

## Wynyard Community Newsletter December 2022



Enthusiastic Community bike riders about to ride from the Live Well Centre to Bruce's Cafe

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Welcome!

We finally got to hold our Oldina Community Farm Family Fun Day recently! However the forecast was still for rainy weather so understandably some people decided to stay at home. Everyone who came enjoyed the range of activities, including the climbing activity, the kids activities, the labyrinth, the walking tracks, the plant stall and raffle. The talk by Rees Campbell was a highlight. Included in her talk were interesting facts such as the Tasmanian Aborigines showed the first Europeans who arrived on Australian shores plants that helped them reduce problems such as scurvy, as well as other fascinating information about Tasmania edible plants.

We had a chance to display our wonderful 'Tassie Animals' (see right) that we purchased with the prize money for winning the recent Health and Wellbeing Community Achievement Award.



We had a great session with a small but very engaged group of University of the Third Age members with regards to our campaign for a Tasmanian Trial for a liveable income guarantee. The discussion was quite wide ranging, but there was definite support for the idea of work being done which is not currently being done to benefit families, the community and the environment. We are gradually getting a team of people together to work on this project, we have room for more volunteers, if you want to work on an exciting project please get in touch!

There is a quote that "the more people are seen and heard, the happier they are to work collectively'. This was one of the motivations behind the motion recently at the Council meeting for greater community consultation, which was passed. It is great to see the opportunity for consultation via the recently formed Sustainability and Environmental Advisory Panel, see further information below.

Nominations from organisations or individuals are now open for the Australia Day Awards, they close at 5pm on the 13<sup>th</sup> of December 2022 for the following awards:

- Citizen of the Year – Persons over the age of 30 years on Australia Day, 2023.
- Young Citizen of the Year – Persons aged 16 – 30 years on Australia Day, 2023
- Event of the Year

Nomination forms are available from the Council reception, by telephoning 6443 8320 or downloading the form from the Council website. The awards will be announced at the annual Australia Day breakfast and awards ceremony in Gutteridge Gardens on January 26, 2023. There will also be the Rotary Club free family fun event on the day.

Of course there is a lot of Christmassy things happening; including the Christmas Lights Competition, the Community Christmas Collection (donations of non-perishable food items, gift vouchers or back to school items – unwrapped, cash also welcome), and Santa Claus will be at Council Chambers from 12 – 16 December from 12pm – 4pm, get your free photo taken with Santa in our Christmas Wonderland, and drop off your Santa letters! And don't forget the Wynyard Lions Christmas Parade on 24<sup>th</sup> December.



**A month of giving at  
the Wonders of  
Wynyard**



**2022 Community Christmas Collection**

## Waratah-Wynyard Events

2<sup>nd</sup> December (and 9<sup>th</sup> & 16<sup>th</sup> December), 10am to 2pm, Spinning class, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Beginners are welcome, however this is not a teaching group. Friendly support and encouragement, advice and help on getting old wheels up and running. Contact Raven to book on 0402 466 534.

2<sup>nd</sup> December, 6.30pm, Just Bloke Pizza night, ROC, 34 Hogg Street, Wynyard. Come and hear Dr Rob Ven Der Vlist share his life experiences as a Christian doctor working in hospitals and in General Practice.

6<sup>th</sup> December, 11am to 12pm, Body Groove, 1pm to 2pm, Get creative for Xmas, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Contact Robin to book on 0403 191 449 or email [info@lwt.org.au](mailto:info@lwt.org.au)

7<sup>th</sup> December (and 14<sup>th</sup>), 10am to 11am, Yoga with Vasiliki, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. \$5 per person. BYO yoga mat otherwise there are some available. All ages and abilities welcome. Book on 0492 984 300.

7<sup>th</sup> December (and 14<sup>th</sup> & 21<sup>st</sup>), 1.30pm to 4pm, Makers & Repair Market, CENTs/Community Exchange 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 Robin on 0421 461 724.

