

OKINES

Community House

Funded by the DEPARTMENT of COMMUNITIES TASMANIA

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

NEWSLETTER
TERM FOUR
2018

School holiday fun...

As this newsletter goes to print Okines is in the midst of a successful school holiday program. We would like to thank the community for the overwhelming response to the activities on offer with most booked to capacity. If you have any ideas for future activities we would love to hear from you. These are some of the photos from the circus skills, rock painting, racketsy bang band and street art workshops.



There is a great deal to look forward to at Okines over the coming months. New to the program are cheese making and Christmas pudding/mince tarts workshops along with after school taster sessions for drama and musical performance skills (see all the details inside this newsletter).

Celebrate the last day of school term by coming along to a Summer Solstice Twilight Market at Okines featuring food vans, entertainment and market stalls. If you are interested in performing on the night or having a market stall please fill out an application form (available from the office or email info@okinescommunityhouse.com.au).

If you are at a loose end over the summer holidays Okines is hosting a Mosaic Family Day on Friday the 8th of January from 10.30am – 3.30pm. This is a free community arts event with music and food available. This event is funded by a Sorell Council youth grants to finish mosaicing the front of the Dodges Ferry Rec Hall. Come and share in the activities, learn mosaicing techniques and make your permanent mark on the community. Also, keep an eye out for a pop-up sausage sizzle with some tunes at the skate park over the summer break (details on our Facebook page closer to the date).

MANDALA AFFIRMATION PROJECT

Talented Okines' volunteer Barb Gardam recently finished an exquisite Mandala Affirmation Project she has been working on for several years. Barb explained that creating an affirmation mandala is a meditative process which can be quite a therapeutic experience for the artist.



This particular mandala features Barb's positive words for the future of Okines House, Garden & Co-op. Starting from the middle, Barb repeats the words in an increasing circular pattern. To add to the complexity of the design Barb has cleverly interspersed images amongst the structure of the words.

This photo does not do justice to the amazing intricacy of the finished art piece which is better viewed in person. You will find Barb's artwork located at the Okines community garden next to the Dodges Ferry School.

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 18th of January, 2019**

Did you know you can receive the Okines Newsletter by email? If you are interested please contact info@okinescommunityhouse.com.au

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, and Tracy Duggan's Clean Conscious cleaning products. You will also find local olive oil & Tassie butter.

Opening hours:

Sunday 9.30am – noon

Tuesday 2pm – 5pm

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

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 the Okines Food Co-op website for all details:

<http://okinescommunityhouse.com.au/wpms/foodcoop/>

Food Co-op



You can also 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.

1. New in our shop:

- blackstrap organic molasses 470g jars
- Millet organic
- sorghum flour - gluten free
- organic ground nutmeg
- Okines made mixed spice
- organic toasted sesame oil
- psyllium husks organic

We also got cartons of 'Who gives a crap' toilet paper, tissues, and kitchen towel – save by buying in bulk!

We are soon bottling bush honey! You can leave your bulk containers marked with your name at the co-op by the 23rd Oct if you want them filled. No Leatherwood left this season.

2. Special Event: Join Sue Metzler's **Traditional Christmas Pudding and Tart making workshop** is happening on the **2nd November 9am-3pm**. You can join for 30\$, light lunch included. Strictly limited to 10 attendees – book early to not miss out! Please call 62657016 or email info@communityhouse.com.au.

3. If you are already an expert, **please share your favourite conventional or gluten-free Christmas pudding recipe** with us and help to get packs ready for the season!
4. If you would like to take up a new **active role in our co-op**, we would love more support in our **tahini / honey/ coconut oil bottling team!** Please contact Jill, if you're interested.
5. **Southern Wild** have opened their ordering for the month of **October**. They are offering tasty ferments from organic Tassie grown ingredients.

How to order: To buy their fermented foods please fill out the following order form:

<https://goo.gl/forms/17v7RvTvZbqjegOW2>

When to order: This month's order deadline is **midnight Friday October 5th**.

How to Pay: You can pay for your order when you pick it up at the Co-op.

Delivery Schedule: They will now deliver on the **second Tuesday of the month**. This month it's Tuesday **October 9th**.

Events and activities term 4, 2018

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 15th October 2018 (9 weeks \$135).

