

OKINES

Community House

Funded by the DEPARTMENT of HEALTH and HUMAN SERVICES

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

NEWSLETTER
TERM FOUR
2017

Volunteers are an invaluable asset to any organisation and this is certainly true at Okines. Each week we have in excess of sixty volunteers that undertake activities around the house, garden & Food Co-op.

Volunteers donate over two hundred hours per week of their time. To put this into perspective this works out to be an amazing nine and a half thousand hours over the year. That is an incredible amount of volunteer time and if you



on the tools. Recently with the help of volunteers Linley, Jason & Jason (Zadda), he has transformed the small garden patch next to the terrapin into a lovely paved, seating area. Tony has hand crafted the table that you can see in the photo and we are absolutely thrilled with the result. No doubt visitors to Okines will spend many enjoyable hours sitting at the table, savouring a coffee and enjoying the beautiful view.



translate that into dollar figures it is worth approximately two hundred and thirty thousand dollars per year - as you can see volunteers really are worth their weight in gold.

The photos on this page provide a great example of the varying contribution that volunteers make towards Okines. Our volunteer Tony can usually be found hard at work in the garden, and he is also very handy



ABOUT THE NEWSLETTER

The Okines Community House Newsletter is produced quarterly corresponding with school terms and is available by mail, email, Facebook & website or by calling in to the office.

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

**Contributions can be submitted via email to
info@okinescommunityhouse.com.au.
Closing date for the next issue is
Friday 22nd of September, 2017**

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 contact info@okinescommunityhouse.com.au

Food Co-op member musings.....

It's an amazing shopping experience to join our Food Co-op. Must be, as 15 new members have joined since June 2017.

On Sept 17 there was a delightful and yummy lunch gathering in the garden. Amy Lau, a new member who has agreed to co-ordinate the volunteers and all the activities was introduced to the happy group.



Jill Vaughan, our hard working leader, Julie Luckman, her girl Friday & (the rest of the week) and Amy Lau all addressed the throng, talking about the many opportunities for volunteering to help continue our rather successful Food Co-op.

One of those newer volunteer hours was cooking and serving for the Film Society night in September - Sue Metzler & Amy Lau. My newest role is "Protector of the Food Co-op Library Books" - I will be ringing you if you forget to return your books on time. Happy shopping fellow members! I do feel smug, shopping and saving and especially saving dollars.

by Denise Lynch

Food Co-op



The Food Co-op offers community members an outlet for purchasing bulk, organic/ethical wholefoods and other products at affordable prices. Our range of goods in bulk includes flours, grains, pulses, nuts, seeds, spices, dried fruits and sweeteners. We support local producers as much as possible with more being offered this year. Some of the local produce we carry includes preserves from Shiela, Sue and Sally & Chris Johns, honey from John Duncombe, eggs from Pippa Ross and Tracy Duggan's Clean Conscious cleaning products. You will also find local olive oil & Tassie butter.

Opening hours:

Sunday 9.30am – noon (summer opening hours)
Tuesday 2pm – 5pm

FIRST Monday each month 12 – 2pm (in line with the Garden Tucker Day)

Try our Pre-order System

A great idea for convenience is the Food Co-op's pre-order & pre pack option. This is an awesome alternative for those that can't make it to the Co-op during opening hours. It is also a great option if you are in a bit of a hurry. Just let us know your order by **noon on Monday** and we will have it ready for you to pick up from the Co-op either the next trading day or arrange a time to collect from Okines office during normal House opening hours - no wait no fuss.

See our website for all details:

okinescommunityhouse.com.au/wpms/foodcoop
or you can either email: okines.food.co-op@gmail.com
or phone the Community House on 62625 7016

New members are always welcome. Membership is \$20/ \$15 concession per year. Active members receive an extra discount on all goods in exchange for 4 hours/month volunteer work for the Co-op, Garden or House.



