



Wynyard Community Newsletter January 2023



Some of the Live Well activities in Wynyard and Oldina during 2022 ...

Contents

| | |
|---|---|
| Events..... | 2 |
| Other events | 2 |
| Live Well Tasmania update | 3 |
| Wynyard Community Hub | 3 |
| Waratah-Wynyard Council update | 4 |
| Community news & events | 5 |
| Cradle Coast Authority Natural Resource Management Update | 6 |
| Get the Most Out of Life Leader Training | 6 |
| School holiday activities..... | 7 |

Welcome!

For this edition we have two lots of thoughts on hopes for 2023. Firstly for us at Live Well, we hope and anticipate 2023 will be a year of increased conversation about the things we all care about. Conversations may seem to not achieve anything much, but it can be seen to be where all social change begins, particularly with realising what we have in common. It is how we can imagine how things could be different: it all starts with our willingness to talk to and deeply listen to each other, in both informal and formal ways. We so often hear the comment “working with people is so difficult”: we agree it is one of our greatest challenges, and one of our greatest sources of all that is good in life. We look forward to continuing to promote social interaction in 2023, and to help people de-stress and facilitate those all important conversations. In fact it is said that the dialogue has the power to change the world, particularly as a way to agree on common visions.

An example of an opportunity for conversations about things that matter to people is our partnership with RESEED in two events for International Women’s Day, entitled ‘Women Leading Climate Change Action’. The two events in Wynyard and Penguin will discuss the Women’s Climate Congress Charter for Change which was recently presented to Federal Parliament.

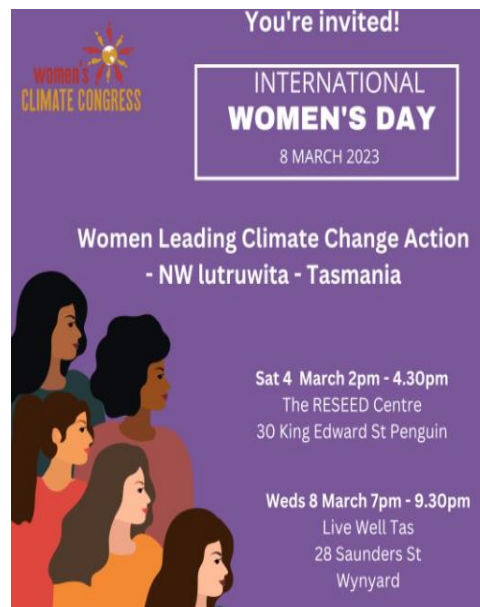
Nettie Hulme and Cheryl Dutton will lead the discussions, Cheryl is an experienced facilitator who is a Director of the Woman’s Climate Congress Steering Circle, and a Councillor with the Climate Council. Nettie is an experienced community services trainer & facilitator in Active Hope (deep ecology & eco-resilience) and the visual arts.

The Charter calls for immediate and urgent actions to secure the climate; and more profound, transformative actions for lasting human and planetary health and wellbeing. Similarly we are planning a ‘Live Well, Die Well in your Neighbourhood’ event on the 19th of March, which will feature Dr Kerrie Noonan talking about Compassionate Communities and other topics about supporting people with life limiting illnesses, and about reducing the stress we tend to feel about death and dying. Mark your diary for all these dates!

The following are the hopes for 2023 of Mayor Mary Duniam.

Waratah-Wynyard has faced some difficult and daunting challenges in recent years and as Mayor I will continue to support our community and prioritise Council visibility and responsiveness to the needs of our community. I want Waratah-Wynyard to continue to be a great place to live, learn, grow and enjoy and as a Council we have the responsibility to protect and foster those unique aspects of our place. As a Council one of our core roles is to represent those people who elected us, to advocate for them and to be their voice. In the past, we have shown that we can meet the greatest of crises. Waratah-Wynyard is a place of possibility, and the key is to be focused on the prime objectives and to tap into all resources of Council and community, and to continue to work together to achieve common goals, and I am confident that the Councillors and our Council is up to the task.

