

January 2018

Newsletter

STATE FUNCTIONS ARE ON THE MOVE!

Following on from member feedback on social media some changes have been made to the timing of State Events – starting in February 2018!!

- State Ball will now be held in February – Top Club, Best New Member & Outstanding Member Announced.
- Agfest Dinner will still be held in May.
- Young Farmer Final will be in August.
- AGM will be in September – Study Tours & Graeme Tole Award will be announced at a dinner after the AGM.

Organisation will be rotated throughout the state, clubs in each area will be asked for a couple of volunteers to organise these events as in the past – with the Clubs splitting any profits as 'reward' for their efforts.

If you want to know more – give the admin team a call or ask one of your friendly Board members!

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Working Bees:

- 20th of January
- 17th of February
- 17th of March

All Working bees will be for the whole weekend



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Please submit all collateral for **Rural Youth of Tasmania's Newsletter** by the third Friday of every month to editor@ruralyouth.com.au

State President

Another year come and gone. Are the years getting shorter or am I now just one of those older people who is forever commenting on how quickly time slips away? Either way, this year went by very quickly!

Overall, Rural Youth has had a fantastic year. We accomplished great things, like passing and implementing the new structure and constitution, opened Young Farmer back up to non-members, facilitated the inaugural Rural Youth Discover Agriculture program and pulled off a very productive Agfest Brainstorming, making it through over 40 agenda items. We have a group of passionate, determined young people doing great things within the community and we should all be very proud of that. Our hard work was recognised in the community, with the Agfest Organising Committee making it as Semi-Finalists in both the Tasmanian Community Achievement Awards and the Launceston Chamber of Commerce Business Excellence Awards. We can't forget the amazing moment that Rural Youth won the Building Communities Award at the LCC Business Excellence Awards, an amazing achievement by everyone! Well done to all members on these achievements.

There is still work to be done and as we speak, board members are working hard with clubs to ensure that we are providing the best opportunities for our members. Old clubs that previously had no direction are now fresh and active and club office bearers have more support in their

roles to help them succeed. It is great to see clubs getting out and about. Keep up the good work and remember to always be open to new ideas.

Unfortunately, we cannot say that we made it through the year without some hiccups. There have been incidences where the new processes have not been understood or where members have not acted in the best way. I would like to congratulate members who have taken the higher ground on occasions where others have not. It is a real credit to the organisation as a whole that we have come through the tough times with our heads held high.

Looking to the future, community involvement and safety are major components of Rural Youth's predicted success. We also need to focus on asset developments that not only support our current members but also provide opportunities for future members. We have begun this process and the community has responded well but we need to be more confident in our abilities and be prepared to take calculated risks.

I look forward to seeing what the new year brings. Congratulations to all members and staff on Rural Youth's many achievements this year. Wishing everyone a Merry Christmas and a Happy New Year.

Ashley Evans
State President



CEO—General Manager

This is the last newsletter Matt Tattersall will produce on our behalf, as he is moving to Victoria to take up a new position with Elders. Matt has done a fantastic job with the newsletter, in particular, constantly working to improve the layout and design, we will miss his genius in this area! Due to this move, Matt has resigned from all of his positions on the Rural Youth Board and the Agfest Committee. We wish him well for the future and hope to see him when he returns to the state for work. Sarah Revell has assumed responsibility for Matt's position on the Board, overseeing the Young Farmer & Agriculture & Competitions Coordinators, in addition to the RY Finance position she currently holds. Matt's resignation means we are looking for someone to assist Lucy Bain with Marketing & Communications and also a Young Farmer Coordinator. If you have an interest in these roles or indeed any vacancy on the Agfest Committee, please let me know so we can put your name forward. I have been speaking to an employer of a large organisation in the past couple of days and she reiterated the importance and value that employers put on prospective employees who volunteer. Particularly those, such as our members, who are exposed to so many different, real-life experiences – it just goes to show that taking on a role within the organisation really does provide you with an opportunity that money can't buy when it comes to building your resume and life skills! For those currently undertaking roles, don't forget to update your resume – it could make a world of difference to your application!

Budgets for the coming year were approved at the last Board Meeting and I am extremely excited to report that we will have heating/air conditioning and window coverings in the Function Centre next year! A Contractor has been engaged and work will commence as soon as possible! No more freezing winters in the Function Centre! Power upgrades are also going to be done in the Craft Sheds. Work continues on solving the puzzle that is our Wastewater Management Plan – we will keep you

updated as more information comes to hand.

