



OKINES

Community House

NEWSLETTER
TERM FOUR
2014

Servicing the Southern Beaches including Lewisham - Forcett - Carlton -
Dodges Ferry - Primrose Sands

Okines Food Co-op right on your doorstep

Did you know there is a fabulous Food Co-op located here in Dodges Ferry?

Okines Food Co-op is in its second successful year of operation and going strong. Easy to find, its situated at the local Community Garden space adjacent to the Dodges Ferry Primary School

The Co-op stocks a wide range of mostly organic food as well as some cleaning products at very good prices.

The Co-op is largely operated by enthusiastic volunteers from the community with support from Okines Community House. The

Food Co-op is open for members to purchase items on Sundays from 9.30am to 12pm and Tuesday afternoons from 3pm to 6pm.

New members are very welcome. If you are interested in joining you can find out more by phoning

(03) 6265 7016 or emailing

foodco-op@

okinescommunityhouse.com.au



Cooking classes come to an end - for now

Many of you from our local community have had the pleasure of participating in the Okines Healthy Cooking sessions with tutor Renee Loh funded by the Tasmanian Government Food for all Tasmanians program. The

response has been overwhelming to these classes with a waiting list at the beginning of each term. Sadly the 2 year funding has come to an end so cooking will not appear on this term's program. However, Okines is com-

mitted to providing future opportunities to access this wonderful resource, we look forward to being able to share a positive outcome in the near future.

OKINES COMMITTEE MEETINGS

Meetings will alternate monthly between every 3rd Friday & every 3rd Wed.

Friday 17 Oct 2014

@ 10.30am

Wednesday 19 Nov 2014

@ 7pm

Community Advisory Group

Okines Community House aims to provide a central platform from which community based services, programs and projects can be developed that meet the needs of our community at a local level.

The Community Advisory Group (CAG) welcomes representatives from community organisations, community members, local business and Sorell Council to identify and determine the needs of our community. Next meeting will be held **18th February at 10.30am** at Okines Community House.

ABOUT THE NEWSLETTER

The Okines Community House Newsletter is produced quarterly corresponding with school terms and is distributed via Australia Post throughout Dodges Ferry, Forcett, Lewisham, Carlton, and Primrose Sands.

Not for profit community groups are welcome to submit notices or general articles. Inclusion of articles is under the discretion of the Coordinator and Committee who reserve the right to edit the material to suit presentation and available space.

Contributions can be submitted via email to admin@okinescommunityhouse.com.au.

Closing date for the next issue is Friday 16th of January, 2015.

Please note the opinions expressed in articles are not necessarily the views of the staff and Committee of Okines Community House.



PITTWATER ART GROUP

- Painting in all mediums -

Tuesdays: 2hr sessions 10am-12noon
(*Plus two x 3 hour sessions. 10am - 1pm)

- 14/10/2014 - 3 hour session*
- 21/10/2014 - 2 hour session
- 28/10/2014 - 3 hour session*
- 4/11/2014 - 2 hour session
- 11/11/2014 - 2 hour session

Venue: Supper Room Memorial Hall Cole St. SORELL

Enquiries: Gail 62658775 or Louisa 0439799178

SORELL ON STAGE!

Interested in Acting? Directing? Back stage crewing?

Any aspect of theatre?

We are always looking for more people. Sorell on Stage meets twice a week, Thursday and Sunday.

Sorell Memorial Hall 7pm.

2014 season mid January – November.

Contact 6106 0071

SOUTHERN BEACHES MARKET

Local Arts, Crafts, Musicians & Produce

Don't miss out, 1st market of the season,
Sunday 19th October, includes
SBCS Car Boot Sale 10am to 2pm

Okines Community House
(next to Dodges Primary School)
Dodges Ferry

find us on Facebook

www.dodgesmarket.blogspot.com

03 62659862

CAR BOOT SALE

10am - 2pm Sun 19th Oct
3rd Sunday
Oct - March

Dodges Ferry



Okines Community House

SBCS Fundraiser

\$15 to park & sell your car boot

Don't sell your garage bring your stuff to the car boot sale

SBCS
Southern Beaches
Conservation Society -
Tasmania

Please book, limited spots

Angela T: 0427931016

Term 4 Program - book early places are limited

MONDAY

FROM WITHIN PILATES - Tutor Salomé Rosa

A Pilates based class designed to improve alignment, balance, core strength and flexibility. One hour mat class, in a relaxed friendly environment, suitable for beginners or those with previous experience.

Venue: Okines Community House

Mondays: 8.50am to 9.50am starts 6th October 2014

(casual rate \$20 per session)

Fee: \$150 per term (10 weeks) [no class on 3 November '14]

Contact: Salomé on 0437 405 213 for more information.

