

OKINES

Community House

NEWSLETTER
TERM FOUR
2015

Funded by the DEPARTMENT of HEALTH and HUMAN SERVICES

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



Community enjoys *local garden atmosphere*

Last week we had a Dodges Ferryian enthusiast visit us. Anneke is a year 12 student from Friends School, for her final media project she is creating a magazine about Dodges Ferry - Dodges Ferry as a sense of place. She interviewed us about the Community Garden, and below is an excerpt from her work called Good Things Grow.

THE LOCAL VEGGIE GARDEN THAT'S BRINGING THE COMMUNITY TOGETHER THROUGH A LOVE OF GROWING, HARVESTING AND SHARING.

We live in a world where the meaning and importance of food offers endless possibilities to bring people together. Whether your approach is to grow it yourself, buy it at the supermarket or fill your basket at the local market, there is something we can all learn from the Okines Community Garden. Through knowing the profound difference a helping hand and a persistent voice can make, this place represents a sense of community that is rarely found in our increasingly busy lives.

Sitting down with Gabe and Claire, outside on the comfy old couches, in the ebb and flow of cold winds and soft

sunshine, creates the perfect representation of what this garden is trying to achieve - bringing back a philosophy of "making the most of what you have rather than striving for more."

Gabe and Claire are the brains and backbone behind this community initiative and the delight they exude in talking about the garden – the challenges, the education and the interactions – are palpable.

Ideas for a community garden started forming more than 12 years ago. There were many groups in Dodges to create a sense of community but none which captured the growing creative and environmental interest in the area. Brushing the dirt off the idea, it finally came to fruition in 2012 and has never looked back. The concept of the garden has evolved over time as it gained momentum and followed the passions of the community. It began as an organic veggie garden to share among the community through selling produce at the local markets but demand was too high and there wasn't enough fresh produce for everyone. Taking this into consideration, the garden has moulded into a 'harvest your own' system with people giving a small donation for the produce they pick. "It's worked really well and it allows for that marginal economic difference where people give what they have to give" explains Gabe.

Story continued inside...

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 **Monday 11th of January, 2016.****

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

Did you know you can receive the Okines Newsletter by email? If you are interested please send a request to admin@okinescommunityhouse.com.au

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**

FOOD CO-OP



For anyone who may not have heard of Okines Food Co-op, we provide community members with a local outlet for purchasing bulk, organic/ethical wholefoods & other products at affordable prices. We stock a range of dry foods including flours, rice, nuts, fruits, butter plus local honey, olive oil, freshly baked bread & bulk cleaning products. New members are always welcome so come and see what else we sell and see what your local Food Co-op is all about. We are situated in Okines Community Garden just behind the Community House (adjacent to the Dodges Primary School).

When are we open?:

The Food Co-op is open for members to purchase items on Sundays from 9.30am to 12pm and Tuesday afternoons from 2pm to 5pm. If you cannot make the opening hours, you can make use of the pre-ordering and packing that we offer. Again, you must be a member. Orders must be received via email by NOON on the Monday.

How to become a member?:mem?

Membership is \$20 per year (\$5 a quarter). If you are interested in joining you can find out more phone : (03) 6265 7016 or check us out on our link at the Okines Community House website OR Facebook with price and stock lists

or email: foodco-op@okinescommunityhouse.com.au

Why not try this delicious recipe with ingredients that you can find at the Co-op:

- Quinoa Pilaf with Leeks & Mushroom -

About 1 cup rough chopped prunes just covered with boiling water – let sit for a 20–40 mins depending on how moist they are. Bring to boil, stirring, drain and keep liquid – about ¼ cup or less. Stir 1 Tablespoon treacle thru hot prunes and cool a bit. Cream 125g butter with 1/3 cup rapadura sugar – or dextrose or malt powder or coconut sugar. Add 2–3 egg yolks and blend well. Add warm prune liquid and ¼ cup of strong black coffee. Add 4 heaped tablespoons sifted cacao powder and some nutmeg. Stir in 1 teaspoon bicarb soda. Add prune/treacle mix and ¾ cup LSA or just ground almonds or a combo of them and some spelt flour. Beat the egg whites and fold in. Bake 180 C for 30 – 40 mins till skewer comes out cleanish. Cool in tin 15 mins then on a rack. Serve with yogurt or sour cream or mascarpone.