I had the pleasure of attending Sorell and KH's AGM – it was good to talk to members and hear directly what is important to them and what they would like to see RY do in the future. All Clubs, with the exception of Western Tiers, Devonport & North Motton, have received a visit from Linda, Sarah and Josh, in the past couple of months, these visits have been a great success and will continue next year. The Clubs which have missed out to date, due to timing issues, will be first cabs off the rank in 2018. It is a great way for members to communicate directly to Board Members & Staff, particularly as Regions no longer exist.

In 2018 we plan to reintroduce a formal dinner on the night of the AGM, to be held in September, and we are also changing the scheduling of some events, such as State Ball to allow for a better 'spread' of events throughout the year. As planning progresses, we will keep you informed.

Please keep your eye out on social media, in particular, as expressions of interest for several training courses have either been posted or are going to be in the near future. We have had numerous requests for different courses to be run, but we need people to attend to make them happen – so please let us know if you are interested!

Happy New Year!

Karen

PS I have had feedback that I needed to include a photo – for the members who don't know me – this is the best I could manage!



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AGFEST

Howdy!

Christmas is very much upon us now, with everyone preparing for the festive season with loved ones and friends. I would like to wish everyone a very Merry Christmas and a Happy New year!

The Agfest committee has had their last meeting for the year now which was followed by our Christmas BBQ which was very well attended, thank you to all that attended and everyone that helped organise and facilitate such a great day!

We are in the process of finalising the budgets and informing the committee of their budgets for Agfest 2018 ready for the start of the new year.

The committee is busily planning and organising for the coming year, putting ideas into action now they have been informed of their budgets. After the Christmas and New Year period we can all get started ready for the ramp up towards the three event days.

Again, I would like to wish everyone a very merry Christmas and a Happy New Year!

Till next time,

Owen Woolley
Agfest Chairman 2018

Positions still vacant on the Agfest Committee

Equine

Committee Catering

Committee Catering Asst

Community Groups Asst

Ag Show Council

RY Feature

RY Feature Asst

Waste Management Asst

Parcel Pick Up Asst

Assistant Finance

Assistant Features

Back Ticket Box Asst

Youth Development

Central Arena Asst



MERRY CHRISTMAS FROM TJM TASMANIA



The team at TJM
Tasmania wish you and
your families a very
merry Christmas and
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Club Reports

North Motton

Well, its been a good year for the North Motton club!

We had an absolute blast at the Ulverstone show running the animal nursery! With plenty of animals on show! Even got a mention in the newspaper!

We have recently had our AGM and elected our new committee to head into the year of 2018!

Congratulations to the following!

Korey Stratton - President

Andrew Bates - Vice-President

Georgia Pearce - Secretary

Jake Williams - Treasurer

Danielle Williams - Events Director

Going into 2018 we hope to participate in the local Anzac day service, Ulverstone show animal nursery and we might put an entry into the Christmas parade!

Also oh behalf of the club we'd like to wish Mr Ethan E willy Williams all the best on his Exchange trip to Canada mid next year!

Merry Christmas to everyone and have a happy New Year!

**Cheers,
Korey Stratton**



Hagley

Hagley Rural Youth has had a productive few months, running the Dog High Jump at the Westbury show and more recently holding our AGM where our clubs new office bearers were appointed.

The Dog High Jump at Westbury Show on the 11th of November was really successful with quite a few of our members coming along for the day to help and was a great crowd pleaser as usual. We were lucky to be sponsored by some local businesses for some great prizes for the place getters in our small and big dog categories which didn't quite cover our diverse field of entrants; one talented little lamb also making a guest appearance.

Our AGM was held on the 14th and we welcomed Matthew Wadley as President, Rhys Mills as Vice President, Jacqui Hodgkinson as Treasurer and Liv Lawson as Secretary. Well done everyone and looking forward to a wicked year ahead.

We are now working towards Chudleigh Show where we are running the Dog High Jump again as well as a Ute Competition and the 'Chudleigh Cup'. It would be awesome to see members out and about on the day.

Merry Christmas from Hagley, and if you get your festive on over the Holiday period don't get behind the wheel of your car- let's see 2018 safely in as a ripper year together. Hohoho.