Events and activities term 4, 2017

MONDAY

FROM WITHIN PILATES - Tutor Salomé Rosa

A Pilates based class designed to improve alignment, strength and flexibility. One hour mat class, in a relaxed friendly environment, suitable for beginners or those with previous experience. Movement from within will help you find elegance and ease in everyday life. ***multiple classes**

Monday 9am to 10am

Commencing 16th Oct for 9 weeks \$135 (no class 4th Dec)

Tuesday 9am to 10am

Commencing 17th Oct for 9 weeks \$135 (no class 5th Dec)

Thursday: 9am to 10am

Commencing 19th Oct for 8 weeks \$120 (no class 26th Oct)
(casual rate \$20 per class)

Venue: Okines Community House

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.

Please note Salomé also offers a Body Rolling Class on the third Saturday of the month (more details available on this class in the Weekend Workshops section of this newsletter).



From Within Pilates

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: Monday 16th October 2017

Time: 6.30pm to 8.00pm

Fee: \$15 per session

Contact: Jackie on 6265 7716

CRAFT CLUB

Now that the excitement of preparing for the Biggest Morning Tea is over the Craft group is now busy making items to donate to the Ronald McDonald charity. New members are always very welcome. You can come along for a chat & enjoy a lovely cake or two. Held on Mondays 10.30am to 12.30 for coffee, chats & craft.

Venue: Okines Community House

Day: Monday **Starts:** ongoing

Time: 10.30am to 12.30pm **Fee:** \$2 **Contact:** 6265 7016

TUESDAY

RHYTHM & 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: M Haynes 0417 462 310

FIZZICAL FUSION FITNESS CLASSES

Want to stay strong and add some punch to your fitness routine? Come along to kick butt Tuesdays and do one or both classes. Classes are 30 minutes, low impact, suitable for all women and need no prior experience. Wear comfortable clothing. Bring towel or mat, and water.

STAYSTRONG - Tutor - Karyl Michaels

Stop resisting exercise and add resistance to your workout. Fizzical Fusion Stay-Strong is a full body, low impact, strength training workout using dumbbells and to music. Tone and strengthen and increase everyday calorie burn. Dumbbells provided.

Venue: Okines Community House

Day: Tuesday:

Starts: ongoing

Time: 6.15pm to 6.45pm

Fee: \$5

Contact: Karyl on 0468 389 659

fizzicalfusion@gmail.com



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Events and activities term 4, 2017

TUESDAY

STRIKE - Tutor Karyl Michaels

Kick-start your week and add some punch to your fitness routine. Fizzical Fusion Strike is a low impact, full body kickboxing workout choreographed to music. Strike, punch, kata and kick your way to increased strength, coordination and flexibility.

Venue: Okines Community House
Day: Tuesday: **Starts:** ongoing
Time: 6.50pm to 7.20pm **Fee:** \$5
Contact: Karyl on 0468 389 659
fizzicalfusion@gmail.com



WEDNESDAY

PAINTING

The Shoreline Art Group meet at Okines Community House every Wednesday from 10.30am to 1.30pm. Anyone interested in joining us are invited to simply come along.



Venue: Okines Community House
Date: Wednesday ongoing
Time: 10.30am to 1.30pm **Cost:** \$5 includes morning tea
Contact: Natalie & John on 6265 7443 or Cherie on 0488139742

WEDNESDAY

IYENGAR YOGA - Tutor Gabe Gartrell

Gabe is a highly trained Iyengar Yoga teacher. Iyengar yoga is known as a physical practice, with precision on the alignment of the body. Iyengar yoga poses once mastered are meditative automatically. Gabe teaches in Hobart & in Dodges Ferry, she was recently invited to teach workshops for Yoga Teachers by Yoga Australia. She has conducted other workshops for students and professionals around the State. Gabe has written pieces on yoga for several publications..

Venue: Okines Community House
Start: classes run year round except for school holidays & public holidays
Day: *multiple classes
Tuesday 6.15am to 7.30am (progressive class, not suitable for beginners)
*Wednesday 6pm to 7.15pm (general class, suitable for beginners)
Saturday 8.30-10am (Restorative, gentle and mindful class) Saturday restorative classes are once a month in the first Saturday of each month (price \$20)
\$18 casual attendance or \$160 for a 10 class pass.
\$20 for the Saturday Restorative class.
Contact: Gabe on 0457 024 267 or visit the website theyogaeffect.com.au for more information.



the yoga effect
be well, give back

TAI CHI - 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 any age and fitness level can enjoy Tai Chi and gain positive health benefits.

