



OKINES



Community House

Funded by the DEPARTMENT of COMMUNITIES TASMANIA

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

D.F.P.S STORY TELLING EVENT 2019

It was with great pleasure that Okines Community House, Garden & Food Co-op welcomed the Dodges Ferry Primary School back for their yearly Fire and Story Performance Night. The balmy evening made perfect conditions for parents and friends to enjoy a smorgasbord of talent from the local primary school. This year's theme was aptly named "Seed" as guests soaked up the ambience of the garden space. There were many outstanding performances on the evening including the school choir and rock bands as well as a musical piece from the newly formed school concert band. This year, along with pizzas in the garden and tasty treats from the Food Co-op, guests also enjoyed a variety of casseroles available from inside the house.

As with many of the events held at Okines, success depends upon the willingness of volunteers to ensure that all goes smoothly on the night. Okines is immensely grateful to those people who contributed of their time on the evening and leading up to the event. Okines would like to congratulate Melinda Mills-Hope and the Dodges Ferry Primary School on the success of the event and acknowledge the outstanding quality of art on display as part of the exhibition held in the GP room.

We look forward to welcoming the Dodges Ferry Primary School staff and students and their families and friends back next year for the Fire and Story Telling Event 2020.



Food Co-op volunteers enjoying the wonderful atmosphere of the Fire & Story Telling Evening.



A Dodges Ferry Primary School Band rocking it out.

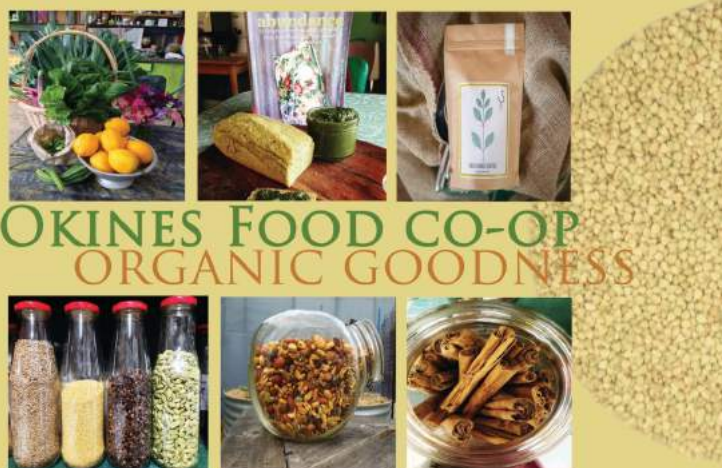
ABOUT THE NEWSLETTER

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 17th of January, 2020****

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



Food Co-op News



During October we will be transferring to a new point of sale system. Our wonderful, indispensable cashiers will be learning the new operations, so please be patient with

them. As the new system uses a different system to determine pricing there may be a minor difference to some discount prices. Please understand that prices on your receipt may be slightly different than that on the bins while we make updates. If prices are significantly different, please alert the cashier or email.

OKINES COMMUNITY HOUSE & GARDEN DODGES FERRY

OKINES FOOD CO-OP OFFERS:
BULK ORGANIC WHOLEFOODS
AFFORDABLE PRICES
REDUCED PACKAGING
LOCAL SHOPPING
SHOP IN STORE OR ORDER ONLINE

OPENING HOURS
TUESDAY 2-5PM
SUNDAY 9.30AM-12PM
1ST MONDAY OF THE MONTH 12PM-2PM

CONTACT US FOR MORE INFO.
email: okinesfoodcoop@gmail.com
<http://okinescommunityhouse.com.au/wpms/foodcoop/>
<https://www.facebook.com/okinesfoodcoop/?fref=ts>

New stock

- * Gluten-free Muesli
- * Black Tahini
- * Body of Nature: Sampoo/Body Bar, Deodorant & Lip Balm. All totally natural, neutral pH, in cardboard casing- no plastics, 2nds prices
- * Full Cream Milk Powder
- * French Earl Grey Tea
- * EGGS free range: BACK IN STOCK: regular item: \$7.50

Special Orders: We are happy to place orders for you of items we don't have as stock, but please collect them as soon as possible after they arrive as we don't have space in the co-op to store them.

