

Wynyard Community Newsletter March 2023



We are thrilled to have Rees Campbell, author of Eat Wild Tasmanian and Eat More Wild Tasmanian giving us a talk on local Tasmanian native edible plants to grow and cook

Contents

Events.....	3
Other events	4
Live Well Tasmania update	5
Waratah-Wynyard Council update	6
Waratah-Wynyard Councillor – Celisa Edwards	7
YOUth LEADing Tasmania	7
Community notices.....	8
Wynyard Historical Society	9

Welcome!

Thanks to everyone who contributed to our recent Garage Sale, a lot of items found new homes, and we connected with some new people, which was the two main aims of the event. We look forward to our International Women's Day event on the 8th of March. The event, in conjunction with RESEED, will raise awareness of and promote Tasmanian women, of all abilities and backgrounds, to lead climate action, and specifically promote awareness of the Women's Climate Congress Charter for Change. 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.



We also look forward to a talk by Rees Campbell as part of Harmony Day on the 21st of March, Rees will help celebrate indigenous culture, she is the author of *Eat Wild Tasmanian* and *Eat More Wild Tasmanian* and will present a session on some of the easy local Tasmanian native edible plants to grow and cook. Come and try some Warrigal Greens frittata, saltbush bread with pigface jam, and lemon baeckea cake. Rees will talk about the growing requirements for these plants, and then share easy recipes for us to use. It will be an informal talk with questions welcomed.

We are happy to announce we are running a Get Active Program beginning in late April/early May, where participants take part in a ten week series of two hour workshops, the first hour of which covers such issues as motivation, stress management, self-esteem, nutrition and goal setting. The second hour is spent on fun physical activities which the group itself chooses. The Get Active Program seeks to engage people of all ages who are not currently physically active, and who may have experienced barriers to physical activity such as lack of confidence and motivation, negative body image, concerns about personal safety and who may lack knowledge about the benefits of healthy eating. Let us know if you are interested in being involved.



The first meeting of our new steering group for our Participation Income project is planned for early April, please let us know if you would like to be involved. We have been doing a few local talks and workshops and all the feedback has been very positive.

The weekend of the 18th and 19th of March is a very busy weekend in Wynyard! Firstly there is the Wynyard Show on the 18th at the Showgrounds. We will have a stall at the Show, so come and look us up! Then on the 19th is the Foreshore Market, at which there will be a Terrapin Puppet event as part of Ten Days on the Island. Also on the 19th is our Live Well Die Well Mini-Expo at the Watershed in partnership with , Care Beyond Cure. We are pleased to have Catherine Fernon who will do a short talk about what Tai Chi, what it is and what the benefits are, and then lead people through a short Tai Chi session. We also have Cheryl Durrant talking about "Living Well with Climate Change". This will involve a discussion about practical ways to reduce your carbon footprint based on your own personal values. As mentioned below, there is a special guest, Dr Kerrie Noonan who specialises in improving end of life care.

We will also have a stall at Eco-Fest on the 1st of April at Camp Clayton in Ulverstone. We will be doing a workshop in the afternoon titled 'A Participation Income Trial in North-West Tasmania: mobilising action for environmental and social projects'. A description of the workshop is "Design your dream job and get paid for it! Participation Income is a form of Basic Income where you get paid a liveable wage for doing an activity deemed of direct or indirect benefit to society. This workshop will discuss the campaign for a Participation Income Trial that Live Well Tasmania has begun, and the range of environmental and social projects that this project could facilitate".

Events

2nd, 9th, 16th and 23rd, 30th March, 6.30pm to 7.30pm, Dawnstar Health & Wellbeing circles 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

3rd, 10th, 17th, 24th, 31st March, 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

3rd, 10th, 17th, 24th, 31st March, 2.30pm – 3.30pm, Yoga with Jodi, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. \$15/person. Contact Jodi to book on 0411 448 176

3rd, 10th, 17th, 24th, 31st March, 3.30p to 4.30pm, Drumming with Kelli, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Learn basic rhythms, if you have a drum or guitar bring it along, free, book with Kelli on 0410 192 641

4th March, Gone Nuts 101 competitors run along beaches, through the bush, over Table Cape and riverside. This year spectators are encouraged to see the action at the finish line at the Wynyard Yacht Club The Watershed Wynyard. The 1st runners are expected to cross the line at the Wynyard Yacht Club at around 10 am, with most runners completing the run between 2 - 5 pm. The 1st 101km runners will be arriving around 3:30- 4pm. Presentations will be held at 7 pm. There will be a BBQ from 1- 6 pm and food/ coffee vans at the finish line.