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

Monday: 8.50am to 9.50am

(casual rate \$20 per session)

Fee: \$150 per term (10 weeks)

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



BUDAREE PLAYGROUP - now on Mondays

A community playgroup with each week focusing on our unique environment. On alternating weeks children will explore either the beach, garden, or craft with a Steiner inspired playgroup twice a month. A place for children to feel safe and parents to explore play through natural materials.



Venue: Okines Community House **Continuing:** 4th term

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

Contact: Danika on 0467 673 211

TUESDAY

EURYTHMY

For children from 4-6 yrs. Joyful verse and storytelling through movement, using their whole body to express themselves. Also currently registering interest for an additional session for 7-9 yr olds to follow on from this class.



Venue: Okines Community House

Starts: Continuing 4th term

Time: 3.15 pm to 4.15 pm **Fee:** \$12

Bookings & enquiries: Contact Mikaela via the following email address: livingmovement.eurythmy@gmail.com

RYTHM & BEACHES COMMUNITY SINGING GROUP

We are a group of enthusiastic men and women who have great fun singing together on Tuesday evenings.



Ongoing: Tuesdays

Time: 7pm to 9pm

Fee: \$5 per week

Venue: Okines Community House

Contact: Diane Hansen Phone 0408 328 132

Term 4 Program - book early places are limited

TUESDAY

BUS TRIP - Mystery Bus Tour

Take a chance and book in for our Mystery Bus Tour, we won't tell you where you are going but we are pretty sure you will have a great time.

Day: Tuesday 17 November 2015

Time: Bus departs Okines 9.30am returning by 2.30pm

Fee: \$10

Contact: Bookings essential on 6265 7016

*You can either bring a packed lunch or there will be places to purchase if you wish to do so.



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.



KIKBOX

Tuesday
6.50pm - 7.20 pm

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

STRETCH

Thursday
6.50pm - 7.20 pm



STRETCH is a fully body workout with a mix of dynamic and static stretching. Feel good and improve flexibility, balance and mobility.

Venue: Okines Community House **Ongoing**

Fee: \$5 casual class

Contact: 0468 389 659 or fizzicalfusion@gmail.com

All classes are low impact with no prior experience needed.

*Bring towel or mat and water.

TUESDAY

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

Start: classes run year round except for school holidays & public holidays

Day: **Tuesday** 6.15am to 7.30am (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 **Contact:** Gabe on 0457 024 267 or visit the website theyogaeffect.com.au for more information.

WEDNESDAY

PAINTING

The Shoreline Art Group meet at Okines Community House every Wednesday from 10am to 1pm. Anyone interested in joining us may simply come along or for further info phone Cherie on 0488 139 742 or Natalie & John on 6265 7443.



Venue: Okines Community House

Date: Wednesday ongoing

Time: 10am to 1pm

Cost: \$5 includes morning tea

Contact: Natalie & John on 6265 7443 or Cherie on 0488139742

Term 4 Program - book early places are limited

WEDNESDAY

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: Commencing Wednesday 28th October 2015
Time: 10am to 11am
Fee: \$4 **Contact:** 6265 7016

THURSDAY

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 second Thursday of the month
Time: 12.30pm to 2.30pm
BYO plate of food to share **Contact:** 6265 7016

FRIDAY

INDIAN INSPIRED CUISINE

Indian inspired recipes, including vegetarian dishes, and popular curries full of nutritious ingredients such as cardamom, coconut, ginger, pulses and nuts all from our Food Co-op. We show you how to make Indian food that's approachable and delicious.



Venue: Okines Community House
Day: 16th & 23rd October & 6th, 13th & 20th November
Time: 10am to 1pm **Fee:** \$5 per class
Contact: 6265 7016

FRIDAY

SPINNING GROUP

The spinning group is a wonderful social activity. It meets every Friday of the month. 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 of the month
Time: 10am to 3pm **Fee:** \$5
Contact: Carol on 62659414 or Rita on 6248 6049

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: last Friday of the month
Time: 12pm to 2pm **Fee:** \$7 for 2 course meal
Contact: 6265 7016



Bookings are essential

PLEASE advise us at time of booking if you have any special dietary requirements.

