



TERM 4, 2021

# OKINES COMMUNITY HOUSE



*Funded by the Crown through the DEPARTMENT of COMMUNITIES TASMANIA*

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



OKINES  
LANTERN  
PARADE 2021  
Dodges Ferry

## COMMUNITY ACTIVITIES: A CHANCE FOR YOUNG PEOPLE TO GET INVOLVED

Last term, saw the introduction of after school art classes at Okines Community Garden on Thursday afternoons. It was an instant hit with so many enthusiastic painters drawing inspiration from the flexible indoor/outdoor garden space.

The school holidays provided another great opportunity for kids to become involved with heaps of activities on offer. The fabulous Gwen Egg took participants through a wonderful morning of natural dyeing. Some wonderful tote bags were created in the kids sewing workshop. Several bike workshops were held in the very popular Okines Bike Shed as well as another fantastic session with John Robinson creating unique, one off mono prints.

In term 4, there are a series of ceramic classes planned with local ceramicist, Ochre. Ochre has spent many years teaching clay sculpture to kids and is super enthusiastic & knowledgeable about the process, and most importantly FUN!

These classes are available at below cost price due to generous grants from RANT and Belle Parker - Property Representative/Director at Belle Parker @ Homes.

A great activity for the younger children will be held later in October when Okines is thrilled to host Michelle Pears from

**Term 4, 2021**  
**11 Oct - 23 Dec**  
**Bumper issue with**  
**heaps of events &**  
**activities inside**

MakeBelieve Children's Entertainment in a free 1 hr show. Children are invited to dress as their favourite sea creature or cartoon character that relates to the sea.

You can find out more information about all of these activities in this newsletter. We look forward to seeing you at one of our events soon.



# Acknowledgement of Country

*In the spirit of reconciliation Okines Community House Inc. acknowledges the Traditional Custodians of the land on which we work and meet, the Mumirimina people and their connections to land, sea and community. We pay our respect to elders past and present and emerging and extend that respect to all Aboriginal and Torres Strait Islander peoples today.*

# Trailer Hire

## MINIMAL FEE

Need to do a quick trip to the tip or pick up delivery but you don't have a trailer? Look no further. A welcome donation from the Lewisham Tavern Social Club, has enabled Okines to purchase a trailer for the community to hire. Some basic conditions do apply.

For bookings and hire fee information please contact Okines office on 6265 7016 or email us via: [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)



## *Merry Christmas from Okines*

Okines Community House will be closed over the Christmas period commencing Friday 24th of December 2021 (last day of opening will be Thursday 23rd Dec.) & returning Monday 10 of January 2022.

The Board and Staff of Okines Community House, Garden, Food Co-op, Film Society & Bike Shed would like to thank the community for their ongoing support and enthusiastic participation in our activities during 2021.

A special thank you to our wonderful volunteers for the many hours that they have contributed throughout the year, It would not be possible to achieve all that we do without your involvement.

We wish everyone a very enjoyable and safe Christmas and a Happy New Year. We look forward to welcoming you all back in 2022.



# OKINES FOOD CO-OP



The Okines Food Co-operative (Co-op) at Dodges Ferry is a not-for-profit group giving members access to bulk, largely organic, wholefoods at affordable prices with reduced packaging and without the need to travel to Hobart.

We are open on Sundays from 9:30 am - 12:30 pm, Tuesdays from 2 - 5pm and the first Monday of the month during Garden Tucker lunches. Come in during opening hours, pay a membership fee (\$20 per year / \$15 concession), and fill your own containers from our bulk wholefoods.

Some of our members volunteer with us 4-6 hrs per month. We currently need cashiers, shop assistants, chefs / servers for the Dodges Ferry film nights, and people to sterilize jars and bottles, so we can keep recycling at our shop! By volunteering you can enjoy not only the friendly Okines atmosphere, but also a 15% discount when shopping!

In collaboration with the community garden, we love to share food and our volunteers make a huge contribution to our events. At the latest Garden Tucker, we welcomed our new peanut butter machine to the co-op and enjoyed a peanutty, yummy lunch with community members.

Thank you to Neighbourhood Houses Tasmania/Healthy Living Tasmania Grants & John Hunter from 2A4 Small Grant Scheme for funding our peanut butter machine! For some of our members, it's been a long dream come true!

Want to find out more? Get in touch:

email: [okines.food.coop@gmail.com](mailto:okines.food.coop@gmail.com)

facebook: [okinesfoodcoop](https://www.facebook.com/okinesfoodcoop)

[okinescommunityhouse.com.au/wpms/foodcoop](https://okinescommunityhouse.com.au/wpms/foodcoop)



*Okines' Project Officer Jess Fitzgibbon enjoying 'Peanut Butter Day' at the Monday Garden Tucker Session*



*Some of the beautiful treats made with peanut butter from the new machine.*



*John Hunter from 2A4 Small Grant Scheme with Charlotte a Co-op Volunteer admiring the new peanut machine.*



## OKINES COMMUNITY GARDEN

We've been hosting some awesome beekeeping workshops with Ronnie from Natural Beekeeping Tasmania. She is a wealth of knowledge all things bee, and her beekeeping techniques centre around the health of the bees. This is much like the regenerative soil movement which places paramount importance on the health of the soil, instead of the productivity of the land. Incidentally, when we focus on soil health and manage the land using principles which enhance the growing medium (soil), the crop production and quality usually increases.

The same can be said about beehive management. By housing bees in a hive which suits their requirements better (such as a Warre or Layens), we see a reduction in bee disease and a decreased amount of honey stores being used over the winter months (ie. they don't need to eat as much to keep warm in our temperate climate).

Okines Community Garden has a traditional Langstroth hive already in place (in the chicken yard). We have just acquired a Warre hive, which we built during a workshop with Ronnie, and will be looking for a swarm to place in this beautiful macrocarpa hive. We can wait to observe the differences between the hives as they perform throughout the season...

In other news, we've been hosting fabulous afterschool art classes with Nicola Holland. Kids have learned about a range of mediums, including graphite, acrylic paint and charcoal. We will continue these afterschool sessions with Ochre Bodhi, a local ceramicist, who will run 6 after school ceramic/sculpture sessions on Thursdays 3–4.15pm (28th October -2nd December). Please get in touch to register your child as spaces are limited, and classes popular.



In the garden, spring is well and truly springing. The greens are bursting from the ground, so if you'd like more greens in your life, please feel free to come and pick them at the garden (you can leave a small donation so we can continue our growing efforts). We're working hard to get seed in the ground for our summer crops. Thanks ALL our volunteers who continue to make this happen and help this place thrive – we love you!







# OKINES BOARD UPDATE



Okines Community House is a place where locals come together and find the support, belonging and purpose that makes a real difference in people's lives.

As one of 35 Neighbourhood Houses around Tasmania we are proud to be part of a network of more than 1000 neighbourhood houses and community centres across Australia where community led governance is at the heart of all we do – we are run by community, for community.

At our Annual General Meeting on 17 September members of Okines Community House Inc elected the Board of Management for 2021/22 and received reports on Okines finances, community priorities and the fabulous contributions of our staff, volunteers and partner organisations.

Thank you to everyone who has played a part in the Okines journey this past year – board and committee members and all the other volunteers, Okines dedicated staff, our community partners, our colleagues in other Neighbourhood Houses, at Neighbourhood Houses Tasmania and the Department of Communities.

A great deal of skill and goodwill help make the magic happen – the time and care people give is very precious and much appreciated.

Joining me on the Board for 2021/22 are: Marty Bishop (treasurer), Cheryl Bolch, Robert Hughes, Judith Knowles, Denise Lynch, Glenn Millar, Anita Nutting (secretary) and Moya Sharpe. Many thanks to 2020/21 Board members Kerry Gunson, Alison Sare, Christine Woodcock, Valerie Reid, Antony Appleby and Hrisanthi Dokos for your many valuable contributions to Okines governance and to our community.

Our constitution, the Neighbourhood House Program and our strategic plan and budget provide a road map for the ways we work together and draw on a wealth of local experience and across the Neighbourhood House network.

While the extraordinary backdrop of the COVID pandemic presents ongoing challenges, we are benefiting from additional resources and new collaborations to support our community through these uncertain times.

Long held priorities and aspirations of past years are coming to fruition and after many years in the planning our fabulous Bike Repair Shed is thriving; we're collaborating with West Moonah and West Winds Neighbourhood Houses to provide a local counselling service; and we've co-designed a long hoped for extension to Okines facilities thanks to the Community Infrastructure Program through Neighbourhood Houses Tasmania.

