmania Barbara Baker on Tuesday at the Wynyard RSL Club, with all three of them residing in the region. Wynyard-Waratah Mayor Robby Walsh praised the award winners. "The citizens that received these awards are such worthy recipients and I congratulate the three of them," he said. "It's also great that the governor found time to come down and make the presentations."



Governor of Tasmania Barbara Baker with OAM recipients Trevor Duniam and Roxley Snare, and AM recipient Paul Willmont after the awarding of insignia at the Wynyard RSL Club Picture: Simon McGuire.

Free Rapid Antigen Tests (RAT)

Waratah-Wynyard residents are now eligible to receive free Rapid Antigen Tests (RAT) via Australia Post's Next Day Delivery service if they are symptomatic of Covid-19, are a close contact or have been advised by Public Health to take one. To register for your free RAT test call 1800 671 738 or visit:

<https://www.coronavirus.tas.gov.au/.../testing-for-covid...>

Helping the environment

Carbar is a mobility tech provider that's offering something new - a no fuss way to drive that doesn't involve ongoing and unexpected running costs, long-term debt repayments and balloon commitments. With carbar's market-leading car subscription service, you pay a weekly fee to enjoy exclusive use of a vehicle complete with insurance, registration, servicing and roadside assist bundled in. There's no lock-in contracts and we only need 2 weeks' notice to swap or cancel a subscription. It has never been easier to drive what you want, when you want.

Examples are a Nissan Leaf for \$279 per week. While this is not cheap, if it was shared between a number of people it could be affordable. Be part of the Sharing Economy and increase your social connections!

<https://www.auroraenergy.com.au/electric-vehicle-subscriptions-carbar>

Do you know what liquid containers you can recycle in different parts of Tasmania? See the diagram (right) to find out (source from Waratah-Wynyard Council Facebook page)..

By recycling your household waste you will help save our precious natural resources. Each year kerbside recycling can help save:

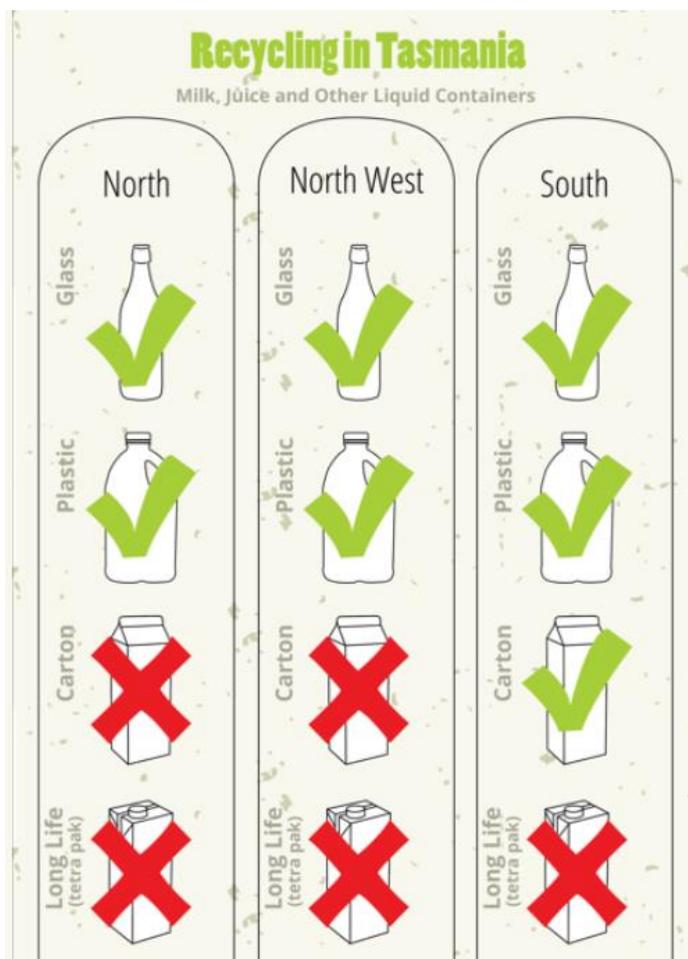
11,000 Mega-litres of water

That's more than enough to fill more than 4,500 Olympic sized swimming pools!

386,000 tonnes of greenhouse gases

That's the same as taking more than 64,000 cars off the road for a whole year!

Source: <https://www.waster.com.au/recycling-facts-australia>



Surrender to what is. Let go of what was. Have faith in what will be.
Sonia Ricotti



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