Items needed:

1. Compact vacuum cleaner: to make things easier for our weekly cleaners.
2. Electric Waffle Maker: for future events cooking

Upcoming events:

TWILIGHT MARKET: Friday 18th October

DODGES FERRY PRIMARY SCHOOL FAIR: Friday 15th Nov

We will need help with baking goodies to sell and set-up, serving and clean-up on the night. These are important fundraisers for the co-op to buy equipment and help towards new fitouts. Please let us know if you can assist.

ACTIVE MEMBERS NEEDED:

MORE CASHIERS OR CASHIER ASSISTANTS: for Sundays 9.30-noon and Tuesdays 2-5pm. You will only be required once a month and then, as an active member you will receive a 15% discount on all your purchases. PLEASE LET US KNOW IF YOU CAN HELP OUT. We cannot operate the co-op without our cashiers

Events and activities term 4, 2019

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 14th Oct 2019 (7 weeks \$105).

Class focuses on recovery/mobility and strength.

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

Commences 17th Oct 2019 (7 weeks \$105 no class 24/10/19)

This class will continue with the soft foam roller focusing on releasing and strengthening the body.

(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.



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 during school terms

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 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 choreographed to music. Tone and strengthen and increase everyday calorie burn. Dumbbells provided.

Venue: Okines Community House

Day: Tuesday, **Starts:** ongoing

Time: 6.15pm to 6.55pm **Fee:** \$10

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, coordination and flexibility.

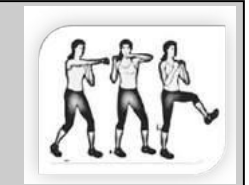
Venue: Okines Community House

Day: Tuesday **Time:** 7pm to 7.20pm

Fee: \$5

Contact: Karyl on 0468 389 659

fizzicalfusion@gmail.com



CYANOTYPE PRINTING WORKSHOP -

Come along & experiment with one of the oldest alternative photographic processes which harnesses the sun to make beautiful blue prints from objects like leaves, flowers and feathers. Film negatives supplied.

Venue: Okines Community House

Day: Tuesday 5th November

Time: 10am to 2pm **Fee:** \$40

Contact: 6265 7016 or

info@okinescommunityhouse.com.au



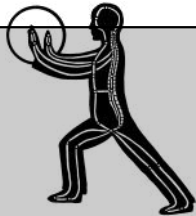
Events and activities term 4, 2019

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



5RHYTHMS DANCE - Deva O'Wheel

5Rhythms is a dynamic movement practice that provides an opportunity to both workout and meditate in the same breath.

This is an invitation to join us in a weekly dance facilitated by Deva O'Wheel (5Rhythms Spaceholder). Deva participated in her first 5Rhythms workshop with Gabrielle Roth in 1990 and has been dancing ever since with many teachers from all over the world. There are no steps to learn just a willingness to be present. All welcome.

Venue: Okines Community House
Day: Wednesday
Time: 11.30am to 1pm
Fee: \$10 casual
Contact: Deva 0402 228 321 or devaowheel@hotmail.com
www.5rhythms.com



PAINTING

The Shoreline Art Group meet at Okines Community House every Wednesday from 10.30am to 1.30pm. Anyone interested in joining...

Please note:
 This activity is currently filled to capacity and is unable to accept new members at this time. Please let us know if you are interested & we can pass on your details for when another space becomes available.

Venue: Okines Community House
Date: Wednesdays
Time: 10.30am to 1.30pm
Cost: \$5 includes morning tea



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 no membership fee, and books are organised through the LINC (State Library).



Venue: Okines Community House
Day: Second Thursday of the month - 10/10, 14/11 & 12/12/19
Time: 12.00pm to 2.30pm, BYO plate of food to share
Contact: 6265 7016 or info@okinescommunityhouse.com.au

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 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. 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 6.55pm
Fee: \$10
Contact: Karyl on 0468 389 659
fizzicalfusion@gmail.com



Fizzical Fusion STRETCH- Tutor Karyl Michaels

Improve flexibility, balance and coordination. 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 ongoing
Time: 7pm to 7.20pm
Fee: \$5
Contact: Karyl on 0468 389 659
fizzicalfusion@gmail.com



Events and activities term 4, 2019

THURSDAY

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 a bundle of great ideas for 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 Sonja, our garden girl will introduce keen gardeners to the chickens, the worms and opportunities to 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. 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

CIRCUS SKILLS with Mark Sands

Book early for this wonderful opportunity for children 7 years and under (ideal for home schooled students and early years).

