



150a Bligh Street, Warrane

Ph: 6244 6346

Email: info@wmnc.org.au

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Manager's Note:

Welcome back to Warrane Mornington Neighbourhood Centre and Community Garden for 2022!

We are looking forward to a great year and all are enjoying seeing everyone returning to both the garden and centre for their regular activities, breathing life and laughs into both locations.

The contributions from our volunteers, participants and valuable staff have been wonderful through last year and to kick things off after the break, so a big thank you to everyone for the part you play.

While we are all experiencing various extra challenges as we come to terms with the current changes to our day to day lives, it is essential that we allow ourselves and those around us the space and time to manage the situation as it applies to them and practice kindness and care wherever possible.

Connecting with one another is so important and as always, it is so worthwhile to check in with people and if you are finding things challenging, consider connecting with us for that sense of community which is so important.

This year we will be working hard to ensure we can support as much community activity as possible, while supporting the health and safety of everyone who attends. We all welcome existing and new friends to visit, participate or contact us to find out more about what we do. We look forward to seeing you soon.

~ Ben



Acknowledgment of Country

In the spirit of reconciliation, the Warrane Mornington Neighbourhood Centre acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

OPENING HOURS

Mon 8:30am - 4:00pm, Tues 8:30am - 3:30pm, Wed 8:30am - 3:30pm, Thurs 8:30am - 4:00pm, Fri 9am - 3pm



Volunteering at the Neighbourhood Centre:

Volunteers are the backbone of what we do here at Warrane Mornington Neighbourhood Centre. They make up our Board of Governance committee as well as help facilitate and support the programs that we run.

The needs of the community and the Centre are often changing, and therefore volunteering roles often become available. If you are keen to volunteer with us, please make contact with us on 6244 6346 or email info@wmnc.org.au to discuss further.

We are currently seeking:

- volunteer Bus Drivers to assist with driving our 12 seater community bus (standard car licence is required). We are seeking both regular and as-needed drivers.
- a volunteer to redesign and organise our little community library.

If any of these opportunities interest you, please get in contact with us!



Craft Group – Seeking Interest

We are always seeking new ideas for programs and activities to host here at the Centre, especially activities that provide an opportunity to bring people together and reduce isolation within the community.

We have had a few people express interest in attending a regular craft group at the Centre. The vision is that you would bring along your own craft supplies to work on personal craft projects, or if you wish you could share with others within the group. An opportunity to meet new people, build new friendships and enjoy some chatter over a cuppa or two.

If this sounds like something that you would be interested in attending, please follow this link and fill in the expression of interest form to let us know:

<https://www.surveymonkey.com/r/SYLWCHD>



SUPPORT • ADVOCACY • WELLBEING

COVID19 Safety at the Centre:

We take the safety of our community very seriously. This is especially important right now as we learn to live with COVID19. We have adopted many safety measures here at the Centre to ensure that all visitors, staff and volunteers remain as safe as they can be.

These measures include:

- Washing and sanitising hands often
- Maintaining social distancing
- Wearing masks whilst indoors
- Limiting numbers of people per room
- Leaving doors and windows open to provide adequate and effective ventilation through the Centre
- Daily cleaning and sanitising of frequently touched surfaces
- Staff and volunteers at the Centre are vaccinated against COVID19

keep it COVID safe.

- be fully vaccinated
- wear masks when needed
- symptoms? get tested
- stay home if sick
- use Check in TAS
- stay up to date
- keep hands clean
- keep your distance

KEEP IT COVID safe
Public Health Hotline 1800 671 738
coronavirus.tas.gov.au
Tasmanian Government

Call out to local families!

Here at Warrane Mornington Neighbourhood Centre we are looking to engage with the younger families within Warrane, Mornington and surrounding suburbs.

We are working collaboratively with Families Tasmania who have a few programs on offer and we would love to get your feedback as to which of these programs would interest you.

Please follow the link below to let us know your thoughts!

<https://www.surveymonkey.com/r/XTLJVSK>

Centre Timetable

Mon	Tue	Wed	Thu	Fri
8:30am Yoga	6:10pm-6:30pm Loui's Van	8:30am onwards Food Assistance		10:30am Wellness Workout
9:45am Yoga		9am Yoga		
11am Computers for Beginners		11:45am Community Lunch		
Everyday Day				
NILS appointments Computer Use Printing Photocopying Book Library \$2 Coffee				

'Seriously Good' Coffee!

Are you a coffee lover? Ben, our Manager, has declared our coffee to be 'seriously good' and would like to invite you to come join us at the Centre and indulge in a coffee for only \$2. Not only will you get to meet us and learn about who we are and what we do, you will also be supporting the centre. Everybody welcome!



