



# Wynyard Community Newsletter August 2022



Making tote bags at Live Well

Photo: Candice Johnson

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Welcome!

We are very excited to receive a Waratah-Wynyard Council Energy Saver grant! This will allow us to install a solar system including a battery at our Oldina Community Farm, which in turn will power our pump for watering our fruit tree's and vegetables, and run small appliances. Also a huge thank you to the Country Women Association who have given us firstly 90 bush tucker plants for our Wild Foods Garden, as well as over 20 fruit and nut trees to add to the other 60 fruit tree's we planted recently.

We also thank the Cradle Coast Authority for giving us a grant to establish the Wild Foods garden, this will help pay for a fence, a frog pond, and signage. Anyone wanting to help with the Wild Food garden please let us know! We are currently in planning mode for our Family Fun Day at Oldina as part of the Spring Loaded Festival, on the 15<sup>th</sup> of October, mark your diaries! Currently we are conducting a permaculture design in part which will incorporate a new Community Centre, we welcome assistance particularly from anyone with interests and skills with regards to environmentally friendly building.

Recently I attended a Tasmanian Leaders event, called the North West Coast Future Forum. There were two stand outs for me from the day, firstly how fragile our current systems are, particularly in the face of natural disasters, which are increasing as a result of climate change. Secondly we did a great process called

"Three Horizons: a pathways practice for transformation" (see diagram on the right). This is a way of thinking about how and why the way things are currently done are not working and increasingly failing (the red line, H1), and about trends and innovations that are already emerging that are shaping the future, the 'zone of turbulent transition' (the blue line, H2), and what an ideal future would look like (the green line, H3). This method can be used to explore complexity

and uncertainty, change attitudes towards where the future might lead and consider how to shape it. The other great strength is the ability to improve the quality of dialogue about transformation and change thinking about how disruptive processes can promote positive change.

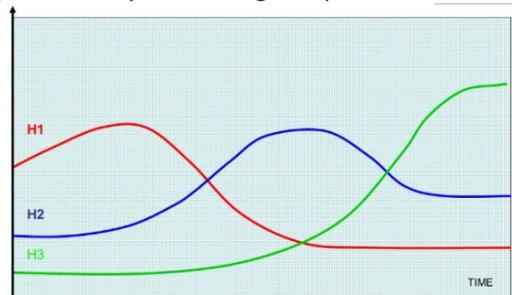
The forum then concluded with a discussion about the opportunity of the "Leading Australia Resilient Communities (LARC)" project, which is a new five-day leadership program. The LARC program is about supporting Australia's regional communities to meet challenges and collectively drive the positive changes we want to see. There is no fee to participate. It would be great to see as many people as possible from the Waratah-Wynyard area nominate for this program (see below for further details).

Waratah-Wynyard and Circular Head Council's Healthy Tasmania funded project 'Breathe Eat Move Relax' is sadly coming to an end, but it has run numerous programs and projects to increase participation in exercising more, healthy eating and increased wellbeing. See below for more about this great project.

We note the Local Government Association of Tasmania's call for nominations for councillors, with elections due in October this year. As the closest level of government to the community, councils make decisions every day that impact the lives of everyone in our communities. Becoming a councillor allows you to influence local directions and make a long term, positive difference in your community.



The team putting in the sand pit at Live Well Photo: Robin Krabbe



Council & Wynyard Fitness Adventure Fun Race

## Events

2<sup>nd</sup> August, 10.30am to 12.30pm, Arts & Crafts (Watercolour paints, drawing, mandalas), 1pm to 2pm, Body Groove, Pilates and Dance, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Contact Candice to book on 0403 191 449 or email [lwprojectcoordinator@gmail.com](mailto:lwprojectcoordinator@gmail.com)

3<sup>th</sup> August, 10<sup>h</sup>, 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup> August, 1.30pm to 4pm, Makers & Repair Café, CENTs trading and Drop In, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Bring your sewing repairs, your woodworking projects and goods and services to trade. Contact Alison on 0400 753 316

3<sup>rd</sup> August, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, and 31<sup>st</sup> August, 6pm to 8pm, Basket Weaving with Adele, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Contact Michelle - 0487 011 619. Cost \$5

5<sup>th</sup> August, (and 19<sup>th</sup> and 26<sup>th</sup>), 10am to noon, Basket Weaving with Adele, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Contact Michelle on 0487 011 619. Cost \$5

9<sup>th</sup> August, 10:30 to 12:30pm, Herbal bath bomb & salts workshop, 1pm to 2pm, Body Groove, Pilates and Dance, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Contact Candice to book on 0403 191 449 or email [lwprojectcoordinator@gmail.com](mailto:lwprojectcoordinator@gmail.com)

10<sup>th</sup> August (and 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup>), 10am to 11am, Yoga with Vasiliki, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. \$15 per person. BYO yoga mat, otherwise there are some available. All ages and abilities welcome. Book on 0492 984 300.

