



OKINES

Community House

NEWSLETTER
TERM ONE
2015

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

Carrots by Candlelight

The first Carrots by Candlelight was held on Summer Equinox, providing another successful garden event which we have all good intentions to cement as a Community Garden Tradition. A big thanks to Angela Panaretos for leading our first Xmas carol sing-along, picnic style on the grass, to an audience of more than 60 beautiful, big, loud voices.



OKINES COMMITTEE MEETINGS

Meetings will alternate monthly between every 3rd Friday & every 3rd Wednesday. Next meeting will be held:

Friday 20th Feb 2015 at 10 am
Wednesday 18 March at 7pm

Great news for Okines Cooking Program.

In our previous newsletter we advised that our very successful cooking program would not be continuing without further funding. It is with great pleasure that we are able to announce that our application to **FRRR - Foundation for Rural and Regional Renewal Small Grants for Rural Communities** was successful and we would like to acknowledge their valuable support in enabling us to continue this much sought after activity for a further two years.



Australia Day Awards

Okines Community House Inc. would like to extend our congratulations to the following recipients of Australia Day Awards:

Citizen of the year:

- Mr Dennis Turner

Young Citizen of the year:

- Mr Ethan Reed

Community Group of the Year:

- Bream Creek Farmers Market

Community Event of the Year:

- Carlton Beach Surf Festival

Also to,

Councillor Carmel Torenus for receiving the Medal of the Order of Australia (OAM) for service to local government and the Sorell Community and also to Councillor Deborah De Williams for her Order of Australia, Member of the Order for her significant contribution to cancer support organisations and ultra marathon running.

Community

Advisory Group

Okines Community House aims to provide a central platform from which community based services, programs and projects can be developed that meet the needs of our community at a local level.

The Community Advisory Group (CAG) welcomes representatives from community organisations, community members, local business and Sorell Council to identify and determine the needs of our community. Next meeting will be held **18th February at 10.30am** at Okines Community House.

Please come along and have a say.

ABOUT THE NEWSLETTER

The Okines Community House Newsletter is produced quarterly corresponding with school terms and is distributed via Australia Post throughout Dodges Ferry, Forcett, Lewisham, Carlton, and Primrose Sands.

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

**Contributions can be submitted via email to admin@okinescommunityhouse.com.au.
Closing date for the next issue is **Friday 27th of March, 2015.****

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



PITTWATER ART GROUP

- Painting in all mediums -

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

1st Term:

- 17/3/2015 & 24/3 - 2 hour session
- 31/3/2015 - *3 hour session
- 5/5/2015 & 12/5 - 2 hour session
- 19/5/2015 - *3 hour session
- 26/5/2015 - 2 hour session

2nd Term:

- 16/6/2015 & 23/6 - 2 hour session
- 30/6/2015 - *3 hour session
- 21/7/2015, 28/7 & 4/8 - 2 hour session
- 18/8/2015 - *3 hour session
- 25/8/2015 & 1/9 - 2 hour session

3rd Term:

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

Venue: Supper Room Memorial Hall Cole St. SORELL

Enquiries: Gail 62658775 or Cheryl 0400740148



**Don't miss next market 15 February 2015,
includes**

SBCS Car Boot Sale 10am to 2pm



find us on Facebook

www.dodgesmarket.blogspot.com

03 62659862

CAR BOOT SALE

10am - 2pm Sun 15 Feb

Dodges Ferry



**3rd Sunday
Oct - March**

Okines Community House

SBCS Fundraiser

\$15 to park & sell your car boot

**Don't sell your garage bring your stuff to
the car boot sale**

SBCS
Southern Beaches
Conservation Society -
Tasmania

Please book, limited spots

Angela T: 0427931016

Term 1 Program - book early places are limited

MONDAY

FROM WITHIN PILATES - Tutor Salomé Rosa

A Pilates based class designed to improve alignment, balance, core strength and flexibility. One hour mat class, in a relaxed friendly environment, suitable for beginners or those with previous experience.

Venue: Okines Community House
Mondays: 8.50am to 9.50am starts 2nd February 2015
 (casual rate \$20 per session)
Fee: \$150 per term (10 weeks)
Contact: Salomé on 0437 405 213 for more information.