Great to see the Council has endorsed the Mayor to support the “Mayor’s Voice to Parliament Public Statement” showing support for the implementation process of the “Uluru Statement from the Heart”. Anything which makes us a more inclusive society helps make a better society.



Events

3rd, 4th & 5th January, 6.30pm to 7.30pm, Dawnstar Healing Retreat information session regarding developing social, health and well being skills. A sacred approach to mental health and well being. To book ring Kelli on 0410 192 641.

6th January (and 13th, 20th and 27th January), 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

10th January, 11am to 12pm, Body Groove, 1pm to 2pm, Kids Succulent Gardens, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Contact Laura to book on 0419 110 565

11th January (and 18th & 25th January), 1.30pm to 4pm, Working bee and Drop In, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Contact Robin on 0421 461 724.

12th January (and 26th January), 3pm to 5pm, Pick up for Tasmanian Produce Collective, 28 Saunders Street, Wynyard. See <https://tasmanian-produce-collective.mailchimpsites.com/shop>

Live Well Tasmania Oldina Community Farm BBQ

13th January, 5 pm, Live Well Oldina Community Farm BBQ, 1000 Oldina Road, Oldina. Check out our walking tracks, help plan our Wild Foods Garden and enjoy some good food! RSVP to Robin on 0421 461 724

17th January, 11am to 12pm, Body Groove, 1pm to 2pm, Foraging for kids, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Contact Laura to book on 0419 110 565

18th January (and 25th January), 10am - 11am, Yoga with Jodi, \$15/person Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Contact Jodi to book on 0411 448 176

20th & 21st January, 9am to 4pm, Mental Health First Aid, Big hArt @ The Watershed, 2a Old Bass Highway, Wynyard, This is 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. \$30, book at <https://thewatershed.bighart.org/>



MENTAL HEALTH
FIRST AID

24th January, 11am to noon, Body Groove 1pm to 2pm, Make your own coffee mug, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Contact Laura to book on 0419 110 565

26th January, 5pm to 7.30pm, Dawn Star Circles to create a healthy learning environment to develop social, health and well being skills. A sacred approach to mental health and well being. The Dawn Star teaching gives a great opportunity for common unity using circle work. To book ring Kelli on 0410 192 641



31st January, 11am to noon, Body Groove 1pm to 2.30pm, Community Bike Ride, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Contact Laura to book on 0419 110 565

Other events

1st February, 6pm to 7.30pm, Anxiety Coach Parent Seminar, St Brigid's Catholic School Hall, Wynyard. Dr Rob Steventon will share helpful steps to reduce anxiety and build resilience in children, recognise anxious behaviour in your child and learn how you can adopt small measures to support them. For parents of children aged 2- 12 years old. For enquiries contact Virginia – email virginia.smith@catholic.tas.edu.au

4th March, 2pm to 4.30pm, The RESEED Centre, 30 King Edward Street, Penguin. & 8th March, 7pm to 9.30pm, Live Well Tas 28 Saunders St Wynyard, Women Leading Climate Change Action in NW lutruwita –Tasmania

Live Well Tasmania update

We are preparing for a big year in 2023. We hope the renovation of our Community Centre will be finished in another couple of months, then we can hold more events, and hire out our spaces to the community. We also aim to progress development of our Community Farm at Oldina; as always we aim to be community driven about how the Farm can develop to serve community health and wellbeing. We feel we have built a good foundation for making a difference, and have invested in our two community spaces to facilitate people coming together. We will be having a drive for volunteers this year, we have many opportunities needing diverse skills. Join us on the 13th of January at the Oldina Community Farm for a BBQ, check out our walking tracks, and help plan our Wild Foods Garden.