***Tuesday:** 6.30pm to 7.30pm (A foam roller class)

Commences 16th October 2018 (9 wks \$135, casual \$20)

(*Note: Tuesday Class held in GP room at Dodges Ferry Primary School)

Thursday: 9am to 10am (A foam roller class)

Commences 18th October 2018 (9 wks \$135 no class 25th Oct)
(casual rate \$20 per class)

Venue: Okines Community House (*except Tuesday evening)

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

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

Fee: \$15 per session

Contact: Jackie on 6265 7716



CRAFT CLUB

Craft club is held on Mondays 10.30am to 12.30pm during which participants can enjoy coffee, chats & craft.



Venue: Okines Community House

Day: Monday **Starts:** ongoing

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

Contact: 6265 7016 or info@okinescommunityhouse.com.au

TUESDAY

RHYTHM & BEACHES COMMUNITY SINGING GROUP

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



Day: 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



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, co-ordination 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



Events and activities term 4, 2018

TUESDAY

DRAMA CLASS - TASTER WORKSHOP

Learn essential skills in drama and stage production, play interactive games like theatre sports, gain confidence and make new friends. Finish the term with a performance.



Day: Tuesday 6th & 13th of November 2018

Time: 3pm to 4.30pm

Fee: \$15 per session

Venue: Okines Community House

Contact: 6265 7016 or info@okinescommunityhouse.com.au

BEATS AND RHYMES - TASTER WORKSHOP

A fun interactive musical workshop with a focus on song writing, using Apps like garage band and synths to create original songs, learn correct microphone technique and stage presence. Perfect for the budding performer. Students encouraged to bring their own devices if they have them.



Day: Tuesday 20th & 27th of November 2018

Time: 3pm to 5pm

Fee: \$15 per session

Venue: Okines Community House

Contact: 6265 7016 or info@okinescommunityhouse.com.au

WEDNESDAY

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. No special equipment is required and we suggest you wear comfortable clothing

Venue: Okines Community House

Day: Wednesday during school terms

Time: 10am to 11am

Fee: \$4

Contact: 6265 7016

info@okinescommunityhouse.com.au



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)

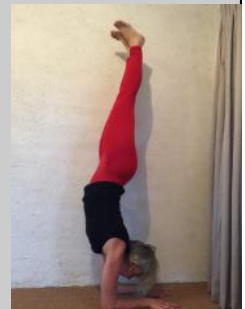
*Wednesday 6pm to 7.15pm (general class, suitable for beginners)

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

PAINTING

The Shoreline Art Group meet at Okines Community House every Wednesday from 10.30am to 1.30pm. Anyone who is 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

Events and activities term 4, 2018

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 - 8/11, 13/12, 10/1/19

Time: 12.00pm to 2.30pm

BYO plate of food to share

Contact: 6265 7016

DIGNITY SUPPORTED GARDENING

DIGNITY supported gardening is on again in the Community Garden every Thursday from 10.30 - 1.30pm. We are recruiting folks to join this vibrant team of volunteers to provide support to participate in a range of activities in the garden setting. Gwen has recently traveled 13000 km to get back in time to lead weaving and other craft activities.

Andrew, our resident good guy returns to provide emotional support where needed. Jessie, our ostentatious occupational therapist ensures everyone is safe, engaged and smiling, and Claire, our garden girl will introduce keen gardeners to the chickens, the worms and get our hands dirty. A host of volunteers tend to everyone's needs and help keep everything running smoothly. Every week we prepare and share a healthy meal using fresh ingredients from the garden. EVERYONE is welcome to this inclusive, heartwarming garden gathering. Spring is here. Come plant potter, pick or prune, weave baskets and friendships - or just come and sit amongst it.

Time: Thursdays 10.30am - 1.30pm

Contact: 6265 7016 or

email: jessie@growoccupationaltherapy.com.au



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 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



INTRODUCTION TO COMPUTERS

If the thought of learning to use a computer makes you a bit nervous but you are keen to get in and have a go we have the computer classes for you. Okines offers basic computer training (particularly good for seniors) in a relaxed, supportive environment. Lessons are designed to progressively build your confidence to undertake tasks such as finding your way around the computer, using the internet, and troubleshooting issues when they arise.

Venue: Okines Community House

Starts: 1st November for 6 weeks

Time: 1pm to 3pm

Fee: \$5 per session

Contact: 6265 7016 or info@okinescommunityhouse.com.au



Events and activities term 4, 2018

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: 30/11/18 & 14/12/18

Time: 12pm to 2pm

Fee: \$7 for 2 course meal

Contact: 6265 7016 or

info@okinescommunityhouse.com.au



Bookings are essential

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

SPECIAL REMINDER:

Christmas EWF will be held on 14th Dec 2018. Please also be advised that there will be **NO EWF** in January 2019.