***Please bring an exercise mat**

Salomé is an accredited Pilates Practitioner, Rehab and Fascial Fitness Trainer.



From Within Pilates

CRAFT CLUB

Are you looking for a weekly get together with friends to chat and share your love of craft? Then the Okines Arts and Crafts Club may be for you. All welcome to come along, work on own individual projects or join in group projects aimed at creating useful items for donation to charities and other organisations focused on achieving positive outcomes



Venue: Okines Community House

Day: Monday **Starts:** ongoing

Time: 10.30am to 12.30pm **Fee:** \$2

Contact: 6265 7016

YOGA FLOW - Tutor Jackie Graham

Yoga Flow Classes are a blend of traditional asana, breathing, relaxation and flowing fluid movement aimed at moving with ease, improving posture, building strength, and freeing the breath. Increased physical vitality, emotional stability and clarity of mind are a natural consequence of a yoga practice. Your tutor Jackie is an experienced yoga teacher with extensive training in yoga & dance. Her work is influenced by her yoga teacher training with internationally renowned yoga instructor and movement therapist Donna Farhi.

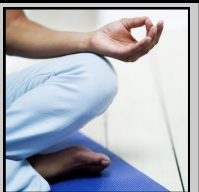
Venue: Okines Community House

Day: Mondays

Time: 6.30pm to 8.00pm ongoing

Fee: \$15 per session

Contact: Jackie on 6265 7716



TUESDAY

40+ FUN FITNESS CLASSES - Tutor Karyl Michaels

TONIC

Tuesday
6.15pm - 6.45 pm

Thursday
6.15pm - 6.45 pm



Tonic incorporates strength training moves using hand weights to music. Tone and strengthen and increase everyday calorie burn. Weights provided.

RHYTHM & TONIC

Tuesday
6.50pm - 7.20 pm



Rhythm & Tonic Rhythm and Tonic fuses body-sculpting techniques using light dumbbells (or weighted toning sticks) with international rhythms. Shake your booty in a fun low impact total body workout. Weights provided. Some toning sticks available (OR bring your own).

SHIMMY

Tuesday
7.25pm - 7.55 pm



Shimmy uses belly dance moves and music that will put a smile on your lips and a wriggle in your hips. Get fit have fun and free your inner goddess. Hip scarves provided (OR bring own).

KIKBOX

Thursday
6.50pm - 7.20 pm



KIKBOX full body workout using martial arts moves, kicks and punches to music. Have fun improving coordination, strength and stamina.

Venue: Okines Community House

New class timetable from Tuesday 28 October

Fee: \$5 casual class

fizzicalfusion@gmail.com

Contact: 0468 389 659

All classes are low impact with no prior experience needed. Bring towel or mat and water.

Term 4 Program - book early places are limited

TUESDAY

STEINER PLAYGROUP - now on Tuesdays

The aim of Steiner Playgroup is to develop a sanctuary of safe play for children and an oasis of peace and friendship for parents. All activities and materials are chosen to support environmentally friendly practice.



Venue: Okines Community House

Continuing: 14th October 2014

Time: 10am to 12pm **Fee:** \$3 plus a piece of fruit

Contact: Megan on 0429 137 287

DISCOVER THE MAGIC OF INFANT MASSAGE



Learn how to massage your baby/infant with certified instructors. Benefits include: bonding; strengthens the immune system; helping the child settle; improves sleep; relieves discomfort;

reduces crying; enhances cognitive and motor development and relieves problems such as wind, colic, reflux, constipation and eczema.

Provides a wide range of benefits to children with special needs and has helped reduce post-natal depression.



Venue: Okines Community House

Starts: Tuesday 21st & 28th October & 4th November, 2014

Time: 12pm to 1pm

Fee: \$100 for 3 x 1 hour sessions

Bookings & enquiries: Phone: Jill on 0408 879 192 or Pip on 0407 846 522

BUS TRIP Crawleighwood Garden (Nicholls Rivulet, Cygnet)



Be sure to put your name down for November's bus adventure to the luscious Crawleighwood Garden. This 2 hectare garden nursery features lush rhododendron woodland and rainforest with myrtles, rare & unusual

plants, a wide variety of deciduous trees including maples, meandering paths, stone walls and a Gondwanan arboretum.