Looking to the next three years, Okines' strategic priorities are:

- checking in with and engaging our community in future plans
- continuing to evolve our diverse program, reach and advocacy
- being fit for the future in the ways we work together as one organisation.

We welcome expressions of interest from local people who support Okines aims and would like to join as a member, and perhaps consider nominating for the Okines Board. If you are interested please email [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au) or call the office on 62657016 or contact me on 0408 554 934.

Melinda Reed - President

# A GUIDE TO ACTIVITIES AND SERVICES AT OKINES

As part of the Okines Community House ongoing support of the COVID-19 contact tracing efforts visitors will now be able to check in using the Check in TAS app. Signing in is **mandatory** by either using the TAS app or a pen and paper option that will be available. Upon arrival we ask that you please check in by your preferred method. You will find the Okines QR code easily visible at all points of entry. If you have difficulty scanning the QR code you will see a six-digit number which can be entered manually into the app instead.

We kindly request that you continue to follow all social distancing requests and maintain good hygiene habits when attending activities at Okines. When using the Okines space, your support in following the guidelines as instructed by your group leader is greatly appreciated. You will also find guidelines indicated on the signage around the house.

If you are showing signs of flu like symptoms such as a fever, coughing, or shortness of breath it is imperative that you not enter the building or attend activities. Prior to attending an activity we strongly recommend that you make contact with either the staff at Okines or the group leader of your activity to allow them to confirm numbers.

## MONDAY - KNIT & NATTER

Knit and Natter is a weekly group open to all community members, where you can learn to knit or crochet from scratch, improve your skills or teach others what you know. From novice to expert, everybody is welcome! Bring a project you are working on or knit for a cause. Wool and needles can be provided.

Venue: Okines Community House

Day: Monday Starts: ongoing

Time: Drop in anytime on a Monday between 10.30am to 12.30, tea and coffee provided, the nattering is up to you!

Fee: \$2 Contact: 6265 7016 or

info@okinescommunityhouse.com.au

## MONDAY - GARDEN TUCKER

Come by for some food from the garden, music (Steve Bond) and to help with garden jobs and meet your community.

Venue: Okines Community Garden

Day: 1st Monday of the month Fee: No cost

Next date: 4th October 2021, 11am to 1pm

Contact: dig@okinescommunityhouse.com.au

## MONDAY- YOGA FLOW WITH JACKIE GRAHAM

Learn how to tone and strengthen the core, release muscular tension easing aches and pains, lengthen the spine and improve posture. The classes will focus on moving and flowing with the breath to free body and mind. These classes are back friendly. Class sizes are limited so people are given individual attention. Jackie Graham is a qualified and experienced Yoga and Pilates instructor.

Day: Mondays

Time: 6.30pm to 7.30pm, Fee: Casual rate \$20

Venue: Okines Community House

Contact: Jackie on 0467 197 499 or email jackiegraham@iinet.net.au

**\*Please bring your own yoga mat.**

## MONDAY - COUNSELLING

Free counselling sessions are available. Sessions can be over the phone or face to face, whichever you prefer. **Bookings are essential.**

Time: 10am to 3pm - 1hr free sessions

Contact: 6265 7016 or email:

info@okinescommunityhouse.com.au

## MONDAY - ENGAGING ADOLESCENTS - WITH MARA LOVRIN

Engaging Adolescents is a parenting skills program for resolving teenage behaviour problems & how we live with our adolescents, our role in their lives, how to build our relationship with them, and, in particular, how to handle challenging behaviour.

Day: Monday

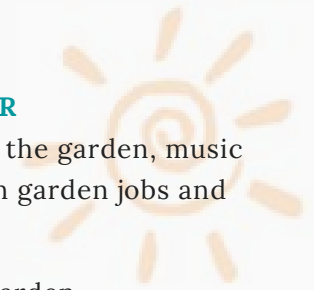
Starts: 18/10, 25/10 & 1/11/2021

Time: 7pm to 9pm

Cost: \$50 (includes all sessions & workbook)

Bookings essential, phone 6265 7016 or email

info@okinescommunityhouse.com.au



# A GUIDE TO ACTIVITIES AND SERVICES AT OKINES



## TUESDAY - MICHELLE PEARS FROM MAKE BELIEVE

A fun activity during Children's Week, Okines Community House is hosting a performance by Michelle Pears from MakeBelieve Children's Entertainment. Come dressed as your favourite sea creature or cartoon character that relates to the sea.

Day: Tuesday 26th October

Time: 10.30am to 11.30am,

Fee: Gold coin donation

Venue: Okines Community House

Please let us know if you are planning on coming by either phoning 6265 7016 or email [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

## TUESDAY - CARD GROUP

This is a fun and vibrant group of people who meet every Tuesday to play cards. New members are very welcome. Feel free to pop in and enjoy a laugh and a chat over a game of cards.

Day: Tuesdays

Time: 1pm to 3pm, Fee: \$2

Venue: Okines Community House

Contact: [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

## TUESDAY - RHYTHM & BEACHES COMMUNITY SINGING GROUP

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

Day: Tuesdays Starts: 12/10/2021

Time: 7pm to 9pm, Cost: \$5

Venue: Okines Community House

Contact: M Haynes 0417 462 310

**Unfortunately the Tuesday**

**playgroup sessions with Ashley**

**will not be recommencing in 2021.**

## TUESDAY - STRENGTH and MOBILITY - Tutor Salomé Rosa (accredited Pilates Practitioner, Rehab and Fascial Fitness Trainer)

This program caters to all levels of fitness, it is low impact, yet challenging and aims to maintain your mobility and develop greater strength. Practice a range of motions on the mat, standing and with supporting props to explore how your body moves, increasing your awareness so you can move more efficiently and reduce the risk of injury.

Day: Tuesday (Thursday class also available)

Starts: (Tues) 12/10/2021

Time: 9am to 10am,

Fee: \$180 for 10 weeks

Casual rate \$20 per class

Venue: Okines Community House

**Contact: Salomé 0437 405 213 or email [info@fromwithin.com.au](mailto:info@fromwithin.com.au) or visit the website: [www.fromwithin.com.au](http://www.fromwithin.com.au)**

*\*I advise each person to have their own mat, elastic band and a little ball. For all equipment used in class I ask for assistance to disinfect at the end of class.*

## TUESDAY - FIZZICAL FUSION FITNESS CLASSES - TUTOR KARYL MICHAELS

Classes are low impact, suitable for all women and need no prior experience. Wear comfortable clothing. Bring towel or mat, and water. Do one or both classes

### FIZZICAL FUSION STAYSTRONG

STAYSTRONG 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.

Day: Tuesdays ongoing

Time: 6.15pm to 6.55pm, Cost: \$10

Venue: Okines Community House

Contact: Karyl on 0468 389 659 or email [fizzicalfusion@gmail.com](mailto:fizzicalfusion@gmail.com)

# A GUIDE TO ACTIVITIES AND SERVICES AT OKINES

## **STRIKE - \*note STRIKE is a free bonus class if you do the STAYSTRONG class first.**

STRIKE is a low impact, full body kickboxing workout choreographed to music. Designed to increase strength, coordination and flexibility.

Day: Tuesdays ongoing

Cost: \$5 (\*free if you do STAYSTRONG first)

Time: 7pm to 7.20pm

Venue: Okines Community House

Contact: Karyl on 0468 389 659 or email  
fizzicalfusion@gmail.com

## **WEDNESDAY - TAI CHI WITH SUE DUFFY**

Tai Chi is an effective exercise for health and wellbeing. 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.

Start: 13/10/2021

Time: 10am to 11am

Cost: \$5

Venue: Okines Community House

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

## **WEDNESDAY - 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 provide access to food such as bread, vegetables and fruit. (items differ week to week), to those in need, at no cost.

Day: Every Wednesday, no cost

Time: 1pm to 3pm

Venue: Okines Community House

If you would like further information please phone 6265 7016 or email  
info@okinescommunityhouse.com.au

## **THURSDAY - OKINES BOOK CLUB**

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).

Day: Every 2nd Thursday of the month

Next book club is Thursday 14th October 2021

Time: 12pm to 2.30pm

Venue: Okines Community House

Contact: 6265 7016

## **THURSDAY - EASE and REBALANCE, THE MELT METHOD - Tutor Salomé Rosa (accredited Pilates Practitioner, Rehab and Fascial Fitness Trainer)**

In this class you will learn self care treatment techniques from the Melt Method using soft rollers and balls. You will explore ways to ease physical tension, rebalance the body and help it restore. The Melt Method was developed with the aim of reducing chronic pain. By working deeper to rehydrate the body's connective tissue, rebalance the nervous system and restore space to compressed joints. Stay healthy, balanced and continue to feel more at ease.