Note: The Christmas Eating With Friends lunch will be on Friday 11th December 2015.



POTTERY - Tutor Danika Redstone

Come and get dirty learning some simple pottery hand building techniques. Make anything from a bowl to a garden pot or even a sculpture. Tools and some clay are provided, just bring a towel (to wipe your hands etc.) an old shirt or apron and a rolling pin (if you have one). Work will be bisque fired only.

Venue: Okines Community House
Day: Friday Oct 23rd 2015 10am till 12.30pm
*Monday Nov 9th 2015 1pm till 3pm
Friday Dec 4th 1pm till 3pm



Cost: \$30 for one workshop, \$50 for 2 workshops or \$80 for 3 workshops.

Contact: Danika on 0467 673 211 for more details.

Note: Bookings and payment required 2 weeks prior to workshop. Limited number of spaces available.

Term 4 Program - book early places are limited

ONE OFF WORKSHOPS

MOSAICS (one day workshop) - Kerry Howlett

This one day workshop is a regular feature of our weekend activities each term. It always gets great feedback from participants. Learn everything you need to know about mosaicing including how to cut/break tiles, glue and grout. This workshop is just in time for making a great Christmas present for someone.



Venue: Okines Community House

Date: Saturday 21st November 2015,

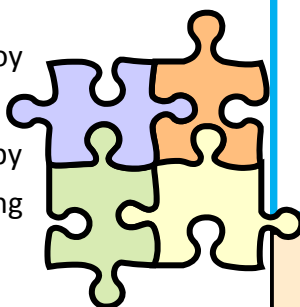
Time: 10am to 3pm **Fee:** \$40 & BYO lunch to share

Contact: 6265 7016

PLEASE NOTE: For some activities back-up childcare may be available depending on level of demand - Please enquire at time of booking if you require childcare.

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.



Okines Community House - Christmas Closure -

Okines Community House will be closed over the Christmas period from 3pm, Wednesday 23rd December, returning 9am, Monday 12th of January 2016

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



BREAKFAST CLUB



The Okines Breakfast Club in partnership with Dodges Ferry Primary School will re-commence in term three on **Tuesday 13th October 2015**. Breakfast is offered Tuesday and Thursday mornings from **8am**.

Okines would like to gratefully acknowledge the support of Richmond Bakery & Betta Milk who donate food each week to breakfast club. If you would like to help out please phone 6265 7016 or forward an email to:

admin@okinescommunityhouse.com.au.

VOLLEYBALL

Monday evenings
Dodges Ferry Primary School Gym
6.30pm - 8pm

Okines Housekeeping

The Okines Community House AGM was held recently and congratulation go to our new Office Bearers, Melinda Reed - President, Kerry Degrassi - Vice President, Julia Curtis - Secretary and Martin Bishop - Treasurer. Thank you to the outgoing members for their valued contribution.

Okines Community House Management Committee Meetings are held the 3rd Friday of every month. The next meeting will be held Friday 16th of October 2015 - all welcome to attend.

Term 4 - 2015 Program

MONDAY

FROM WITHIN PILATES

8.50am to 9.50am, weekly from Monday \$150 per term, casual \$20, contact: Salome on 0437 405 213

BUDAREE PLAYGROUP

10am to 12pm, \$3 plus bring a piece of fruit, Contact: Danika on 0467673211

CRAFT CLUB

10.30am to 12.30pm, weekly ongoing, gold coin, contact: 6265 7016

YOGA FLOW

6.30pm to 8pm, cost \$15 per session, contact: Jackie Graham 6265 7716

POTTERY

12pm to 2pm, 2nd workshop is Monday 9th November (1st & 3rd workshops Friday 23rd Oct & 4th December) \$30 for one, \$50 for two & \$80 for three workshops. Contact Danica on 0467 673 211

VOLLEYBALL

6.30pm to 8pm Monday evenings at Dodges Ferry Primary School Gym.