9<sup>th</sup> December, 5pm - 7pm at Cam Rise Uniting Church, Wragg Street, Somerset. Family friendly Interactive Christmas. A time to hear, feel and create the Christmas story, including sausage sizzle and drinks. Free. Contact Sue 0417 548 171

10<sup>th</sup> December, 1pm-4pm, Weed Identification Workshop, Cape Bridge Picnic Ground, Wynyard. Weed expert Sharon Young will help us identify some local invasive weeds and will talk what to do about them. Register at

[https://www.landcaretas.org.au/weed\\_id\\_and\\_control\\_workshop](https://www.landcaretas.org.au/weed_id_and_control_workshop)

11<sup>th</sup> December, 7pm, The Wynyard Chorale's Festival of Carols, Wynyard Baptist Church, cnr Dodgin & Hogg Street, Wynyard, entry by donation, supporting Hope in a Suitcase

13<sup>th</sup> December, 11am to 12pm, Body Groove, 1pm to 2.30pm, Community Bike Ride, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Contact Robin to book on 0403 191 449 or email [info@lwt.org.au](mailto:info@lwt.org.au)

13<sup>th</sup> December, 2pm to 4pm, Conversation about living with high blood pressure, North-West Hypertension project, at Live Well Tasmania, 28 Saunders Street, Wynyard.

Afternoon tea and payment for your participation will be provided. RSVP essential, contact 0487 538 117, or email [NW>Hypertension.Project@utas.edu.au](mailto:NW>Hypertension.Project@utas.edu.au)

14<sup>th</sup> December, 5pm to 7.30pm, Santa In The Garden, Gutteridge Gardens, meet Santa and play some giant games with your family, free entry

15<sup>th</sup> December (and 22<sup>nd</sup> December), 3pm to 5pm, Pick up for Tasmanian Produce Collective, 28 Saunders Street, Wynyard. See <https://tasmanian-produce-collective.mailchimpsites.com/shop>

18<sup>th</sup> Dec at 10am at Cam Rise Uniting Church, Wragg Street, Somerset. Hellyer Choir presents a Carol Service, followed by morning tea. Free. Contact: Richard Chapman 6433 0599

20<sup>th</sup> December, 11am to noon, Body Groove 1pm to 2pm, Xmas creativity for kids, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Contact Robin to book on 0421 461 724 or email [info@lwt.org.au](mailto:info@lwt.org.au)

### Weed workshop



**We would like to hear from you about your experience of living with high blood pressure.**



24<sup>th</sup> December, 7pm, Wynyard Lions Christmas Parade, CBD Wynyard. Prizes awarded for best overall float, best Christmas theme, and most original ,unique, xmas gopher. Entries for the Parade close 19<sup>th</sup> December, get forms from the Council, or contact Neville on 0402 869 350.

### Other events

4<sup>th</sup> December, 12pm – 4pm, Free all ages live music event, Burnie Sound Shell (Burnie Park), special guest Marcus Wynwood, other entertainment includes drop-in skate workshops and art demonstrations. Contact damian@yfcc.com, 6423 6635

10<sup>th</sup> December, 4pm – 9.30pm, Christmas Twilight Festival, Burnie Arts & Function Centre, 77-79 Wilmot Street, Burnie. It will be packed with free entertainment, market stalls, food and drink, activities for kids and much more! Take the chance to see our new 'Burnie at play" exhibition at the Regional Gallery or head down to Intersection for some top quality contemporary art, performances by the Burnie Concert Band in the Arts Theatre, special activities for kids, a new exhibition opening in the Regional Gallery and more this is the Christmas event not to miss! Head over to our website for more information on stall holders and times.

14<sup>th</sup> December, 10am to noon, Self-care and Mental Wellbeing Workshop, Utas Burnie Campus, Bass Highway, behind Makers Workshop, Domestic Arts Building Room 156, Community Response to Eliminating Suicide. Identify personal signs of stress and simple strategies to manage stress. Cost \$25. Enquiries Natalie at admin@kentishrc.com.au or 6491 1552.

#### *Dining with Friends – Somerset*

12:00pm every second Thursday. St. Vincent de Paul Somerset Hub, 43 Wragg St, Somerset Bookings essential. Phone: 6435 2323

#### *Vinnies Van*

In Burnie: Mondays & Thursdays, In Wynyard: Tuesdays & Wednesdays

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

#### *ROC community food hub*

Wynyard – Mon and Fri, Cooeee / Burnie – Tues and Sat.