Starts: (Thurs) 14/10/2021

Time: 9am to 10am,

Fee: \$144 for 8 weeks (no class on 21 Oct or 2 Dec)

Casual rate \$20 per class

Venue: Okines Community House

**Contact: Salomé 0437 405 213 or email**

**info@fromwithin.com.au or visit the website:**

**www.fromwithin.com.au**

*\*I advise each person to have their own mat, elastic band and a little ball. For all equipment used in class I ask for assistance to disinfect at the end of class.*

## **THURSDAY - CERAMICS CLASSES WITH OCHRE BOHDI AND NICOLA HOLLAND**

Learn how to use tools to sculpt clay, and paint, glaze & fire ceramics. Ages 8 to 13 years old.

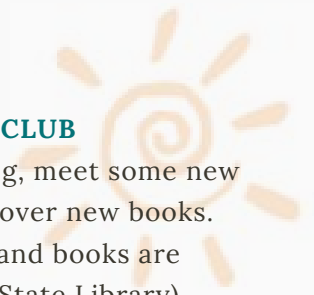
Thursdays 6 sessions 28/10 to 3/12/2021

Time: 3pm to 4.15pm

Cost: \$120 for 6 sessions or \$20 individual

Venue: Okines Community Garden

\*Bookings essential, phone 6265 7016 or email  
info@okinescommunityhouse.com.au.





# A GUIDE TO ACTIVITIES AND SERVICES AT OKINES

## THURSDAY - DIGnity GARDENING PROGRAM

DIGnity supported gardening is on again in the Community Garden Thursday (fortnightly) from 10.30am - 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.

Day: Seniors Week Pop-up session

Thursday 14th October 2021

Time: 10.30am to 1.30pm

Venue: Okines Garden Contact: Hannah via email [dignity.garden@gmail.com](mailto:dignity.garden@gmail.com)

## THURSDAY - FIZZICAL FUSION FITNESS CLASSES - TUTOR KARYL MICHAELS

Classes are low impact, suitable for all women and need no prior experience. Wear comfortable clothing. Bring towel or mat, and water. Do one or both classes.

### FIZZICAL FUSION STAYSTRONG

STAYSTRONG 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.

Day: Tuesdays ongoing

Time: 6.15pm to 6.55pm, Cost: \$10

Venue: Okines Community House

Contact: Karyl on 0468 389 659 or email [fizzicalfusion@gmail.com](mailto:fizzicalfusion@gmail.com)

### FIZZICAL FUSION STRETCH - \*note STRETCH is a free bonus class if you do the STAYSTRONG class first.

STRETCH is a full body workout with a mix of stretches drawing on yoga, Pilates and Tai Chi to improve flexibility, balance and coordination.

Day: Thursdays ongoing

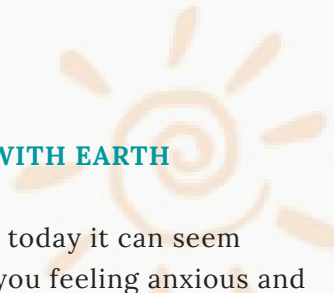
Time: 7pm to 7.20pm,

Cost: \$5 (\*free if you do STAYSTRONG first)

Venue: Okines Community House

Contact: Karyl on 0468 389 659 or email [fizzicalfusion@gmail.com](mailto:fizzicalfusion@gmail.com)

## FRIDAY - CONNECTION WITH EARTH MEDITATION CLASSES



As we navigate our worlds today it can seem scary, stressful and leave you feeling anxious and in a constant state of flight or fight. As a Palawa woman I know the power of earth medicine. Your soul longs to connect with the Earth. When we connect with the earth through meditation we bring calm back to your sympathetic nervous systems, tranquillity to your thoughts, a deep connection with your soul + a reverence for Mother Earth.

Day: Every Friday night from 15/10/2021 through to the 3/12/2021

Time: 6pm to 7.15pm

Cost: \$80 for all classes or \$15 casual

Contact Lisa on 0410 057 887 or visit

<http://www.lisakingston.com.au/meditation-classes> to secure your place.

## FRIDAY - EATING WITH FRIENDS

Eating with Friends brings together people for a social occasion to enjoy a nutritious two course meal with friends - Bookings essential. Please advise of any special requirements at time of booking.

Day: last Friday of the month

29/10 and 26/11/2021

Time: 12pm to 2pm

Cost: \$7 for a 2 course meal

Venue: Okines Community House

Contact: 6265 7016 or email

[info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

## 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.

Day: Every Friday of the month

Time: 10am to 3pm Fee: \$3

Venue: Okines Community House

Contact: Eileen 6265 8472 or Brian 0487 380 296

# A GUIDE TO ACTIVITIES AND SERVICES AT OKINES



## FRIDAY - COOKING WITH CARLOS - MEXICAN STYLE

This class is more than a cooking workshop it is an "experience" as Carlos introduces you to some of his favourite Mexican recipes. Lunch is included in the price, this workshop is excellent value, don't leave it to the last minute to book in for this one.

Day: Friday 3rd December 2021

Time: 10am to 2pm

Cost: \$15 (lunch included)

Venue: Okines Community House

Contact: 6265 7016 or email

info@okinescommunityhouse.com.au

## SATURDAY - KIRTAN

The signing of uplifting songs for happy vibes, peace, healing and joy. If you are new to Kirtan and perhaps wondering if it is for you, come along and give it a try, all you need to bring is a cushion and an open heart - all welcome.

Day: Saturday 6th November 2021

Time: 6pm to 8pm

Cost: By donation

Venue: Okines Community House (Terrapin)

\*Contact: 0400 069 844

## SATURDAY - CLAY PLAY WITH RED OCHRE STUDIO

Join Ochre in the garden for some clay play. Ochre will demonstrate some basic ceramic techniques for you to create and decorate your own handmade ceramic object. Work will be fired in the kiln and available for pickup approximately 4 weeks after the workshop. Suitable for beginners.

Workshop 1 - Spring Tiles in the Garden, Saturday 23rd October 2021

Workshop 2 - Tealight holders in the Garden, Saturday 6th November 2021

Time: 2pm to 4pm

Cost: \$30 per class

Venue: Okines Community House

\*Bookings essential, phone 6265 7016 or email info@okinescommunityhouse.com.au.

## SATURDAY - NATURAL & SUSTAINABLE SKINCARE: INGREDIENTS DEMYSTIFIED

Join local herbal pharmacist and skin care maker Kaja Skraskova of Herbae Thylacini, for a discussion about natural and sustainable skincare. Learn about what natural skin care is and what it is NOT, discuss sustainability in skin care and what it means to YOU. Bring your favourite skin care product to check what's in it! And make your own gentle body scrub according to one of Kaja's formulations.

Day: Saturday 4th December 2021

Time: 10am to 12pm

Cost: \$20 per person

Venue: Okines Community House

\*Bookings essential, phone 6265 7016 or email info@okinescommunityhouse.com.au.

## SATURDAY - DANCE AROUND THE WORLD, FOLK DANCING

Looking for anyone interested in forming a group of folk dancers in our community. Come along and share your ideas at this 1 hour session. Guaranteed to be heaps of fun.

Day: Saturday 6th November 2021

Time: 4pm to 5pm

Venue: Okines Community House (Terrapin)

\*Please let us know if you are interested in coming along by phoning 6265 7016 or emailing info@okinescommunityhouse.com.au

## SUNDAY - RESTORE YOUR NERVOUS SYSTEM

In this workshop you will experience a deep sense of peace as you expand your awareness of your internal world as well as learn tools and strategies that will bring your sympathetic nervous system out of fight/flight mode and living in the Present, Empowered + Harmonious. You are invited to Activate and Awaken the Pachamama within you. Pachamama means Unity, Compassion + Gratitude for all of humanity.

Day: Sunday 7th November 2021

Time: 10am to 3pm

Cost: Early bird \$111 (ends 16th November) full price \$133 (Light vegetarian lunch provided)

Contact Lisa on 0410 057 887 or visit

<http://www.lisakingston.com.au/meditation-classes> to secure your place by the 28th October.