Venue: Okines Community House
Day: Wednesday during school terms
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: Second Thursday of the month - 9/11, 14/12/17
Time: 12.00pm to 2.30pm
BYO plate of food to share **Contact:** 6265 7016

DIGNITY SUPPORTED GARDENING

DIGNITY supported gardening is a weekly gardening program run by Jessie Bynon Occupational Therapist for people who:

- enjoy gardening but don't feel confident to garden at home alone anymore,
- don't have a garden any more,
- Have moved to an aged care facility but would like to garden,
- Would like to socialise with other gardeners,
- Or are carers, friends or family members of aging gardeners

This program is not therapy, it is not clinical, it is simply gardening!

Time: 10.30am –1.30pm **Fee:** no cost

Contact: 6265 7016 or

email: jessie@growoccupationaltherapy.com.au

DIGNITY
SUPPORTED GARDENING



Events and activities term 4, 2017

THURSDAY

FIZZICAL FUSION FITNESS CLASSES

Want to stay strong and add some balance to your fitness routine? Come along on Super Tone Thursdays for one or both classes. Classes are 30 minutes, low impact, suitable for all women and need no prior experience. Wear comfortable clothing. Bring towel or mat, and water.

Fizzical Fusion STAYSTRONG- Tutor Karyl Michaels
Stop resisting exercise and add resistance to your workout.

Fizzical Fusion Stay-Strong is a full body, low impact, strength training workout using dumbbells and choreographed to music. Tone and strengthen and increase everyday calorie burn. **Dumbbells provided.**



Venue: Okines Community House
Day: Thursday: ongoing **Time:** 6.15pm to 6.45pm **Fee:** \$5
Contact: Karyl on 0468 389 659 fizzicalfusion@gmail.com

Fizzical Fusion STRETCH- Tutor Karyl Michaels
Improve flexibility, balance and coordination and feel good. Fizzical Fusion Stretch is a full body workout with a mix of dynamic and static stretching. Stretch your body from head to toes using a variety of safe exercises that can be easily adapted to individual needs and concerns.



Venue: Okines Community House
Day: Thursday:
Starts: Ongoing
Time: 6.50pm to 7.20pm **Fee:** \$5
Contact: Karyl on 0468 389 659 fizzicalfusion@gmail.com

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: 27/10, 24/11 & **15/12/17 (Christmas)**
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.

SPINNING GROUP

The spinning group is a wonderful social activity. The group meet 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 very friendly group of spinners.

Venue: Okines Community House
EVERY Friday of the month
Time: 10am to 3pm **Fee:** \$5
Contact: Eileen 6265 8472 or Karen 0415 416 266



WEEKEND WORKSHOPS

MOSAICS (one day workshop) - Kerry Howlett

A regular favourite, always receives great feedback. Tutor Kerry Howlett will guide you through all the steps including finding or creating a design, cutting and breaking tiles (the fun bit!), gluing and grouting, with the end result being your own masterpiece to take home.

Venue: Okines Community House
Date: Saturday 11th November 2017
Time: 10am to 2pm
Fee: \$40 & BYO lunch to share **Contact:** 6265 7016



BODY ROLLING CLASS - Tutor Salomé Rosa

Body Rolling is a workout and self massage technique which uses 10 inch and less inflatable balls to literally roll through all of the body, elongating muscles, improving range of motion, relieving repetitive stress patterns, preventing and healing injuries.

Venue: Okines Community House
Third Saturday of the month:
Dates: 21 October, 18 November 2017
Time: 9am to 10.20am **Fee:** \$20 per class



Please bring an exercise mat. Wear tight fitting clothes to avoid clothes getting caught in the ball whilst rolling.

Contact: Salomé on 0437 405 213 for more info

FUNERAL PLANNING - Tutor Sandra Bamford

Sustainable burial options, including shrouding, home based death care, body bequests, how to make your wishes known. Curious? Then why not come along.