***Please bring an exercise mat**

Salomé is an accredited Pilates Practitioner, Rehab and Fascial Fitness Trainer.

From Within Pilates

CRAFT CLUB

Are you looking for a weekly get together with friends to chat and share your love of craft? Then the Okines Arts and Crafts Club may be for you. All welcome to come along, work on own individual projects or join in group projects aimed at creating useful items for donation to charities and other organisations focused on achieving positive outcomes

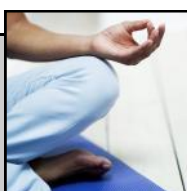


Venue: Okines Community House
Day: Monday **Starts:** ongoing
Time: 10.30am to 12.30pm **Fee:** \$2
Contact: 6265 7016

YOGA FLOW - Tutor Jackie Graham

Yoga Flow Classes are a blend of traditional asana, breathing, relaxation and flowing fluid movement aimed at moving with ease, improving posture, building strength, and freeing the breath. Increased physical vitality, emotional stability and clarity of mind are a natural consequence of a yoga practice. Your tutor Jackie is an experienced yoga teacher with extensive training in yoga & dance. Her work is influenced by her yoga teacher training with internationally renowned yoga instructor and movement therapist Donna Farhi.

Venue: Okines Community House
Day: Mondays
Time: 6.30pm to 8.00pm ongoing
Fee: \$15 per session
Contact: Jackie on 6265 7716



STEINER PLAYGROUP - now on Mondays

The aim of Steiner Playgroup is to develop a sanctuary of safe play for children and an oasis of peace and friendship for parents. All activities and materials are chosen to support environmentally friendly practice.



Venue: Okines Community House
Continuing: 16th February 2015
Time: 10am to 12pm **Fee:** \$3 plus a piece of fruit
Contact: Megan on 0429 137 287

TUESDAY

EURYTHMY

For children from 4-6 yrs. Joyful verse and storytelling through movement, using their whole body to express themselves.



Venue: Okines Community House
Starts: Tuesday 3rd February 2015 and continues through school term
Time: 3.15 pm to 4.15 pm
Fee: \$12
Bookings & enquiries: Contact Lisa via the following email address: livingmovement.eurythmy@gmail.com

BUS TRIP MONA (Museum of Old and New Art)

The Museum of Old and New Art (MONA) is a unique and popular art museum and well known tourist attraction located within the Moorilla winery on the Berriedale peninsula in Hobart. It is currently the largest privately funded museum in Australia. The museum presents a thought provoking selection of antiquities, modern and contemporary art from the David Walsh collection.



Day: Tuesday 17 March 2015
Time: Bus departs Okines 9am returning by 3pm
Fee: \$10
Contact: Bookings essential on 6265 7016
 *BYO lunch

Term 1 Program - book early places are limited

TUESDAY

40+ FUN FITNESS CLASSES - Tutor Karyl Michaels

TONIC

Tuesday
6.15pm - 6.45 pm

Thursday
6.15pm - 6.45 pm



Tonic incorporates strength training moves using hand weights to music. Tone and strengthen and increase everyday calorie burn. Weights provided.



KIKBOX

Thursday
6.50pm - 7.20 pm

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

STRETCH

Thursday
6.50pm - 7.20 pm



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

Venue: Okines Community House

Note: no classes 12-22 January, sessions continue for 2015 from Tuesday 27 January, **Fee:** \$5 casual class

Contact: 0468 389 659 or fizzicalfusion@gmail.com

All classes are low impact with no prior experience needed.

*Bring towel or mat and water.

PERSONAL HELPERS & MENTORS (PHaMS)

PHaMs Sorell (Anglicare) will be available to have chats with people who may be interested in the PHaMs program which is a free service which comes to you. The program is appropriate for people who acknowledge they experience some form of mental health issue/s (no diagnosis required) that impacts on their quality of life.

Venue: Okines Community House

Day: Last Tuesday of every month (except public holidays)

Time: 10am to 11am **Contact:** 6213 3681

WEDNESDAY

MADE BY YOU - Jewellery session by dinkylune



Make something beautiful or functional from raw materials. Cabochon jewellery is simple to make and is a style that allows people a lot of creative freedom. You get to make 2 pieces of jewellery, choosing from pendants, earrings, cufflinks or brooch, with a wide range of materials provided.