11<sup>h</sup> August (and 25<sup>th</sup> August), 3pm to 5pm, Pick up for Tasmanian Produce Collective, 28 Saunders Street, Wynyard. See <https://tasmanian-produce-collective.mailchimpsites.com/shop>

12<sup>th</sup> August, 6pm, Artscape Wynyard Members' Forgotten Oddities Opening, 45 Jackson Street, Wynyard. Open Tuesday to Saturday, 10am to 2pm, closes 27<sup>th</sup> August.

20<sup>th</sup> August, 2pm, High Tea at the Lobster Ponds, 241 Flowerdale Road, Flowerdale. \$30 per person. Savoury and sweet treats, endless tea/coffee, door prize and more. For enquiries call 0405 061 211, booking close 13<sup>th</sup> August.

23<sup>rd</sup> August, 10.30pm to 12.30pm, Vegetable Fermentation workshop 1pm to 2pm, Groovy Pilates and Dance Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Contact Candice to book on 0403 191 449 or email [lwprojectcoordinator@gmail.com](mailto:lwprojectcoordinator@gmail.com)

28<sup>th</sup> August, pm-5pm Music Connections, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard, contact Chris 0420 229 451

30<sup>th</sup> August, 11am to 12.30pm, Healthy families Playgroup - nature play in the sensory garden, games & music, 1pm to 2pm Body Groove, Pilates and Dance, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Contact Candice to book on 0403 191 449 or email [lwprojectcoordinator@gmail.com](mailto:lwprojectcoordinator@gmail.com)

## Live Well Tasmania Update

Under great management from Alison, the weekly Makers & Repair Café and CENTs trading sessions are going very well, with tool sharpening workshops, repairing shoes, and a bike maintenance workshop, for example the latter provided hands on experience for everyone to help keep their bikes well looked after. Trading (without money) via the CENTs project is consistently going well with regular new people coming along and joining. Produce such as fresh vegetables, herbs, fruit, spices, plants, clothes and books are being traded, and there's always interest in the free items people bring along (and a great way to declutter your house!).



Andrew helping Geoff repair his boots  
Photo: Alison Quigley

The Healthy Tasmania workshops on Tuesdays are also continuing to go well, for example the recent sourdough baking workshop held at Frederick Street attracted a full house, likewise the tote bag workshop was very much enjoyed by the participants. We also had a great working bee recently to work on our “Roots N Shoots” children play and garden area. This includes a sand pit, strawberry planters, a mud kitchen and potting bench.



Lots of keen sourdough bakers!

Photo: Candice Johnson

### Update Waratah-Wynyard Council

The Council is calling for people interested in having a stall at the 2022 Waratah-Wynyard Council Tulip Festival. For details visit [www.warwyn.tas.gov.au/tulip-festival-spring-loaded/](http://www.warwyn.tas.gov.au/tulip-festival-spring-loaded/)

*Waratah-Wynyard and Circular Head Council Healthy Tasmania Breathe Eat Move Relax Project by Kelly Milikins*

Waratah-Wynyard and Circular Head Council’s Healthy Tasmania funded project ‘Breathe Eat Move Relax’ has run numerous programs and projects to increase their community’s participation in exercising more, healthy eating and increased wellbeing. The following are the programs we ran and assisted with since January this year.

The Community and Wellbeing Gardens in Smithton, Somerset, Waratah and Wynyard, encouraging healthy eating, running free Tai Chi and Qigong sessions and workshops in Circular Head and Waratah Wynyard municipalities and fitness sessions including kayaking, mountain biking and gym sessions. We partnered with the Wynyard Fitness Centre to run the inaugural Adventure Race which followed a free 10 week adventure fit program for adults and a 12 week free kids fitness program.

We also partnered with Paraka Yoga to run a Wellness Day in Stanley where the locals enjoyed relaxing yoga, meditation, Qigong, mindful movements, healthy wholesome local food and took home a goody bag full of local goodness.