Day: Tuesday 18th November 2014

Time: Bus departs Okines 9am returning by 3pm

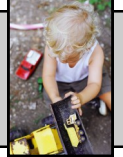
Fee: \$10 **Contact:** Bookings essential on 6265 7016

*BYO lunch

WEDNESDAY

OKINES PLAYGROUP - Facilitator Tamara McGuire

Sessions of the Okines Playgroup are in full swing. Okines Playgroup is a weekly guided playgroup session for parents of children 0-5 yrs of age (held throughout the school term). Playgroup sessions are structured around providing a different activity each week, sharing of morning tea, reading, songs, and some free play.



Venue: Okines Community House

Day: 10am to 12pm during school term

Fee: \$2 and a piece of fruit to share

IYENGAR YOGA - Tutor Gabe Gartrell



the yoga effect
be well, give back

Iyengar yoga is open to all people as a holistic approach to improving and maintaining wellbeing.

- Strengthen your body
- Improve your mobility
- Correct your posture
- Calm your mind
- Develop inner strength

Venue: Okines Community House

Day: **Tuesday** 6.30am to 7.45am (Level 2)

Wednesday 6pm to 7.15pm (Beginners)

Thursday 9am to 10.15am (General)

\$16 casual attendance or \$145 for a 10 class pass. Private tuition \$70

TAI CHI - Tutor Sue Duffy

Tai Chi is an effective exercise for health and wellbeing. Tai Chi can help with a range of disorders including anxiety, arthritis, joint stiffness and stress. People of all ages and fitness levels can enjoy Tai Chi and gain positive health benefits.



Venue: Okines Community House

Day: Wednesday ongoing 10am to 11am

Fee: \$4 **Contact:** 6265 7016

Term 4 Program - book early places are limited

THURSDAY

BASIC INTRODUCTION TO COMPUTING

(Book early as class max is 6)

These sessions are designed for people with minimal to no computer experience. Participants will learn how to identify different parts of a computer, how to turn on and safely shutdown your computer; how to use a mouse; as well as become familiar with the desktop; learn how to open, create and save a document; as well as basic internet searching and email. This course is run at a relaxed pace, ideal for people who aren't familiar with using a computer.

Venue: Okines Community House
Starts: Thursday 13 November 2014 for 6 weeks
Time: 9.30am to 11.30am, **Fee:** \$2
Contact: 6265 7016



SONAR COMMUNITY SINGING GROUP

Called SONAR because we live in this beautiful coastal village, where the whales come to visit. We are a creative community group who sing together to celebrate nature and our lifestyle here; we have a "whale of a time". SONAR welcomes new members and is open to anyone who would like to come along and sing, no audition required. All music supplied

Day: resumes 16 October 2014
Time: 7pm to 9pm **Fee:** \$5 per week
Venue: Okines Community House
Contact: Diane Hansen Phone 0408 328 132

GUITAR LESSONS

Is anyone interested in learning guitar? Okines is currently taking details of interested people for guitar lessons. All styles catered for. The tutor needs 4 people enrolled for the class to go ahead. The start date will be confirmed once numbers are reached.



Venue: Okines Community House
Day: Thursdays (start date to be advised)
Time: Beginners & 10 years upwards 5.00pm to 6.00pm.
Advanced and adults 6.00pm to 7pm.
Fee: \$40 for 4 lessons
Contact: 6265 7016 to register interest
* Must have own guitar

THURSDAY

PERSONAL HELPERS & MENTORS (PHaMs)

PHaMs Sorell (Anglicare) will be available to have chats with people who may be interested in the PHaMs program which is a free service which comes to you. The program is appropriate for people who acknowledge they experience some form of mental health issue/s (no diagnosis required) that impacts on their quality of life.

Venue: Okines Community House
Day: Last Wednesday of every month (except public holidays)
Time: 10am to 11pm **Contact:** 6213 3681

OKINES BOOK CLUB

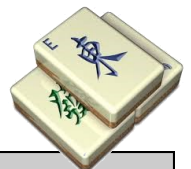
The Okines Book Club is a popular and mentally stimulating activity. Share your passion for reading, meet some new people, share a meal and discover new books. There is a membership fee, and books are organised through the LINC (State Library).



Venue: Okines Community House
Day: Every third Thursday of the month next one 16 Oct 2014
Time: 12.30pm to 2.30pm
BYO plate of food to share **Contact:** 6265 7016

MAHJONG MORNING

Why not join our weekly mahjong games on Thursday mornings during school term. This is a great opportunity to grab a cuppa, have some fun, exercise the brain, and meet new people.



Venue: Okines Community House
Day: Thursdays during school term, next one is 16 October 2014
Time: 9.30am to 11.30am **Fee:** \$2 **Contact:** 6265 7016

FRIDAY

SPINNING GROUP

The spinning group is a wonderful social activity. It meets every Friday. Bring along your spinning wheel and wool and whatever piece you are currently working on. New members most welcome to come along and join a rapidly growing and very friendly group of spinners.