# OKINES ACTIVITIES TERM 4, 2021

PLEASE ADVISE US IF YOU ARE UNABLE TO ATTEND AN ACTIVITY THAT YOU HAVE BOOKED IN FOR AS WE HAVE PEOPLE ON WAITING LISTS ABLE TO TAKE YOUR PLACE.

## MONDAY

### KNIT & NATTER

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

### COUNSELLING

10am to 3pm on Mondays only. Sessions are free, bookings essential, contact: 6265 7016

### YOGA FLOW

6.30pm to 7.30pm, casual rate \$20 please contact: Jackie for more information on 0467 197 499

### GARDEN TUCKER

Cooking in the garden every first Monday of the month, contact: dig@okinescommunityhouse.com.au

### ENGAGING ADOLESCENTS

18/10, 25/10, 1/11/2021, 7pm to 9pm, \$50, Bookings by phoning 62657016 or info@okinescommunityhouse.com.au

## TUESDAY

### STRENGTH & MOBILITY

9am to 10am, commencing 12th Oct 2021, contact: Salomé on 0437 405 213 or email info@fromwithin.com.au

### CARD GROUP

Weekly card group, 1pm to 3pm, info@okinescommunityhouse.com.au

### RHYTHM & BEACHES

#### SINGING GROUP

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

### FIZZICAL FUSION

#### STAYSTRONG

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

### FIZZICAL FUSION STRIKE

7pm to 7.20pm, \$5 (free with STAYSTRONG), contact Karyl on 0468 389 659

### MAKEBELIEVE CHILDREN'S PERFORMANCE

26th October 2021, 10.30am to 11.30am, free event.

## WEDNESDAY

### PAINTING GROUP

10.30am to 1.30pm  
APOLOGIES NO SPACES CURRENTLY AVAILABLE

### FOOD ASSISTANCE

1pm to 3pm on Wednesdays

### TAI CHI

10am to 11am, \$5 per class, contact: 6265 7016

**ORANGE SKY LAUNDRY IS NOT AVAILABLE UNTIL FURTHER NOTICE**

## THURSDAY

### OKINES BOOK CLUB

12pm to 2.30pm, 2nd Thursday of the month, next is 14/10/21 contact: 6265 7016

### EASE & REBALANCE

9am to 10am, commencing 14th Oct 2021, contact: Salomé on 0437 405 213 or email info@fromwithin.com.au

### FIZZICAL FUSION STAYSTRONG

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

### FIZZICAL FUSION STRETCH

7pm to 7.20pm, \$5 casual, (free with STAYSTRONG) contact Karyl on 0468 389 659

### CERAMICS CLASSES

8-13yrs of age, 28/10 to 3/12/2021, 3pm to 4.15pm, \$120 for 6 classes, or \$20 each

### DIGNITY

Pop-up session for Seniors Week on 14/10/2021, 10.30am to 1.30pm.

## FRIDAY

### EATING WITH FRIENDS

12pm to 2pm, last Friday of the month, \$7 for 2 courses contact: 6265 7016

### SOUTHERN BEACHES SPINNERS & FIBRE GROUP

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

### MEDITATION CLASSES

15/10 through to 3/12/2021 6pm to 7.15pm \$15 casual call Lisa on 0410 057 887

### MEXICAN COOKING WORKSHOP

10am to 2pm, 3/12/2021, \$30, includes lunch, contact: 6265 7016

### OKINES BOARD OF MANAGEMENT MEETINGS

Third Friday of every month, meeting starts at 9.30am.

## OTHER

### KIRTAN

6pm to 8pm, 6/11/2021, by donation, phone: 0400 069 844

### NATURAL & SUSTAINABLE SKINCARE: INGREDIENTS DEMYSTIFIED

Saturday 4th December 2021, 10am to 12pm, \$20, bookings essential contact: 6265 7016.

### DANCE AROUND THE WORLD

Saturday 6/11/2021, 4pm to 5pm, for more info 6265 7016, or email info@okinescommunityhouse.com.au

### CLAY PLAY

2pm to 4pm, 23/10 & 6/11/2021, \$30 each session, phone 6265 7016

### RESTORE YOUR NERVOUS SYSTEM

Sunday 7/11/2021, 10am to 3pm, Early Bird price \$111, otherwise \$133, light vegetarian lunch provided, call Lisa on 0410 057 887



# No Interest Essentials Loans

- ▶ Car repairs
- ▶ Fridges & freezers
- ▶ Computers & tablets
- ▶ Home furniture
- ▶ Medical & dental services
- ▶ Ask us!

No interest loans  
up to \$1500

No credit checks

Minimum repayment  
\$20 per fortnight

Call 1300 301 650  
[www.nilstasmania.org.au](http://www.nilstasmania.org.au)

## NO INTEREST LOANS:

Appointments are available at Okines for assistance with NILS loan applications. Please contact NILS directly on 1300 301 650 or via the website [www.nilstasmania.org.au](http://www.nilstasmania.org.au) to register in the first instance.

When attending NILS appointments, please **bring with you original quotes and 3 months of bank statements.**

## AREA CONNECT

Is transport stopping you from working or training? Not anymore! Area Connect is here! Area Connect is a free bus service (a pilot project) to support locals of the South East with transport to and from work or a training course! Elaine is the Coordinator/Driver for the South East region and will get you to where you need to be. This is a great short term solution for those who need it, Talk to Elaine on 0439038114 if you need to book in transport.



Okines Community House Inc

Saturday 6th  
November  
2021

Expressions of Interest

# Dance Around the World



Looking for anyone interested in forming a group of folk dancers in our community. Come along and share your ideas at this 1hr session being held at 540 Old Forcett Rd, Dodges Ferry.

4PM - 5PM

Please let us know if you are coming along by either phoning 6265 7016 or emailing [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)



# Seniors Week

11-17 OCTOBER 2021



11 OCTOBER

**10.30AM TO  
12.30PM**

## **MONDAY - KNIT & NATTER**

Come along & learn to knit or crochet from scratch, improve your skills or teach others what you know.

13 OCTOBER

**10 AM TO 11 AM**

## **WEDNESDAY - TAI CHI**

Come and experience the mental and physical benefits of Tai Chi in this taster class. People of any age and fitness level can enjoy this practice to help with stress, anxiety, physical pain, joint stiffness and mental wellbeing.

14 OCTOBER

**11 AM TO  
1 PM**

## **THURSDAY - DIGNITY, WEAVING & IT HELP**

Come and join the DIGnity team for a fun, interesting and vibrant morning in the garden undertaking a range of activities. Everyone has the opportunity to safely engage in getting their hands dirty if they want or just sitting back and having a cuppa. Learn simple and stunning weaving techniques, with our local weaving star Gwen Egg.

Also

### **IT advice with COTA – by appointment.**

COTA is offering free IT advice with their very skilled mentors. This is a great opportunity if you have any questions regarding computers, phones, tablets or the internet. Appointments are available in 1 hour slots between 10am – 3.30pm

**All  
activities  
are free**

15 OCTOBER

**11 AM TO  
1 PM**

## **FRIDAY - POTTED HERBS IN THE GARDEN**

Come and join our community garden team and learn about herbs, their culinary and nutritional uses and benefits and how to pot them up to take home. Enjoy fabulous garden vegetable soup for lunch.



**OKINES COMMUNITY HOUSE/GARDEN 540 OLD FORCETT ROAD,  
NEXT TO THE DODGES FERRY PRIMARY SCHOOL**

Please book on 6265 7016 or [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)



# Neighbourhood Watch Tasmania

Last year, we established a Neighbourhood Watch in the area. We would like more people, especially young people, to join our group. If you wish to do so or make contact for another reason, you may find us on Facebook, email us at southernbeachesnhwa@gmail or phone 0418 124 804. Recently, members of our Neighbourhood Watch committee spoke to two community groups in Sorell. They gave information about the Neighbourhood Watch in the Southern Beaches area and encouraged people to join our group if they live locally or form a group in the area where they live. In September, Some Neighbourhood Watch signs were put up along the main roads in Forcett, Lewisham and Dodges Ferry. Signs had already been posted in Primrose Sands.

These signs draw the attention of local people and visitors to the presence of our Neighbourhood Watch.

Also in September, Tasmania Police and Crime Stoppers encouraged people in Southern Tasmania to hand in unwanted and illegal firearms and weapons at the Sorell Memorial Hall. Tasmania has a permanent firearms amnesty and any concerns can be addressed to Crime Stoppers.