Last month Council donated 3 cubic meters of soil to top up the Somerset Vinnies Community and Wellbeing Garden beds, the produce that is grown in these garden beds goes towards the Vinnies Van which is seeing on average of 20 recipients each night in either Burnie or Wynyard with their free meal on Thursdays at the Somerset Vinnies Hub seeing 15-20 recipients each fortnight.

The Wynyard High School Community Care Students helped lay gravel on the paths around the beds of the Little Goldie Street Community, they will be there to finish the job next week, so good and thanks so much! The Wynyard Men’s Shed constructed our small garden shed for this garden (thank you!). This project is supporting local Tai Chi and Qigong teacher, Jay McGough to run free Classes at Two Oaks Somerset, with a wonderful full house for the first session.

We estimate close to 500 of our community members have engaged in these programs and benefited their wellbeing by moving and exercising more, engaging in relaxing and mindful movements and meditation, eating, growing and being exposed to more fresh local healthy nutrient dense foods. Whilst connecting with other community people in positive ways.



Wynyard High School  
Community Care Students



Tai Chi & Qigong at Two Oaks  
Somerset

### Cam River Artscape display

Have you seen the first revolving Artscape display at Cam River? This mini art exhibition will showcase new creations each month by a variety of local artists. What a great way to celebrate the unique creative talents of our community!



### Health Consumers Tasmania Strategic Planning Session

Health Consumers Tasmania (HCT) is planning our direction for the next three years and we want you to be a part of it.

HCT has been established to provide health consumer advocacy through:

- collecting community views and using this evidence to advocate for a health system that better meets the needs of Tasmanians
- facilitating consumer engagement by placing health consumers on committees and workshops to inform government decision-making in service delivery design, program and systems reviews and evaluations
- providing training to health consumers on how to engage with the health system, and to health staff on how to engage with individual consumers or community groups.



Thu. 1 September 2022, 4:00 pm – 6:00 pm, Burnie Arts & Function Centre, 77 - 79 Wilmot Street, Burnie.

See <https://www.eventbrite.com.au/e/strategic-planning-session-burnie-tickets-384405014747>

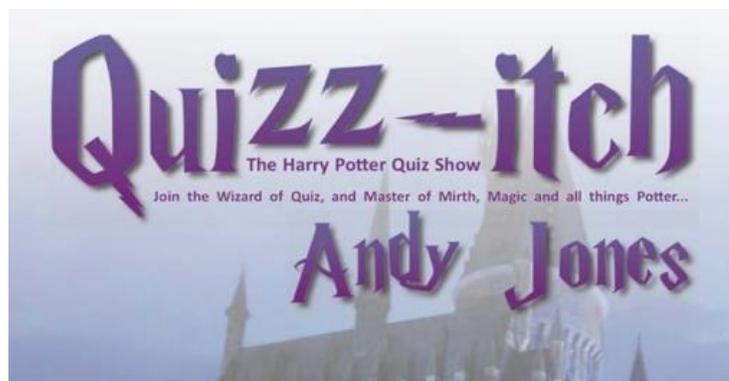
### Wynyard & Burnie Library

16 August Time TBC, Wynyard -National Science Week - Glass: more than meets the eye. In this one hour session, kids will conduct fun experiments! Storm in a Glass teaches us how clouds work whereas Fireworks in a Glass teaches surface tension and densities. Cost is free and all materials are provided.

25 August 11:00am-11:30am- Wynyard - Book Week themed Rock and Rhyme. Come along dressed as your favourite bookish character and have a look at some of the short-listed books. We will read stories, sing songs and kids will receive a Book Week colouring sheet, book mark and sticker! Ages 0-5. Bookings are essential via Eventbrite or call Wynyard Library on 6477 7415

One to One Digital Skills Support - we have four volunteers available weekly to provide IT and digital support. Please contact us on 6477 7415 to enquire or book.