Venue: Okines Community House
EVERY Friday **Time:** 10am to 3pm **Fee:** \$5
Contact: Carol on 62659414 or Rita on 6248 6049

Term 4 Program - book early places are limited

FRIDAY

EATING WITH FRIENDS

Come along to our very successful Eating with Friends Program held on the last Friday of each month. Eating with Friends brings together people to enjoy a nutritious two course meal with friends.

Venue: Okines Community House
Day: next one 31 October 2014
Time: 12pm to 2pm **Fee:** \$7 for 2 course meal
Contact: 6265 7016



***Bookings essential for catering purposes, please advise if you have any special dietary requirements.**

**CHRISTMAS EWF LUNCH WILL BE ON
12 DECEMBER 2014**



FELDENKRAIS

AWARENESS THROUGH MOVEMENT

Movement and the Art of Changing Your Age

Our knowledge of our age sometimes dictates how we think about ourselves so.....

Surprise your Self!



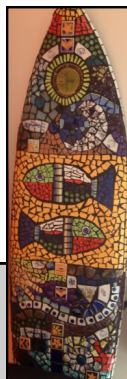
In this 5 week series of gentle Awareness through Movement classes we explore movement patterns that engage your brain to maximize your agility, enhance your wellbeing and restore ease and grace to your movements, and begin to change your age!

Venue: Okines Community House
Day: starting 10th October 2014 for 5 weeks.
Time: 3pm to 4pm **Fee:** \$16 per session
Contact: Call Wendy to reserve a place on 0447 120 688 or email: unfurlyourself@gmail.com

WEEKEND WORKSHOPS

MOSAICS (one day workshop) - Kerry Howlett

This one day workshops always gets great feedback from participants. Have you done your mosaic house number yet, alternatively a great opportunity to make that special Christmas gift. Learn everything you need to know about mosaicing including how to cut/break tiles, glue and grout.



Venue: Okines Community House
Date: 22 November 2014
Time: 10am to 3pm
Fee: \$40 & BYO lunch to share **Contact:** 6265 7016

100th Anniversary

Centennial Concert featuring The Men in Black
Saturday 18th October 7:30pm.
Adult-\$10 Child-\$5.

The concert is to celebrate the hall's 100th year anniversary & to honour the men of Forcett who died in the Great War. There will be some popular War songs.

Ticket cost includes supper & lucky door prizes. There will be a raffle with great prizes.

Tickets available at Forcett Pit Stop or phone Sharon on 6265 9174. Some door sales will be available.

Okines Community House - Christmas Closure -

Okines Community House will be closed over the Christmas period from 3pm, Friday 19th December, and returning 9am, Monday 12th of January 2015

The Committee and Staff wish everyone in advance a very enjoyable and safe Christmas and a happy New Year.