Venue: Okines Community House

Day: Wednesday 11th March 2015

Time: 10am to 12pm **Fee:** \$10 **Contact:** 6265 7016

OKINES PLAYGROUP

Okines Playgroup is a weekly playgroup session for parents of children 0-5 yrs of age (held throughout the school term). Playgroup sessions are structured around providing a different activity each week, sharing of morning tea, reading, songs, and some free play.

Venue: Okines Community House

Day: 10am to 12pm during school term

Fee: \$2 and a piece of fruit to share



IYENGAR YOGA - Tutor Gabe Gartrell



the yoga effect
be well, give back

Iyengar yoga is open to all people as a holistic approach to improving and maintaining wellbeing.

- Strengthen your body
- Improve your mobility
- Correct your posture
- Calm your mind
- Develop inner strength

Venue: Okines Community House

Start: Recommencing 10th February 2014

Day: **Tuesday** 6.15am to 7.30am (Level 2)

Wednesday 6pm to 7.15pm (Beginners)

Thursday 9am to 10.15am (General)

\$16 casual attendance or \$145 for a 10 class pass. Private tuition \$70

Term 1 Program - book early places are limited

WEDNESDAY

BASIC BREAD MAKING - Sue Metzler

Courtesy of funding from FRRR (Foundation for Rural & Regional Renewal) we are very pleased to be able to offer this extremely popular hands on informal classes to explore some basic bread recipes for daily use as well as other baking. Making your own bread is a way to save money and is a nutritional option. The aim of this course is to take the mystery out of bread making. Be sure to book early to avoid disappointment.



Venue: Okines Community House
Starts: Wednesday, 25 February 2015 for 5 weeks
Time: 9am to 1pm, **Fee:** \$5
Contact: 6265 7016, *BYO lunch to share

THURSDAY

SONAR COMMUNITY SINGING GROUP

We are a creative community group who sing together to celebrate nature and our lifestyle here. SONAR welcomes new members and is open to anyone who would like to come along and sing, no audition required. All music supplied



Day: resumes 12th February 2015
Time: 7pm to 9pm **Fee:** \$5 per week
Venue: Okines Community House
Contact: Diane Hansen Phone 0408 328 132

GUITAR LESSONS

Is anyone interested in learning guitar? Okines is currently taking details of interested people for guitar lessons. All styles catered for. The tutor needs 4 people enrolled for the class to go ahead. The start date will be confirmed once numbers are reached.



Venue: Okines Community House
Day: Thursdays (start date to be advised)
Time: Beginners & 10 years upwards 5.00pm to 6.00pm.
Advanced and adults 6.00pm to 7pm.
Fee: \$40 for 4 lessons
Contact: 6265 7016 to register interest
* Must have own guitar

THURSDAY

OKINES BOOK CLUB

The Okines Book Club is a popular and mentally stimulating activity. Share your passion for reading, meet some new people, share a meal and discover new books. There is a membership fee, and books are organised through the LINC (State Library).



Venue: Okines Community House
Day: Every third Thursday of the month next one 19 February 2015
Time: 12.30pm to 2.30pm
BYO plate of food to share **Contact:** 6265 7016

FRIDAY

SPINNING GROUP

The spinning group is a wonderful social activity. It meets every Friday of the month. Bring along your spinning wheel and wool and whatever piece you are currently working on. New members most welcome to come along and join a rapidly growing and very friendly group of spinners.



Venue: Okines Community House
EVERY Friday of the month
Time: 10am to 3pm **Fee:** \$5
Contact: Carol on 62659414 or Rita on 6248 6049

EATING WITH FRIENDS

Come along to our very successful Eating with Friends Program held on the last Friday of each month. Eating with Friends brings together people to enjoy a nutritious two course meal with friends.