THURSDAY

IYENGAR YOGA

9am to 10.15am, General, \$16 per session or \$145 for 10 class pass, Contact: Gabe 6265 7907 or 0457 024 267

OKINES BOOK CLUB

12.30pm to 2.30pm, 2nd Thursday of month, next is 13th August 2015, Contact: 6265 7016

FIZZICAL FUSION TONIC

6.15pm to 6.45pm, \$5 casual, contact Karyl on 0468 389 659

FIZZICAL FUSION – STRETCH

6.50pm to 7.20pm, \$5 contact Karyl on 0468 389 659

TUESDAY

IYENGAR YOGA

6.15am to 7.30am, Level 2 session, \$16 per session or \$145 for a 10 class pass, Contact: Gabe 6265 7907 or 0457 024 267

BUS TRIP – MYSTERY

9.30am to 2.30pm on Tuesday 17th November, 2015, cost \$10 Contact: 6265 7016

FIZZICAL FUSION TONIC

6.15pm to 6.45pm, \$5 casual, contact Karyl on 0468 389 659

FIZZICAL FUSION KIKBOX

6.50pm to 7.20pm, \$5 casual, contact Karyl on 0468 389 659

EURYTHMY FOR CHILDREN

3.15pm to 4.15pm, starts 21st April 2015, \$12 per session, email Lisa at livingmovement.eurythmy@gmail.com

RYTHYM & BEACHES COMMUNITY SINGING GROUP

7pm to 9pm, \$5, Contact: Di Hansen on 0408 328 132

FRIDAY

EATING WITH FRIENDS

12pm to 2pm, last Friday of every month, \$7 for 2 courses, Bookings essential: Contact: 62657016

SPINNING GROUP

10am to 3pm, Every Friday, \$5 per session. Bring along, spinning wheel and wool. Contact: Rita on 6248 6049

'YOUTHOKINES'

6pm to 8pm, Last Friday of every month, Contact: 62657016

POTTERY

12pm to 2pm, Friday 23rd Oct & 4th December (note. 2nd workshop is Monday 9th November), \$30 for one, \$50 for two & \$80 for three workshops. Contact Danica on 0467 673 211

INDIAN INSPIRED CUISINE

10am to 1pm, 16th & 23rd October & 6th, 13th & 20th November \$5 Contact: 6265 7016

WEDNESDAY

PAINTING

10am to 1pm, ongoing cost \$5 Contact: Natalie & John on 62657443 or Cherie on 62659078

TAI CHI

10am to 11am, Commencing back 28 October 2015, \$4/class Contact: 6265 7016

IYENGAR YOGA

6pm to 7.15pm, Beginners, \$16 per session or \$145 for a 10 class pass, Contact: Gabe 6265 7907 or 0457 024 267

SECOND BITE FOOD ASSISTANCE

1pm to 4pm, every Wednesday

MOSAICS

10am to 3pm, one day workshop Saturday 21st November 2015, **Cost:** \$40, BYO lunch to share, contact: 6265 7016

SOUTHERN BEACHES MARKET

Sunday 18th October 2015 First of the season, featuring Sands Family Circus, ph. 62659862

BRING A MATE EVENTS

10am-2pm
Sunday 18th October, free – with Southern Beaches Market

GARDEN GATHERINGS

First Monday of the Month:
GARDEN TUCKER 11-1pm

SENIORS WEEK ACTIVITIES

(note this activity is 1st week of term)
Tuesday 13th October 2015 Bus trip to New Norfolk, 9am to 3pm, cost \$10

Friday 16th October 2015 Falls Prevention Workshop, 11am to 12pm, gold coin donation.

To book in to either of these Seniors Week activities please ph 6265 7016 or email: admin@okinescommunityhouse.com.au

Bring a Mate: All Welcome

Wednesday 19 August saw another in the series of 'Bring a Mate' events run by Okines Community House. With a theme of 'Boards, Bikes and Birds' the evening was aimed at getting the kids to bring their dads along. We had a great mixture in the orange room with a wide selection of surfboards on display by Hamish Robinson and surfing videos running. Luke Gadd from Hobart Bike Kitchen demonstrated basic bike maintenance and helped some of the locals get their bikes ready for the warmer weather. Jimmy's



from Jimmy's skate was going to be here but had to send his brother Paul who filled the gap very capably. As a skateboard enthusiast Paul demonstrated a few skateboard tricks and chatted about tips and accessories. The 'Birds' part of the night was the food, prepared by Richard Sansom of aliCart Food Truck. He prepared a range of wonderfully tasty dishes, showing some of the different things you can do with chooks.