Term 4 - 2014 Program

MONDAY	TUESDAY	WEDNESDAY
<p>FROM WITHIN PILATES 8.50am to 9.50am, weekly, from Monday 6 October 2014, \$150 per term (10 weeks) casual \$20, contact: Salome on 0437 405 213</p> <p>CRAFT CLUB 10.30am to 12.30pm, weekly ongoing, gold coin, contact: 6265 7016</p> <p>YOGA FLOW 6.30pm to 8pm, cost \$15 per session, contact: Jackie Graham 6265 7716</p>	<p>IYENGAR YOGA 6.30am to 7.45am, Level 2 session, \$16 per session or \$145 for a block of 10 Contact: Gabe 6265 7907 or 0457 024 267</p> <p>FIZZICAL FUSION TONIC 6.15pm to 6.45pm, starts 28 Oct 2014, \$5 casual, contact Karyl on 0468 389 659</p> <p>FIZZICAL FUSION RHYTHM & TONIC 6.50pm to 7.20pm, starts 28 Oct 2014, \$5 casual, contact Karyl on 0468 389 659</p> <p>FIZZICAL FUSION – SHIMMY 7.25pm to 7.55pm, starts 28 Oct 2014, \$5 casual, contact Karyl on 0468 389 659</p> <p>BUS TRIP – CRAWLEIGHWOOD GARDEN 9am to 3pm on Tuesday 18 November 2014, cost \$10 Contact: 6265 7016</p> <p>STEINER PLAYGROUP 10am to 12pm, weekly, \$4 plus bring a piece of fruit, Contact: Megan on 0429 137 287</p> <p>INFANT MASSAGE 12pm to 1pm, starts 21 October 2014, for 3 weeks, \$100 for 3 x 1 sessions, phone: Jill on 0408 879 192 or Pip on 0407 846 522</p>	<p>TAI CHI 10am to 11am, weekly, \$4, ongoing, Contact: 6265 7016</p> <p>OKINES PLAYGROUP 10am to 12pm, weekly, \$2 plus bring a piece of fruit, commencing , 15 October 2014 Contact: 6265 7016</p> <p>IYENGAR YOGA 6pm to 7.15pm, Beginners, recommencing \$16 per session or \$145 per block of 10, Contact: Gabe 6265 7907 or 0457 024 267</p>
THURSDAY	FRIDAY	WEEKEND WORKSHOPS
<p>MAHJONG MORNING 9.30pm to 11.30pm, next one 16 October 2014, Cost \$2</p> <p>BASIC INTRO TO COMPUTING 9.30am to 11.30am, 13 November 2014 for 6 weeks, Cost \$2</p> <p>OKINES BOOK CLUB 12.30pm to 2.30pm, 3rd Thursday of month, Contact: 6265 7016</p> <p>PHAMS – Personal Helpers & Mentors 10.00am to 11.00am, last Wednesday of every month, ph: 6213 3681</p> <p>FIZZICAL FUSION TONIC 6.10pm to 6.45pm, 30 Oct 2014, \$5 casual, contact Karyl on 0468 389 659</p> <p>FIZZICAL FUSION – KIKBOX 6.45pm to 7.20pm, starts 30 Oct 2014, \$5 contact Karyl on 0468 389 659</p> <p>SONAR COMMUNITY SINGING GROUP 7pm to 9pm, \$5, Contact: Di Hansen on 0408 328 132</p>	<p>EATING WITH FRIENDS 12pm to 2pm, last Friday of every month, \$7 for 2 courses, Bookings essential: Contact: 62657016 *Christmas lunch will be 12 December 14</p> <p>SPINNING GROUP 10am to 3pm, Every Friday, \$5 per session. Bring along, spinning wheel and wool. Contact: Rita on 6248 6049</p> <p>FELDENKRAIS 3pm to 4pm, commencing 10 Oct 2014 for 5 weeks, \$16 per session, Contact: Wendy Leewood on 0447 120 688 or e:unfurlyyourself@gmail.com</p>	<p>MOSAICS 10am to 3pm, one day workshop 22 November 2014, Cost: \$40, BYO lunch to share, contact: 6265 7016</p> <p>GARDEN GATHERINGS Garden workshops will be held on the third Sunday of every month and will coincide with the Southern Beaches Market over the summer months. Workshops will explore different aspects of sustainable living, such as exploring energy efficiency and evaluating our ecological footprint.</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>*Dates to remember* Okines Community House Inc. Committee Meetings: Friday 17 Oct 2014, 10.30am Wednesday 19 November, 7pm CAG Meeting Community Advisory Group Wednesday 18 Feb 2015 10.30am Seniors Week Bus trip to Salmon Ponds & New Norfolk, Tuesday 14 October 2014, 9am to 4pm, \$10 Afternoon Tea & Movie, Wednesday 15 October 2014, 1pm, gold coin</p> </div>

Okines Community Garden

What happened to winter? Did I miss it? Aside from the obligatory winter solstice swim, I had my first swim of the season on one of those unseasonably 'hot' days in late August. Normally I am more in line with tomato planting time for my first dip in the chilly sea, but this year we are all out of whack.so when to plant tomatoes then? Don't ask me, I am well and truly confused. We may still be tricked with a late frost or even snow...who knows? Peas planted as an experiment early in March are producing bumper crops, while those planted at the usual pea planting time just didn't germinate, presumably because it has not been cold enough down here in sunny Dodges Ferry.

Things did not slow down too much over the cooler months this year and the Grow and Learn Program saw grade 4 and 5 classes from Dodges Ferry Primary School working hard on investigating the adjacent wetland, culminating in a big revegetation program supported by the local Landcare group who provided advice on species and donations of plants. Hundreds of natives have been planted between the main road and the pond in an effort to increase habitat, slow the water flow and generally increase the health of this very important ecosystem. The school groups also experimented with no-dig gardening by creating mini raised beds in cylinders of chicken wire. These can be seen popping up all over the grassy area near the big



eucalypt and are now host to some very healthy broad bean plants, proving that you don't need to have lots of space or amazing soil to grow good food.

This school term we will be creating straw bale gardens with the grade four classes and making compost tea and other liquid fertilisers with grade fives, so if you want advice, recipe or instructions on these techniques come and visit us a few weeks into term 4 or ask those clever grade 4 and 5 kids how they did it.

