



Wynyard Community Newsletter

April 2024



Rees Campbell captivating the audience at Harmony Day

Photo: R. Krabbe

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Welcome!

We commenced the Right Place project recently, thanks to funding from the Mental Health Council of Tasmania. The Right Place aims to involve the whole community in helping people access services and other community supports, with an initial focus on organisations (including businesses) who interact with the public on a regular basis. It includes building on existing knowledge of local services and then actively connecting people with the right service within the community. We aim to build on the idea of the Right Place being a place that welcomes people and helps connect them to services, to Waratah-Wynyard being the Right Place to get a good education, good health care, and where there is a caring ethos where we all help each other. Contact us if you want to be involved in the free training which has additional benefits for organisations of building strong and resilient cultures.



We had two events during March which were both all about communication, conversation and connection. The first was a Laurel House community conversation, which was an extremely informative discussion of a range of topics, particularly relating to safety for our youth. The second was a Harmony Day event, for which we partnered with Libraries Tasmania, the Waratah-Wynyard Council, and the Migrant Resource Centre, sharing food, music and knowledge. Special thanks to Rees Campbell for the informative talk and tastings of Tasmanian edible plants, Chris Okunbar for her wonderful Iranian music, and Mike from the Migrant Resource Centre for the showing of the powerful film, Scattered People. We are already planning Harmony Day for next year, if anyone has idea's like a Chinese Dragon parade down the main street let us know!

We also thank Relationships Australia and Healthy Tasmania for funding our Neighbour Day project. As per the photo (right), our volunteers Deb, Leigh (and Cheryl and Geoff) helped connect neighbours to each other while doing a backyard blitz.



Deb, Marie and Leigh getting into some neighbourly action!

Photo: Geoff Blackburn

The Community Monday project is beginning to establish a good following, with participants enjoying a hot nutritious meal, as well as many delicious delights for morning tea and there is always dessert! Stay tuned for guest speakers and creative sessions coming soon.

We have concluded an infrastructure project funded by the Tasmanian Government, thanks to them for supplying much needed funds for equipment, including two beautiful picnic tables for our Community Farm. These were hand made by the wonderful people at the Somerset Community Shed. We also have some other equipment that will help us deliver our many programs such as a whiteboard and a compost bin to help deal with the compostable materials from the Community lunch program.

We had a small group on Easter Friday with a very good discussion afterwards about the film The Power of Community. Our next film on the 26th of April is The Frackman, everyone welcome!

We will be at Ecofest on the 6th of April, and will be doing a workshop for our Community Based Income project. We love Ecofest because it's a lot about what we can do together as a community to look after our environment, and also a lot about creativity and fun.

Building on the theme of environmental initiatives, FOGO is being rolled out in Waratah-Wynyard! OK it's not yet a common acronym, it stands for Food Organics and Garden Organics. See below for the details.

There is a great youth week event being held as a collaboration between the Waratah-Wynyard Youth Leaders, 7UP and BighART along with other Youth support providers on the 11th April from 3.30-5pm, see below for details.

Events

4th April, 10.30am – 12.30m, Community Bike Ride, Live Well Tasmania Community Centre, 28 Saunders street, Wynyard, to Bruce's Café return, Contact Laura on 0419 110 565

5th, 12th, 19th, 26th April, 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

8th, 15th, 22nd, 29th April, 9.30am to 2.30pm, Community Connections and Community lunch, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Learn some tips and tools for creating stronger connections and supporting a healthy mind, mixed in with some fun physical activities (including guest presenters) to support a healthy body. Help cook and then enjoy and contribute to a shared community meal, focused on simple, easy, nutritious and budget conscious. Meals will follow a seasonal menu, with encouragement and support to grow your own at home. We can also help people connect to local food resources. Everyone welcome! Contact Laura on 0419 110 565

9th, 16th, 23rd, 30th April, 11am to 1pm, Community Drop In, Live Well Tasmania Community Centre, 28 Saunders Street, Wynyard. Contact Robin on 0421 461 724

11th April, 3.30pm to 5pm, Youth Week event, Little Goldie Street Wynyard Community Centre and 7UP rooms and Green Space beside the Old Oak Tree. Free BBQ, ice cream, music, chocolate wheel, games & more! The Youth week slogan is "Community Connections. Our Community. Our Voice". RSVP

kmilikins@warwyn.tas.gov.au, ph 6443 8333 or text 0448 356 060



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

26th April, 6pm, Film and Discussion night, Live Well Tasmania, 28 Saunders Street, Wynyard. We are showing the Frackman movie. Frackman tells the story of accidental activist Dayne Pratzky and his struggle against international gas companies. Dayne embarks on a journey that transforms him from conservative pig-shooter to sophisticated global activist as the Frackman. He meets the people drawn into a battle that is crossing the ideological divide, bringing together a peculiar alliance of farmers, activists and political conservatives. Along the way Dayne encounters love, tragedy and triumph. 6pm bring a plate for shared dinner, film at 7pm. Contact Robin for further details on 0421 461 724. RSVP preferred by the 24th April.