Club Reports

Tamar

Hi All,

The new team held their first club meeting earlier in the month, discussing what 2018 would look like and what the club would like to achieve. This also included a pizza feast as a little welcome/end of the year treat!

The club has decided that we would like to organise a get together for past, present and perspective new members to the club. We are putting a call out to our fellow rural youth members for names of previous club members that we can contact. If you could email tamarry@outlook.com with anyone you think could be interested, that would be appreciated.

Our next meeting is the 8th of January at 7:00pm

Wishing everyone a safe Christmas and Happy New Year!

Lastly, the whole club would like to congratulate President Andrea Craigie and wish her the very best for her upcoming wedding in January.

Till next time, from the Tamar team!

Emily Nixon
Tamar Club Secretary

Oatlands

We have had a quiet month here at Oatlands Rural Youth, and with the silly season upon us we are starting to wind down for Christmas. Last Friday we entered a float in the Oatlands Christmas pageant. A great night was had by all involved, whether they were dressed up on floats or watching from the crowd.

I would like to wish everyone a very Merry Christmas from all of us here at Oatlands Rural Youth and we hope you all have a safe and prosperous New Year.

Brady Robins
0437 111 327

Sorell

We it has come time again to settle down for the silly season to begin, on behalf of Sorell I wish you all a safe and Merry Christmas and a happy new year, and please if you are out and about on the roads be stay safe.

On the 11th December we held our AGM at Rebecca Whites Comminty meeting building art Sorell, and our new committee is as follows;

President—Sarah Birch

Vice President—Ella Curtain

Secretary— to be filled

Treasurer—Madeleine Bainivalu Banks

Newsletter Reporter—Dave Lucas

Website Coordinator— Madeleine Bainivalu Banks

I wish the incoming committee the very best for the future, with some great ideas all ready being tossed around, look out for big things from Sorell in 2018.

Mattt Tattersall
0457 546 403

FIRST AID COURSE

I would like to narrow down a date in early 2018. (perhaps a weekend in February) to facilitate it at Quercus.

The course is run over 2 days can be held on weekdays or weekends, they can be 2 together or split days as well.

Please contact Josh Taylor for more information

**TJM
HOBART
ARE
MOVING!**

**NEW LOCATION FROM
JANUARY 2018**

219 MAIN ROAD
DERWENT PARK, TAS



Mental Health and the Farming Community

Today we are finding that mental health is not talked about often enough in many farming communities.

Mental Health is not just about conditions such as depression or anxiety, mental health is complex and includes how you cope with the normal stresses of life, your ability to work productively and enjoy life, to name a few.

Poor mental health and an inability to cope with these can lead to fatalities. Death by suicide is climbing at an alarming rate within farming communities. Suicide remains the leading cause of death for many men and women, in Tasmanian rural communities aged between 15 and 44.

Many people may experience or be at risk of developing mental health conditions such as depression and anxiety. Developing depression or anxiety can happen over time as a result of a sudden traumatic experience or event such as a natural disaster, toxic relationships or loss of a friend or family member.

Normal reactions to traumatic events or experiences can be some or all of the following:

- Feeling overwhelmed, numb and detached
- Inability to focus or plan ahead
- Constant tearfulness
- Intrusive memories or bad dreams related to the event
- Sleep disturbances
- Constant questions – “What if I had done...?”
- Replaying the event and inventing different outcomes in order to be prepared should it happen again.

These reactions can be severe and debilitating, if day to day functioning is seriously affected for two months or more it is important to seek help and consult with your GP or a mental health professional. Everyone is different, therefore there are different ways you can help or keep positive mental health such as:

Friends, Family and Support

Spending time alone can make you feel lonelier and cut off from the world, which can have a negative mental wellbeing and mental conditions may become worse, making recovery harder.

It is important to try to spend time with family and friends, and keep saying ‘yes’ to social invitations – even if it’s the last thing you feel like doing.

Talking about how you are feeling with someone who is caring and supportive can help, even if you are not looking for support, it can still be helpful to let family and friends know what you are going through. Making friends and family aware can help them to better support you.

There are organisations such as Rural Alive & Well (RAW) who are here to help, they provide outreach support to rural Tasmania that is available 24/7, their outreach workers will come to you, or alternatively talk on the phone. They offer a friendly ear in a difficult time, provide information, support and strategies to help, as well as linking you to relevant services that can assist. Their service is free and confidential.