Community Lunch

Come join us for lunch! Each Wednesday a two course meal is offered here at the Centre and all community members are welcome and encouraged to join us. As numbers are limited bookings are required, so please call us on 6244 6346 to book in. We look forward to having you join us.

As always your generous donations are appreciated and help us provide a great lunch for you and community members in need.



Food Assistance

Each week we receive a limited amount of food from providers which include items such as bread, milk, fruit and vegetables to distribute to those who need some assistance. These items are available for pickup from 8:30am each Wednesday and are offered on a first come first serve basis (no holds available). Please follow the signage for direction on where to collect at the Centre.

The Centre also greatly appreciates food donations from the community to help support this program.

Centre Facilities

Do you need to access a computer? Need to print or scan something? We can help! We have computers, a printer, scanner and laminators (A4 & A3) available for use.
 Printing pricing: 20c for 10x A4 pages in B&W
 50c per A4 page for Colour
 Laminating costs: 50c per A4 sheet / \$1 per A3 sheet
 Bookings are preferred - call on 6244 6346

Room Hire

If you are seeking a room to meet a client, host a meeting/forum or a gathering, we may be able to assist you (restrictions do apply). The Centre has a large indoor space (COVID density restrictions apply), an outdoor space (including an undercover deck) and kitchen facilities.

If you are looking for somewhere and think our centre might meet your needs, please give us a call on 6244 6346 to make further enquiries.



No Interest Loan Scheme

The No Interest Loans Scheme (NILS) is a service that supports people on low incomes to purchase essential household items and services. We can support you to make your loan application here at the Centre. Please call NILS directly on 1300 301 650 to begin your loan application prior to calling us to book in your appointment.

Wellness Workout



Looking for an exercise class that focuses on strength, flexibility and balance in a fun and relaxed environment? Then this class is for you! Wellness Workout runs every Friday at 10:30am and costs \$5 per class. Please bring a water bottle and hand towel. If you are thinking of joining the class, please give us a call on 6244 6346.

Yoga

As a yoga teacher, Rhiannon knows what to give her clients on any given day; a listening ear, an old-fashioned workout, a gentle class focusing on mobilisation and core work, and everything in between. Having left a career in financial services, Rhiannon now peruses her passion for living an active lifestyle, teaching light and joyful practices that help students discover (and re-discover) the organic movements within their own bodies.

With formal qualifications spanning her 200HR Yoga Teacher Training, a Certificate IV in Pilates teaching, and her Diploma of Pilates teaching in progress, Rhiannon centres her classes on the belief that movement is for people of all ages and abilities, shapes, and sizes. She is passionate about helping people move their bodies in a safe, consistent method.

GENTLE FLOW YOGA

- A gentle class for every body
- Enhance mobility
- Build muscle & flexibility
- Find balance
- Increase body awareness

Monday 8.30 - 9.30
Warrane Mornington
Neighbourhood Centre



BYO mat
Limited spaces
For bookings, please scan the QR Code or contact Rhiannon on 0411 688 905



Computers for Beginners

This class provides basic training in using computers and the internet. It is suitable for those who wish to further develop their knowledge and skills at a beginners level. Places are limited and bookings are essential. For enquiries, please call 6244 6346.

Join Rhiannon and a community of like-minded yoga students at the Warrane Mornington Neighbourhood Centre for Gentle Flow Yoga on Mondays at 8:30. For a stronger class, Vinyasa Flow is on Mondays at 9:45, and Wednesdays at 9am.

Beginners Welcome!

To book into a class, follow the below link:

<https://sunflower-yoga-and-pilates.au3.cliniko.com/bookings>



Rhiannon



VINYASA FLOW YOGA

Monday 9.45 - 10.45
Wednesday 9.00 - 10.00
Warrane Mornington
Neighbourhood Centre

BYO Mat
For bookings, scan the QR code or contact Rhiannon on 0411 688 905



WORD FIND

K Q M W B L C M D R M G N G T
 G F V X E W V O D N A B G W S
 I S P A E J A O M M S O G R E
 S T R C D L V K L M K O R I E
 W E L C O M E V N U U K G Y D
 D O N A T I O N W D N N K K T
 Y S F C I N X C M E R T I P A
 W G P N J Z E R A Q P T E T X
 X V K C R A F T R K U O C E Y
 Z L H L X A Y Q I P E M O T R
 V H S U P P O R T P P A F B T
 A C T I V I T I E S L T F O V
 M S U N F L O W E R U O E I T
 H Z Q O Q Y U J R T T W E N G
 G A R D E N G V X I I J J P M

Activities	Volunteer	Community	Donation
Sunflower	Welcome	Garden	Craft
Cake	Seed	Tomato	Support
Bee	Coffee	Book	Mask

Q: What do you call a pony with a cough?