Over winter we have been fortunate enough to hire out a few more private plots. These plots are designed to give people who don't have space or suitable growing ground the opportunity to grow their own veg while being part of the community garden buzz. We learn from them and they learn from us and each other. For a small annual fee, anyone can hire a plot, full to bursting with delicious organic soil, ready to plant food crops of their choosing. Plot hirers

have access to our water (and tools when we are on site) and have the advantage of being able to potter alongside other keen gardeners, share tips, recipes, seeds, seedlings or swap produce. If you are interested in hiring a plot for yourself or your family, contact us here at the garden and we can find you a space. Note: Please don't pick produce from those plots labelled with a "Private Plot" sign, a lot of TLC has gone into them and the owners would be most upset to find all their basil has been picked on the day they planned to make pesto .

Unfortunately November also sees the culmination of the Food For all Tasmanians Funding. This two year grant allowed us to embark on various projects such as the building of the Pizza Oven, the establishment of the Food Co-op (many thanks to Jill) , the creation of the Medicinal Herb Garden (muchas gracias Jess), the Grow and Learn program in conjunction with Dodges Ferry Primary School, weekend garden gatherings with music and Pizza. It has also made events such as the Seasonal Soirees and Harvest Feasts possible due to the extra time we have been able to spend here at the garden coordinating volunteers and projects alike. With the end of this funding imminent we are sad to report that some of the above projects will be on hold until extra funding is secured. We are busy applying for grants (thank you Julia Curtis for countless hours grant writing for us) so that we can continue to provide the community with the events that have become so popular. In the spirit of gardens all over we will wait and see what the season brings; to nurture that which flourishes and accept that which just needs turning over in the compost to make way for something new. In the meantime we will keep watering the carrots and feeding the worms.



Happy gardening.

Gabe and Claire.

ps: A few people need special thanks for their amazing volunteer work in the garden, Agnes and the 'tank of thinkers' gathering inspiration and ideas, Pete the wonder weeder, Antony for his creative and quirky recycled seating creations, Anne for her tender care of all the native plants and us, Nanny Barb, Julie, Vicki, Dot and Babs plus Pauline, Claire and Denise for regularly colouring up the garden with yarn bombing creations.

Food Assistance

- available at Okines on Wednesday afternoons -



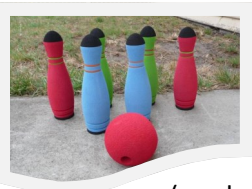
SecondBite redistributes surplus fresh food to community food programs around Australia. Food is donated by farmers, wholesalers, markets, supermarkets, caterers and events. This high-quality surplus food is redistributed to community food programs that support people who are homeless, women and families in crisis, youth at risk, indigenous communities, asylum seekers and new arrivals.

Thanks to the excellent work from **Second Bite** Okines Community House are pleased to be able to provide access to quality, healthy food such as bread, vegetables and fruit. (items differ week to week), to those in need, at no cost.

If you are in need of these items, they will be available by calling into Okines Community House on:

Wednesdays between 1pm - 4pm

TOY & BOOK LIBRARY



Okines Community House has a Toy & Book Library which includes a selection of books, toys and baby items available for collection during our normal operating hours

(see back page for opening hours).

For information about how to use the library please contact the office on 6265 7016 or email: admin@okinescommunityhouse.com.au.

Southern Beaches Regional Arts

Show and Tell Meets

Every second Tuesday in the month from February –December, at the Lewisham Tavern!

6pm for a friendly meal! 7pm for

“Show and Tell”!

Feature artist every month!

Bring your art to show!

Contact 0407 851 706

BREAKFAST CLUB



The Okines Breakfast Club in partnership with Dodges Ferry Primary School will re-commence in term four at Okines Community House on **Tuesday 14th October**

2014. Breakfast is offered Tuesday and Thursday mornings from 8am. If you would like to be included on the Breakfast Club roster by phoning 6265 7016 or email: admin@okinescommunityhouse.com.au.

CLEAN UP SOUTHERN BEACHES

Volunteers welcome

Meet at 8.30am on the 4th Sunday of every month in the car park in front of the Dodges Ferry Tavern

Contact Lorraine by email: loron@iinet.net.au or ring Ian and Gail on 6265 8758



**SOUTHERN BEACHES LANDCARE/
COASTCARE INC.**

C/- Post Office
DODGES FERRY TAS 7173
ABN 59720014733

20+ Years of Community Caring For Coast and Country

SBL/C general meetings are held at 9am on the **first** Friday of each month at Okines Community House. Working bees are held on the third Saturday of each month at various locations. Primrose Sands group hold working bees on the first Saturday of the month and Clean Up Group working bees are held on the fourth Sunday.