In conjunction with RESEED we are planning an International Women's Day event: Women Leading Climate Change Action in NW lutruwita – Tasmania. This event is designed to raise awareness of and promote Tasmanian women, of all abilities & backgrounds, leading climate action, specifically the Women's Climate Congress Charter for Change which was recently presented to Federal Parliament. The

Charter calls for immediate and urgent actions to secure the climate; and more profound, transformative actions for lasting human and planetary health and wellbeing. There will be two events, one each in Penguin and Wynyard, involving a short introduction to the Charter, then participants will be invited to reflect how women, individually or collectively and in their local community, can lead and participate in actions aligned to the Charter.

The event will be led by two Tasmanian women who are active in the Women's Climate Congress, Cheryl Durrant and Nettie Hulme. See the editorial for both these amazing women's backgrounds. The event will empower women to develop their own artistic, cultural, social, economic or operational responses through facilitated small group sessions. The Charter can be read here:

<https://womensclimatecongress.com/charter>

Also we plan together with Care Beyond Cure to run another Live Well Die Well Expo, this time called Live Well Die Well Expo in Your Neighbourhood. We hope to have Dr Kerrie Noonan attend, who has an interest in Compassionate Communities and increasing conversations about death and dying, to help decrease the stress and anxiety people often feel about these inevitable events in everyone's life. Please get in touch if you would like to have a table at the event or want to be involved in organising it.

We are trying to find a new home for our Toshiba printer, which was very kindly donated to us by Celisa Edwards. We gained a lot of use out of it, but have lately found it a bit too big for us, and it currently needs a bit of attention for which we don't have the expertise to fix.

Wynyard Community Hub

The Wynyard Community Hub has two activities planned for early this year, firstly to have a management meeting, and secondly a meeting seeking interest in having a Waratah-Wynyard Service Providers Network. We are seeking people interested in either of these two opportunities, anyone who wants to see more people working together to particularly reduce the effect of disadvantage on health and wellbeing is very welcome.



Give away – Toshiba e-studio347CS printer

Waratah-Wynyard Council update

At Monday's meeting, Council determined to:

- commence a public land disposal process by advertising the intention to sell 4 George Street, Somerset;
- endorse the Mayor to support the "Mayor's Voice to Parliament Public Statement" showing support for the implementation process of the "Uluru Statement from the Heart";
- approve the updated Councillor Benefits Policy; Councillor Benefits Guidelines; Gifts and Benefits Policy; Australia Citizenship Policy; and rescind the Correspondence Addressed to Mayor and Councillors Policy;
- note the 2022 Tulip Festival and Spring Loaded Program report;
- note the Unconfirmed Minutes of the Audit Panel Committee meeting held on 22 November 2022; and accept the associated recommendations.

Completion of the Wynyard Waterfront and Environs Master Plan project

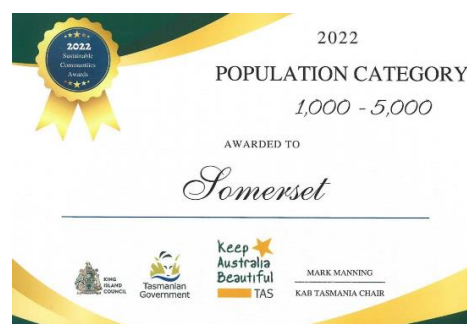
Thank you to all that came to celebrate the completion of the Wynyard Waterfront and Environs Master Plan project at the new multi-purpose facility. The Master Plan was adopted by Council in March 2016 and consisted of five key projects: the Camp Creek remediation; the new car park and improved access at Wynyard Wharf; a new boardwalk; a new seawall, and a new multi-purpose facility. A big thank you to the Wynyard Waterfront Working Group that assisted Council in developing and finalising the design,



specification and implementation of the Master Plan. Council would also like to thank the Australian Federal Government and the Tasmanian State Government for their generous contributions funding the project and several vital businesses and groups that helped bring this vision to reality.

Keep Australia Beautiful Tidy Town award - Somerset

Congratulations to the town of Somerset for winning the Keep Australia Beautiful Tidy Town award (Population category 1000 - 5000). Somerset won several certificates for the Vinnie's Van, Community Shed, Farm It Forward, Vinnies Community & Wellbeing Hub, Outstanding individual, Landcare and Anzac Park. Well done to this beautiful town.