Venue: Okines Community House
Day: next one 27th February 2015
Time: 12pm to 2pm **Fee:** \$7 for 2 course meal
Contact: 6265 7016

***Bookings essential for catering purposes, please advise if you have any special dietary requirements.**

Term 1 Program - book early places are limited

FRIDAY

FELDENKRAIS FOR BREATH AND VOICE

Calling all singers and those of you who just want to reduce tension and stress in your body. Support your body and your voice for ease and joy in movement and singing. Using the unique Feldenkrais approach to learning through movement, you will develop freedom, adaptability and power in your breath and it's connection to voice, and find more ease in your body. Join us at the Okines Community House for this 8 week series of Awareness through Movement sessions.



Venue: Okines Community House
Day: Friday 20th February 2015 for 8 weeks.
Time: 3.30pm **Fee:** \$18 per session
Contact: Call Wendy to reserve a place on 0447 120 688 or email: unfurlyourself@gmail.com

WEEKEND WORKSHOPS

MOSAICS (one day workshop) - Kerry Howlett

This one day workshops always gets great feedback from participants. Have you done your mosaic house number yet, alternatively a great opportunity to make that special gift. Learn everything you need to know about mosaicing including how to cut/break tiles, glue and grout.



Venue: Okines Community House
Date: 28 February 2015, **Time:** 10am to 3pm
Fee: \$40 & BYO lunch to share **Contact:** 6265 7016

ONE OFF WORKSHOPS

HOME FIRE SAFETY - COTA for Older Australians

COTA in collaboration with Tasmania Fire Service will present a one hour session focusing on learning about home fire safety including the importance of:

- Fire characteristics, fire service and fire facts
- Home fire safety - high risk groups
- Behaviour in the home that may contribute to fire injury and/or fatality
- Smoke alarms—role, placement and testing

Venue: Okines Community House
Date: Monday 23 February 2015, **Time:** 1pm to 2pm
Fee: FREE **Contact:** 6265 7016

ONE OFF WORKSHOPS

LOOK AFTER YOU -

Cancer Screening & Control Services

Did you know that at least 1/3 of cancers can be prevented? Or that finding cancer early can often mean better treatment outcomes? Come along to this relaxed and informal session covering:

- Common cancers: breast, prostate, bowel and skin (melanoma)
- Health checks & screening to help prevent/detect cancer early
- Cancer preventions

Venue: Okines Community House

Date: Monday 23 March 2015, **Time:** 1pm to 2pm

Fee: FREE **Contact:** 6265 7016

Food Co-op



WHERE:

Okines Food Co-op is easy to find, it is situated at the local Community Garden space adjacent to the Dodges Ferry Primary School.

WHAT:

The Co-op stocks a wide range of mostly organic food as well as some cleaning products at very good prices.

WHEN:

The Food Co-op is open for members only to purchase items on Sundays from 9.30am to 12pm and Tuesday afternoons from 2pm to 5pm.

Alternatively

If you cannot make the opening hours, you can make use of the pre-ordering and packing that we offer. Again, you must be a member. Orders must be received via email by NOON on the Monday.

You can run in and collect it on a Tuesday, pick it up from the Community House between 9am and 3pm on Wednesday or arrange for someone to drop it to your house.

HOW:

New members are very welcome. If you are interested in joining you can find out more by phoning (03) 6265 7016 or emailing foodco-op@okinescommunityhouse.com.au

Term 1 - 2015 Program

MONDAY

FROM WITHIN PILATES

8.50am to 9.50am, weekly, from Monday 2 February 2015, \$150 per term (10 weeks) casual \$20, contact: Salome on 0437 405 213

CRAFT CLUB

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

YOGA FLOW

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

STEINER PLAYGROUP

10am to 12pm, weekly, \$4 plus bring a piece of fruit, Contact: Megan on 0429 137 287

HOME FIRE SAFETY - COTA

1pm to 2pm, FREE, Monday 23 February 2015, contact: 6265 7016

LOOK AFTER YOU – CANCER SCREENING & CONTROL SERVICES

1pm to 2pm, FREE, Monday 23 March 2015, contact: 6265 7016

THURSDAY

IYENGAR YOGA

9am to 10.15am, General, recommencing 12 Feb 2015, \$16 per session or \$145 for 10 class pass, Contact: Gabe 6265 7907 or 0457 024 267

OKINES BOOK CLUB

12.30pm to 2.30pm, 3rd Thursday of month, next is 19 Feb 2015, Contact: 6265 7016