Venue: Okines Community House
Dates: 26th November 2017
Time: 1pm to 3.30pm **Fee:** \$10 per person
Contact: Sandra on 0416 222 593 or email info@maryeleanor.me



Events & Activities Calendar Term 4 - 2017

MONDAY

FROM WITHIN PILATES

9am to 10am, 16/10/17, 9 weeks \$135
no class 4th Dec, casual \$20, contact:
Salome on 0437 405 213

CRAFT CLUB

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

VOLLEYBALL

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

YOGA FLOW

6.30pm to 8pm, starts 16/10/17, cost
\$15 per session, contact: Jackie
Graham 6265 7716

GARDEN TUCKER

Cooking from the garden with the
culinary Claire, every first Monday of
the Month 11-1pm.

THURSDAY

FROM WITHIN PILATES

9am to 10am, 19/10/17, 8 weeks \$120
no class 26th Oct, casual \$20, contact:
Salome on 0437 405 213

OKINES BOOK CLUB

12pm to 2.30pm, 2nd Thursday of
month, next is 9/11/17,
Contact: 6265 7016

FIZZICAL FUSION STAYSTRONG

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

DIGNITY SUPPORTED GARDENING

Re-commencing Thursdays, 10.30am-
1.30pm Free program, shared lunch
provided

TUESDAY

IYENGAR YOGA

6.15am to 7.30am, Progressive, \$18
per session or \$160 for a 10 class pass,
Contact: Gabe 6265 7907 or
0457 024 267

FROM WITHIN PILATES

9am to 10am, 17/10/17, 9 weeks \$135
no class 5th Dec, casual \$20, contact:
Salome on 0437 405 213

FIZZICAL FUSION STAYSTRONG

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

FIZZICAL FUSION STRIKE

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

RHYTHM & BEACHES COMMUNITY SINGING GROUP

7pm to 9pm, \$5, Contact: M Haynes
0417 462 310

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: Eileen on
6265 8472 or Karen 0415 416 266

OKINES COMMITTEE MEETINGS

Third Friday of every month starting at
9.30am, all welcome.

GIRLS NIGHT IN

5pm to 7pm on 20/10/17 cost: \$5 &
extra if you would like to purchase
raffle tickets. Contact: 6265 7016

GARDEN SOIREES

- 24/11/ 2017
- 15/12/2017
- 26/01/2018
- 16/02/2018
- 23/03/2018

WEDNESDAY

PAINTING

10.30am to 1.30pm, Cost \$5 per class
includes morning tea, Contact:
6265 7443 or 0488 139 742

TAI CHI

10am to 11am, ongoing, \$4/class
Contact: 6265 7016

SECOND BITE FOOD ASSISTANCE

1pm to 4pm, every Wednesday

IYENGAR YOGA

6pm to 7.15pm, General class, \$18
per session or \$160 for a 10 class
pass, Contact: Gabe 6265 7907 or
0457 024 267

WEEKEND WORKSHOPS

MOSAICS

10am to 2pm, one day workshop
Saturday 11/11/17, Cost: \$40, BYO
lunch to share, contact: 6265 7016

IYENGAR YOGA

8.30am to 10am, 1st Saturday of
every month Restorative session, \$20
per restorative session, Contact: Gabe
6265 7907 or 0457 024 267

BALL ROLLING WORKSHOPS

9am to 10.20am,

- Saturday 21/10/ 2017
- Saturday 18/11/2017

Cost: \$20, Contact: 0437 405 213

FUNERAL PLANNING

Sunday 26th November 17

1pm to 3.30pm

\$10 per person,

Contact Sandra: 0416 222 593 or
info@maryeleanor.me

FULL MOON WEAVING

6-8pm, cost by donation (\$10-\$20)

- 4/11/ 2017
- 4/12/2017

Okines Community Garden

Let's start with the Thank yous, there's always plenty... there's so many people who help out in continually re building and sculpting this community, making it a stronger more connected place to live. We often will get remarks from people, when they visit the garden for the first time, along the lines of "there's such a great feel here, it's great to be part of a connected community".