Book Week Quizz-itch Quizzitch the Harry Potter Quiz Show Tuesday 23 August – Starts at 5:30pm for all ages The show will be held in the Burnie Town Hall. Best selling children's author Andy Jones will test your knowledge of everything Harry Potter – with trivia questions, a spelling bee, audio/visual teasers, drawing games, competitions for the best dressed and heaps more! A one hour show for the whole family to enjoy. Dress to impress as your



favourite Hogwarts character in your best Muggle attire or come along in your Book Week Costume. Please book your place on Eventbrite or by owl or telephone on 6477 7400

Book Week Rap and Rhyme Rap & Rhyme at Burnie Library Wednesday 24 August 10:30am The Ultimate Pre School Music & Movement Show. Andy Jones is best selling Children's Author, Song Writer and Entertainer. Andy's shows are high energy interactive mix of Rap, Rhyme, Dance, Movement, Rhythm and Relaxation. Come along dressed as your favourite book character. If you are interested in becoming a volunteer, please complete an expression of interest through our website - Volunteer with us [libraries.tas.gov.au](http://libraries.tas.gov.au) or contact Lauren Harris on 6477 7405 or email [lauren.harris@education.tas.gov.au](mailto:lauren.harris@education.tas.gov.au)

Other events at Burnie Library:

Friday 5 August	5:30pm - 6:30pm	A Virtual Night
Saturday 6 August	10:30am - 11:00am	What Killed the Dinosaurs
Tuesday 9 August	3:00pm - 4:00pm	Family Robotics
Wednesday 10 August	3:30pm - 4:00pm	Space Scouts
Friday 12 August	4:30pm - 5:30pm	Make your own Telescope
Friday 12 August	5:30pm - 6:00pm	Telescopes for Beginners
Saturday 13 August	10:30am - 11:30am	Bedroom Constellations
Tuesday 16 August	3:00pm - 4:00pm	Family Robotics
Friday 19 August	4:30pm - 5:30pm	Make your own Telescope
Friday 19 August	5:30pm - 6:00pm	Telescopes for Beginners
Tuesday 23 August	All Day	Book Week
Tuesday 23 August	5:30pm Start	Quizzitch
Wednesday 24 August	10:30am - 11:00am	Rap and Rhyme

### Councillor nomination information

The following is from the Local Government Association of Tasmania. Diverse councils bring different points of view that test ideas and result in better decision-making. We encourage people with diverse backgrounds to nominate in October's local government elections to ensure a wide range of views is represented. As the closest level of government to the community, councils make decisions every day that impact the lives of all people. Becoming a councillor allows you to influence local directions and make a long term, positive difference in your community. Strong and effective councils reflect the diverse communities they serve and include people from various backgrounds, abilities, genders and ages. The following are the dates for nominating:

Event	Date
Notice of elections	3rd September 2022
Candidate nominations open	5th September 2022
Candidate nominations close	19th September 2022
Polling period (at least)	3rd - 25th October 2022
Closing day	25th October 2022

Councillors serve the community by listening to residents and local businesses and representing their views on council. You will work with your fellow councillors to make strategic decisions about how the council will address the community's needs. Councillors do not get involved in the day to day running of the council, which is the responsibility of the General Manager or Chief Executive Officer. One of the most important roles you will have as a councillor is to participate in making policy decisions - establishing the rules, regulations and guidelines that govern your community - within the parameters of laws set by State Parliament. Please consider nominating to serve your community!

## Training opportunities

### *Leading Australian Resilient Communities*

Over the past three years Tasmania has experienced unprecedented challenges and has also shown extraordinary strength. The LARC program has been developed to build capacity for resilient adaptive leadership tailored to the unique and localised challenges faced by businesses and communities on Tasmania's North West Coast. Participants will be drawn from the local community and can be volunteers or employees of local government, not-for-profit organisations and businesses as well as students and elected members. This program is funded by the Australian Government as part of the Building Resilient Regional Leaders Initiative. Delivered by Tasmanian Leaders, in partnership with the Australian Rural Leadership Foundation, the LARC program will develop skills, knowledge and provide space for 28 diverse participants to consider possible futures for their communities and the leadership required of them. Over eight-months, participants will gather regularly to expand their understanding of regional development, the role of place-based leadership, and develop skills in strategic foresight, adaptive leadership and resilience.



Content will be delivered by Tasmanian Leaders professional facilitators with plenty of opportunity to engage with local and national experts giving participants access to:

- A series of relevant and engaging webinars
- Ongoing mentoring and executive coaching
- Support to design and deliver a community project, and
- Three in-person residential workshops:

See <https://www.tasmanianleaders.org.au/programs/larc/>

### *Program Management training*

The Tasmanian Community Fund is excited to be partnering with the Local Government Association of Tasmania and UTas to provide Program Management training for Tasmanians. We know from community feedback that this training is needed and that the training will provide opportunities for communities to create and lead their own solutions.