Venue: Okines Community House
Day: Starting 24 Oct 2019 fortnightly
Time: 9.30am to 10.30am
Fee: \$15 per family for 5 sessions, (Must be paid in full \$75 at start of term)
Contact: Beth on 0497 637 785



FRIDAY

SOUTHERN BEACHES SPINNERS & FIBRE 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:** \$3,
Contact: Eileen 6265 8472 or Brian 0487 380 296



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: 25/10/19, 29/11, 13/12/19
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.

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 2nd November 2019 **Time:** 10am to 2pm
Fee: \$45 & BYO lunch to share
Contact: 6265 7016 or info@okinescommunityhouse.com.au

BACK OFF WOMEN'S SELF DEFENCE - Tutor - Jojo Wyld

Women's self defence is run by a female coach with over 30 years experience in Martial Arts, Self Defence, Resilience and Fitness. Feel safe and be empowered. Suited to women 15+ of all physical abilities.



Venue: Okines Community House
Day: Saturday 9th November 2019
Time: 1pm to 4pm **Fee:** \$30
Contact: 6265 7016

VISION BOARD WORKSHOP With Deborah De Williams

This workshop will give you the space you need to intentionally define your dreams & create a Vision Board that will effortlessly attract your ideal outcomes to you.

Venue: Okines Community House
Day: Saturday 23rd November 2019
Time: 10am to 2pm
Fee: \$45
Contact: 6265 7016



Events & Activities Calendar Term 4 - 2019

MONDAY

FROM WITHIN PILATES

9am to 10am, starts 14th Oct. 2019, 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.

TUESDAY

FIZZICAL FUSION STAYSTRONG

6.15pm to 6.55pm, \$10 casual, contact Karyl on 0468 389 659

FIZZICAL FUSION STRIKE

7pm 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

CYANOTYPE PRINTING WORKSHOP

10am to 2pm, 5th Nov '19 cost \$40, Contact: 6265 7016

WEDNESDAY

PAINTING

10.30am to 1.30pm, Cost \$5 per class includes morning tea – Let us know if you would like to be on a waiting list for this activity.

TAI CHI

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

LOAVES & FISHES FOOD ASSISTANCE
1pm to 3pm, every Wednesday

ORANGESKY FREE LAUNDRY SERVICE
11am to 1pm, Wednesdays.

SRHYTHMS DANCE

11.30am to 1pm, \$10 casual Contact: Deva 0402 228 321 or devaowheel@hotmail.com

BADMINTON

7.30pm Wednesdays at Dodges Ferry Primary School Gym.

THURSDAY

FROM WITHIN PILATES

9am to 10am, starts 17th Oct. 2019, casual \$20, contact: Salome on 0437 405 213

OKINES BOOK CLUB

12pm to 2.30pm, 2nd Thursday of month, 10/10, 14/11, 12/12/19 Contact: 6265 7016

FIZZICAL FUSION STAYSTRONG

6.15pm to 6.55pm, \$10 casual, contact Karyl on 0468 389 659

FIZZICAL FUSION – STRETCH

7pm to 7.20pm, \$5 contact Karyl on 0468 389 659

DIGNITY SUPPORTED GARDENING

Thursdays, 10.30am-1.30pm shared lunch provided

CIRCUS SKILLS

9.30am to 10.30am, Under 7s, starts 24th Oct. 2019, \$75 per family for 5 fortnightly sessions, contact: Beth on 0437 405 213

SENIOR BOWLS

12.45pm to 4pm Thursdays at Dodges Ferry Primary School Gym.