**Reminder:** If you are aware of a crime being committed, please ring Tasmania Police on 13 1444; you need to state your name.

Alternatively, you may contact Crime Stoppers on 1800 333 000 and you do not need to leave your name.

When you are aware of a crime being committed, it is valuable to the police if you film the incident. If a car is involved, it is useful to the police if you record the registration number and the make and colour of the vehicle.

**Hints for the holiday period:**

Hints for the holiday period  
Firstly, when we are away from home, all windows and external doors should be locked. Deadlocks, screen doors and an alarm system ensure extra safety.  
Secondly, we should ask the post office to hold our mail.  
Thirdly, we should ask a neighbour to keep an eye on our property.  
This article has been printed by the office of Rebecca White MP, Labor member for Lyons.

## OKINES BIKE REPAIR SHED:

Great news, thanks to the wonderful volunteers who give their time to share their skills with the community the Okines Bike Repair Shed has extended its opening hours to include Sundays.

The bike shed has a variety of bikes available including children's, men's and women's. A small donation is appreciated for the bikes to put towards materials for fixing the bikes.

Now open three days a week, the bike repair shed also hosts workshops and special events throughout the year.



## OPENING HOURS

Monday	11am to 3pm
Thursday	11am to 3pm
Sunday	10am to 1pm







## **NATURAL & SUSTAINABLE SKINCARE: INGREDIENTS DEMYSTIFIED**

**2ND EDITION**

Join local herbal pharmacist and skin care maker Kaja Skraskova of **Herbae Thylacini**, for a discussion about **natural and sustainable skincare**.

Learn about what natural skin care is and what it is NOT, discuss sustainability in skin care and what it means to YOU.

Kaja will describe skin care ingredients from all angles:

- Local x Imported
- Natural x Synthetic
- Organic x Conventional

Bring your favourite skin care product to check what's in it!

And make your own gentle body scrub according to one of Kaja's formulations.

Okines Community House

Saturday 4th December 10 - 12     \$20 pp

**BOOKINGS: [INFO@OKINESCOMMUNITYHOUSE.COM.AU](mailto:INFO@OKINESCOMMUNITYHOUSE.COM.AU)  
62657016**





## FREE IT Help for Older Tasmanians

**THURSDAY**  
**14 October 2021**

### DO YOU NEED HELP USING YOUR MOBILE PHONE OR OTHER DIGITAL DEVICE?

On **THURSDAY 14 October**, COTA Tasmania is holding an IT Pop-Up stall in **DODGES FERRY** offering **INDIVIDUAL** assistance to people to help them get more value out of their phones, tablets and/or laptops.

The stall will be held at:

**Okines Community Centre, 540 Old Forcett Rd, DODGES FERRY**

Hourly appointments are available between **10:00—3:30**

Call and make an appointment. - **it's FREE**

Bring along your phone, laptop or tablet. Oh Yes— and your questions!

Our friendly, knowledgeable volunteers will help you get the best out of your device.

The sessions are private, personalised and deal with your particular questions.

***To make an appointment contact COTA Tasmania***

***on 6231 3265 || 0477 707 508***



**TAKE CONTROL OF YOUR LIFE -**  
Learn about your pelvic floor  
Incontinence is NOT an inevitable  
consequence of aging and when it  
occurs it can be treated effectively

**WHY INVEST IN YOUR WELLBEING?**  
One in three women will experience  
urinary incontinence in Australia. In  
many cases women think that using a  
pad is their only choice, we want to  
change this way of thinking. Learning  
about the type of incontinence you  
have and the options that are  
available to you could make a  
significant difference to the way you  
manage and live your life



### EDUCATION IS THE KEY

Irrespective of age, informing women about how to protect and maintain their pelvic floor reaps rewards throughout their life. On too many occasions women of age are dismissed and encouraged to accept incontinence. We are here to help change that view and give women the tools and knowledge to seek assistance to improve their quality of life.

### WOMEN'S OVER 65's WORKSHOP

WHEN is offering a women-specific workshop focusing on pelvic floor health, designed and run by our team of allied health continence professionals, that is evidence based, innovative and results orientated.

Join us for a one hour workshop at  
Okines Community House (in the Terrapin)  
on Wednesday 13th of October from 11 till 12  
Bookings: [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)  
6265 7016

About Women's Health Education Network: WHEN is a women's health organisation working to educate and empower all women across Australia to live and age well through exercise and movement. We use current research as a basis for our education and engage experts from the fields of health and exercise to support our work.





# D'FERRY FLICKS Presents:

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

Brought to you by the Dodges Ferry Film Society



## Sep 18 - Z-shorts International Film Festival 2021

24 short films from 9 countries

**3 different screenings of selected films in 2hr sessions:** 1pm | 4pm | 7pm

Food available from the wonderful Orlando Plenty food van



## Oct 16 - Fisherman's Friend (2019)

PG | Comedy, Drama, Music | 1h 52min

Ten fisherman from Cornwall are signed by Universal Records and achieve a top ten hit with their debut album of Sea Shanties.

**Director:** Chris Foggin

**Stars:** James Purefoy, Meadow Nobrega



## Nov 20 - Welcome to the Sticks (2008)

PG | Comedy, Romance | 1h 46min

A French public servant from Provence is banished to the far North. Strongly prejudiced against this cold and inhospitable place, he leaves his family behind to relocate temporarily there.

**Director:** Dany Boon

**Stars:** Kad Merad, Dany Boon, Zoé Félix



## Dec 18 - Flashdance (1983)

MA-17 | Comedy, Drama, Music | 1h58min

A Pittsburgh woman with two jobs as a welder and an exotic dancer, wants to get into ballet school.

**Director:** Adrian Lyne

**Stars:** Jennifer Beals, Michael Nouri

Complimentary drink on arrival  
Delicious supper available for sale provided  
by food co-op

Annual Membership \$35/ \$25 Conc.

BRING A SOFT CUSHION FOR MORE COMFORT  
An initiative of Okines Community House Inc







# FESTIVAL OF IDEAS

Tuesday 19th October



Dear Friend,

You are invited to the Sorell Festival of Ideas, Tuesday 19th October 2021, from 3:30pm-8pm, mina nina tunapri @ Sorell School Farm (entry from Forcett Street).

As part of Sorell School's Bicentenary events, this festival is a celebration of the fantastic things that we have been doing in partnership with the broader Sorell community, including:

- Inside Out- a public art project featuring over 100 portraits of young people exhibited throughout the Sorell township
- awesome student led projects from Sorell students, including Big Picture
- saving the planet, one bag at the time with Sorell Boomerang Bags
- creating good spirit music and art in Sorell's Tin Camp and with the Culture Club.
- celebrating equality and diversity through the Rainbow Flag project & Pride group
- yummy food & much more!

Please check out our Facebook event [here](#) and book your free ticket [here](#). For more information please contact Collective ed. Project Officer, Kirsty Grierson [kirsty.grierson@beaconfoundation.org.au](mailto:kirsty.grierson@beaconfoundation.org.au)

Kind regards,  
Students of Sorell School



DESIGNED BY SYLVIA (GRADE 10) USING ORIGINAL ARTWORK BY AMELIA (GRADE 9) AND ACE (GRADE 10)





# WHAT'S ON AT OKINES



## Okines Community House Inc

A FUN CELEBRATION FOR CHILDREN



### MICHELLE PEARS FROM MAKEBELIEVE

Tuesday October 26, 2021  
10.30 AM to 11.30 AM (free event)  
540 Old Forcett Rd, Dodges Ferry TAS

Please let us know if you are coming by phoning  
6265 7016 or emailing [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

Come dressed as  
anything to do with the  
sea or beach



## Okines Community House

### COOKING WITH CARLOS

*Mexican Style*



Friday 3rd December 2021  
at 540 Old Forcett Rd, Dodges Ferry  
10am to 2pm  
\$15 (includes cooking class & lunch)

Bookings essential - phone 6265 7016, or email [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)



# WHAT'S ON AT OKINES

## OKINES BIKE SHED

REPAIR - DONATE - VOLUNTEER

SUNDAY 10-1  
MONDAY 11-3  
THURSDAY 11-3

Need a bike, spare parts or bike repair?

Come by the Bike Shed for an array of bike styles, sizes, gear and racks. Services and bikes available for a small donation.

Run by a team of friendly volunteers.



540 OLD FORCETT ROAD, DODGES FERRY (03) 6265 7016

OKINES  
COMMUNITY  
GARDEN



## GARDEN SOIREES

Open mic from 5.30pm. Live band from 6.30pm.