On Wednesday 16 September we held the final evening event in the Bring a Mate series. The theme was Bushfires and BBQs and we were fortunate to have Beth Foster, Perry Sward and Shane Brown from the Dodges Ferry Fire Brigade attend to share valuable information about bushfire readiness. In addition to information from Tasmanian Fire Service we had an impressive display of items that would be valuable in coping with a bushfire situation supplied by Graeme Holt. Health information and healthy food were available once again. In addition to a delicious selection of healthy dips Richard cooked up some very tasty treats on the BBQ. Some interesting questions were put to the brigade members and at least some of us are better prepared for the coming bushfire season. The 'Bring a Mate' series of events will culminate with a presence at the first Southern Beaches Market on Sunday October 18 October. Find our stall for some interesting surprises!

We are running these events in order to discover ways that the community house can work with and support the men in the community, to find out what activities, events and opportunities men would like to see happening in the area.

Youth Okines

MUSIC

ART

CIRCUS

DANCE

FOOD

WORKSHOPS

+MORE

4.30-7.30 PM

ENTRY BY Gold
coin Donation

Teens 12-17 years
welcome

Dinner provided &
made by the youth
themselves

Bookings Essential
Call 62657016

last Friday of the Month @ Okines Community House

Just a reminder to everyone about our fabulous youth program called YouthOkines that runs on the last Friday of the month 4.30pm to 7.30pm. On offer we have our own PA system, so bring instruments along with you, we have an interactive media board, circus equipment, art supplies, teen resources, pizza making and much, much more. Entry is by gold coin donation which contributes to dinner supplies.

Okines would like to gratefully acknowledge the So-rell Council who have provided much needed funds and support towards the Okines Youth Project.

For more info please contact us on (03) 6265 7016 or email admin@okinescommunityhouse.com.au to register your interest with our Volunteer Youth Officer Nell Degrassi.

Exciting Upcoming Youth Event

Okines would also like to announce that as part of the YouthOkines Program we have won an ABC Heywire Youth Innovation Grant from the Foundation for Rural and Regional Renewal to hold an awesome "Don't need Drinks to Dance" event early next year. The grant also funds a series of workshops around DJing, Hip Hop Dance, Festival Art Installation, Event Management and VJing in last term and over the Christmas school holidays.

HEYWIRE



Okines Community Garden

Continued from front page...

The garden has continually evolved to incorporate private plots, education programs with the local primary school, a food co-op and even a pizza oven has been installed as a means of fundraising during music nights and soirees. "We started off building an organic veggie garden, but it's become so much more than that, it's really become a place of gathering for people" says Claire.

Then there's the social aspect of the garden. Claire tells of how the garden is a "place for transition" for new comers to the community, "it's a way people can feel connected to the place because they are giving something back." For one reason or another, everyone says "go to the garden" when they meet someone new and from here, the few people they meet will be the people they can say hello to when they drop their kids off at school and when they walk along the beach.

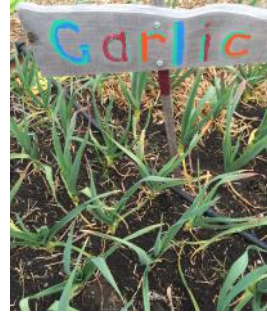
Gabe and Claire operate on two strict but simple philosophies when it comes to managing the garden and taking the time to soak up the sunshine – "people before paperwork" and "participation not perfection." These mottos define their work ethic in the garden and allow them to engage with the volunteers by empowering people to take ownership and responsibility and in doing so, follows the momentum of the community. "Its more tangible for people to pick their own food so they can see where it comes from and they get an education from actually doing it themselves" says Gabe, "that little bit of freedom to think creates the kind of peripheral edge stuff where you're risk taking in your thoughts and that's where progress happens."

For those of us who think that gardening is somewhat of a novelty in our busy lives and the dream of a garden blooming with succulent herbs and salad leaves is a distant reality, Gabe and Claire have three simple tips to get you started.

Get your soil right – figure out what kind of soil you've got and what you need to make it rich, then make lots of good compost to add to our soil.

Be local about your growing – tap into local knowledge about seasonal planting and what works in the area

Experiment. Try seeds and seedlings, get the creative



juices flowing by making quirky labels ("its really therapeutic and makes the whole gardening experience much more enjoyable")

The splashes of colour everywhere in the garden make it warm, welcoming and bright and a true reflection of the community who inhabit it (or help to grow it?). If

you're in the area, visiting the garden may be the edible inspiration you need to send you on your harvesting journey.