29th April 4.30 – 5.30pm, Waratah-Wynyard Council Community Conversation, Waratah, Elma Fagan Hall. Join Councillors and Senior staff for casual one-on-one conversations about the things that matter most to you in your local community. Drop in any time between 4.30 and 5.30pm. Please register your attendance. To RSVP or for information on Community Conversations in other local areas phone 6443 8333.

Other events

14th May, 11am. Movie screening, Kung Fu Panda 4, 4 -22 Wilmot St, Burnie, RSVP Jacqui, YFCC on 0428 139 904 by May 10th.

Youth Week 2024 - stallholder registrations - Burnie & Devonport. YFCC are inviting service providers with youth specific programs, activities or services to join us in

Burnie on Tuesday 9 April and Devonport on Thursday 11 April. These events are run every Youth



Week and have attracted up to 500 grade 9 students each in previous years. Ask for a registration form and RSVP by 22 April with: jonathanc@yfcc.com.au or lucyp@yfcc.com.au or 6423 6635.

21st April 10am – 2pm NW Carers Expo at Burnie Town Hall (77 Wilmot St). A free public community event for carers and their families and friends. Exhibitors will be those who offer free support and services only. Exhibitory queries to Kylie Dobson at Care2Serve kylie.d@Care2serve.com.au or 0448 051 265

24th April 10am to 1pm: Generations Connect Fun Day at Ulverstone Sports & Leisure Centre, on Wednesday during Global Intergenerational Week. This event will be done in collaboration with Respect Aged Care and COTA.

Live Well Tasmania update

Healthy & Thriving Wynyard

We have reached the mid point of the Healthy & Thriving Wynyard project. The project aimed to consult with the Wynyard community around their health needs and implement initiatives to improve health and well-being based on the consultation. The consultation has been completed, from which six initiatives were identified as filling gaps and generating greater health and wellbeing including importantly greater community connections. The six initiatives are the Winter Energy Saver Breakfast Program, Friday Night at the Movies, Community gardening project, Festival of Stories Digital Story Telling, and Resilience Workshops.

As an example of how these were identified, during the community consultation participants expressed a desire for more community food projects, including a concern about increasing food insecurity. A subsequent comparative analysis of programs available in Wynyard compared to adjacent urban areas (Devonport/Burnie/Somerset/Smithton) revealed that there is a current gap in community food events in Wynyard, Good nutrition is very important for good health and wellbeing accordingly access to food has been added to the program design. Likewise there was interest in household resilience initiatives, especially with rising costs of living, and increased risks of natural disasters such as floods and bushfires.

Friday Movie Night

Our next movie on the 26th of April is Frackman, which tells the story of accidental activist Dayne Pratzky and his struggle against international gas companies. Australia will soon become the world's biggest gas exporter as more than 30,000 'fracked' wells are sunk in the state of Queensland where Dayne lives. He and his neighbours have unwittingly become the centre of a massive industrial landscape and they have no legal right to stop mining on their land. Dayne embarks on a journey that transforms him from conservative pig-shooter to sophisticated global activist as the Frackman. He meets the people drawn into a battle that is crossing the ideological divide, bringing together a peculiar alliance of farmers, activists and political conservatives. Along the way Dayne encounters love, tragedy and triumph. Everyone welcome for shared dinner at 6pm (bring a plate), 7pm movie, followed by discussion.