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

CHEESE MAKING

A 3 hour beginners class on the basics of making fresh ricotta and haloumi. Workshop includes a light Mediterranean lunch of homemade sourdough, dips and cheeses.

This class is limited to strictly 10 participants, please book early to avoid disappointment.

Venue: Okines Community House

Date: Friday 9th November 2018

Time: 11am to 2pm

Fee: \$40

Contact: 6265 7016 or info@okinescommunityhouse.com.au



FRIDAY

CHRISTMAS PUDDING & FRUIT MINCE TARTS

Sue Metzler is tutoring a Christmas pudding & fruit mince tarts workshop at Okines. At this workshop you will learn to make and take home a traditional boiled pudding in a cloth as well as fruit mince tarts in preparation for Christmas. Light lunch is included. There is a max of 10 participants for this workshops and bookings are essential.



Venue: Okines Community House

Date: Friday 2nd November 2018 **Time:** 9am to 3pm **Fee:** \$30

Contact: 6265 7016 or info@okinescommunityhouse.com.au

STEINER BASED PLAYGROUP

Okines Community house welcomes parents with children 0-8 years old to Steiner Based Playgroup at Okines Community House. Activities include seasonal activities, gardening, arts & crafts, nature walks, baking, singing and storytelling.



Venue: Okines Community House

Day: Friday **Time:** 10am to 12pm **Fee:** \$2 plus piece of fruit

Contact: 6265 7016 or info@okinescommunityhouse.com.au

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 3rd November 2018

Time: 10am to 2pm **Fee:** \$45 & BYO lunch to share

Contact: 6265 7016 or info@okinescommunityhouse.com.au

CAR BOOT SALE

In acknowledgement of Recycling Week Okines will be hosting a car boot sale in the Dodges Ferry Primary School car park. Bring your old loot to the boot sale and make some extra cash.

Venue: Dodges Ferry School car park

Date: Saturday 17th November 2018

Time: 10am to 2pm **Fee:** \$5 per car boot

Contact: 6265 7016 or info@okinescommunityhouse.com.au



Events & Activities Calendar Term 4 - 2018

MONDAY

FROM WITHIN PILATES

9am to 10am, starts 15th October 2018, 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, cost \$15 per session, contact: Jackie Graham 6265 7716

GARDEN TUCKER

Cooking from the garden every first Monday of the Month 11-1pm.

THURSDAY

FROM WITHIN PILATES

9am to 10am, starts 18th October 2018, casual \$20, contact: Salome on 0437 405 213

OKINES BOOK CLUB

12pm to 2.30pm, 2nd Thursday of month, next is 8/11/18, Contact: 6265 7016

INTRO TO COMPUTERS

1pm to 3pm, 6 weeks commencing 1st November '18, 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

Thursdays, 10.30am-1.30pm 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

DRAMA CLASS TASTER

3pm to 4.30pm, 6th & 13th Nov '18, \$15 per session, contact 6265 7016

BEATS & RHYMES TASTER

3pm to 5pm, 20th & 27th Nov '18, \$15 per session, contact 6265 7016

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, 30/11 & 14/12, **NO** EWF in January 2019, \$7 for 2 courses, Bookings essential: Contact: 62657016

STEINER BASED PLAYGROUP

10am to 12pm, Held each Friday, last playgroup for the year will be 21st Dec '18 and recommence 8th Feb 2019, \$2 per child and a piece of fruit to share. Contact: 6265 7016.

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

CHEESE MAKING

11am to 2pm, 9th November '18, \$40 light lunch included, Contact: 6265 7016

CHRISTMAS PUDDING & FRUIT MINCE TARTS

9am to 3pm, 2nd November '18, \$30 light lunch included, Contact: 6265 7016

OKINES BOARD MEETINGS

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

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

LOAVES & FISHES 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 3rd November '18, **Cost:** \$45, 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

CAR BOOT SALE

Saturday 17th November '18 at DFPS carpark, \$5 per stall, book 6265 7016

SENIORS WEEK EVENTS

. INTERGENERATION ITECH SESSION

1pm to 3pm, Monday 15th October 2018 (Seniors Week activity)

. TAI CHI

10am to 11am, Wednesday 17th October 2018

. HIP HOP FOR SENIORS

1pm to 3pm, Wednesday 17th October 2018

. DIGNITY

10.30am to 1.30pm, Thursday 18th October 2018



Okines Community Garden

Welcome to Sonja Ralph who is the new community gardener. Sonja will be working with volunteers in the garden to boost our food production. Sonja comes to us with qualifications and experience in botany and market gardening, she has also worked within teams and managed teams in Tasmania, and further afield in America. Please welcome Sonja to the garden.