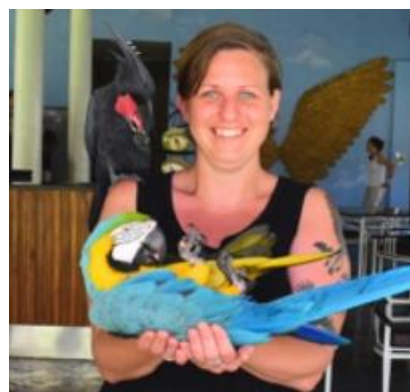
For enquiries contact: Wynyard Baptist Church 6442 1264 or email: wbaptistchurch@bigpond.com

#### *Mr Perfect BBQ*

Burnie – 4<sup>th</sup> Sunday of every month from 11am at Burnie Park (near the playground). It's free to attend. For more information call Greg on 0400 604 231.

### Live Well Tasmania update

We welcome a new member to our team, Laura Poidevin (photo right). A little from Laura about herself: My partner and I live on a 55 acre farm in Henrietta. We moved to the N.W. two years ago, when we bought our farm on a whim whilst on a holiday from down south to begin the adventure of our lives. Our dream is to create a little sustainable haven, we have sheep, chickens, veggies and 2 big fur-babies (ridgeback Xs). I am also a qualified Transpersonal Counsellor and am passionate about helping our communities become more resilient through connection and authenticity. My other passions are travelling (I love an adventure) and scuba diving (my zen place).



Also welcome to Debbie, Tiva and Lynne who have recently joined us as volunteers. We are also grateful to our two Chris's who have been making progress on lining our outdoor toilet.

We bought some 'Tassie Animals' with the prize money we received for winning the recent Health and Wellbeing Achievement Award, we now have a Tasmanian Tiger, three Tasmanian Devils, a Pademelon and joey, and a pardalote in our bush. They are the first of many pieces of art we hope to install on our walking tracks.



Our renovation is coming along well, just with some remaining hiccups here and there with sourcing materials etc. We are particularly excited about the opportunities that our extra space will allow once our disability access and disability bathroom have been completed. We are already getting enquiries about hiring the new spaces, and look forward in 2023 to the renovation being finished so we can host lots of activities to increase health and wellbeing.



We have our last two Repair & Makers Market for the year in the first two Wednesdays of December, we are very excited that we take delivery of our workbench very soon, which will allow us to do all sorts of woodworking projects. And we have two sessions with Christmas themes on Tuesdays, make decorations, Christmas cards or Christmas presents – there is nothing like giving presents you have made yourself.

### Waratah-Wynyard Council update

#### *A month of giving at the Wonders of Wynyard*

It's that time of the year when the Christmas spirit of giving really comes to light in our community. For some families, receiving non-perishable food items, gift vouchers and/ or back to school items (unwrapped please) can really make a difference on Christmas Day and through the holiday season. Donations can be dropped off to the Wonders of Wynyard up until December 14 when the St Brigids Conference will create hampers for local families. In the past few years up to 80 families a year receive the hampers in our community. Cash donations are also welcome and will be put into vouchers for the hampers. This initiative is a community effort with support from the Waratah-Wynyard Council, Wonders of Wynyard, Lions Club, Coast FM, Vinnies and the Rotary Club and friends.

#### *Write your Christmas letter to Santa!*

Experience the magic of Christmas!

Come and say hello to Santa Claus from 12 – 16 December from 12pm – 4pm at Council Chambers. Get your free photo taken with Santa in our Christmas Wonderland, drop off your Santa letters.

With Christmas not far away, Council will be collecting Christmas letters on behalf of Santa.

You can:

- Drop off your letter into Santa's letterbox at Council Chambers or give it to the staff at the Waratah Post Office.
- Post your Christmas letters to Santa via Council (PO Box 168, Wynyard)

If you provide your return address and we receive your letter before 15 December, 2022 Santa may even respond!