FRIDAY

EATING WITH FRIENDS

12pm to 2pm, 25/10, 29/11, 13/12, \$7 for 2 courses, Bookings essential: Contact: 62657016

SOUTHERN BEACHES SPINNERS & FIBRE GROUP

10am to 3pm, Every Friday, \$3 per session. Bring along, spinning wheel and wool. Contact: Eileen on 6265 8472 or Brian 0487 380 296

OKINES BOARD MEETINGS

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

TWILIGHT MARKETS

5pm – 8.30pm

- Friday 18th Oct. 2019
- Thursday 19th Dec. 2019
- Friday 20th March. 2020

GARDEN SOIREES

Fridays from 5.30pm – 7.30pm

- 1st November 2019
- 29th November 2019
- 31st January 2020
- 21st February 2020
- 27th March 2020

WEEKEND

MOSAICS WORKSHOP

10am to 2pm, one day workshop Saturday 2nd November 2019, Cost: \$45 and BYO lunch to share

WOMEN'S SELF DEFENCE

1pm to 4pm, Saturday 9th November 2019, Cost: \$30

VISION BOARD WORKSHOP

10am to 2pm, Saturday 23rd November 2019, Cost: \$45 and BYO lunch to share

Seniors Week program:

- Cards & Board Games, Monday 14th October 2019, 10am-12pm, free activity.
- Laymen's Online Skills, Tuesday 15th October 2019, 10am – 12pm, free activity.
- Pingo and Guess Who, Thursday 17th October, 10am – 12pm, gold coin donation.
- DIGNITY, Thursday 17th October 2019, free activity.

Garden News

Now that spring has hit, we are in full gardening mode! We are busy planting seeds, raising seedlings and pulling weeds as the warm weather speeds up plant growth. The warm weather has also brought back our favourite programs, like Full Moon Weaving and DIGnity.

Now that the days are getting longer Full Moon Weaving with Gwen is on again in the Okines Community Garden starting this Saturday!

From 6 - 8pm in the garden shed

- Saturday 14th September
- Monday 14th October
- Wednesday 13th November
- Thursday 12th December

(Cost is by donation \$10 – 20)

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

DIGNity supported gardening is on again every Thursday from 11am to 1pm. Come along for some gardening activities, weaving with Gwen Egg, cooking yummy garden produce lunch and chit chat. Everyone welcome. FREE.

Twilight Markets are back! The first is 18th October at the Community House Grounds. There will be all sorts of stalls, including one selling our very own seedlings and seeds! We will also be serving hot spuds with coleslaw.

Garden Tucker is on Monday, 4th November. Come along for a feed from the garden, music by Steve Bond and contribute by helping out with some garden jobs. 11am-1pm, everyone welcome. FREE.



WE WASH HERE

OKINES COMMUNITY HOUSE
FREE LAUNDRY SERVICE

DAY: Wednesdays

TIME: 11am to 1pm

Orangesky
AUSTRALIA

orangesky.org.au/locations

Okines Community House
- *Christmas Closure* -

Okines Community House will be closed over the Christmas period commencing the 20th of December 2019 and returning on the 6th of January 2020.

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

Soirees

OKINES COMMUNITY GARDEN

Fridays
5.30-
7.30pm

Nov 1st
Sandy Point Jammers

Nov 29th
Eleanor Tucker

Jan 31st
Warren Mason

Feb 21st
Steve Bond

Mar 27th
Terry Young



FREE FAMILY
EVENT
Pizza \$10

Rosie 0438 261 974

OSTEOARTHRITIS OSTEOPOROSIS WHAT IS THE DIFFERENCE?

Constant Pain?

Not sure how to manage it?
Is it Arthritis or Osteoporosis?

Session cost is \$40

COME JOIN VICKI ALLAN FOR THIS
FANTASTIC WORKSHOP TO BE HELD AT
OKINES HOUSE ON THURSDAY 17TH
OCTOBER 2019. 11.30AM- 1.30AM.

SPACES LIMITED BOOK YOUR SPOT
NOW!!

FOR INFORMATION PHONE VICKI ON
0419 155 578

CIRCUS SKILLS

with Mark Sands

Ages 7 and under



Book early for this wonderful opportunity for children 7 years and under (ideal for home schooled students & early years).

Fortnightly on Thursday mornings in Term 4

9.30am - 10.30am

Starting 24th October 2019 (*Show day activity)

\$15 per family per session for 5 sessions - must be paid in full (\$75) at the start of term. You can join in this fun activity at Okines Community House, 540 Old Forcett Rd, Dodges Ferry (next to the Dodges Ferry Primary School).

Please contact Beth for further details & bookings on 0497 637 785.

BACK OFF!