Tag Cloud for Healthy and Thriving Wynyard



Community Mondays

Our Community Mondays are underway in the newly opened 'Nest' at Live Well's Community Centre. Come along and meet some new people and enjoy a hot meal on us! Not to mention the many delicious delights for morning tea and there is always dessert. You won't go home hungry :) With a focus on supporting the community through connection, conversation and a cuppa, we get together in a safe, inclusive and welcoming environment to share and prepare a meal. We will also be including guest speakers and creative sessions in the future, so stay tuned to our Facebook page for all the exciting announcements. This program is free and aimed at all of the community, including you! Everyone is welcome. We welcome people in the door anytime from 9.30am and lunch is ready from about 12pm. If you love cooking and would like to make some new friends sharing your passion and favourite recipes, please join us! If you live alone and would just love a hot meal cooked by friends, please join us! If a good nutritious meal is the last thing you have time to do for yourself, come along and let us nourish you! Stay tuned - Guest speakers & Creative sessions coming soon!! Contact Laura for more details either through our facebook page or laura.poidevin@gmail.com / 0419 110 565.

The Right Place – Waratah-Wynyard

We invite all businesses and organisations in Waratah-Wynyard to participate in The Right Place. The Right Place approach reinforces that this community is The Right Place to live, highlighting it as a community that exists for the community. It's

about thinking beyond ourselves and being an active part of a community that has a shared approach to supporting everyone. It's the power of YES, I can help you! For some organisations, this may be what you already do in linking people to services. But it is hard to keep up to date with all the services that exist in our community. And you don't have to know all the available services and community supports, we provide training, tools and resources to help you to help others. The long term aim is for Waratah-Wynyard to gain the reputation as being The Right Place to live, because we are so welcoming to everyone, and have higher levels of health and wellbeing than other places. To date we have had a very good response to inviting organisations and businesses to be involved, most people we approached have indicated interest in attending The Right Place training, which will most likely be held in early May. Stay tuned for future details.

Community Based Income update

We welcome three new members of the steering group, Mike, Bridget and Liana. A presentation was given to the Lorinna community on the 16th February 2024, by a great coincidence this was in conjunction with Jo Poulton from the UK with her UBI4Farmers campaign in the UK, which is income paid for farmers who are actively engaged in primary production.

We attended the Sustainable Living Festival (2nd March) in Launceston and the Wynyard Show (16th March), and two presentations were given to the Waratah-Wynyard Council, one in 2023, the second earlier this year. In between the two, two motions were put to the Waratah-Wynyard Council about a trial for a Universal Basic Income (a different model to the Community Based Income). ABC radio picked up the story, and did two interviews, around the 14th of December 2023, one with Robin Krabbe, and one with Andrea Courtney, Leanne Raw and Ben Spies-Butcher from the Australian Basic income Lab.

**Connecting people with health
and community services**

You've come to *The Right Place!*



Robin did a podcast in December 2023 for the Rethinking Sustainability Podcasts, see <https://rethinkingsustainabilitypod.blogspot.com/2024/02/episode-3-do-we-need-unemployment.html>.

Our actions for April and May are for a workshop (and stall) at Ecofest on the 6th April at Camp Clayton, Ulverstone. We are also planning on making a video as an introduction to CBI, and contacting the other 8 Cradle Coast Councils about their support for the project.

Waratah-Wynyard Council Update

Reconciliation Action Plan- Reflect

This month, Council will kick off community consultation for a Waratah-Wynyard Council Reconciliation Action Plan- Reflect. The themes of Respect, Relationship and Opportunities will be explored with Aboriginal and Non- Aboriginal people invited to give feedback on what reconciliation looks like in our organisation and broader community. This feedback will help Council identify actions and commitments to carry out in the next 12 months. This is a process that is guided by Reconciliation Tasmania and requires endorsement from Waratah-Wynyard Council elected members and Reconciliation Australia before being published. It is expected that the Reconciliation Action Plan will be published and launched in Spring 2024! Want to know more about what a Reconciliation Action Plan RAP – Reflect is? Find out more online at <https://www.reconciliation.org.au/reconciliation-action-plans/> Keep an eye out for opportunities to have your say over the next few months.

Wynyard Tulip Festival

Waratah-Wynyard Council is calling for sponsorship for the Wynyard Tulip Festival which will be held on October 12, 2024. For over 30 years, the Tulip Festival thrives on the continued ownership of community, sponsors and visitors. The Wynyard Tulip Festival attracts thousands of visitors to our town each Spring coinciding with the blooming of the Tulips on Table Cape and surrounds. It provides a wonderful opportunity for community to leverage off the increased visitation to the area. There are three tiers of sponsorship that are promoted to support this major event. They range from festival friend through to a major sponsor and there are perks for everyone involved. There is flexibility to tailor a sponsorship package to include naming rights to an element of the festival (such as the main stage), the provision of a marquee in Gutteridge Gardens and plenty of media opportunities! Please get in contact with Council to discuss your support further at council@warwyn.tas.gov.au The Sponsorship packages can be viewed online at (warwyn.tas.gov.au)

Harmony Day

Harmony Day is about being inclusive, encouraging respect and belonging and recognising diversity within our community. To celebrate this, Council staff participated by wearing orange and sharing morning tea together, creating an opportunity for everyone to share food dishes from different cultural backgrounds. Warwyn childcare staff also wore orange today and have great activities and messaging around belonging and inclusivity for the children.