#### *Wynyard Foreshore Market Coordinator: Expressions of Interest*

Expressions of Interest are currently being accepted for the role of Waratah-Wynyard Council Foreshore Market Coordinator. Interested parties should submit their application to Council by close of business Friday 9 December 2022.

*Sustainability Panel to advise Council on enhancing natural environment of Waratah-Wynyard*



Ten appointed community members will soon advise Waratah-Wynyard Council on environmental sustainability as part of a newly created Sustainability and Environmental Advisory Panel (SEAP), creating an exciting new and collaborative platform for environmental advocacy in local government.

The aim of SEAP is to enhance the natural environment of the municipal area, by implementing, monitoring, and reviewing Council's award-winning Integrated Council Environmental Plan (iCEP) 2020 – 2030.

The Sustainability and Environmental Advisory Panel's objective over its two-year term is to represent a range of sectors and opinions relating to or impacting the natural environment, including community, agency and industry; to provide input and advice to Council on issues of environmental sustainability; to provide input to Council on behalf of the community and community organisations; to actively support Council's consultation with and advocacy to the broader community; to provide specific and targeted feedback on relevant policies, strategies and key environmental initiatives; to establish working groups; to monitor and review environmental and sustainability issues within Waratah-Wynyard; and to advocate to Council for the benefit of the Waratah-Wynyard environment.

#### *Cam River Boat Project Commission*

Waratah-Wynyard Council (WWC) are seeking an interactive boat or boat inspired installation on the banks of the Cam River, Somerset to be created by a Tasmanian artist. The boat is intended to be a visual point of reference that is tactile and evokes a sense of play and adventure. The commission could be: • an impression, such as a skeletal boat section displaying internal fixtures • a (concrete?) shape with etched images • (steel?) shapes – vertical or flat (like an archaeological dig) The boat installation should offer a range of elements of interest that could include fine details and hidden features. Artwork budget (design, supply & install) Up to \$70 000 incl. GST (if applicable) Applications close 09 January 2023.



#### *Future of Oldina Reserve*

In December the Council will be calling for expressions of interest for a stakeholder meeting where community members are welcome to discuss the future of Oldina Reserve. More information will soon be available on Council's website.



#### *All-abilities playground – Anzac Park*

Great news for our little adventurers... Exciting progress is taking place at Anzac Park in Somerset. The much-anticipated all-abilities playground is on track for completion this summer! Watch this space.

This month's Council meeting was the first meeting of the newly elected councillors.

At this meeting, Council determined to:

- Confirm Declaration of Office by all Councillors
- Appoint Councillors to committees and working groups
- Fixed the Council meeting dates for 2023
- In line with a motion approved at the AGM, review community engagement/consultation processes, with the aim of providing greater opportunities for community engagement/consultation.



Well done to Mary Duniam (Mayor, left) & Celisa Edwards (Deputy-Mayor, right)!

## Ten social identity tips for better health

- If you feel socially isolated try to join a group.
- If you can, join more groups.
- Try to hold on to positive group memberships, especially if you are going through a challenging time.
- If you lose membership in an important group, seek out a new one.
- Invest in groups that are important to you and in groups by which you are valued.
- Be wary of groups that make unhealthy choices.
- Get support from your groups, but also give support to others in your groups.
- Recognise that it can sometimes be healthy to try to leave disadvantaged and stigmatised groups, while at other times it can also be healthy to stay.
- Challenge the stigma and disadvantage that produce health inequality.
- If you experience health problems seek professional help — ideally from a source with which you identify.

As with medical lists, the advice here is not always easy to heed. It is hard to join groups when you move to a new city, or work around the clock. It is hard to avoid groups that make unhealthy choices when these are the only groups you know and have access to. Most particularly, though, these are things that it is particularly hard for people to do on their own. It is here, then, that groups really come to the fore.

### Big hArt program @ The Watershed

The following are just a few of the sessions being held at the Watershed (part of the new yacht club) at 2a Old Bass Hwy, Wynyard.