Women's Self Defence

With JOJO Wyld

Women's self defence is run by a female coach with over 30 years experience in Martial Arts, Self Defence, Resilience and Fitness.

Physical techniques are simple and effective and are integrated with essential mindset awareness and attitude

Development. FEEL SAFE and BE EMPOWERED

Suited to women 15+ of all physical abilities

Sat 9th November,

1pm-4pm \$30

Okines Community House

Bookings: info@okinescommunityhouse.com.au

M: 62657016

Kids rise and shine at Breakfast Club

Starts again in Term 4 on Tuesday 15th October 2019.

The Okines Breakfast Club in partnership with Dodges Ferry Primary School serves breakfast on Tuesday and Thursday mornings from 8.15am to 9.50am during school terms.

On offer, free of charge, is toast with a variety of spreads, cereal, milo and a fruit platter. The last Thursday of school terms includes pancakes.



Breakfast Benefits:

1. Provides energy & nutrients for growth, disease prevention and good health.
2. Improves alertness, focus and concentration.
3. Enhances mood and memory.
4. Sharing breakfast with others will often brighten your day.

Okines would like to gratefully acknowledge the support of the following businesses whose valuable contribution allows breakfast club to continue each week. We encourage you to support these businesses by choosing to shop locally whenever possible:

- **Richmond Bakery** - thank you for the donation of multiple loaves of bread each week.
- **Raine & Horne (Sorell Office)** - thank you for providing lovely fresh fruit on a weekly basis.
- **Bream Creek Dairy** - thank you so much to Bream Creek Dairy who have just come on board providing milk each week.

If it's your first time at Breakfast Club come up and say hello to one of the friendly staff or volunteers working in the kitchen 🍌

Permaculture

Okines Community House, Garden & Co-op are thrilled to be welcoming the Goodlife Permaculture Crew back for another round of the Permaculture Design Course. This time around it will be held over one week commencing Friday 24th January 2020 & concluding Friday 31st January 2020. 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 staff will be in the office.

Okines Community House

TWILIGHT MARKET

5pm – 8.30pm

Friday 18th of October Thursday 19th December

Friday 20th March 2020

Food Vans Market stalls Entertainment

info@okinescommunityhouse.com.au 03 62657016



Okines Community House

October 14th-20th

SENIORS WEEK 2019

Cards and Board games

Monday 14th 10-12pm Free

A social event to test your skills and luck over morning tea.

Laymen's Online skills

Tuesday 15th 10-12 pm Free

Want to know how to drive your iPad or smart phone? Or how to make online bookings or shopping. Then this basic introductory class is for you.

Pingo and Guess who

Thursday 17th 10-12pm Gold Coin donation. Join us for a fun game of Pingo and win grocery items. To play Guess who we ask everyone to bring along a photo of themselves from when they were a child.

The winner who guesses the highest amount of "who is who" wins a prize

DIGNity Thursday 17th 11-1pm

Free

Join the DIGNity team in the community garden for a spot of lunch and planting.

For booking call 0362657016 or info@okinescommunityhouse.com.au



SORELL

Come and see how Rotary works in YOUR community

When: Monday 11 November 2019

Where: Sorell Memorial Hall Supper Room (behind RSL @ 47 Cole St)

Time: 6:30pm—8:30pm
(light supper provided)

RSVP: by 6 November 2019
(Important for planning & catering)

• Janice on 0457 736 485

• Chris on 0409 375 139

Message us at

Rotary Club of Sorell

Are you curious as to what Rotary is doing in our area?
What does Rotary have planned for our community in the future?

? Have you spotted any new bus or sports shelters in your area lately?

We look forward to sharing our past, present and future Rotary stories with you.

Community engagement is important to us to ensure we are working towards what is important to all.

We are a fun, hard working, community focussed, social group and we would like to share our news.

? Ever thought about how you can make a difference in your community?

? Have you ever wondered where the funds from our community BBQ's go?

What areas does Sorell Rotary Cover?

From Dunalley through to Midway Point and all suburbs in between: Carlton, Connellys Marsh, Copping, Dodges Ferry, Forcett, Kellevie, Lewisham, Nugent, Orierton, Pawleena, Penna, Primrose Sands, Sorell and Wattle Hill.