Thanks Anneke for seeing the garden in such a positive light. Some upcoming dates to remember.

Summer Soiree's – 5.30pm-7.30pm. Live music in the garden, free family fun, (wood fired garden pizzas for sale \$10). Friday 6th Nov, Friday 18th Dec, Fri 19th Feb – Citizen Shrapnel and the Lords of Little Egypt, Fri 25th March.

The garden will also be selling wood fired pizza's throughout the Dodges Ferry Artisan Market Season. On the third Sunday of the month one of us will be sweating it out at the oven from 10.30-12.30pm. As normal, you can harvest from the garden any time, leaving a donation in the pole down the pathway. Seedlings are for Sale in the hothouse, all seedlings are \$2. Most seedlings are grown from heirloom seeds. Heirloom seeds boast a better capacity to "host" nutrients and are grown for taste and nutrient content rather than shelf life or conformity of shape.

We have been making food from the Garden, tagged Garden Tucker, on the first Monday of the month, and will continue this tradition into the future. An impromptu calzone session inspired us all last month to harvest our plentiful crops of silverbeet!

The vision and direction of the garden as guided by you, through our Community Consultation rounds, will be available for your perusal soon. Come into the garden and have a squiz at the gardens future vision and potential social enterprising schemes. These schemes are based on employing local people to work locally.

Claire and I will be on a panel at the Sustainable Living Festival on Sunday 1st November (about 10.30am) joining in on an in depth discussion about living simply.

Last date for the calendar, for now. On Sunday November the 8th we will be co-hosting a Wetland Day, weaving, cumbungi busting and pizza eating. Another free opportunity to gather, create and care for our awesome community.

Yours organically,
Gabe and Claire.

Protecting Your Bank Accounts from Hackers (a short story about identity theft)



A sobering experience shared with us by an Okines Committee Member.

In twenty minutes hackers accessed my credit card and ripped out nearly three hundred dollars in PayPal payments while I was driving home from Launceston on a work trip in August. The first I knew of it was a text message from my bank's security area querying the PayPal payments.

Here's what happened

Hackers are now incredibly smart about how they can find ways to access you bank account.

Some are using computers to generate sets of bank account numbers and then test each one with services like PayPal for very small amounts (less than two dollars) to see if they will work. When a payment appears to go through they lock on to the account number and push through payments as fast as they can and then they disappear leaving behind a very big debt.

This is what happened to me and while I was on the phone to the Bank having my credit card cancelled they were still trying to pull payments out.

What to do if this happens to you

Ring your Bank and talk to their Security area – Immediately. They will help you.

In my case I rang the bank to check that the text I received from their security area was real and then when that was confirmed I cancelled the credit card - immediately. I will not have to pay the charges that were made to the card (this will be dealt with by the bank) and the bank will dispute the payments with the PayPal account that was trying to access the funds.

What you can do to protect yourself against Bank Account Hackers

Make sure your bank has your mobile number so they can text you if there is a withdrawal from your account from overseas, from an unusual PayPal account or any other funds transfer method. Their Security area can then text you. You can also put a lock on your credit cards to limit the amount of money that can be charged to you in any one transaction – your bank can help you with that also.

The second thing you can do is contact Scam Watch (<http://www.scamwatch.gov.au/>) and alert them to the identity fraud incident.

And here's the sobering news – this type of identity crime costs Australians more than one billion dollars each year. The average cost to each victim is four thousand dollars. And each case takes at least eighteen hours to resolve.



PITTWATER ART GROUP

- Painting in all mediums -

GDay PAG Members

Having so many new members in the Group has meant that we have had 16 or more at nearly every meeting. The summer weather we took advantage of and painted outside Plein Air and 11 of us enjoyed it so much they want to do it again in the last term. We even picked up a new member who joined after seeing us working outside she is coming back for 2nd Term. Also when another potential member rang and found out I was doing a small show on Pen & Ink wash and a 3hrs. workshop on acrylic she joined straightaway.