A: A little horse!



Q: How do you throw a space party?

A: You planet!



Council on the Ageing Tasmania wants to H.E.A.R from you!

Every person – in every country in the world – should have the opportunity to live a long and healthy life. Healthy ageing is about creating the environments and opportunities that enable people to be and do what they value throughout their lives.
 World Health Organisation

Whether you are 40, 75 or 105 years of age (or anything in between!) we want to hear about your experiences of ageing in Tasmania.

- What does ageing mean to you?
- Have your views on ageing changed over time?
- What do you think Tasmanians need in order to age well?

Your experiences, thoughts and wishes will help shape the next *Strategy for Older Tasmanians's 2023-2029*.

- What has helped you as you've aged?
- What has been challenging?
- What local services and initiatives have supported you and kept you connected to your community?

HOW CAN I SHARE MY VIEWS?

COTA Tasmania will be partnering with local organisations and councils to visit various locations across Tasmania from March-June 2022. Alongside this you can contribute in the following ways:

- Complete our survey – whether you have 2 minutes or 10 minutes to spare, please complete and share survey links as widely as you can



- Phone or email COTA to have a hard copy of the survey posted to you – **62 313 265 / admin@cotatas.org.au**

- Order some postcards to distribute in your workplace, local community group or local business
- Text your thoughts of what healthy ageing means to you to **0477 011 112**
- Head online to COTA's website to access links and further information (and pass onto to any friends or community newsletters!) **www.cotatas.org.au/information/consultation/**
- Join an online conversation (see COTAs website for details: **www.cotatas.org.au/information/consultation**)

If you'd like to see when a community conversation will be held in your area, or offer to host one, please contact Brigid on **62 313 265** or **brigidw@cotatas.org.au**.

All face to face activities will be planned in a Covid-safe way, in small groups.

Your Community – Your Ideas

We are always looking for new activities, programs and training to be offered here at the Centre – now is the perfect time to share with us your ideas on what YOU would like to see offered in your community.

Please let us know your thoughts and ideas! You can call us on 6244 6346 or email us info@wmnc.org.au



JOIN US ONLINE



Keep up to date with centre news and activities by checking out our website

www.wmnc.org.au

or follow us on Facebook

www.facebook.com/warranemornington



Important Dates

- 13 March – Garden Working Bee
- 14 March – Public Holiday – CLOSED
- 26 March – Harvest Festival
- 10 April – Garden Working Bee
- 15 April – Good Friday – CLOSED
- 17 April – Easter Sunday
- 18 April – Public Holiday – CLOSED
- 25 April – Public Holiday – CLOSED



Warrane Community Garden



Photo credit with thanks: Lily Winzil

Garden Update



Welcome back to the garden!

This update includes many different ways to get involved at the garden, including our working bees which continue to be great mornings to engage on different projects.

We are currently planning a community Harvest Festival so if you would like to have a stall to sell your excess homegrown produce or would like to chat other stall options relating to harvest time or gardening, please get in touch.

For those of you particularly interested in our native flora, there will be opportunities in late March/April to get involved with the implementation of our long awaited native section of the garden.

A truly heartfelt thanks goes out to all our volunteers over the last quarter. The Warrane Community Garden wouldn't be the welcoming space that it is without all of your collective contributions.

Thanks to each and every one of you!

~ Katie



The Warrane Community Garden is an initiative of the Warrane Mornington Neighbourhood Centre.

Warrane Mornington Neighbourhood Centre Inc

Group Visits

If you would like to organise an activity with your group in the garden, please get in touch about access to facilities.



Pictured above: In a collaboration with COTA, East Side Lutheran College and Regis, we were pleased to welcome back students and seniors of our community in a multigenerational meet up in December last year. This was the second gathering as part of another art installation project at the garden. We look forward to sharing this project with you in our next newsletter!

Keeping In Touch

If you would like to get involved at the garden or learn more please visit:

<https://wmnc.org.au/community-garden>

Alternatively, contact Katie - Garden Coordinator
6244 6346 katie@wmnc.org.au

Acknowledgment of Country

Warrane Community Garden acknowledges the Traditional Owners of this land, the mumirimina people of the Oyster Bay Nation. We recognise their continuing connection to Country on which we now gather and garden. We pay respect to and to the Tasmanian Aboriginal community that continue to care for Country, to elders past and present and to the many Aboriginal people that did not make elder status,

Working Bees

The garden's regular working bee is the second Sunday of each month, 9am-12pm. *We also meet weekly on Friday mornings between 10 -12 for a more casual mini-bee.*

All hands are welcome no matter what your level of gardening experience. Come along and meet other volunteers contributing to the wellbeing of the garden and its visitors.