4th March, 10am to 2pm, Wynyard Girl Guides Car Wash Fundraiser, Guide Hall, Station Street, Wynyard. Includes BBQ, cake stall and Easter raffle. \$10 per car.

5th March Clean Up Australia Day, see in Waratah-Wynyard Council update how you can be involved

6th March, 12pm to 1.30pm, Understanding the Worry Monster, Free Parent & Community Info session, C3 Church, 30 Austin Street, Wynyard.

7th March, 11am to 12pm, Body Groove, 1pm to 2pm, Art for Earth Hour, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Contact Laura to book on 0419 110 565

7th March, 3.30pm to 4.30/5pm, 7UP and Waratah Wynyard Youth Leaders are cleaning up the Wynyard Skate Park and surrounds. All welcome to join in, contact Kelly on kmilikins@warwyn.tas.gov.au or 0448 356 060

8th, 15th, 22nd, 29th March, 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

9th March (and 23rd March), 3pm to 5pm, Pick up for Tasmanian Produce Collective, 28 Saunders Street, Wynyard. See <https://tasmanian-produce-collective.mailchimpsites.com/shop>

14th March, 11am to 12pm, Body Groove, 1pm to 2pm, Drumming with Kelli, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Contact Laura to book on 0419 110 565

18th March, 9am, Wynyard Show, Wynyard Showgrounds, Jackson Street, see <https://wynyardshow.org/>

19th March, 10.30am to 2.30pm, Live Well Die Well Mini-Expo, The Watershed, 2a Old Bass Highway.



19th March, 8.45am to 2.30pm, Terrapin Puppets, Ten Days on the Island, Wynyard Foreshore Market, HEAP is a tonne of fun and a pile of smile!

<https://www.terrapiin.org.au/>

21st March, 11am to noon, Body Groove 1pm to 2pm, Rees Campbell talk on growing and cooking with local Tasmanian edible native plants, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Contact Laura to book on 0419 110 565

28th March, 11am to noon, Body Groove 1pm to 2.30pm, Origami, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Contact Laura to book on 0419 110 565



Other events

2nd, 16th, 30th March, from 12pm, Dining With Friends, Vinnies Community Hub, 43 Wragg Street, Somerset. A free three course meal for anyone in the community to enjoy. Bookings essential on 6435 2323.

11th, 12th And 18th March, Permaculture courses, Permaculture Institute, 31 Rulla Road, Sisters Creek, Tasmania, contact 6445 0945, or 0458 440 004

31st March, Welcome Connect, Vinnies Community Hub, 43 Wragg Street, Somerset. A free community event for new retiree's, new Tasmanians and new friends. Enjoy interesting local guest speakers, nibbles and laughs. To book contact Mikkayla on 0444 569 697

20th & 21st March, Mental Health First Aid, Ulverstone.

This is a twelve-hour educational course, which teaches practical skills to provide initial support to adults who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a proven, evidence based Action Plan. To book visit <https://www.eventbrite.com.au/e/standard-mental-health-first-aid-registration-476164359417>



**MENTAL
HEALTH
FIRST AID**
Australia

5th April, 9.45m to 12pm, WynMatters Inc, St Stephens Anglican Hall, 6 Dodgin Street, Wynyard, Guest speaker – Anita Dow, talking about what's happening locally and answering questions. Morning tea provided, \$5 door fee, enquiries 0408 454 407

11th May, 5pm to 7pm, Baby & Child First Aid, Families Tasmania, at the Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. This is for parents, families and members of the community who live with or around children and includes many topics that aren't covered in most first aid course To book visit <https://www.eventbrite.com.au/>

There are also the following sessions in the North-West and West:

30th March - Rosebery Neighbourhood House (10am - 12), 30th March - Zeehan Neighbourhood House (4pm- 6pm)