Thanks to Chris Greene, from Horse Rescue who continues to donate to us her excess poo, the compost we make from the horse manure feeds the garden strong. And thanks to Tony and Zada for paving, and future paving (there's a windless nook near the banksia's which has been earmarked for a coffee table), right next to the next thankyou, to Bayden and Brian for building us a little library, for books. Not just garden books, but any books, a little book exchange, hopefully a few more will pop up in the community and there will be a whole load of book swapping fun going on this summer.

Over the last couple of months the garden has co- hosted a few events. We had a film night, The Market Gardener's toolkit, with Filmtrötter, pop up films for change. Farmer Jean- Martin really didn't hold back from sharing the hard but rewarding work being a market gardener is, it makes our little community garden seem like a playground!. Tip of the film, plant radish as an understory to your cabbage plants! Some of the school kids had a go at succession planting today.

We also supported Mel Hope-Mills in hosting Dodges Ferry Primary School's second Fire and Story night, this was a fundraiser for the garden and we made a whopping \$800. Thanks to everyone who ate pizza! And of course to the performers and all the volunteers who work humbly behind the scenes which makes things like this happen, effortlessly!

Arnold McKinley did an afternoon talk in the garden to help us decipher energy demand, supply and renewables, he demonstrated with a few empty vegemite jars exponential growth, that certainly put our future energy needs into context for me. Wowser, the amount of energy we will need for future generations if we track on the same level of population growth, is mind blowing, like reading a number

with 12 zeros, I can't even say it (trillions, millions millions....). So at the end of the day we all came to the conclusion, why waste it if you don't have to. This throw away line puts the responsibility clearly onto us, and in changing our behaviours as human can do's!

A highlight for sure this Winter, (was the end of Winter) was meeting the lovable Costa himself. Claire, Pauline (DIGnity) and I cornered Costa earlier this year at an eco-film festival, requesting a visit to Okines. Eventually our little ole village in a forest by the sea won him over and we managed to get him in situ, at the garden, (after a surf in the freezing waters of Park beach, with the extra special backdrop of snow tipped Mount Wellington – what a beautiful natural environment we live in)



Costa & Claire

for a few hours. Driving him back to the airport, on reflections of his visit he wowed, people work all their lives to be able to retire in a place like this and live a simple, slow, healthy lifestyle, and you guys are doing it now. Besides the fact that he thought the clock had wound back to the 1950's when we drove him down Lewisham Scenic Drive, he raved about the garden and the community minded folk he had meet. Costa is doing some maths, and design on capturing or harvesting the water from the Okines carpark. We want to reuse it on the garden, and potentially a future orchard. We can harvest about 350,000Litres of water from the carpark. Currently, the garden buys about 150,000 litres of water a year for the thirsty plants. We are pretty stoked (and looking forward to pocketing the \$1000 we spend on water) and excited about reusing the rain water we can capture and clean up on site. We hope to see Costa back in the garden in the New Year. Stay tuned, (or jump on our email list, dig@okinescommunityhouse.com.au, and put in the subject line add me in please).

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The Sorell Men's shed are building us a spanking new chook pen, to house 10 chooks, we are still dreaming of goats and bees to add to the menagerie!



Inspiration by Rosie, Ava & Charlotte.

WHAT'S ON

We are presently growing seedlings for the SCHOOL FAIR (all proceeds will be donated to the school) come along on Friday Nov 10th to Dodges Primary School and buy some seedlings propagated by the Grow and Learn kids. We are also growing seedlings for you, seedlings are for sale in the hothouse, behind the medicinal garden, cost \$2 money to be placed in the donation pole along the garden path.

FULL MOON weaving will continue to inspire our creative minds, Gwen is such a treat, please come and support her and make something useful, or not, or just make something beautiful, out of natural fibres that Gwen collects from the community. Check out our Facebook page Okines Community Garden, for dates, or keep your eyes glued to the butcher and bakers for posters with details.

And then there is SOIREES, Jess and Rosella's line up for this summer's Soiree season is:

- 24th Nov 2017
- 15 Dec 2017
- 26 Jan 2018
- 16 Feb 2018
- 23 March 2018

Join us to feast on, live music and pizza, a la in the great outdoors.