Food from woodfire pizza oven available.  
Free entry, donations welcome. BYO picnic.

**30 OCT**  
**27 NOV**

**Vulcan Conray**  
**Lagoon Hill Zydeco**

Interested in playing or volunteering? Email [okinessoires@gmail.com](mailto:okinessoires@gmail.com)

## Family, Friends, Flowers & Funerals

How can we as community care for our own in death

Q & A with Sandra Bamford



**Thursday 4 November**

**2.00pm — 4.00pm**

**Okines Community House**

Sandra is a Celebrant &

Holistic Funeral Director at

**Mary Eleanor Natural Funeral Care**

(based in Sorell)

[www.maryeleanor.me](http://www.maryeleanor.me)

Ph: 0458 002 151



540 Old Forcett Rd, Dodges Ferry \* BYO afternoon tea to share



# WHAT'S ON AT OKINES

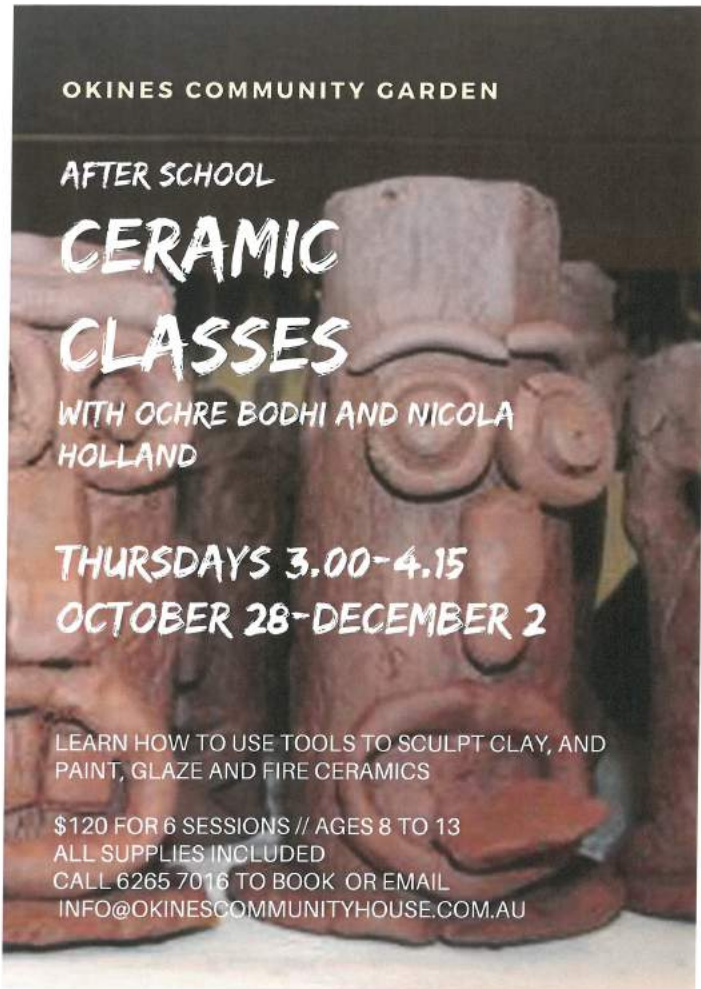
OKINES COMMUNITY GARDEN

AFTER SCHOOL  
**CERAMIC CLASSES**  
WITH OCHRE BODHI AND NICOLA HOLLAND

THURSDAYS 3.00-4.15  
OCTOBER 28-DECEMBER 2

LEARN HOW TO USE TOOLS TO SCULPT CLAY, AND PAINT, GLAZE AND FIRE CERAMICS

\$120 FOR 6 SESSIONS // AGES 8 TO 13  
ALL SUPPLIES INCLUDED  
CALL 6265 7016 TO BOOK OR EMAIL  
INFO@OKINESCOMMUNITYHOUSE.COM.AU



RED OCHRE STUDIO AND OKINES COMMUNITY HOUSE PRESENTS:

**CLAY PLAY WITH RED OCHRE STUDIO**

- Workshop 1:  
Spring Tiles in the Garden 23rd Oct 21
- Workshop 2:  
Tealight Holders in the Garden 6th Nov 2
- \$30 per class

JOIN OCHRE IN THE GARDEN FOR SOME CLAY PLAY. OCHRE WILL DEMONSTRATE SOME BASIC CERAMIC TECHNIQUES FOR YOU TO CREATE AND DECORATE YOUR OWN HANDMADE CERAMIC OBJECT. WORK WILL BE FIRED IN THE KILN AND AVAILABLE FOR PICKUP APPROX. 4 WEEKS AFTER WORKSHOP. SUITABLE FOR BEGINNERS / WORKSHOP SPACE UNDERCOVER

BOOKINGS: 62657016 // INFO@OKINESCOMMUNITYHOUSE.COM.AU




## KNIT & NATTER



\$2 per visit

10:30AM - 12:00PM

540 Old Forcett Road, next to the Dodges Ferry Primary School.

*A weekly group open to all community members*

Learn to knit or crochet from scratch, improve your skills or teach others what you know. From novice to expert, everybody is welcome! Bring a project you are working on or knit for a cause. Wool and needles can be provided.

Drop in anytime on a Monday between 10.30am to 12.30, tea and coffee provided, the nattering is up to you! Phone 6265 7016 for more information or email:

info@okinescommunityhouse.com.au

**DIGNITY SUPPORTED GARDENING**

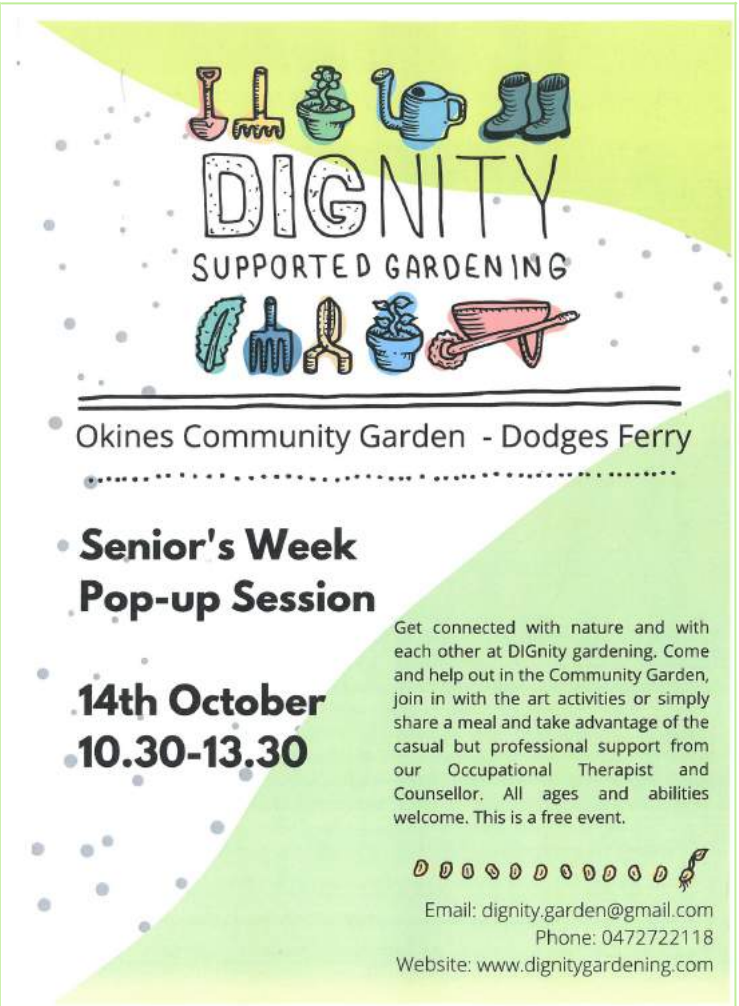
Okines Community Garden - Dodges Ferry

**Senior's Week Pop-up Session**

**14th October 10.30-13.30**

Get connected with nature and with each other at DIGNITY gardening. Come and help out in the Community Garden, join in with the art activities or simply share a meal and take advantage of the casual but professional support from our Occupational Therapist and Counsellor. All ages and abilities welcome. This is a free event.

Email: dignity.garden@gmail.com  
Phone: 0472722118  
Website: www.dignitygardening.com





# WHAT'S ON AT OKINES

## Okines Breakfast Club 2021

The Okines Breakfast Club in partnership with Dodges Ferry Primary School serves breakfast on Tuesday and Thursday mornings from 8.30am to 9.50am during school terms. Commencing **Tuesday 12th October**, toast with a variety of spreads free of charge will be available. The last Thursday of school terms often includes pancakes.