School Holiday Activity



Thank you to everyone who attended our 2 school holiday sessions. It was great fun & we enjoyed hosting it.

Also, a huge thank you to the grade 7 students Persia Hope, Sophie Sherlock, Holly Scott, Grace Hyland & Claudia Struthers who did an amazing job running the activities for both sessions.

RE LOVED SEWING SESSIONS

Thank you so much to the people who attended the first of our Re Loved Sewing Sessions courtesy of the Highway and Byways program where people learned about repairing clothes, up-cycle fashion and creating new pieces from recycled fabrics.

One participant commented, "I learnt a lot and adjusted three tops, that have been in my wardrobe, unworn for years, to fit me. That saves on needing to buy new clothes." Keep an eye out for more sewing sessions at Okines coming soon.



**NOV
23
2019**

\$45



**10am
-2pm**

**CREATE
YOUR LIFE
VISION BOARD
WORKSHOP**

**OKINES
COMMUNITY
HOUSE**

JOIN US FOR AN EXCITING
AND FUN OPPORTUNITY
FOR PERSONAL GROWTH
AS YOU LEARN ABOUT THE
POWER OF MANIFESTING
YOUR GOALS AND DREAMS

**DODGES FERRY BUSH POETS BREAKFAST
& BUSH DANCE
PLUS YARN SPINNER SESSION**

9th February 2020

Three of Australia's best bush poets are coming to Dodges Ferry, Tasmania



Gary Fogarty
From Old



Jack Drake
From Old



Keith "Cobber" Lethbridge
From WA

WHERE:

Okines Community House & grounds over to the Dodges Ferry Recreation Centre (School Gym)
Sited at 540 Old Forcett, Dodges Ferry TAS next to the local primary school.

WHEN:

- Breakfast - 7.30am (with country/bluegrass band Country Strangers)
- Poets Performance - 8.30am to 12.30pm
- Cold buffet luncheon
- Bush Dance - 2pm to 5pm (in the Gym with Steptoe Bush Band)
- Yarn Spinning Session - 6pm till 9pm

PRICE:

- cost \$10**
- cost \$10**
- cost \$10**
- cost \$10**
- cost \$10**

**Tickets must be
booked & paid for
in advance**

ENQUIRIES & BOOKINGS:

Phone: Cheryle 0438 881 065

Email: info.dodgesferrybpb@yahoo.com

Facebook: [dodgesferrybushpoetsevent@dodgestasmania](https://www.facebook.com/dodgesferrybushpoetsevent@dodgestasmania)

Website: infododgesferrybpb.wixsite.com/mysite

- Guest appearance from "Michelle from Sorell" of Makebelieve Children's Entertainment -

This event is being supported by Rotary Club of Sorell & Dodges Ferry Sea Rescue with all profits going to their worthy causes.

**Need help
to have
your say?**

**Your say
Advocacy Tasmania**



What kinds of things can you get help with?

Something you don't understand?



The way you're being treated doesn't feel right.



Not getting what you're asking for.



Best of all, everything we do for you is: free, confidential, independent and professional!

Come and have a chat with Jess, our friendly Advocate

Where: Okines Neighbourhood House

When: 12:30-2:30pm October 28th

Or you can contact us sooner

Freecall 1800 005 131 or if you're from interstate or on a mobile call (03) 6224 2240.

You can text us on 0457 806 963, or email contact@yoursaytas.org

Visit www.yoursaytas.org to find out more.

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 Light Between Oceans
(2016) PG Drama, Romance 2h13min



Sat 21st Sept
A lighthouse keeper and his wife living off the coast of Western Australia raise a baby they rescue from a drifting rowing boat.
Director: Derek Cianfrance
Stars: Michael Fassbender, Alicia Vikander, Rachel Weisz

Julieta
(2016) R Drama, Mystery, Romance 1h39min



Sat 19th October
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

Remembering Agatha
(2017) PG Animation, Short, Drama 30min



Sat 16th Nov
It's a whimsical drama (or melancholic comedy) about Agatha (36), who is in a crumbling love story as a mother of two and wife to angry wolf-man...
Director: Emma Magenta
Stars: Andrea Demetriades, Alex Dimitriadis, Sacha Horler

Moonrise Kingdom
(2012) PG Adventure, Comedy, Drama 1h34min



Sat 21st Dec
A pair of young lovers flee their New England town, which causes a local search party to fan out to find them.
Director: Wes Anderson
Stars: Jared Gilman, Kara Hayward, Bruce Willis, Edward Norton, Bill Murray, Tilda Swinton

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

Cyanotype Printing Workshop

Cyanotype printing is one of the oldest, simplest, safest & cheapest alternative photographic processes.