FIZZICAL FUSION TONIC

6.15pm to 6.45pm, 29 Jan 2015, \$5 casual, contact Karyl on 0468 389 659

FIZZICAL FUSION – STRETCH

6.50pm to 7.20pm, starts 29 Jan 2015, \$5 contact Karyl on 0468 389 659

GUITAR

Date to be confirmed, to register interest please phone: 62657016 or email: admin@okinescommunityhouse.com.au

SONAR COMMUNITY SINGING GROUP

7pm to 9pm, resuming 12 February 2015, \$5, Contact: Di Hansen on 0408 328 132

TUESDAY

IYENGAR YOGA

6.15am to 7.30am, Level 2 session, \$16 per session or \$145 for a 10 class pass, starts 10 February '15, Contact: Gabe 6265 7907 or 0457 024 267

FIZZICAL FUSION TONIC

6.15pm to 6.45pm, starts 27 Jan 2015, \$5 casual, contact Karyl on 0468 389 659

FIZZICAL FUSION KIKBOX

6.50pm to 7.20pm, starts 27 Jan 2015, \$5 casual, contact Karyl on 0468 389 659

BUS TRIP – MONA

9am to 3pm on Tuesday 17 March 2015, cost \$10 Contact: 6265 7016

EURYTHMY FOR CHILDREN

3.15pm to 4.15pm, starts 3 Feb 2015, \$12 per session, email Lisa at livingmovement.eurythmy@gmail.com

PHAMS – Personal Helpers & Mentors

10.00am to 11.00am, last Tuesday of every month, ph: 6213 3681

FRIDAY

EATING WITH FRIENDS

12pm to 2pm, last Friday of every month, \$7 for 2 courses, Bookings essential: Contact: 62657016
*Christmas lunch will be 12 December 14

SPINNING GROUP

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

FELDENKRAIS

3.30pm, commencing Friday 20th February 2015 for 8 weeks, \$18 per session, Contact: Wendy Leewood on 0447 120 688 or e:unfurlyourself@gmail.com

WEDNESDAY

OKINES PLAYGROUP

10am to 12pm, weekly, \$2 plus bring a piece of fruit, commencing , 28 February 2015 Contact: 6265 7016

MADE BY YOU – JEWELLERY BY DINKYLUNE

10am to 12pm, workshop 11 March 2015, cost:\$10, Contact: 6265 7016

IYENGAR YOGA

6pm to 7.15pm, Beginners, recommencing 11 Feb 2015, \$16 per session or \$145 for a 10 class pass, Contact: Gabe 6265 7907 or 0457 024 267

BREADMAKING

9am to 1pm, 5 weeks commencing 25 February 2015, cost \$5 per week, Contact: 6265 7016

WEEKEND WORKSHOPS

MOSAICS

10am to 3pm, one day workshop 28 February 2015, Cost: \$40, BYO lunch to share, contact: 6265 7016

GARDEN GATHERINGS

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

Third Sunday of the Month: GARDEN GATHERINGS pizza for sale 11-1pm

Dates to remember

Okines Community House Inc.

Committee Meetings:

Friday 20th February 10am

Wednesday 18 March 7pm

CAG Meeting

Community Advisory Group

Wednesday 18 Feb 2015 10.30am

Okines Community Garden

Hello.

On previous trips overseas, and at stints as an international volunteer, I have loved the lively, robust attention a new comer seems to bring to a community. This ambience and energy of good will is what we hope the Garden Soirees can offer to new comers to Dodges Ferry. We see the Soirees as a welcoming event for new arrivals, to feast on our garden fresh pizza's, and to dance to the song of Tasmanian (mostly) musicians. Soirees have become a garden tradition.

We have two more Soirees planned for this Summer. The next Soiree is on Friday February 13th with International Artist Ann Vriend. The second, on Friday March 27th will be hosted by local songstress Nell Degrassi. These evenings are family friendly, fun events, they always run from 5.30-7.30pm, and pop up on various dates throughout the year.