31 March - Queenstown Child Family Learning Centre (CFLC) (10am - 12), 1st April - Queenstown CFLC (10am-12)

3rd April - Smithton Community House (10am - 12), 3rd April - Smithton Community House (6pm - 8pm), 12 May - Ulverstone Neighbourhood House (10am – 12)

15 May - Burnie CFLC (10am – 12), 15 May - Burnie CFLC (5 – 7pm), 16 May - East Devonport CFLC (10am – 12)

Contact Sarah Johns, Families Tasmania, 0429 358 55 sarah@familiestasmania.org.au

1st April 9:30am-3:00pm, NW Ecofest, Camp Clayton Ulverstone Festival Manager; Anne Williams
Email: manager@ecofesttas.com.au Or Stalls Coordinator Cassie Smith stalls@ecofesttas.com.au

Live Well Tasmania update

International Women's Day (IWD)

Come and be part of IWD 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 in Penguin and Wynyard, each 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. These fun & creative events will empower women to develop their own artistic, cultural, social, economic or operational responses through facilitated small group sessions. Led by two Tasmanian women who are active in the Women's Climate Congress, Cheryl Durrant and Nettie Hulme. 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.

Register here for Wynyard: <https://events.humanitix.com/iwd-2023-event-women-leading-climate-change-action-in-nw-lutruwita-tasmania-wynyard>

Register here for Penguin: <https://events.humanitix.com/iwd-2023-event-women-leading-climate-change-action-in-nw-lutruwita-tasmania-penguin>

Live Well Die Well Mini-Expo- 19th March, The Watershed

Come along to be inspired to do things both to Live Well, and to plan for your own end of life, and support others in being able to handle death and dying more compassionately. It is something we seldom talk about, including how to handle grief. With regards to living well, on the day Cheryl Durrant will lead a discussion on living well with climate change and practical approaches to reducing your carbon footprint. We will also have Catherine Fernon discussing the health benefits of Tai Chi and will lead a short session to give us a taste of this ancient practice.

There will be a special guest, Dr Kerrie Noonan, who our partners, Care Beyond Cure are bringing over from the Mainland. Kerrie has a long-standing interest in community capacity building approaches to death, dying and bereavement, palliative care and how people can build their grief and death capacities. It is hoped that Kerrie may be facilitating "Showing Up For Grief" on Saturday 18th in Ulverstone. This aims to assist people around someone, be it their neighbour, work colleague or friend, when bereavement or loss occurs. Around 70% of people do not need to see a counsellor - they get their support from someone just like you!



Dr Kerrie Noonan will be a special guest at the Mini-Expo

Music Connections at Live Well

This session has proved to be a popular monthly activity in Wynyard, into it's second year, with new folks attending as well as the group participants who were there from the start. We thank Robin, Kelli and the Board at Live Well for continuing to support our access to this wonderful community centre. Last month we heard from local songwriters, singers, and instrumental composers who played a wide range of instruments – guitars, keyboard, harp, Irish whistles, flute, banjo, and ukes to name a few. The acoustic session is run as a mainly acoustic 'round robin' as we listen to/sometimes join in with the singers and musicians in the circle. All welcome – in September a local resident who was passing by Live Well whilst walking her dog dropped in and listened for a while, as the group discovered her favourite song (Where have all the flowers gone) and sang it with her. For more information email Chris Okunbor via her Contact Page on the website: <https://chrisokunbor.net>



[Waratah-Wynyard Council update](#)

Clean Up Australia Day- 5th March

Have you registered to receive your Clean up Australia Day kit? Registration is free, and participants receive a free Clean Up kit containing gloves and bags and other resources, with packs for individuals, families and community groups available (businesses are asked to pay a small fee to cover costs).

Can you imagine the good we could do, if all of Australia came together on one day and took practical action to improve the environment? What a difference we could make! Let's see how many people we can bring together and make a real impact.

For more information and to register <https://www.cleanup.org.au/cleanupaustaliaday>

A few spots that are hotspots are:

- Old Bass Highway on the road verge
- Tablecape lookout and lighthouse
- Pages Rd on the road verge
- Sisters Beach on the road verge
- Northern side of Somerset Top Rec in the bushland
- Wynyard and Somerset Foreshores

Please be very mindful of any traffic and if possible, please wear a high vis vest. Sign up now and bring people together on Sunday 5 March (or any day!) and make a difference.