The garden hosted the Fire and Story night again this year. Thanks to Mel Hope Mills and The Dodges Ferry Primary school for organising this event again, and to the many garden volunteers who helped make it happen. Particularly to Nanny Barb, who guided the labyrinth walks, Anne Piesse who manned the billy chai tea, Rosella, Jessie, Amelie, Jenny, Claire, Kai, Finn, Jackie who helped at the pizza oven, and Linley who is super helpful all round. And thanks also to the Reed family for their ongoing musical support.

Seedlings are for sale from the hothouse, eggs are for sale straight from the chook house, (or the garden office) and produce is bountiful in the garden, pick your own and as always leave what you can in the donation pole which is located along the garden path.

SOIREE dates for this term are Nov 9th and Dec 14th. Come along to the garden to eat pizza (\$10), listen to live music, (maybe even have a jig), and enjoy the community vibe. This is a free family friendly event. BYO drinks and picnic rug.

Garden Tucker continues on the first Monday of the Month. Come for a free feed between 11-1pm, and potter or sit in the garden, it's a safe haven for relaxing and rejuvenating the spirit.

Full Moon Weaving continues monthly with Gwen Egg. Check out her posters under the garden shed, click onto the community garden Facebook page for dates or subscribe to the garden email list dig@okinescommunityhouse.com.au and we will send you info about Full Moon Weaving, garden events, workshops and other yummy stuff.

DIGNity continues with its wonderful supported gardening program every Thursdays 10.30am -1.30pm, contact admin@growoccupationaltherapy.com.au.

THE GARDEN IS STAFFED EVERY MONDAY from 9-4pm, come along and join us.



STORY TELLING FESTIVAL 2018



10am-2pm

Okines Community House

CAR BOOT SALE




Recycling week SAT 17th Nov
Dodges Ferry School car park
Bring your old loot to the car boot sale and make some extra cash.

\$5 per stall: Bookings 03 6265 7016
info@okinescommunityhouse.com.au



D'FERRY FLICKS Brought to you by the Dodges Ferry Film Society

Presents: Screenings 3rd Saturday of the month at the Dodges Ferry Primary School 6:30pm for 7pm start



The Fifth Element (1997) PG Action, Adventure, Sci-Fi 2h6min
Sat 15th Sept
 In the colorful future, a cab driver unwittingly becomes the central figure in the search for a legendary cosmic weapon to keep Evil and Mr. Zorg at bay.
 Director: Luc Besson
 Stars: Bruce Willis, Milla Jovovich, Gary Oldman

Julieta (2016) R Drama, Mystery, Romance 1h39min
Sat 20th Oct
 After a casual encounter, a brokenhearted woman decides to confront her life and the most important events about her stranded daughter.
 Director: Pedro Almodóvar
 Stars: Emma Suárez, Adriana Ugarte, Daniel Grao

Grease (1978) PG Musical, Romance 1h50min
Sat 15th Dec
 Good girl Sandy and greaser Danny fell in love over the summer. When they unexpectedly discover they're now in the same high school, will they be able to rekindle their romance?
 Director: Randal Kleiser
 Stars: John Travolta, Olivia Newton-John

The Weeping Meadow (2004) PG Drama, History, Romance 2h50min
Sat 17th Nov
 The story starts in 1919 with some greek refugees from Odessa arriving somewhere near Thessaloniki.
 Director: Theodoros Angelopoulos
 Stars: Alexandra Aidini, Nikos Poursanidis, Giorgos Armenis

Trilogy (2004) PG Drama, History, Romance 2h50min

Check for updates at [dferryflicks Facebook page](https://www.facebook.com/dferryflicks)

Breakfast Club

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

Tuesday 16th October 2018.

Breakfast is offered Tuesday and Thursday mornings from **8.15am**. Okines would like to gratefully acknowledge the support of the local **Richmond Bakery** who donate bread each week to breakfast club.