For the second year running we have had a Summer jamming session, making jam from the various varieties of berries grown in the garden. This year we have made, (for sale) a mix of black, young, and boysenberry jam with rhubarb and a hint of lemon. Claire hosted a smashing bread making session at the Garden before Christmas, and we baked the first loaf of sourdough bread in the pizza oven. This little afternoon inspired us (ideas are never lacking at the garden, perhaps we should rename ourselves the pandoras box of ideas and potential!) to embark on setting up another little garden tradition. Garden tucker days, the first Monday of every month from 11-1pm. There's so much to make, harvest, preserve, and eat from the garden that now we will officially set aside this one day a month to workshop and share various garden concoctions like, relishes, rhubarb champagne, and more sourdough bread.

The elderberries are ripe and ready for harvest, on the 2nd of February we will be making elderberry fizz, and if there's still some flowers around we will add them in to boot.

We are on the lookout for ways and funds to convert the shipping container into an office space. We also hope to have a composting loo in and ready to go by the end of the year. A big thanks to all those who voted for us online, we received the most votes in Tasmania so have a good chance to secure the funding.

The year ahead for us at the Garden involves fun business, and some crucial community consultation; thanks to a grant called 2A4 (keeping grants simple), voluntarily written by Julia Curtis we are about to embark on writing

our first Garden Friendly strategic plan. Julia, Claire and I will be running 6 community consultation sessions, over the next 3 to 4 months. These sessions will be exploring big picture ideas, concepts, visions and wish lists for the future. Please look out for the dates and come along to one of these sessions. Have a say in the future direction of Dodges Ferry. (PS it's not us talking on this one, it's all about us listening to you!).

REGULAR GARDEN EVENTS

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

Third Sunday of the Month: GARDEN GATHERINGS pizza for sale 11-1pm

GARDEN OPENING HOURS

Monday 11am-4pm, Wednesday 1-3pm, Thursday 1pm-3pm

Yours organically

Gabe & Claire

BREAKFAST CLUB



The Okines Breakfast Club in partnership with Dodges Ferry Primary School will re-commence in term four at Okines Community House on **Tuesday 10th February**

2015. Breakfast is offered Tuesday and Thursday mornings from 8am. If you would like to be included on the Breakfast Club roster by phoning 6265 7016 or email: admin@okinescommunityhouse.com.au.



Be part of a new & Innovative creative workshop.

Learn to value your creative process in a supportive & interactive environment.

Dates: Sunday 22nd of February & 1st of March 2015

Venue: Okines Community House

Time: 10am to 4pm

Price: \$230 (payment plan available)

Early bird discount available contact Anna for more information on 0400 896 349 or anna.schmidt44@yahoo.com.au

Food Assistance

- available at Okines on Wednesday afternoons -



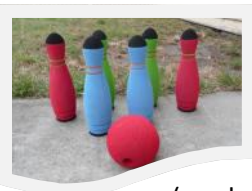
SecondBite redistributes surplus fresh food to community food programs around Australia. Food is donated by farmers, wholesalers, markets, supermarkets, caterers and events. This high-quality surplus food is redistributed to community food programs that support people who are homeless, women and families in crisis, youth at risk, indigenous communities, asylum seekers and new arrivals.

Thanks to the excellent work from **Second Bite** Okines Community House are pleased to be able to provide access to quality, healthy food such as bread, vegetables and fruit. (items differ week to week), to those in need, at no cost.

If you are in need of these items, they will be available by calling into Okines Community House on:

Wednesdays between 1pm - 4pm

TOY & BOOK LIBRARY



Okines Community House has a Toy & Book Library which includes a selection of books, toys and baby items available for collection during our normal operating hours

(see back page for opening hours).

For information about how to use the library please contact the office on 6265 7016 or email: admin@okinescommunityhouse.com.au.

Southern Beaches Regional Arts

Show and Tell Meets

Every second Tuesday in the month from February –December, at the Lewisham Tavern!

6pm for a friendly meal! 7pm for "Show and Tell"!

Feature artist every month!

Bring your art to show!

Contact 0407 851 706



Now Taking Registrations for 2015

Contact Anna on: 0407659965

www.dodgesferrysoccer.org

Like us on Facebook!

NOW TAKING REGISTRATIONS FOR 2015

U12s-SENIORS

Coaches Wanted!



MISSION: Is to develop & promote Football with in the FFA ethos with credentialed coaching open to all, in a safe and community focused environment as well as providing a progressive route for juniors of the South East.