For more info. Please ph: 6265 8682 or email: southernbeacheslandcoastcare@gmail.com

Pittwater Photography Group



**We meet each Wednesday for
Friendship, Fun, Food and Adventures
with our Cameras.**

From Beach to Bush to Back Roads...

We carpool and share the petrol cost.

Membership is just \$6 per year through the

PITTWATER COMMUNITY CENTRE

34 Hoffman St, Midway Point 7171

Enquiries michelle.pears@bigpond.com or

0407851706



Pembroke Park Sorell

Tuesday Nights

Oct 21st-Dec 16th

www.facebook.com/#!/southeastunitedfc

<http://seunitedfc.org/summer-sixes/>

Small sided soccer for ages 7yrs to adults

Contact Antony on 0400 474 388 or

Andy on 0432 077 010.

PHOTO COMPETITION



We have finally chosen some photos from the competition which was held in January for the refurbished Information Hut map.

We would like to acknowledge and thank contributions from Carol Chapman, Jason Buckley, Judy Pearson, Phil Hammer, Melinda Reed and Matt Bayes. The map looks fantastic thanks to Matt Bayes Graphics Design and Multimedia for all of his work that went into it. The map should be erected in sometime October.

PRIMROSE SANDS - COMMUNITY ACTIVITIES -

Ladies Day

Held every second Wednesday, \$8 for cooked lunch includes Raffle & Lucky Door Prize. 12pm - 3pm at Primrose Community Hall. For more info. phone Barbara on 6265 5098

Cards

Held every second Monday 12pm to 3pm at Primrose Community Hall, BYO plate optional. For more info. phone Maree on 6265 5304

Line Dancing

Held every Friday from 10am to 12pm at Primrose Community Hall, Cost is \$4. For more info. phone Barbara on 6265 5098

Eating with Friends

Every 3rd Sunday of each month at Primrose Community Hall, 3 courses for \$12 as well as a lucky door prize. For more info. phone Gail on 6265 5495 or Maree on 6265 5304

Primrose Sands Community Youth

Thursday evenings

6pm - 8pm, Ages 8 - 16, \$1 entry

Supervised activities include: basketball, indoor hockey & soccer, dodge ball, volleyball, mini footy, indoor cricket, craft, karaoke, video games and board games.

There is an area where young people can just sit and chat. We have a dedicated group of volunteers who come along each week and perform their particular roles with enthusiasm.

New, Improved NILS Loans!

- ◆ up to \$1200
- ◆ expanded range of items



NILS Network of Tasmania Inc

The NIL\$ Network provides interest-free loans of up to \$1200 for essential household items, such as fridges, washing machines, beds and hot water systems.



NILS is also now available for:

- Car Registration
- Car Repairs and Car Tyres
- Computers (no restrictions)
- Dentures and Orthodontic Treatment
- Household Repairs and Maintenance
- School trips
- Carpets and curtains (restrictions apply)

Interested in finding out more about NILS?
☎ phone us on **1300 301 650** for the cost of a local call
(or pick up a brochure at Okines Community House)

To be eligible for a loan you must:

- * Have a current Health Care Card or Pension Concession Card
- * Have lived at your current address for at least six months
- * Be able to repay the loan.



Pittwater Community Centre and Okines Community House introduce...



's Angels DRIVER MENTORING PROGRAM

Our new Learner Driver Mentoring program, *L's Angels*, is up and running!

- Using our new L's Angels car, our volunteer driving mentors will provide an opportunity for learner drivers who do not have anyone to supervise their learner driving experience to gain the required on-road driving hours required to sit the test for their car licence.

Help for Learner Drivers!

- We are now accepting applications from learner drivers who would like to participate in the program. If you don't have anyone in your family or household with their full driver's licence, or if you don't have access to a car to gain on-road driving experience, please give us a call and we can discuss whether this program may meet your needs.

Looking for a rewarding volunteer experience?

- We are looking for people to join our mentoring team. You need to be over 25yrs and have no licence suspensions or disqualifications for the past 2 years. This is a great volunteering opportunity that allows you to share your knowledge and experience and rewards you with the satisfaction of supporting someone to achieve a very important skill! You can volunteer during the week, on weekends, or in the evening—even if you only have one hour to give per week. If you are interested we would love to hear from you.



This program is available one (1) day a week at

OKINES COMMUNITY HOUSE
in Dodges Ferry.