We would also like to acknowledge the great work of the team from **Raine & Horne Sorell Office** in volunteering on our Breakfast Club roster as well as providing fresh fruit platters each week. We encourage you to support these businesses by choosing to buy local whenever possible.



Okines Community House

Cheese Making

With Ayelet Anush

Nov 9th 11am-2pm

\$40

A 3 hour beginners class on the basics of making fresh ricotta and haloumi.

Including a light Mediterranean lunch of homemade sourdough, dips and cheeses.

info@okinescommunityhouse.com.au

03 6265 7016

Strictly limited to 10 people so book early

Blackbird we sing, together for youth at risk



BLACKBIRD CHOIR SESSIONS

Australian anthem for youth at risk

@ Okines Community House

Nov 6th and 13th, 7pm ALL AGES



No singing experience required,

Just a longing to raise your voice in solidarity over youth suicide and youth at risk!

For more info please check out blackbird face book page .

<https://www.facebook.com/blackbirdwesing/>

Please Join us for a two part choir session, where we will learn the song and record it to be shared online with many others from around the country .

SING in solidarity for our young people, Let them know that their lives matter!



540 Old Forcett Rd, Dodges Ferry (next door to the Dodges Ferry Primary School)



Drama Class



Taster Workshop at Okines Community House

Tuesdays November 6th and 13th

3pm- 4-30 Ages 8-13 \$15 per class

Learn essential skills in drama and stage production, play interactive games like theatre sports, gain confidence and make new friends.

Nelle has over 35 years stage experience in both theatre, physical theatre and music.



Bookings: info@okinescommunityhouse.com.au

Call: 62657016

Okines Community House

GET ONLINE WEEK 2018

Intergenerational iTech Session

Monday 15th October 2018

1pm - 3pm



With a little help from our Dodges Ferry School friends, we will explore the answers to all those iPad, iPhone, android devices and tablet questions.

Learn how to use the internet to do online banking, make online bookings for travel and entertainment. Also, learn how to order groceries online, make doctors appointments or claim a benefit.

Session includes a relaxing afternoon tea.

Bookings 6265 7016 or info@okinescommunityhouse.com.au

540 Old Forcett Rd (next to the Dodges Ferry Primary School)

STEINER BASED PLAYGROUP

- Now on at Okines Community House -

Okines Community house welcomes parents with children 0-8 years old to Steiner Playgroup at Okines Community House.

Time: Fridays 10am - 12pm.

Activities include:

- * Seasonal activities
- * Gardening
- * Arts & Crafts
- * Nature Walks
- * Baking
- * Singing/Story Telling



Last playgroup session for this year will be the 21st December 2018 and recommencing on 8th February 2019.

Phone 6265 7016 or email info@okinescommunityhouse.com.au



Okines Community House

TWILIGHT MARKET

Summer Solstice

Thurs 20th of December 4pm - 8pm

Food Vans Entertainment Market Stalls

Applications now open !

Located at 540 Old Forcett Rd, Dodges Ferry (next to the Dodges Ferry Primary School)

Contact: info@okinescommunityhouse.com.au or 6265 7016

Okines Community House

- Christmas Closure -

Okines Community House will be closed over the Christmas period from Friday 21st December, returning Monday 7th of January 2019

The Board and Staff of Okines Community House wish everyone an enjoyable and safe Christmas and a very happy New Year.



Please note

Okines Community House, Garden & Co-op are thrilled to be welcoming the Goodlife Permaculture Crew back for the third year running. The Permaculture Design Course will be held over two weeks commencing Friday 18th January 2019 and concluding Friday 1st February 2019. Please note that the house is not available for bookings during this period however the computer room will be open for photocopying, printing and scanning services and Okines staff will be available in the office.



Okines Community House
Traditional Christmas
Pudding and Tart Making



With Sue Metzler \$30

Friday the 2nd of November 2018 from 9am – 3pm

Learn to make a traditional boiled pudding in cloth and fruit mince tarts in preparation for Christmas. Workshop is being held at Okines Community House. Light lunch provided.

Strictly Limited to 10.

Book early to avoid missing out ph: 62657016 or email info@okinescommunityhouse.com.au



Okines Community House

Beats & Rhymes

Taster Workshop \$15 per class

A fun interactive musical workshop with a focus on song writing, using Apps like garage band and synths to create original songs, learn correct microphone technique and stage presence.