Are you interested in volunteering at Breakfast Club? We would love to hear from you. Please ph: 6265 7016 or email [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

A big thank you to Raine & Horne Sorell Office for their financial contribution towards maintaining the Breakfast Club Program.



Okines would also like to gratefully acknowledge the support of the local Richmond Bakery who donate multiple loaves of bread each week.

## Food Assistance

### Wednesdays 1pm - 3pm

at Okines Community House

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.

PLEASE BYO  
BAGS



ARE YOU  
THINKING OF  
SELLING?\*

## REWARD YOUR COMMUNITY

List and Sell your home with Raine & Horne Sorell, or refer someone and we will donate...

# \$500

 to the

## Okines Community House\*

\* Incentives available for Rental Referrals also.  
\* Conditions Apply

10 Gordon Street, Sorell  
[sorell@sorell.rh.com.au](mailto:sorell@sorell.rh.com.au)  
(03) 6265 1000

**Raine & Horne**  
Sorell, Tasman & East Coast



Okines Community House Inc.

## FREE COUNSELLING FOR OUR COMMUNITY

- Free 1 hour sessions or just a quick chat
- Over the phone or face to face appointments available
- Conducted by a qualified experienced counsellor
- 10am-3pm Mondays each week

No referral necessary

Phone: 03 6265 7016 or [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)



BOOKINGS ESSENTIAL

540 OLD FORCETT RD, DODGES FERRY TAS 7173



# WHAT'S ON AT OKINES



THE SINGING OF UPLIFTING SONGS FOR HAPPY VIBES, PEACE, HEALING AND JOY

in the terrapin  
@Okines Community House  
Saturday 6th November 6pm - 8pm

ENTRY BY DONATION  
BRING A CUSHION AND AN OPEN HEART

All welcome  
enq. 0400 069 844

540 Old Forcett Rd, Dodges Ferry, TAS

## Connection with Earth Meditation

As we navigate our worlds today it can seem scary,  
stressful and  
leave you feeling anxious and  
in a constant state of flight or fight.  
As a Palawa woman I know the power of earth medicine.  
Your soul longs to connect with the Earth.  
When we connect with the earth through meditation  
we bring calm back  
to your sympathetic nervous system,  
tranquility to your thoughts,  
a deep connection with your soul +  
a reverence for Mother Earth.

Every Friday night from  
15th October - 3rd December  
6pm to 7:15pm  
Okines Community House  
\$80 for all classes or  
\$15 casually.

Contact Lisa on 0410057887 to register or visit  
<http://www.lisakingston.com.au/meditation-classes>



## RESTORE YOUR NERVOUS SYSTEM

In this workshop you will experience a deep sense of peace as you expand your awareness of your internal world as well as learn tools and strategies that will bring your sympathetic nervous system out of fight/flight mode and living in the Present, Empowered + Harmonious.

You are invited to Activate and Awaken the Pachamama within you.

Pachamama means  
Unity, Compassion + Gratitude  
for all of humanity.

**Sunday 7th November**  
**10am - 3pm**  
**Okines Community House**  
**EARLY BIRD \$111 ENDS 16th NOVEMBER**  
**\$133**  
**Light vegetarian lunch provided**

Contact Lisa on 0410057887 or visit  
<http://www.lisakingston.com.au/workshops>  
to secure your place by  
the 29th October.



OKINES COMMUNITY HOUSE AND MARA  
LOVRIN PRESENTS:

## ENGAGING ADOLESCENTS

A MODEL FOR WORKING IT THROUGH

Engaging Adolescents is a parenting skills program for resolving teenage behaviour problems & how we live with our adolescents, our role in their lives, how to build our relationship with them, and, in particular, how to handle their challenging behaviour.

The two main goals of the program are:


1. To help parents to feel more confident in handling the challenges of having teenagers and,
2. To provide parents with clear strategies for assessing and dealing with situations that arise in parenting adolescents.

**MONDAY  
EVENINGS**  
**18/10, 25/10 & 1/11:**  
**7 - 9PM \$50** includes workbook

For more information and bookings  
please contact Okines Community  
House  
[info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)  
62657016




# WHAT'S ON IN YOUR COMMUNITY



## TERROR AUSTRALIS

Another CONVICT CAPER

BEWARE  
Cursing  
Convicts  
Ballsy  
Bushrangers  
and  
more...



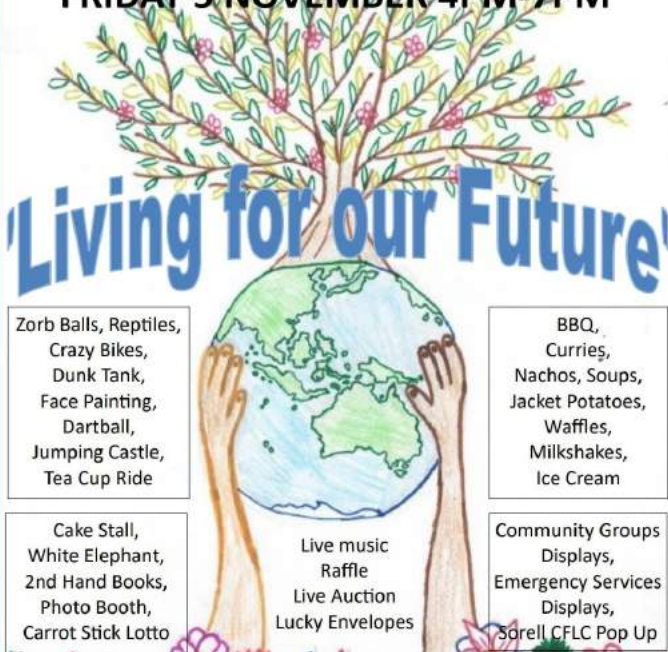
### SORELL MEMORIAL HALL

## Oct 15/16 & 22/23

<https://7172.sales.ticketsearch.com/sales/salesevent/15499>  
Enquiries 0407 851 706

### DODGES FERRY PRIMARY SCHOOL COMMUNITY FAIR

## FRIDAY 5 NOVEMBER 4PM-7PM

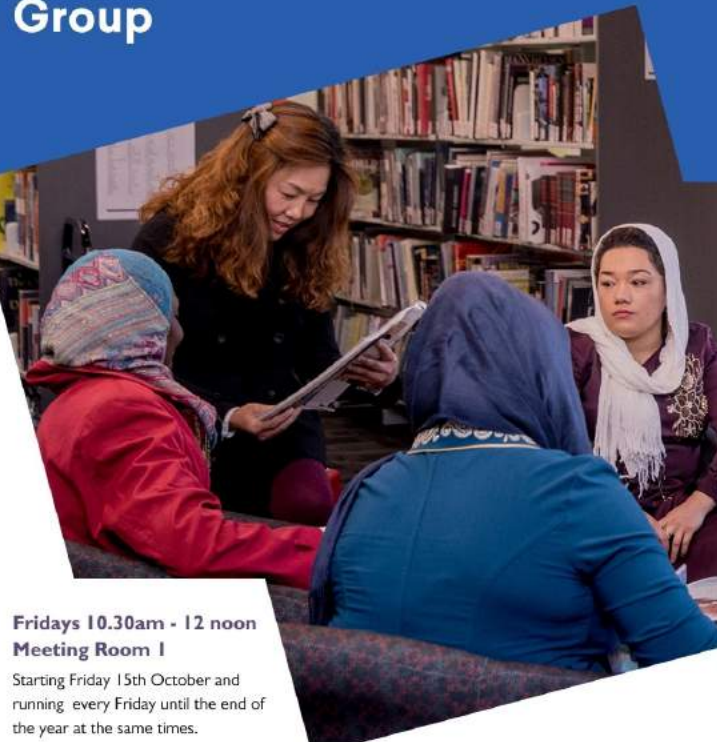


## 'Living for our Future'

- Zorb Balls, Reptiles, Crazy Bikes, Dunk Tank, Face Painting, Dartball, Jumping Castle, Tea Cup Ride
- BBQ, Curries, Nachos, Soups, Jacket Potatoes, Waffles, Milkshakes, Ice Cream
- Cake Stall, White Elephant, 2nd Hand Books, Photo Booth, Carrot Stick Lotto
- Live music, Raffle, Live Auction, Lucky Envelopes
- Community Groups Displays, Emergency Services Displays, Sorell CFLC Pop Up

ALL ENQUIRIES TO LENNA BOXALL 0405 100 424 or [lmboxall@gmail.com](mailto:lmboxall@gmail.com)

## Sorell Library English Conversation Group




DEPARTMENT OF EDUCATION  
learners first

Fridays 10.30am - 12 noon  
Meeting Room 1

Starting Friday 15th October and running every Friday until the end of the year at the same times.