Being in the bush evokes a feeling that I often can't describe. The healing power of nature has been well documented, (Nanny Barb's latest recommendation, *The Song of Trees*, by David Haskell, is one of them). Sometimes it's a bit tricky, scary, or just too far to go to get into the bush, the garden brings nature closer to you. Gardening itself allows us to be nurturers, as well as be nurtured.



Team DIGnity (pictured above, from left Andrew, Gwen, Jessie & Pauline) are a brilliant example of this. The DIGnity project is a successful example of community based supported gardening. Every Thursday 10.30-1.30pm come along to the garden to weave, to sit, to potter and to feast, in a safe, inclusive environment.

The Permaculture Design Course (PDC) is back. Hannah Maloney, from The Goodlife Permaculture, will be delivering a two week residential course in Permaculture design. For more information check out her website, www.goodlifepremaculture.com.au.

All volunteers are gems, Tony is one of them (a taller stretched out version of Costa), he came to the garden over a year ago. He talked a lot when he first started, Claire and I listened to many of his stories, he's a great passionate story teller. Tony has become the listener or the mentor to many, many other volunteer, visitors,



Steve Bond and Brendan Fuller (Garden tucker Museos).

and kids that come to the garden. Tony you will be truly missed. Please if you are able come share a meal with us for our November Garden Tucker on Monday 6th from 11-1pm and farewell Tony as he returns to warmer climes, then please do.

Yours organically,
Gabe and Claire.



Do you feel like this when you get onto a computer?!

Where:
Okines Community House

When:
Term 1 2018
(exact dates TBA)

Cost:
\$5 per session

Call 6265 7016
to book

WE HAVE A SOLUTION!

INTRO TO COMPUTERS

You've been asking, so we're putting on more how-to computer classes!

Join us for any or all of the 8 sessions covering everything from the basics, email, Word, internet, Pinterest and setting up to sell online.



Okines Community House Inc.



Ever wondered about volunteering?

Come Ask Us!
Pop-up Info Desk



9am-12pm
Third Monday of the month

Sorell Community Health Centre
57 Cole Street, Sorell

Just drop in, or contact Volunteering Tasmania to book a time on 1800 677 895 or email admin@volunteeringtas.org.au

MY STORY

For a little sneak peek into a program next year, we are seeking expressions of interest for My Story. Everyone has a story to tell be it sad, serious or funny, and we'd love for you to share it. It is purely in the planning phase, but please call us on 6265 7016 to let us know if you would be interested.

Okines Community House - Christmas Closure -

Okines Community House will be closed over the Christmas period from 3pm, Thursday 21st December, returning 9am, Monday 8th of January 2018

The Committee and Staff wish everyone a very enjoyable and safe Christmas and a Happy New Year.



Where:
Okines Community House

When:
Friday 20th October
5-7pm

Cost:
\$5 plus \$\$\$ for raffle and games

Call 6265 7016
to book (we need to make sure we have enough goodies!)

You're Invited

to a

Girls Night In

It's time to pamper YOU!

Some lovely local ladies are set to help you relax and show you how to give yourself some 'me time', all whilst raising money for Cancer Council.



Girls' Night In

Okines Community House Inc.

Reduce the impact of Stress, Anxiety or Depression

Free 8 week Mindfulness Programs (MBSR & MBCT)
&
3 x Day Workshops
&
Online and Phone courses running regularly

Supported by Primary Health Tasmania under the Australian Government's Primary Health Networks Program



Mindfulness
PROGRAMS AUSTRALASIA

Glensorchy MBSR Oct 17th - Dec 5th 6.30 - 9 pm & Nov 26th
Hobart MBCT Feb 7th - Mch 28th 10 am - 12.30 & March 18th
Blackmans Bay MBSR May 5th - June 23rd 10 am - 12.30 & June 3rd
Dodges Ferry Workshops: Welcome to attend 1 or the series
Oct 14th, Nov 11th & 25th 10-4 pm

To register contact either:

Dr Tess Crawley & Associates Ph: 62232122 Fax: 62232244
or Christine @ MPA 0488 064 228 admin@mindfulnessaus.com.au



D'FERRY FLICKS

Brought to you by
the Dodge's Ferry Film Society

Presents:

Screenings 3rd Saturday
of the month
at the Okines Community House
6:30pm for 7pm start

Three Burials of Melquiades Estrada

(2005) M Adventure, Crime, Drama 2h11min



Sat 16th Sept

Pete Perkins looks to fulfill the promise to his recently deceased best friend by burying him in his hometown in Mexico.