Come visit my Site <http://gailburnart.webs.com/>

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

3rdTerm:

- 15/9/2015, 22/9 & 29/9 – 2 hour session
- 6/10/2015 & 13/10- 2 hour session
- 20/10/2015 & 27/10 - *3 hour session
- 3/11/2015 & 9/11 - 2 hour session

Venue: Supper Room Memorial Hall Cole St. SORELL

Enquiries: Gail 62658775 or Cheryl 0400740148

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

OCTOBER OPENING FOR SOUTHERN BEACHES MARKET



Sunday October 18th is the open day for this year's Southern Beaches Markets. With something exciting for everyone this will be a *family festival* open day. Mark Sands Circus, showing their acrobatic feats will hold workshops for all. Not an acrobat? Then try your hand at scarecrow making, choose your balloon from Mr Balloon Man, try face painting, or sit back and enjoy some good local food and live music and have a wonderful family day out. Each market following the October *family festival* has a unique theme, as well as showcasing wares by local artists, designers, jewelers and artisans. Each market will also have great music by local musos, great food, coffee and cakes and of course a sausage sizzle.



Market dates and attractions include:

October 18 - a market for all the family - including, Mark Sand's Circus and workshops, scarecrow making, Mr Balloon Man and face painting;

November 15 - animals galore with the Sorell School Farm / Animal School showing their rabbits, guinea pigs and amazing prize winning chickens;

December 20 - the Christmas market – Punch and Judy, Father Christmas, Christmas choir and face painting. Make Christmas special for someone close, buy a lovely present from a local maker;

January 17 – a surf festival - everything surfing - from an historical collection to surfing today – clothing, surf boards and surfing information;

February 14 – Health and fitness for all - information and demonstrations by Down to Earth, Healthy Horizons, yoga, Thai Chi, local sport groups, good food information by Family Food Patch, Okines Food Co-op;

March 20 – Hot Rods and speciality cars, from all around – come along and see up close and talk to the owners, a great last market for the year.

For Market information contact Sheila Ph: 6265 98 62.

CAR BOOT SALE



Yes it's on again this year! Each market day will also include the **Car Boot Sale**, this year's venue is adjacent to the market in the school car park. Anyone with pre-loved "stuff" can book a place.

For Car Boot Sale information contact Angela Mob: 0427 931 016

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

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.

mid January – November.

Contact 6106 0071

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
Maree on 6265 5304

Cards

Held every second Wednesday 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
Maree on 6265 5304

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 Maree on 6265 5304

Primrose Sands Sport & Youth Program

Mondays & Wednesdays

4.30—6pm, 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.

CLEAN UP SOUTHERN BEACHES

Meet 4th Sunday of every month in the
car park in front of the Dodges Ferry

Tavern 8.30am Contact Lorraine by

email: loron@iinet.net.au



**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

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.



's Angels

DRIVER MENTORING PROGRAM

The L's Angels Driver Mentoring Program provides supervised learner driving experience for those needing the on-road driving hours required to sit the test for their car licence.

The L's Angels Driver Mentoring Program is available (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



Salvation Army

Playgroup:

Wednesday

10.30am - 12.15pm

Youth:

Friday night fun

6.30pm - 9pm each Friday

Op Shop:

Open Monday - Saturday

10am - 2pm

MEN'S BREAKFAST

St George's Church Hall, Sorell,
third Wednesday of each month
at 7.30am. Phone 62481878



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 - 9am to 4pm
Wednesday - 1pm to 3pm
Thursday - 10.30am to 3pm
Mobile: 0457 024 267
email: dig@okinescommunityhouse.com.au

Food Co-op:

Sunday - 9.30am to 12.00pm
Tuesday - 2pm to 5pm
email: foodco-op@okinescommunityhouse.com.au

Grab a coffee & support Okines Community House

Only \$2 for a delicious cappuccino, latte 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 meets the third Friday of every month at 10am. 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 PLAYGROUPS

CARLTON

Carlton Beach Playgroup
Wednesday 10.30am - 12.15pm
No cost - bring something for morning tea
Held at Salvation Army Complex,
Carlton River Rd
Contact: 0427 553 510

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

BUDAREE PLAYGROUP

Monday 10.00am - 12.00pm
\$3 plus a piece of fruit
Held at Okines Community House - 510
Old Forcett Road, Dodges Ferry
Contact: Danika on 0467 673 211

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.