Everyone is welcome and it's free.  
For more details call Fiona on 0448 443 686



### BENDIGO BANK SOUTH EAST SUNS PRESENTS

# SENA COLOUR RUN 2021

31 OCTOBER 2021

FIRST RACE: 10:30AM  
PEMBROKE PARK  
(7 TASMAN HWY, SORELL)

TICKETS: [HTTPS://WWW.TRYBOOKING.COM/BOOK/SESSIONS?EID=808044&BOF=1](https://www.trybooking.com/book/sessions?EID=808044&BOF=1)

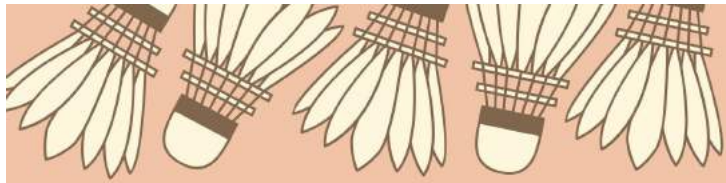
FULL T&CS ON OUR FB EVENT OR IN THE LINK ABOVE!



CONTACT [SENASUNSEVENTS@GMAIL.COM](mailto:SENASUNSEVENTS@GMAIL.COM) OR OUR FB PAGE FOR MORE INFO



# WHAT'S ON IN YOUR COMMUNITY



## Badminton

at the Dodges Ferry  
Recreation Centre

Badminton on Wednesday nights at the  
Dodges Ferry Recreation Centre (school gym)  
from 7.35pm onwards

\$6 includes shuttles, courts & nets (no roster)  
2 hrs of great exercise

Come along, have a hit, and some fun

ALL WELCOME

Covid rules apply

For more information see <https://www.facebook.com/dodgesferrybadmintonclub/>  
or phone: 0438 520 744

### SWING THAT RACKET!

SORELL MEMORIAL HALL  
49 COLE STREET, SORELL

## SORELL COMMUNITY MARKET

The Sorell Community Market is back, come along and pick up a bargain. From fruit and vegies to toys and books, fashion and jewellery as well as honey, preserves, plants, succulents and much, much more.



Sundays

8 am - 1 pm

VISIT SORELL COMMUNITY MARKET FACEBOOK PAGE  
FOR MORE INFORMATION



AN INITIATIVE OF OKINES COMMUNITY HOUSE INC.

## DODGES FERRY FILM SOCIETY

Dodges Ferry Film Society screens a range of films to the Southern Beaches community and promotes watching, making and enjoying quality cinema in local settings.

Regular screenings are the third Saturday of each month, plus special events.

Films usually screen at the Dodges Ferry Primary School.

Go to @dferryflicks via Facebook or on messenger to see more information about upcoming films.  
or email [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)



SEEKING NEW MEMBERS

## SENIOR CITIZENS INDOOR BOWLS CLUB

**DODGES FERRY RECREATION CENTRE  
(DODGES FERRY PRIMARY SCHOOL GYM)**

JOIN THIS FRIENDLY GROUP FOR A FUN & SOCIAL GET TOGETHER

Held on Thursdays, at a cost of \$3 each week  
Arrive 1.15pm for a 1.30pm start  
Sessions run for approximately 2hrs - all very welcome.  
For more information phone Marc on 6265 8063



# WHAT'S ON IN YOUR COMMUNITY



*Be part of the  
solution, not part  
of the pollution*

*Lend a hand,  
and make a difference.*

## SOUTHERN BEACHES CLEAN UP GROUP

MEETS THE 4TH SUNDAY OF EVERY MONTH IN THE  
CAR PARK IN FRONT OF THE DODGES FERRY TAVERN  
FROM 8.30AM

**Primrose Sands volunteers needed as well**

*You are most welcome to work on own but for planning purposes please  
register by contacting Lorraine at [lorraine.cotter7@gmail.com](mailto:lorraine.cotter7@gmail.com)*



## Southern Beaches Landcare Coastcare

Caring for the special habitats and coastal environment from Lewisham, Forcett, Dodges Ferry, Carlton, Primrose Sands and Connelly's Marsh.

Southern Beaches Landcare Coastcare group hold regular working bees, manage local reserves and run projects to restore habitat and protect the natural values of the area.

Working bees are on the third Saturday most months.

For more information, or to confirm dates or venues  
email: [southernbeacheslandcoastcare@gmail.com](mailto:southernbeacheslandcoastcare@gmail.com)  
or phone Gwen on 0484 617 832



SUPPORTED BY THE ROTARY CLUB OF SORELL

## Men's Breakfast

Meets 3rd Wednesday of every month

7.15 for 7.30am start

Good company, guest speakers

Sorell Memorial Hall Supper Room, behind RSL

\$5 per head, all welcome

ENQUIRIES TO CRAIG - 0418 433 141

# Sorell Seniors

Are you 50+  
Interested to meet others?  
Curious about what happens in Hobart &  
surrounds, history, people, events, books,  
everything?

**SORELL COMMUNITY HEALTH CENTRE  
57 COLE STREET, SORELL.**

**Next  
meeting  
8 Oct 2021**

**Come along fortnightly  
Fridays 10-11.45ish**

Need more info?  
Phone Wendy 6265 1156





FOR THE  
By the community  
COMMUNITY

## Contact us

### LOCATION:

540 Old Forcett Road, Dodges Ferry (adjacent to the Dodges Ferry Primary School & next to the Okines Community Garden). PO Box 91, DODGES FERRY 7173

### OKINES COMMUNITY HOUSE/ADMIN:

ABN: 99 433 272 191

Monday, Tuesday & Friday - 9am to 3pm

Wednesday & Thursday - 9am to 4pm

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

Phone: 03 6265 7016

Mobile: 0438 651 155

email: [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

Instagram: Okines Community House

### OKINES COMMUNITY GARDEN:

Monday - 9am to 2pm

Wednesday - 9am to 2pm

Friday - 9am to 2pm

email: [dig@okinescommunityhouse.com.au](mailto:dig@okinescommunityhouse.com.au)

Instagram: Okines Community Garden

### OKINES FOOD CO-OP:

Sunday - 9.30am to 12.30pm

Tuesday - 2pm to 5pm

First Monday of each month 11-1pm

email: [okines.food.co-op@gmail.com](mailto:okines.food.co-op@gmail.com)

### OKINES BIKE REPAIR SHED:

Monday - 11am -3pm

Thursday - 11am to 3pm

Sunday - 10am to 1pm

Other times by arrangement, Ph: 6265 7016

email: [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

### DODGES FERRY FILM SOCIETY:

An initiative of Okines Community House Regular screenings are the third Saturday of each month, plus special events. Films usually screen at the Dodges Ferry Primary School. Go to @dferryflicks via Facebook or on messenger to see more information about upcoming films.



### Internet & Computer access:

Computers are available for internet access during opening hours. There is NO COST for using the Internet or scanning however, printing does have a fee as per the following charges.

### Black & White Photocopying/Printing:

Using our paper A4 & A3 = 20c

Using Own paper A4 & A3 = 10c

### Colour Photocopying/Printing:

Using our paper A4 = 50c & A3 = \$1.00

Own paper A4 = 25c & A3 = 50c

**Laminating:** A4= \$1.00 each A3= \$2.00 each

### Centre Hire:

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

### Trailer Hire:

Okines has a small 7 x 4 box trailer for hire at a very small cost, some conditions apply. Please contact 6265 7016

**\*Credit Card facilities now available**

### Book Library:

No cost to borrow, books are located both inside the house and in the garden. Seeds are also available at the outdoor library.

### Coffee Machine:

Grab a delicious cappuccino, latte or hot chocolate for only \$2 to support Okines Community House fundraising efforts.

### Information, support & referral services:

Okines has a range of information pamphlets and books and can listen and support you with issues of concern and refer you to other services if required.

### OKINES BOARD MEETINGS

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

You are most welcome to attend meetings at any time to have an input, or perhaps you might also be interested in joining our Board. For further information please phone 03 6265 7016 or email [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)