The process harnesses the power of the sun to easily make beautiful blue prints from objects like leaves, flowers, jewellery, feathers etc.

There will be lots of opportunities to experiment with paper types, objects & making images from

supplied film negatives.

Cost: \$40 per person

Tuesday 5th of November , 10am-2pm @ Okines Community House

Bookings at [Info @okinescommunityhouse.com.au](mailto:Info@okinescommunityhouse.com.au) or 62657016

Please bring along your own snacks, lunch & drinks



5Rhythms Dance



5Rhythms is a dynamic movement practice that provides an opportunity to both workout and meditate in the same breath.

This is an invitation to join us in a weekly dance facilitated by Deva O'Wheel (5Rhythms Spaceholder)

ALL WELCOME NO EXPERIENCE NECESSARY

Wednesday
11.30am-1pm
Okines Community House
Cost: \$10 casual



Contact: Deva O'Wheel 0402 228 321 www.5rhythms.com

Full Moon Weaving

with Gwen Egg
Okines Community Garden

TIME 6-8pm

Monday 14th October 2019

Wednesday 13th November 2019

Thursday 12th December 2019

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 environment.

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

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, Wed & Fridays
10am to 2pm

Toy & Book Library available

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

PRIMROSE SANDS Community ACTIVITIES

Playgroup

Mondays 10.30am to 12.30pm

Bingo

Every Wednesday fortnight

Cards

Held every second Wednesday

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

EWF

Lunch is held every fortnight on Tuesdays for more
info please contact Maree on 6265 5304



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

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 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 - 3pm

Please BYO bags



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



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 & Sunday.
Sorell Memorial Hall 7pm.
mid January – November.
Contact 6106 0071

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



MEN'S BREAKFAST

MEET - 3rd Wednesday of every month

GOOD COMPANY, GUEST SPEAKERS

WHERE - MEMORIAL HALL SUPPER ROOM, behind RSL, 7.15am for 7.30am START

\$5.00/head -ALL WELCOME

Enquiries - 0419876811 - Jan



Supported by Rotary Club of Sorell

Community Lending for Tasmanians



WHAT IS NILS?

NILS is the No Interest Loan Scheme.

We help low income Tasmanians get safe, fair and affordable loans.

- ✔ No interest
- ✔ No credit checks
- ✔ No fees or charges
- ✔ No worries!

AM I ELIGIBLE?

To qualify you must:

- Have a current healthcare card, pension card, DVA card or low income health care card.
- Have been at your current address for more than 3 months.
- Be able to repay a NILS loan.

WE DON'T

- Lend money for food, bills, rent or bond.
- Give you cash
- Lend money for second hand goods

Lend you \$300 to \$1,500 to buy new items and services, including:



Household Essentials like fridges, washers, furniture



Education Essentials like computers, school trips and text books



Medical and Dental Essentials like mobility equipment, dentures and treatment costs



Car Care Essentials like registration, tyres and repairs



Refugee Family Reunion including visa fees and airfares



Family Violence Support including removal costs and security equipment

Minimum repayment
\$20 per fortnight

Call 1300 301 650
www.nilstasmania.org.au



NILS Tasmania is proudly supported by:



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!

www.linc.tas.gov.au



The 2019 DFPS Community Fair

"Love Our Oceans" Friday 15 November



Can you help out?

Please contact Caroline, our School Association Chairperson
0409 848 245

If you wish to make a donation which we can use in our raffle or live auction please contact Lenna on 0405 100 424



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 2pm
 Wednesday - 9am to 2pm
 Thursday - 9am to 2pm
 Friday - 9am to 2pm (from 23/8/19 onwards)
 email: dig@okinescommunityhouse.com.au

Food Co-op:

Sunday - 9.30am to 12.00pm
 Tuesday - 2pm to 5pm
 First Monday of each month 11-1pm
 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

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

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.