Director: Tommy Lee Jones
Stars: Tommy Lee Jones, Barry Pepper, Dwight Yoakam

Manchester by the Sea

(2016) MA15+ Drama 2h15min



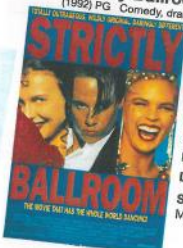
Sat 21st Oct

A depressed uncle is asked to take care of his teenage nephew after the boy's father dies.

Director: Kenneth Lonergan
Stars: Casey Affleck, Michelle Williams, Kyle Chandler

Strictly Ballroom

(1992) PG Comedy, drama, romance 1h34min



Sat 16th Dec

A maverick dancer risks his career by performing an unusual routine and sets out to succeed with a new partner.

Director: Baz Luhrmann
Stars: Paul Mercurio, Tara Morice, Bill Hunter

Biutiful

(2010) MA15+ Drama, Romance 2h28min



Sat 18th Nov

This is the story of Uxbal, a man living in this world, but able to see his death, which guides his every move.

Director: Alejandro González Iñárritu
Stars: Javier Bardem, Maricel Álvarez, Hanaa Bouchaib

Tea, coffee, supper & snacks available for sale
Annual Membership \$35/ \$25 Conc.
Please join on the night



DIGNITY

GARDENING WEAVING TOGETHERNESS COMMUNITY



◊ OKINES COMMUNITY GARDEN ◊ DUNALLEY NEIGHBOURHOOD HOUSE ◊ TASMAN COMMUNITY HOUSE
EVERY THURSDAY EVERY SECOND WEDNESDAY EVERY SECOND FRIDAY



Come plant, potter, pick or prune,
weave baskets and friendships –
or just come and sit amongst it.

We welcome all people to this
supported gardening program.
Enjoy a free shared lunch

Creative activities are lead by a local fibre artist and gardening activities by garden coordinators. An Occupational Therapist and a Social Worker will be there to provide support and advice if you need it.

For more information:
(03) 6265 7016

admin@growoccupationaltherapy.com.au

https://www.facebook.com/DIGNitygardening

http://www.growoccupationaltherapy.com.au/dignity-gardening/



This is a project funded by the Tasmanian Community Fund in partnership with the Centre for Rural Health, University of Tasmania.



Carlton Market

Saturday 4th November 2017

9:30am – 1pm and
2nd Dec 2017

227 Carlton River Road, Carlton

- Crafts, books, plants, knitted goods, bric-a-brac, jewellery, preserves, kids' activities.

- Also available:

Coffee, tea and cake

Sausage sizzle

Jumping castle for children



New stall holders and car boot sales
welcome!

Phone Pam 0419 510 947



Salvation Army

223-227 Carlton River Road
CARLTON 7173

Op Shop:

Monday - Saturday
10am - 2pm

Community Breakfast every Sunday 9.30am to
11.30am @ The Salvation Army Carlton

Every Tuesday 1pm-3pm Over 40's chat group.
Cards, board games or bring your own crafts to complete as we share snacks, coffee, tea. A laugh and a chat.

Every third Friday of the month is
Family Movie Night
6pm to 9pm

Movie is free, BYO dinner, canteen open

Market held every first Saturday of the month
9.30am to 1pm

- New Stallholders welcome -

Doorways Emergency Relief
Monday & Thursday
10am to 3pm

Toy & Book Library available

For information on any of these activities
Ph, 0410 160 280

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

PITTWATER ART GROUP



- Painting in all mediums -

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

Tuesdays: 2hr sessions 10am-12noon

(*Plus two x 3hour sessions. 10am - 1pm)

Venue: Supper Room Memorial Hall

Cole St. SORELL

Enquiries: Gail 62658775 or Cheryl 0400740148

Food Assistance

SecondBite redistributes surplus fresh food via community food programs to people in need around Australia. Food is donated by farmers, wholesalers, markets, supermarkets, caterers and events.