Food Organics and Garden Organics (FOGO) FOGO is a fortnightly kerbside collection service, coming to Waratah-Wynyard, for food and garden waste. FOGO is collected and processed into compost to be reused on farms, nurseries, parks and gardens, instead of going to landfill. From 5th of July 2024 the weekly waste collection service will change to fortnightly with the rollout of the new FOGO



collection service. This will provide residents with a three-bin system (FOGO, Recycling and Waste), collected fortnightly. This service is being implemented across North-West Coast Councils under a regional contract managed by Dulverton Waste Management.

About 40% of all the general waste produced by our households is food and garden waste. When this waste is placed in the general waste bin and sent to landfill, it degrades and generates greenhouse gases such as methane which has an atmospheric environmental impact

Households will be provided with a 240L lime green-lidded wheelie bin between mid-May to mid-June ahead of the service commencing the week of the 5th of July 2024. Please do not use your bin until the collection starts July.

What goes in the FOGO bin? It starts in your kitchen and garden. You can use any container to collect your food scraps from the kitchen and tip them into the lime green lidded FOGO bin. If you have a garden or indoor plants, leaves, flowers and prunings, from these can also be placed into the FOGO bin. Food waste includes vegetable peelings, fruit, cooked food, leftovers, meat and bones, seafood waste, dairy and citrus.

What can't I put in the FOGO bin? Do not put any plastics or biodegradable plastics, plastic bags, cling wrap, glass, tins and cans, foil, Tetrapaks, nappies, treated timber, gravel, rocks or building material into your FOGO bin. Fireplace ash can be placed on the garden to lift the carbon content of soil. Separate food waste from containers so only food waste goes in FOGO. If the container is recyclable, then give it a rinse and it can go into the yellow/recycling bin.

For most Councils the cost of FOGO will be minimised with:

- No extra collections, as the general waste service will be fortnightly;
- Reduced processing costs compared to landfill; and
- No state levy applicable to the material in this bin saving over \$40/tonne from the service start day compared to landfilling.

The FOGO process provides a more cost effective service than landfill, which in turn lowers costs for rate payers in the community. It also provides an opportunity to assess how much waste we produce and where we can reduce this by changing our buying habits.

Will my FOGO bin smell? You can reduce smell by keeping your bin in the shade if possible and always keep the lid shut, layer your food waste with garden waste such as lawn clippings and leaf litter or cardboard/waste paper, rinse you bin out regularly and let it dry completely, freeze fish and meat waste, and put in your FOGO bin the morning of collection, use a sprinkling of bicarbonate soda to deodorise your bin or caddy and offer a helping hand to anyone in the community, such as an elderly neighbour, who may struggle to implement this

Community Engagement/Communications Survey

Complete our Communications & Engagement Survey and get one free adult entry ticket to the Ransley Veteran Car Collection at Wonders of Wynyard. Open this Saturday and Sunday! Free ticket survey: <https://forms.office.com/r/BguGQxqkDs>

Warawyn Childcare Trainees

Warawyn Traineeships provide participants with an enriching experience where they can put their learnt theory into practice. Senior Childcare worker, Anne Searle is a mentor and teacher to the 5 current trainees. Anne has worked with Warawyn Early Learning for 19 years and has no plans on slowing down. She spends time guiding each trainee which



Anne in the middle with trainee's Lakeesha, Lydia, Lauren, Miah and Shaya



includes supervising, providing feedback and helping them master early learning techniques. Thank you Anne – for training a new generation of Childcare Workers, who will go on to nurture and teach the children of the future! To learn more about our Traineeship program, visit:

<https://www.warwyn.tas.gov.au/.../annual-traineeship.../>

Emergency Preparedness

Bush Fire, Flooding, Emergency Preparedness People can check the following contacts for updates and emergencies- [tasalert.com](https://www.tasalert.com) <https://www.fire.tas.gov.au/>

BE PREPARED
WHAT WILL YOU PACK?

Having an emergency kit ready will save you valuable time, not only during bushfires, but also during other emergencies. Ensure you have the items you need before it's too late.