To enquire about joining the program, either as a Volunteer Driver Mentor or as a Learner Driver, in the first instance please call the

Pittwater

Community Centre

on 6265 1155 or visit:
www.pittwatercommunitycentre.org



**OKINES COMMUNITY HOUSE INC**

ABN: 99 433 272 191

For the community. By the community

www.okinescommunityhouse.com.au



Okines Community House Inc is located at:
510 Old Forcett Road, Dodges Ferry (adjacent to the Dodges Ferry Primary School & next to the Okines Community Garden)
 PO Box 91, Dodges Ferry, TAS 7173

Administration:

Monday, Tuesday & Friday - 9am to 3pm
 Wednesday & Thursday - 9am to 4pm
 Phone/Fax: 03 6265 7016
 Mobile: 0438 651 155
 email: admin@okinescommunityhouse.com.au

Community Garden:

Monday - 11am to 4pm
 Tuesday - 11am to 4pm
 Wednesday - 1pm to 4pm
 Mobile: 0457 024 267
 email: dig@okinescommunityhouse.com.au

Food Co-op:

Sunday - 9.30am to 12.00pm
 Tuesday - 3pm to 6pm
 email: foodco-op@okinescommunityhouse.com.au

Grab a coffee & support Okines Community House

Only \$2 for a delicious coffee or hot chocolate,
 takeaway cups available.

**OFFICE FACILITIES CHARGES**

Internet & Computer: Computers are available for internet access during operating hours. There is NO COST for using the Internet however, printing does have a fee as per photocopying charges.

Laminating: A4= 50c each A3= \$1.00 each

Photocopying:

Using our paper A4 (1 side) = 10c A4 (2 sides) = 15c
 A3 (1 side) = 20c A3 (2 sides) = 25c
 Own paper A4 (1 side) = 5c A4 (2 sides) = 10c
 A3 (1 side) = 15c A3 (2 sides) = 20c

Colour Printing:

Using our paper A4 (1 side) = 50c A4 (2 sides) = 80c
 Own paper A4 (1 side) = 30c A4 (2 sides) = 60c

Fax Machine: 30c

Our Fax No. is 6265 7016 if you need to have anything faxed to you. The cost will be 10c for each page received.

Scanning Scanning of documents is available at no charge

Centre Hire: Various rooms available at reasonable prices, contact 6265 7016 for further details.

Toy & Book Library:

Membership of the library is a one-off payment of \$5. A selection of toys, books, DVDs are then available for loan for a period of 2 weeks.

OKINES COMMITTEE MEETINGS

Okines Community House Management Committee alternates monthly between the third Friday 10.30 am & third Wednesday 7pm. The Committee is made up of people from the community who make decisions about insurance, staffing, activities and money. You are welcome to attend our meetings at any time to have an input, or perhaps you might also be interested in joining our committee. For further information email admin@okinescommunityhouse.com.au or ph: 6265 7016.

Information, Support and Referral services can be accessed at Okines Community House. We have a range of information, pamphlets and books and can listen and support you with issues of concern and refer you to other services if need be.

LIST OF LOCAL PLAYGROUPSCARLTON

Carlton Beach Playgroup
 Tuesday 10.30am - 12.30pm
 \$3 plus a piece of fruit
 Held at Salvation Army Complex,
 Carlton River Rd
 Contact: 0427 553 510 or 62658093

STEINER

Steiner Playgroup
 Tuesday 10.00am - 12.00pm
 \$4 plus a piece of fruit
 Held at Okines Community House -
 510 Old Forcett Road, Dodges Ferry
 Contact: Megan on 0429 137 287

DODGES FERRY

Okines Playgroup
 Wednesday 10am - 12noon
 \$2 plus a piece of fruit
 Held at Okines Community House
 Facilitator: Tamara McGuire
 Contact: 6265 7016

MIDWAY POINT

Pittwater Playgroup
 Tuesday 10am - 12noon
 Thursday 10am - 12noon
 No joining fee
 \$2 plus piece of fruit
 Held at Pittwater Neighbourhood Centre,
 Hoffman Street
 Contact: 62651155

PRIMROSE SANDS

Tuesday 10am - 12noon
 \$1 per child (includes morning tea)
 Held at the Primrose Sands Hall
 Contact: 62655290

DUNALLEY

Wednesday 9am - 11am
 No joining fee
 \$1 per child (includes morning tea)
 Held at Dunalley Neighbourhood
 House
 Contact: 62535579

Playgroup is an informal session where parents, carers, children and babies meet together in a relaxed environment. No child is too young for playgroup. All children from 0-5 years, including babies, love new experiences and benefit from developing sensory, social and communication skills through activities at playgroup.