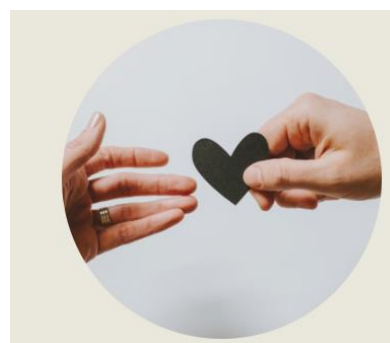
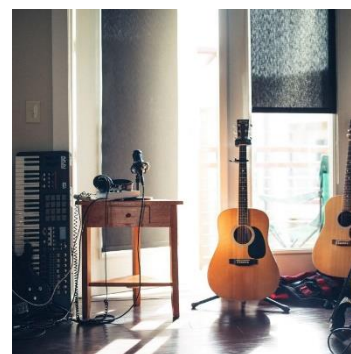
6<sup>th</sup> December, 12 pm – 3 pm Music & song-writing sessions Have you ever wanted to try your hand at writing a song? Maybe you'd like to prepare a performance and not sure where to start?

7<sup>th</sup> December, 6 pm - 7:30 pm, Evening print classes, Nadia will be hosting a set of two evening printmaking classes in December. Come and explore a variety of print-making techniques. These classes welcome all, \$15

12<sup>th</sup> & 13<sup>th</sup> December, 3.30pm – 5pm. Make your own Christmas cards: paper. A two part workshop series with resident artists Darren Simpson and Nadia Murphy who are teaming up to bring us this exciting opportunity to craft our own greeting cards, using recycled materials. Join Darren on Monday to learn how to make your own paper cards from pulp. Then join Nadia on Tuesday to create printed designs for your cards. These sessions are open to all ages and levels of experience. Materials included.

17th December, 1pm – 5pm, Summer Seasonal Feast: Paella Party, the Watershed's Seasonal Feasts are a chance to get together with friends, family and community over a shared meal by the beautiful Inglis River. Enjoy live music, hear about the upcoming Summer Program, and enjoy delicious food prepared by local chefs.

20<sup>th</sup> & 21<sup>st</sup> January 2023, 9am to 4pm, Mental Health First Aid Course - a skills based, early- intervention training program designed to mobilise and empower communities by equipping people with the knowledge and confidence to recognise, connect and respond to someone experiencing a mental health problem or mental health crisis. Limited to 20 people aged 18+. The fee includes the course manual. Coffee and tea provided, please bring your own lunch and snacks. \$30, contact Holly at [holly@bighart.org](mailto:holly@bighart.org)





## Youth Leading Tasmania (YLT)

Youth Leading the World (YLTW) is a transformative sustainability leadership program that enables young people to find their voice and become active participants in creating fairer futures. Young people come together across the planet, to learn about global sustainability challenges such as energy, food, climate change, biodiversity and water and plan together how they can lead positive social change. The next step in our local project is to look at options for a three day mini-Youth congress in Wynyard, UTAS Burnie Campus and Penguin. Volunteers to help are very welcome to be involved in any capacity (observer is okay!). A meeting is planned for the 20th of January 2023 to help plan the YLT Congress/es (there will be food). Contact Nettie Hulme for further details: 0418 896 061 or email [youthleadingtasmania@gmail.com](mailto:youthleadingtasmania@gmail.com)



## Wynyard & Burnie Library

### Christmas Craft in a Bag



#### Week 1 Available Monday 28 Nov Snowman Countdown Clock

There's how many sleeps until Christmas? You will be able to keep track with your own countdown calendar.



#### Week 3 Available Monday 12 Dec Aussie Christmas decoration

How much Christmas can a Koala Bear? Find out after you've made this cute Koala decoration.



#### Week 2 Available Monday 5 Dec Reindeer Craft

What size will your antlers be? Trace your hands and pop them on Rudolph's head.



#### Week 4 Available Monday 19 Dec Origami Santa

Instructions are included so you will know where to fold it. Once you learn you will want to make more - experiment with different papers and patterns.

Wynyard library also offers One to One Digital Skills Support- they have volunteers available weekly to provide IT and digital support with your devices or online. Please contact us on 6477 7415 to enquire or book.

See <https://www.libraries.tas.gov.au/locations/Documents/Burnie/whatsOn.pdf> for other library activities during December.



The less you try to impress, the more peaceful you can be  
Maxime Lagac

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