This is a sixteen day training program that will provide a Certificate IV in Project Management. The course cost is free to selected participants. Applications to the program from north-west residents are now open and close on 26 August 2022. For more details see [https://tascomfund.org/\\_\\_data/assets/pdf\\_file/0024/231279/1960-TCF-Project-Management-Flyer-Draft-2.pdf](https://tascomfund.org/__data/assets/pdf_file/0024/231279/1960-TCF-Project-Management-Flyer-Draft-2.pdf)

## Community news

Kim Kerze is currently looking for volunteers for counselling sessions. He is currently enrolled in a holistic counselling course and is seeking members of the community who are interested in working on any level of personal and relational enquiry on anything that may be present for them. The only requirement is a brief outline of how the session (s) went in written form. No other payment is required. Looking for people in the Wynyard area in August and September. Please contact Kim on 0402 775 794, or email [kimkerze@hotmail.com](mailto:kimkerze@hotmail.com)

### *Passport to Learning*

The Passport to Learning is a rewards card for you and your child to use every time you attend one of our play sessions. Each time you and your child attend, you will receive a sticker to pop on the Passport. Once you get to 10 stickers, your child will get to choose a free picture book and you will receive a free Banjo's coffee.

Join us at the Child & Family Learning Centre (CFLC) @ THE ROC to collect your card and begin collecting your 10 stickers. See <https://youtu.be/lt1ZQJS5H1I>



PASSPORT TO  
LEARNING

### *Autism Tasmania workshops*

Autism Tasmania provide a range of informational workshops for parents and carers of Autistic children of all ages. These sessions aim to give encouragement and trustworthy information so that parents and carers can support their children to grow into confident and empowered adults. A confirmed diagnosis of autism is not needed. The following workshops are being offered to assist families affected by autism:

Topic: autism and transitions: planning for success - this workshop explores strategies, resources and services to assist daily and life transitions.

When: Burnie – 30<sup>th</sup> August 2022

Topic: helping my child cope with change - explore why change is difficult and learn to identify challenges and develop strategies for day-to-day, minor, major and unexpected changes.

When: Burnie: 6<sup>th</sup> September 2022

Topic: progression to school - explore the importance of working as part of a transition team and learn what educational adjustments can look like.

When: Burnie: 20<sup>th</sup> September 2022

Spaces are limited, so registration is essential. Contact 6722 5000 or [learning@autismtas.org.au](mailto:learning@autismtas.org.au)



**Share your world  
Be a Foster Carer**

## Tassie Kids Need Foster Carers

If you've ever thought about becoming a Foster Carer, now is the time!

We are seeking singles and couples to provide full-time, weekend or emergency foster care for children in your local community.

To find out more scan the QR code or call Kylie on **0472 869 969**.

**LIFE WITHOUT BARRIERS**  
[lwb.org.au/foster-care](http://lwb.org.au/foster-care)



### St Stephens Anglican Church- Games Club

So many games ready to learn and play! Games Club at St Stephen's is running every Thursday during the school term for primary school aged kids. Drop the kids off for an afternoon of games. Afternoon tea is provided.

### Big hArt Watershed Program

See <https://thewatershed.bighart.org/the-program/> at the new Yacht Club, for the great program during August, including paper making, song writing, Open Jam, Village Kitchen and Neo-Lab sessions.

## WYNYARD GYMNASTICS CLUB TERM 3 SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Level 1 Girls 3:30-5	Kindergym 1-2	Tramp & Competitive Mini cheerleading 3:30-4:30	Kindergym 10:30-11:30	Gym fun 3:30-4:30
Competitive Senior cheerleading 4:30-6	Gym fun 3:30-4:30	Level 2 3:30-5	Gym fun 3:30-4:30	Development squad 3:30-5:30
Senior Gymnastics 6-8	Rec boys 4:30-6	Competitive Junior cheerleading 4:30-6	Gym skills 4:30-5:30	Gym skills 4:30-5:30
	Development boys 4:30-6:30	Senior Gymnastics 5-8	Gym skills advance 5:30-6:30	Rec Cheerleading 5:30-6:30

Do your little bit of good where you are; it's those little bits of good put together  
that overwhelm the world

Desmond Tutu



**Live Well**  
TASMANIA

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lwt.org.au  
info@lwt.org.au

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