Skate Park Clean Up

7UP and Waratah Wynyard Youth Leaders are cleaning up the Wynyard Skate Park and surrounds on Tue 7 March from 3.30 – 4.30/5pm. All welcome to join in, they can contact Kelly on kmilikins@warwyn.tas.gov.au or 0448 356 060.

Earth Hour- Promise for the planet

The Council is looking to promote a community effort to get involved in Earth Hour in the Waratah-Wynyard Council municipality. There will be more information about how we will do this in the lead up to the day. We are joining hundreds of businesses and communities across Australia to switch off for Earth Hour 2023 for the future of our planet. We proudly stand as part of a community that wants to take #TimeOutForNature and join the movement calling for greater action on climate change and nature loss.

We intend to be part of the solution to ensure that the natural resources and ecosystems that underpin our organisation are used sustainably. We pledge our support for a renewables future so

that Australia can become a renewables nation and export powerhouse. Together we will help protect the planet for future generations.

Wynyard foreshore new carpark

Council have started works on a new car park at the Wynyard foreshore, Old Bass highway. The first phase of construction may impact pedestrian access to the existing path. During this time pedestrians may need to walk on the grass until a temporary path has been constructed around the worksite.



Review of Council Meeting Procedures

Waratah-Wynyard Council has completed a review of its Council Meeting Procedures Policy (the Policy) following the recent Local Government Election.

Council is seeking feedback from the public to updates and changes to sections of the Policy that are discretionary. Go to Council's website <https://www.warwyn.tas.gov.au/.../draft-council-meeting.../> for details. Feedback is due no later than 5pm Tuesday 14 March 2023

Planning for Spring

The council is planning already for Spring! Specifically Spring Loaded 2023, which will be Saturday September 30 through until Tuesday October 31st, Tunes in the Tulips on Sunday 1 October and the Tulip Festival Saturday 14 October – mark your diary!

Waratah-Wynyard Councillor – Celisa Edwards

During a chat with Celisa Edwards recently she expressed her desire to be her best self to then best serve in her new role as Deputy Mayor. After a stressful year in 2022, Celisa has realised she needs to spend the next six months in “Rest & Grow” mode, recovering from the challenges of 2022, and availing herself of opportunities for professional and personal growth. She is a good model for us all! Celisa is focussed on being her best in her many different roles, as a mother and grandmother, as Deputy Mayor, and preparing to step up as Acting Mayor if needed. She has a strong interest in mentoring others, particularly other Councillors; in general she ‘has a heart for people’. She is also interested in promoting Carer’s having a voice, and is a big advocate for mental health.



YOUth LEADing Tasmania

YOUth LEADing Tasmania (YLT) is based on OzGREEN's Youth Leading The World program and is a partnership between the RESEED Centre in Penguin and Live Well Tasmania in Wynyard. Funds granted from the Foundation for Rural & Regional Renewal will be used to engage OzGREEN in a bold initiative that seeks to accelerate the shift to fair futures by building a movement of inspired youth leaders.

It involves a three day Congress Process:

Sat 18 March, Sunday 19 March & Sunday 2 April

UTAS – Cradle Coast/West Park 2/8 Bass Hwy, Burnie

3 day YLT Congress is provided free of charge thanks to funding from the Foundation for Rural & Regional Renewal (FRRR).



It is a highly participatory program providing people with skills to tackle sustainability challenges and empowering them to take solution focused action. The RESEED Centre and Live Well Tasmania will provide support, resources and lunch for the participants at each session. The program is funded by the Foundation for Rural & Regional Renewal (FRRR) and our partners and is free for participants.

Volunteers from the RESEED Centre and Live Well Tasmania are bringing this project to life, will be some of the facilitators, will support the young people with their project ideas, and will ensure the impact is felt into the future. Register here: <https://forms.gle/8w6JnYFD8ttGLmJh6>

Community notices

University of the Third Age Wynyard

The first semester for 2023 starts on the 6th of March, with a great range of topics and excursions, see <https://wynyard.u3anet.org.au/> The Annual General Meeting of U3A Wynyard Inc. will be held at: Wynyard Showground Reception Centre Wednesday 22 March 2023 at 4.15 pm. Nomination forms for the election of Office Bearers and Committee Members are available from the website.