Thanks to the excellent work from **Second Bite** Okines Community House are pleased to be able to provide access to 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
1pm - 4pm



BREAKFAST CLUB

The Okines Breakfast Club in partnership with Dodges Ferry Primary School will re-commence in term four on:

Tuesday 17th October 2017.
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. Also many thanks to staff from the local Bendigo Bank who are regular helpers on our breakfast club roster.

We are also very pleased to welcome the team from Raine & Horne Sorell office who have joined our breakfast club roster and are providing fresh fruit platters each week.



VOLLEYBALL

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



Dodges Ferry Seniors Citizens

Indoor Carpet Bowling at Dodges Ferry
Recreation Centre

Thursdays
12.45pm - 4pm



Social outings, club lunches, Christmas
and New Year lunches and activities.
Also provides a support network for
members and their families.
ph. 6265 8208

BADMINTON



Wednesday evenings 7.30pm

Dodges Ferry Primary School Gym

Dodges Ferry Badminton Club provides a
fun and welcoming environment for
players of all levels.

www.facebook.com/dodgesferrybadmintonclub

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 \$10 per year
through the PITTWATER COMMUNITY CENTRE,
34 Hoffman St, Midway Point 7171
Enquiries Deb Cameron 0417161020
or email
pittwaterphotographytas@gmail.com



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

Staystrong: strength and flexibility fitness classes

Held every Tuesday and Thursday from 4.40pm to 5.20pm at Primrose
Community Hall, cost is \$10. For more info. phone Karyl on 0468 389 659



**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

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
opening hours .



New, Improved NILS Loans!

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



NILS Network of Tasmania Inc

The NILS 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.



Join us for an interesting informative afternoon
of

Funeral Planning



Sustainable burial options, incl. Shrouding, Home based death care,
Body bequests, How to make your wishes known

Curious? Then why not come along

Sunday 26th November 1pm-3.30pm

Okines Community House, Dodges Ferry

\$10.00 p.p

Afternoon tea provided

Bookings or information contact

Sandra Bamford: 0416 222 593

Email: info@maryeleanor.me



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

Meet 4th Sunday of every month in the car

CLEAN UP SOUTHERN BEACHES

park in front of the Dodges Ferry Tavern from

8.30am - Contact Lorraine by email:

loron@iinet.net.au

MEN'S BREAKFAST

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

- Guest Speaker -

New members welcome.



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

***House is open after hours for various activities see program for details.**

Phone/Fax: 03 6265 7016

Mobile: 0438 651 155

email: info@okinescommunityhouse.com.au

Community Garden:

Monday - 9am to 4pm

Thursday - 12.15pm to 2.45pm

Mobile: 0457 024 267

email: dig@okinescommunityhouse.com.au

Food Co-op:

Sunday - 9.30am to 12.00pm

Tuesday - 2pm to 5pm

First Monday of each month 12-2pm

email: okines.food.co-op@gmail.com

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) = 30c

Own paper A4 (1 side) = 5c A4 (2 sides) = 10c

A3 (1 side) = 10c A3 (2 sides) = 20c

Colour Printing:

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

A3 (1 side) = 60c A3 (2 sides) = \$1.20

Own paper A4 (1 side) = 15c A4 (2 sides) = 30c

A3 (1 side) = 30c A3 (2 sides) = 60c

Fax Machine:

To send a fax is 50c per page, 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.

*** OKINES COMMITTEE MEETINGS ***

Okines Community House Management Committee meets the third Friday of every month at 9.30am. 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 info@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

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: 6265 1155

DUNALLEY

Wednesday 9am – 11am

School Terms only

No joining fee

\$1 per child (includes morning tea)

Held at Dunalley Neighbourhood House

Contact: 6253 5579

LAUNCH INTO LEARNING

SCHOOL PROGRAM

Monday 9 am to 10 am Pre Kinder

Wednesday 9am to 10.30 am*

Making music with wiggling wombats

*held at Okines Community House

Friday 9am to 10.30am Learning Together

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.

Grab a

coffee & support Okines Community House

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



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.