VISSION: is to, foot teams in all ages groups with-in the Football Federation Southern Premier League with focus on achieving status in the FFTV-league.

www.seunitedfc.org

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

Contact Matt Smith on 0438652559

Pittwater Photography Group



We meet each Wednesday for
Friendship, Fun, Food and Adventures
with our Cameras.

From Beach to Bush to Back Roads...

We carpool and share the petrol cost.

Membership is just \$6 per year through the

PITTWATER COMMUNITY CENTRE

34 Hoffman St, Midway Point 7171

Enquiries michelle.pears@bigpond.com or

0407851706

CLEAN UP SOUTHERN BEACHES

Come along on Clean Up Australia Day

Registration point, in carpark at Dodges Ferry
Primary School. Registrations start at 8.30am

Otherwise meet 4th Sunday of every month in the
car park in front of the Dodges Ferry Tavern 8.30am

Contact Lorraine by email: loron@iinet.net.au



**SOUTHERN BEACHES LANDCARE/
COASTCARE INC.**

C/- Post Office
DODGES FERRY TAS 7173
ABN 59720014733

20+ Years of Community Caring For Coast and Country

SBL/C general meetings are held at 9am on the
first Friday of each month at Okines Community
House. Working bees are held on the third
Saturday of each month at various locations.
Primrose Sands group hold working bees on the
first Saturday of the month and Clean Up Group
working bees are held on the fourth Sunday. For
more info. Please ph: 6265 8682 or email:
southernbeacheslandcoastcare@gmail.com

SORELL ON STAGE!

Interested in Acting? Directing? Back stage
crewing?

Any aspect of theatre?

We are always looking for more people.
Sorell on Stage meets twice a week, Thursday
and Sunday.

Sorell Memorial Hall 7pm.

mid January – November.

Contact 6106 0071

PRIMROSE SANDS - COMMUNITY ACTIVITIES -

Ladies Day

Held every second Wednesday, \$8 for cooked lunch
includes Raffle & Lucky Door Prize. 12pm - 3pm at
Primrose Community Hall. For more info. phone
Barbara on 6265 5098

Cards

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

Line Dancing

Held every Friday from 10am to 12pm at Primrose
Community Hall, Cost is \$4. For more info. phone
Barbara on 6265 5098

Eating with Friends

Every 3rd Sunday of each month at Primrose
Community Hall, 3 courses for \$12 as well as a lucky
door prize. For more info. phone Maree on 6265 5304

Primrose Sands Community Youth

Thursday evenings

6pm - 8pm, Ages 8 - 16, \$1 entry

Supervised activities include: basketball, indoor
hockey & soccer, dodge ball, volleyball, mini footy,
indoor cricket, craft, karaoke, video games and board
games.

There is an area where young people can just sit and
chat. We have a dedicated group of volunteers who
come along each week and perform their particular
roles with enthusiasm.

New, Improved NILS Loans!

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



NILS Network of Tasmania Inc

The NIL\$ Network provides interest-free loans of up to \$1200 for essential household items, such as fridges, washing machines, beds and hot water systems.



NILS is also now available for:

- Car Registration
- Car Repairs and Car Tyres
- Computers (no restrictions)
- Dentures and Orthodontic Treatment
- Household Repairs and Maintenance
- School trips
- Carpets and curtains (restrictions apply)

Interested in finding out more about NILS?
 ☎ phone us on **1300 301 650** for the cost of a local call
 (or pick up a brochure at Okines Community House)

To be eligible for a loan you must:

- * Have a current Health Care Card or Pension Concession Card
- * Have lived at your current address for at least six months
- * Be able to repay the loan.



Pittwater Community Centre and Okines Community House introduce...



's Angels

DRIVER MENTORING PROGRAM

Our new Learner Driver Mentoring program, *L's Angels*, is up and running!

Using our new L's Angels car, our volunteer driving mentors will provide an opportunity for learner drivers who do not have anyone to supervise their learner driving experience to gain the required on-road driving hours required to sit the test for their car licence.

Help for Learner Drivers!

We are now accepting applications from learner drivers who would like to participate in the program. If you don't have anyone in your family or household with their full driver's licence, or if you don't have access to a car to gain on-road driving experience, please give us a call and we can discuss whether this program may meet your needs.