Harmony Day

There will be activities held across our community between March 20th to the 27th, including at Live Well Tasmania, the Wynyard Library, the Somerset Vinnies Hub, the Warawyn Early Learning Centre, 7UP Youth Centre, Artscape, and Waratah-Wynyard Council.

Tasmania Reads- 5th to 11th March

Get involved and inspire a love of reading. The Burnie and Wynyard Libraries invite local businesses, organisations, and readers to get in the spirit of Tasmania Reads. We encourage you to fill in the online logo template. Once created print and display or share on your social media platforms tagging the Burnie Library (Wynyard Library doesn't have their own Facebook page) into your post. Join Our Picture Board: Instructions - have someone take a photo of you looking, holding, or reading a book/magazine/newspaper/yearbook etc. Answer one of the following questions below or make up your own (keep your answer as short and as simple as possible).

1. What or who inspired your reading interest?
2. Do you have a favourite author and why?
3. Have you any advice for anyone who may not have discovered the joy of reading.

Fill in the Libraries Tasmania photo permission form (see website). Email your photo, your answer, and the photo permission form through to jo.dalton@libraries.tas.gov.au

Picture board participation due 5pm Friday 17 March 2023. We do hope you choose to get involved. We look forward to sharing your picture board photo, blurb and seeing your Tasmania Reads logo in your physical or online spaces.

The Wynyard Show

The Wynyard Show is one of Tasmania's centenary shows with the first official Show held at Wynyard on 13th May 1885. Until recently, the Wynyard Agricultural and Pastoral Society has staged an annual event except for 1942, 1943 and 1944. The COVID pandemic forced cancellation of the

Interested in an Introduction to Permaculture course @ RESEED later in 2023?



Please send expression of interests to Heather Thorpe : 1stgaia1@gmail.com

2021 and 2022 shows. Come and enjoy a family fun day at the 133rd Wynyard Show, the district's authentic country Show. Marvel at the magnificent livestock, horses, poultry and cage birds on display. See popular Woodchopping events and watch carriage driving on the main oval. Youngsters will enjoy Side Show Alley attractions, live music and food to taste. Our Industrial Hall displays local produce and crafts, entered by young and old alike. Who will have the largest pumpkin this year?



Wynyard Girl Guides

We are looking forward to seeing you all for a fun filled term, with lots of adventures to be had!!!

Recently we had World Thinking Day, we had eight girls from Wynyard Girl Guides participate in the North West Region Thinking Day Event at Lions Park. It was a great day, with great weather all the girls had a great time meeting new friends and doing a range of activities. Thank you so much to all the leaders who made today possible and all the girls from various units who came along! Girls aged 5 - 17 years old, Fridays 4pm - 5:30pm Wynyard Railway Institute Hall - Station Street Wynyard. Contact 0419 827 361



Neighbour Day

Healthy Tasmania and Relationships Australia Tasmania are promoting Neighbours Every Day, a year-round campaign with a dedicated day-of-action, this year it is the 26th of March. Whether through a cuppa, a picnic in the park, a neighbourly action, or a message of support, Neighbours Community members, groups and organisations can apply for grants of up to \$2,000 that can be used to host activities that reduce loneliness and create meaningful connections. This could include community barbeques, tea parties, bake sales, clothes swaps, gardening days, share stations, picnics, street libraries, and so much more! Apply by the 16th March <https://tas.relationships.org.au/neighbours-every-day/>

Wynyard Historical Society

Anyone is welcome to join the Wynyard Historical Society and meet at the Community Centre in Little Goldie Street every Monday afternoon from 2 - 4 pm, and 2 to 3 pm on the 4th Tuesday of each month for the meetings, where you can view a selection of historical images and share conversation. Anyone interested in history is welcome to join in and is encouraged to get in touch with Lyn Hookway for any further enquiries. Email: wynyard.historical@gmail.com

The Practice of Zen is forgetting the self in the act of uniting with something

Koun Yamada



Live Well
TASMANIA

28 Saunders Street, Wynyard TAS 7325
lwt.org.au
info@lwt.org.au

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