New Sisters Beach Estuary Canopy

Have you seen the fabulous new Sisters Beach Estuary Canopy that has been recently installed? The detailed metalwork is spectacular, with birds, nests, leaves and feathers enveloping a comfy bench. This eye-catching artwork is a testament to the collaboration between the artists, the Public Art Advisory Group, Wildcare and Waratah-Wynyard Council. We hope you enjoy it as much as we do!



Have you seen our new Geotrail signs? If you have a passion for geology, these signs are a must-see! Learn all about Fossil Bluff, Freestone Cove, Doctors Rocks and more. For more information, visit the Wonders of Wynyard: <https://www.wondersofwynyard.com/geological-trail>

East Wynyard Foreshore avenue of specimen trees- Input sought

Waratah-Wynyard Council is seeking your input for the living beautification of the East Wynyard Foreshore. This financial year Council will create a natural feature by planting an avenue of specimen trees along the length of the reserve at strategic locations. A shortlist of suitable tree species has been identified for their tolerance to coastal conditions, shade capacity, natural beauty and their relatively low maintenance nature. Each of the four options listed would be sure to provide an interesting feature on entry into our community.

can be maintained to continue to provide views for those living nearby to the and will continue to allow access for marketeers and market goers alike. All are evergreen which means less mess.



the four bold or

All options access to foreshore

options You are

invited to vote on the type of specimen tree to be planted on the foreshore as part of the master plan. In the coming weeks, we will let you know the outcome of the community's vote.

Voting closes at 4pm on 13 January 2023. See the Council Facebook page for the link to vote

LGAT Award for Excellence for the 2022 Spring Loaded program/ Tulip Festival

Waratah-Wynyard Council is delighted to be awarded the Local Government Association of Tasmania's (LGAT) Award for Excellence for the 2022 Spring Loaded program/ Tulip Festival. A big thank you to all the volunteers, vendors, visitors, Councillors and staff who helped contribute to the program's success!



Oldina Forest Reserve – Future Use Stakeholder Group Expression of Interest

Council has agreed to facilitate the development of a stakeholder group to consider future potential uses of the Oldina Forest Reserve. Expressions of interest are being requested from community members and groups that have an interest in the Oldina Reserve and would like to be part of this stakeholder group. Once expressions of interest have been obtained, a stakeholder group meeting will be held at a venue to be determined, where information will be provided, and initial ideas generated. Ideas will then be collated and shared back with the group at a further meeting or via email. The initial meeting will be facilitated by a Council representative, with representatives from Sustainable Timber, as the landowner, providing context on the site management. Future steps will be defined after the initial collation of ideas and feedback. Expressions of interest can be sent to Council via email: council@warwyn.tas.gov.au
Closing Date: Friday 20th of January 2023

Community news & events

Big hArt @ The Watershed- see <https://thewatershed.bighart.org/the-program/> for range of sessions such as Young Print Maker, Music & Songwriting, Life Drawing, Printmakers Drop-In Hub and more.

Premier's Youth Advisory Council

Are you, or do you know, a young person aged 12-24, who is passionate about Tasmania's future? If so, consider applying for a place on the Premier's Youth Advisory Council. Expressions of interest have been extended and now close 22 January 2023. For more information, visit www.dpac.tas.gov.au/pyac.



Cradle Coast Authority Natural Resource Management Update

Reducing and reporting roadkill: Slow down and watch out for wildlife: that's the message and the way we can all help to reduce the devastating rate of roadkill in Tasmania. Earlier this month, Minister Jaensch launched the Tasmanian Government's new Roadkill Reporter App.

More information is available on the NRE website including instructions about how to download the app and install it on your phone. Records reported through the app will be added to a state-wide database, and used to identify roadkill black spots and for other research.