Perfect for the budding Performer. Students encouraged to bring their own devices if they have them.

Tuesday November 20th and 27th, Ages 10-15 , 3pm-5pm

Bookings : 03 6265 7016 info@okinescommunityhouse.com.au





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 (starting March 2018)
- New Stallholders welcome -

Doorways Emergency Relief
Monday, Wed & Fridays
10am to 2pm

Toy & Book Library available

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

Full Moon Weaving

with Gwen Egg

Okines Community Garden



TIME 6 - 8pm

September, Tuesday 25th

October, Thursday 25th

November, Friday 23rd

Cost: by donation (\$10 - 20)

Gwen will introduce basket weaving techniques and projects which make use of materials gathered from the garden or the local environments.

Gwen is a fibre and community artist and long-time local at Dodges Ferry with a passion for working with community caring for each other and the local environment.

Food Assistance

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

Thanks to the excellent work from **Loaves & Fishes Tasmania** 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

Please BYO bags



PRIMROSE SANDS Community ACTIVITIES

Playgroup

Mondays 10.30am to 12.30pm

Bingo

Every Wednesday fortnight 10/10, 24/10, 7/11,
21/11, 5/12 and 19/12/2018

Cards

Held every second Wednesday 12pm to 3pm at
Primrose Community Hall, BYO plate optional.
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

VOLLEYBALL

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



Dodges Ferry Seniors Citizens

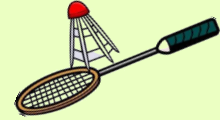
Indoor Carpet Bowling at Dodges Ferry
Recreation Centre

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 COM-
MUNITY CENTRE,
34 Hoffman St, Midway Point 7171
Enquiries Deb Cameron 0417161020



Southern Beaches Coastcare

Community Caring for Coast and Country



Check out what we've been doing at:

www.southernbeachescoastcare.org

Find us on [facebook.com/sbcoastcare/](https://www.facebook.com/sbcoastcare/)

We hold monthly working bees to care for the local environment
and meet most months at Okines Community House to plan our
activities. Contact us, become a member or join our email stream to
receive notice of our activities and minutes of our meetings at:

southernbeacheslandcoastcare@gmail.com

C/- Post Office Dodges Ferry 7173

Or phone Gwen Egg on 0484 617 832

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

BINGO
@
**Primrose Sands
Community Hall**
**Every Wednesday
Fortnight**


BINGO eyes down 7pm
\$\$ Jackpots \$\$

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



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)

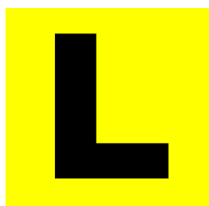
To be eligible for a loan you must:

- * 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.



linc Tasmania
learn discover access

GET YOUR **L1 Learner Licence** @ Okines Community House



Sit the L1 Test for car or motorbike

I will sit with you during the test and Help to explain the questions in a way that YOU understand.

Ages 16+ No Income limits
FREE Service
Contact Fiona on 0448 443 686 to book your Test!

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

CLEAN UP SOUTHERN BEACHES

Meet 4th Sunday of every month in the car 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:
540 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
 Wednesday - 9am to 2pm
 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= \$1.00 each A3= \$2.00 each

Black & White Photocopying/Printing:

Using our paper A4 (1 side) = 20c

A3 (1 side) = 20c

Own paper A4 (1 side) = 10c

A3 (1 side) = 10c

Colour Photocopying/Printing:

Using our paper A4 (1 side) = 50c

A3 (1 side) = \$1.00

Own paper A4 (1 side) = 25c

A3 (1 side) = 50c

Fax Machine: To send a fax is 50c, Our Fax No. is 6265 7016 if you need to have anything faxed to you. The cost will be 20c for each page received.

Scanning To scan a document is a cost of 50c

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



*** OKINES BOARD MEETINGS ***

Okines Community House Board of Management meets the third Friday of every month at 9.30am. The Board 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 Board. 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 Midway Pt 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

PRIMROSE SANDS

Monday 10.30am - 12.30pm

LAUNCH INTO LEARNING

SCHOOL PROGRAM
 Contact Dodges Ferry Primary School on 6265 8116 for more information

STEINER BASED PLAYGROUP

Friday 10am – 12pm
 No joining fee
 \$2 per child (Please bring a piece of fruit to share)
 Held at Okines Community House

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.