Ecofest

Ecofest 2024 returns to Camp Clayton, Ulverstone on Saturday April 6th to celebrate all things sustainability at North-West Tasmania's biggest sustainability festival.

Festival goers can feast on delicious food, browse the many exhibits and information stalls, participate in workshops. Eco kids will ready to educate and inspire the kids via the many Ekokids activities.

Hannah Moloney, author of Good Life Permaculture and resident permaculture guru on ABC's Gardening Australia will to join us at this year's festival. She will be keen to share her concept of radical homemaking and her message of living a meaningful and abundant life to the North West Coast.

Don't bin your unwanted clothes! Bring them to ecofest and take home something different. Save money and save the planet at the same time
Statistics About Fast Fashion Waste: 1. 92 million tonnes of textiles waste is produced every year, the apparel industry's global emissions will increase by 50% by 2030 and \$500 billion is lost each year because of under-wearing and failure to recycle clothes.



University of the Third Age Wynyard

All sessions held at the Wynyard Showground Reception Centre unless otherwise stated. Refer to the U3AW website for full details of all sessions. Some of the sessions coming up are:

25th April 2.00-4.00pm Rounders, Maureen Corbett. Singing together is good for mental health, lungs, memory, mindfulness, social connection, co-operation, learning, listening, hearing, resilience, creativity, communication, and more... and makes you feel alive! Join Rounders, I dare you!

26th April 9.30-12.30 WynJammers Ukes Group Mike Dixon. Meets each Tuesday in the Poultry Clubrooms. Both experienced and basic players fit very well into this low key, very relaxed group. Includes beginner session, jam session for all and picking. Singers are also very welcome. Poultry Clubrooms, Showground Complex

27th April, 10.00-12.00 Archaeologists Behaving Badly Greg Slater. Explore the lesser-known side of archaeology and delve into the misdeeds and impacts of 'bad' archaeologists, culminating in an intriguing archaeological 'soap opera'.

2.00-4.00 What is Distinctive about Island Place? Pete Hay. Explore the essence of island life. Examine how the sea's boundaries shape Tasmanians' unique character and way of life. Is it a blessing or a curse?

28th April, 10.00-12.00 The Golden Age of Luxury Liners Pt 2 Graham Markham. Join a maritime journey reflecting on the fate of grand ships, from war service to floating hotels, with some awaiting their destiny.

28th April 2.00-4.00 Online Safety Ammar Nisthar. Our nbn™ Community Ambassador will guide you through online safety - learn to spot and report scams, create strong passwords, and shop securely online for a safer digital life.

If you would like to attend any sessions with vacancies and haven't yet enrolled, just send us an email at u3awynyard@gmail.com with your request.

Wynyard Library Holiday events

15th April, 11am, Free Rock and Rhyme, it's School Holiday Time! All-Ages School Holiday Storytime

16th April, 11am Lego Spike at Wynyard Library, Free. Are you up for a hands-on experience with Lego Spike kits? App-based programmable Lego introduces coding and robotics. Based on STEAM learning concepts, it helps develop skills while having fun.

Due to the number of kits available we have limited spaces available. Please register here on Eventbrite or call your local library if you need help making a booking as we might not be able to accommodate walk-ins. For more details please contact Wynyard Library on 6447 7415 or wynyard.library@libraries.tas.gov.au



Relationships as the key to the good life

Our work at Live Well Tasmania is mostly based on the scientific finding that relationships are the key to not only individual health and wellbeing and the good life, but also organisational capacity to deal with our current polycrises. For example, an article in the Atlantic titled "What the longest study on human happiness found is the key to a good life" stated that The Harvard Study of Adult Development has established a strong correlation between deep relationships and well-being. It's the longest in-depth longitudinal study on human life ever done, and it had a simple and profound conclusion: Good relationships lead to health and happiness. The trick is that those relationships must be nurtured. Evolutionary Psychologist and Friendship expert, Robin Dunbar estimates that around 34 hours of investment are needed to transition a relationship from a superficial acquaintance to a casual friendship. His research suggests we need roughly 11 interactions lasting about three hours each within a period of less than six months. To form a close friendship, over 200 hours are needed. Once created, research suggests friendships need about one hour a week (or nine minutes of connection a day), either online or offline to be sustained. For every nine minutes missed, the quality of the friendship is said to diminish by 1%. So regular social interaction is vital!

**Progress is like a wheelbarrow, if you don't keep pushing it, it stops
W.G.P.**



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