<https://nre.tas.gov.au/wildlife-management/living-with-wildlife/tasmanian-wildlife-roadkill/tasmanian-roadkill-reporter-app>

Only stop if it is safe to do so, and if you do stop, it is a good idea to remove the animal from the road to reduce the risk of further roadkill, and check the pouch. You can add records any time (you can move the pin to the correct location), with or without a photo, so stopping right at the site is not essential. If you see injured or orphaned animals, you can call Bonorong Rescue service for advice, 24 hours a day: 0447 264 625

Christmas Beetle Count

Information from: <https://www.sydney.edu.au/science/our-research/research-areas/life-and-environmental-sciences/christmas-beetle-population-project.html>

Where have all the Christmas beetles gone? Christmas beetles (*Anoplognathus* spp) are a group of iconic Australian insects that emerge in early spring and are associated with Christmas. In the past, millions of these large, colourful beetles used to fly around in December and January.

Sadly, Christmas beetle sightings appear to be in decline. There is currently no formal monitoring program, so we don't know how bad the decline really is, or if it is affecting all of the 35 Christmas beetle species. We need the public's help to track the population of Christmas beetles so that we can identify species that may be at risk.

Beetles start emerging in November and will continue to fly until late January. Become a citizen scientist and help us find out why Christmas beetles seem to be on the decline, by using iNaturalist to track these beetles around Australia. If you see a suspected Christmas beetle, take a photo and upload to iNaturalist.

Get the Most Out of Life Leader Training

Get the Most Out of Life (the Chronic Disease Self Management Program) is an evidence-based program delivered internationally. It helps people with ongoing health issues get the most out of life (or improve self-efficacy, health literacy and self-management skills!). Leaders work in pairs to deliver a 6 week program, 2.5 hours per week. Programs can be delivered in your local community (or online) for groups of 10 – 15 people.

Participants (and ideally leaders) will be living with chronic conditions themselves. For example: heart disease, arthritis, diabetes, depression, asthma, emphysema, and other physical and mental health conditions. We make weekly action plans, share experiences, and help each other solve problems. The 4-day leader training is being offered in

Devonport: 30, 31 January and 6, 7 February 2023.

Also in Hobart: 8, 9, 15 & 16 May 2023.

Assistance can be given with helping with the cost of transport or accommodation.

For enquiries contact Michelle at michelle.towle@ths.tas.gov.au or ph 6477 7347 or register your expression of interest at <https://www.surveymonkey.com/r/67YXF9K>



School holiday activities

Burnie & Wynyard Libraries

Chatty Cafe

18th January, 11:30am - 1:30pm

Enjoy a coffee from the Library Bean while discussing today's topic with Burnie Works team member Shandel.

The knowledge from your views and stories is brought together with other information to shape community action. So be sure to come along to chat and share!

UTAS Q&A

18th January, 11:00am - 1:00pm

Ever thought about Uni? Come along to a Q&A information session about the University Preparation Program.

Learn all you can about Uni from Associate Lecturer, Mike Harris.

Have you been scammed?

31st January, 10:30am and 1:30pm 1 hour sessions

With the recent Optus and Medibank breaches are you interested in learning how to protect yourself?

Come along to this free session and learn how to protect yourself from scams and identity (ID) theft.

Intro to Computing

10 week, part time, FREE course, Wednesdays, 26 April - 5 July 2023, 9:30am - 2:30pm

You will learn a range of skills to help you on your computer learning journey. Outcome: 10973NAT - course in Skills for Further Learning and Engagement. Delivered by TAS Tafe at the Burnie Library. Limited space available, see Library staff to help you book.

English Conversation

Starts in the New Year on Wednesday 1 February, 10:00am - 12:00pm. Interested in improving your English language skills? Drop in and have a coffee and a chat, meet other learners in this safe, informal setting.