A couple of things that we ask you to bring are: Your own reusable cup (tea/coffee/water are provided), your garden gloves & favourite weeding tool - if you have one.

If you would like to get involved at other times or just on individual projects – like the orchard, the espalier trees, the grapevines, the native garden etc... please get in touch to find out more!



Next Garden Working Bee

Sunday 13th March

9am - 12 noon



Above: December 2021 – building potato towers



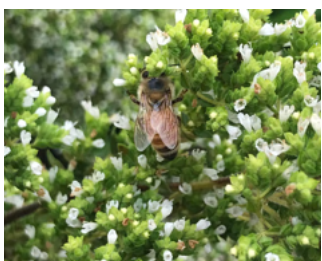
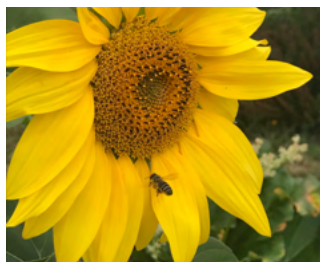
Above: January 2022 – The Great Rhubarb Harvest



Above: December 2021 – Broadbean harvesting



Above: January 2022 – The espalier trees getting some attention



*'The garden invites us.
Winding paths and open spaces,
room to run and hiding places.
We focus, we frolic.
We smell it, we touch it, we taste it,
we name it, we know it.
and when we play with all our senses-
nature grows with in us.'* - Sarah



Sarah and her family recently explored the garden and shared with us this beautiful poem and photos on the garden's Facebook group.

Thank you for sharing such a beautiful experience, Sarah!

If you would like to join the Facebook group, please head on over to:

<https://www.facebook.com/groups/warrancommunitygarden>



Meet Lily! Garden Volunteer

How long have you volunteered in the garden and how did you get involved?

I am the Sustainability Development Manager at Cambridge Child Care Centre.

In 2019 the Centre was looking having children's activities in the garden. Even though Covid 19 meant the Child Care Centre activities couldn't go ahead then, I started coming to the garden regularly and have been volunteering regularly since then.

What kinds of things do you do when you are volunteering at the garden?

Lots of things. Weeding, planting, harvesting, meeting and chatting to others. I enjoy working with children on garden projects on our event days too.

What do you enjoy about volunteering?

It's a good way of meeting people and chatting about gardening and plants, finding other common grounds as well as learning about new subjects too. I feel a greater sense of community. We work and learn together as we grow this community space and the connection people have with it and us. And in the garden you never stop learning; there's always something new to learn about or deal with because the conditions change from year to year.

What has been a highlight or favourite experience for you?

Tomato parenting – It's my second year as a tomato parent for the growing competition. I like the competition. At home I grow them in pots and the challenge of stepping up to grow in raised garden beds is good. This years tomatoes are also part of a citizen science project with the Royal Tasmanian Botanical Garden.

What is a favourite plant and why?



Zucchini. It reminds me of the bottle gourd (*Lagenaria siceraria*), which we call Upo in the Philippines. It can be used in so many different ways even when large. Like soups and sweets, made into spaghetti or stuffed and baked. It is such a productive plant.

What would you say to someone who was thinking about volunteering?

It's a good experience to meet people and learn things. It has given me a stronger sense of community which I missed because I grew up with that. And in the garden there is always creative inspiration on ways to prevent resources going to landfill.

We thank you for your ongoing support, Lily!



Why, hello there!
Meet our first contender in the
"Weirdest Shaped Tomato"
category of our tomato
growing competition with
Bucaan Community House!



Garden Guidelines

To help everyone feel safe and welcome at the garden these guidelines have been developed in consultation with the community.

Pets in the garden

Please ensure pets are on lead when walking through the garden and keep them off garden beds and the growing mounds (which also have food plants).

Children in the garden

The garden is a working food garden. To keep them safe, children should be supervised by an adult when visiting.

Care for all visitors

The garden is an alcohol, drug, & smoke free zone.

You can read more about the guidelines process on our website.

Garden Share Stand

The garden stand has been installed to share free produce, plants, and seedlings with the community. If you have an excess of garden produce, please feel free to add them to the stall.




HARVEST FESTIVAL

SATURDAY 26TH MARCH
9:30 - 11 AM

WARRANE COMMUNITY GARDEN
18 HEEMSKIRK ST

Plant stalls - produce - children's activities - workshops - bbq
fresh flowers - coffee & more