If you don’t want to interact or talk, try an activity where you don’t have to make conversation, like going to the movies, group exercise classes, or playing a sport. Staying connected is vital as it improves your mental wellbeing and confidence.

Maintain a healthy lifestyle

Eat well – Food plays an important role in maintaining physical and mental health. Eating a nourishing, balanced diet helps to give people and overall sense of wellbeing.

Keep Active – Regular physical activity helps to prevent or manage mild health conditions and help maintain positive mental wellbeing. Exercise causes the release of natural chemicals in the brain, endorphins.

Sleep well – Getting a good night’s sleep is crucial for mental health conditions and wellbeing. Having



Mental Health and the Farming Community cont.

a regular sleep pattern and getting enough "deep sleep" will help maintain positive mental wellbeing. Deep sleep occurs during the first five hours after falling asleep.

Time Out – Take time from your busy work life to take time for yourself. This can be doing an activity you enjoy such as going for a ride, yoga, exercise, go for a walk. This is a time to put your "mind in neutral", to not think about everyday stresses of life.

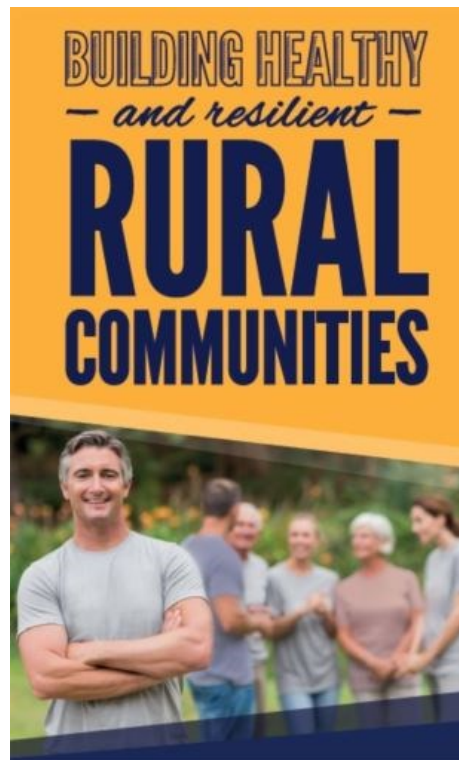
To find out more about mental health please follow any of the links below.

<https://www.beyondblue.org.au/home>

<http://www.rawtas.com.au/get-help-now/fact-sheets-information.aspx>

To talk to a RAW outreach worker call 1300 HELP MATE (1300 4357 6283) . They are available anytime, anywhere.

Watch this space for further work around Mental Health by Rural Youth



Rural Youth Tasmania - Agfest Organising Committee was presented as a Semi-Finalist in the prestigious Ricoh Business Centre Hobart Community Group of the Year Award by The Hon Will Hodgman MP, Premier of Tasmania at the 2017 Tasmanian Community Achievement Awards Presentation ceremony held at the Hotel Grand Chancellor, Hobart on Friday 1st December.

The Awards were hosted by Peter Murphy, Southern Cross Television and 400 guests gathered from across the State, to celebrate Tasmania's high achievers and community contributors.

Rural Youth Tasmania - Agfest Organising Committee share a vision of 'Growing Rural Tasmania'. The 119 Rural Youth Tasmania members, with a small team of paid staff, delivered , the nationally acclaimed 2017 Field Day event attracting over 62,000 visitors.



January 2018

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2 Head Office Reopens	3	4	5	6	7
8 Tamar Club Meeting	9	10	11	12	13	14
15	16	17	18 Agfest Meeting	19	20 Working Bee	21 Working Bee
22	23	24	25	26 Australia Day	27	28
29	30	31 Board Meeting				

Club Contacts

Northern Region

Hagley	Matthew Wadley	0447 171 284
Tamar	Andrea Craigie	0477 377 311
Western Tiers	Stuart Cresswell	0488 666 365
Westmorland	Matthew Bayles	0400 580 005

North West Region

Devonport	Mitchell Grey	0458 658 287
North Motton	Korey Stratton	0427 050 404

Southern Region

Brighton	Breeanna House	0447 774 077
Central Highlands	Oliver Haigh	0487 928 844
Kingborough—Huon	Kaysie Wood	0408 297 021
Oatlands	Phil McConnon	0400 561 540
Sorell	Sarah Birch	0437 500 420