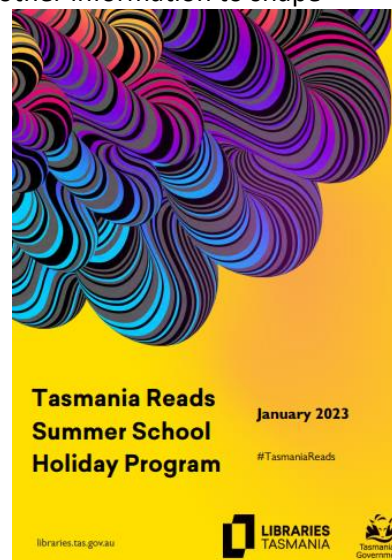
Contact Jo on 6477 7406 or call into your library for more information

What We Did On Our Holiday - Movie Screening

19th January, 10:00am - 12:00pm, rated PG Running time 1h 35m. Doug and Abi are taking their three children on a trip to Scotland for a big family gathering. They are in the midst of a difficult divorce, and have asked the kids to keep it a secret from their extended family. But as the inevitable feuds kick in, a completely unexpected turn of events involving the children causes further tensions to rise to the surface. And with the repercussions that ensue - hilarious and emotional in equal measure - the family are forced to put aside their differences and work together or else risk losing what they hold most dear.

Sora reading app

What is Sora? Sora is a reading app for students, by OverDrive. Using Sora, students can borrow eBooks and eAudiobooks from their school's library, for free. Tasmanian schools can now access a large collection of eBooks, eAudiobooks, digital magazines, comics, graphic novels and levelled readers using Sora. The Sora collection includes a range of formats and titles to cater for students from Prep to Year 12. Titles were chosen based on what is most popular in Libraries Tasmania's print and electronic collections, and in Sora collections in Australian schools. The collection aims to support recreational reading; it does not include teaching and learning resources. To ensure students access age-appropriate content, they will only be able to see and borrow content that is mapped to their year level.



See the Burnie Library website for the full program

School Holiday Program
Free Activities for 11-18 year olds
Bookings Essential

Mon 9th Jan- Surfing
• 10am-12pm Coles Beach Devonport
• 1.30-3.30pm Somerset Beach

Wed 11th Jan- Skateboarding
• 10am-1pm Ulverstone Skate Park

Fri 13th Jan- Candle Making
• 1-3pm Devonport Junction

Mon 16th Jan- Beach Activities
• 10-12pm Burnie Main Beach

Wed 18th Jan- Skateboarding
• 10am- 1pm Burnie Skate Park

Thu 19th Jan- Splash
• 1-3pm Devonport Pool

Tue 24th Jan- Tie Dyeing
• 1.30-3.30pm Devonport Junction

For Booking & Enquiries
jonathanc@yfcc.com.au, 0418 787 126 or
biancat@yfcc.com.au, 0451 885 916

DEVONPORT YFCC
YOUTH, FAMILY & COMMUNITY CONNECTIONS

Burnie Library School Holiday Program

| | | |
|----------------------|-------------------|-----------------------------------|
| Wednesday 11 January | 9:30am - 10:30am | Minecraft has arrived! |
| Thursday 12 January | 2:30pm - 4:00pm | Soccer Time with Lego Spike |
| Friday 13 January | 3:00pm - 4:00pm | Just Dance for Fun |
| Monday 16 January | 2:30pm - 4:00pm | Hema bead keyrings |
| Tuesday 17 January | 10:00am - 12:00pm | Virtual Reality |
| Wednesday 18 January | 10:30am | Storytime - Yippee! with RACT |
| Thursday 19 January | 2:30pm - 3:30pm | Drawing with Osmo |
| Monday 23 January | 2:30pm - 3:30pm | Kicking Goals with Dash the Robot |
| Tuesday 24 January | 10:00am - 12:00pm | Minecraft has arrived! |
| Wednesday 25 January | 10:00am - 12:00pm | Making Friendship bands |

Wynyard Library School Holiday Program

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|-------------------|-------------------|--------------------|
| Friday 20 January | 11:00am - 12:00pm | Hema bead keyrings |
|-------------------|-------------------|--------------------|

If you propose to speak, always ask yourself is it true, is it necessary, is it kind
Buddha



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

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