Looking for a rewarding volunteer experience?

We are looking for people to join our mentoring team. You need to be over 25yrs and have no licence suspensions or disqualifications for the past 2 years. This is a great volunteering opportunity that allows you to share your knowledge and experience and rewards you with the satisfaction of supporting someone to achieve a very important skill! You can volunteer during the week, on weekends, or in the evening—even if you only have one hour to give per week. If you are interested we would love to hear from you.



This program is available one (1) day a week at

OKINES COMMUNITY HOUSE
in Dodges Ferry.

To enquire about joining the program, either as a Volunteer Driver Mentor or as a Learner Driver, in the first instance please call the

Pittwater

Community Centre

on 6265 1155 or visit:
www.pittwatercommunitycentre.org





OKINES COMMUNITY HOUSE INC

ABN: 99 433 272 191

For the community. By the community

www.okinescommunityhouse.com.au



Okines Community House Inc is located at:
510 Old Forcett Road, Dodges Ferry (adjacent to the Dodges Ferry Primary School & next to the Okines Community Garden)
PO Box 91, Dodges Ferry, TAS 7173

Administration:

Monday, Tuesday & Friday - 9am to 3pm
Wednesday & Thursday - 9am to 4pm
Phone/Fax: 03 6265 7016
Mobile: 0438 651 155
email: admin@okinescommunityhouse.com.au

Community Garden:

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

Food Co-op:

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

Grab a coffee & support Okines Community House

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



OFFICE FACILITIES CHARGES

Internet & Computer: Computers are available for internet access during operating hours. There is NO COST for using the Internet however, printing does have a fee as per photocopying charges.

Laminating: A4= 50c each A3= \$1.00 each

Photocopying:

Using our paper A4 (1 side) = 10c A4 (2 sides) = 15c
A3 (1 side) = 20c A3 (2 sides) = 25c
Own paper A4 (1 side) = 5c A4 (2 sides) = 10c
A3 (1 side) = 15c A3 (2 sides) = 20c

Colour Printing:

Using our paper A4 (1 side) = 50c A4 (2 sides) = 80c
Own paper A4 (1 side) = 30c A4 (2 sides) = 60c

Fax Machine: 30c

Our Fax No. is 6265 7016 if you need to have anything faxed to you. The cost will be 10c for each page received.

Scanning Scanning of documents is available at no charge

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

Toy & Book Library:

Membership of the library is a one-off payment of \$5. A selection of toys, books, DVDs are then available for loan for a period of 2 weeks.

OKINES COMMITTEE MEETINGS

Okines Community House Management Committee alternates monthly between the third Friday 10.30 am & third Wednesday 7pm. The Committee is made up of people from the community who make decisions about insurance, staffing, activities and money. You are welcome to attend our meetings at any time to have an input, or perhaps you might also be interested in joining our committee. For further information email admin@okinescommunityhouse.com.au or ph: 6265 7016.

Information, Support and Referral services can be accessed at Okines Community House. We have a range of information, pamphlets and books and can listen and support you with issues of concern and refer you to other services if need be.

LIST OF LOCAL PLAYGROUPS

CARLTON

Carlton Beach Playgroup
Tuesday 10.30am - 12.30pm
\$3 plus a piece of fruit
Held at Salvation Army Complex,
Carlton River Rd
Contact: 0427 553 510

STEINER

Steiner Playgroup
Monday 10.00am - 12.00pm
\$4 plus a piece of fruit
Held at Okines Community House -
510 Old Forcett Road, Dodges Ferry
Contact: Megan on 0429 137 287

DODGES FERRY

Okines Playgroup
Wednesday 10am – 12noon
\$2 plus a piece of fruit
Held at Okines Community House
Contact: 6265 7016

MIDWAY POINT

Pittwater Playgroup
Tuesday 10am – 12noon
Thursday 10am – 12noon
No joining fee
\$2 plus piece of fruit
Held at Pittwater Neighbourhood Centre,
Hoffman Street
Contact: 62651155

PRIMROSE SANDS

Tuesday 10am – 12noon
\$1 per child (includes morning tea)
Held at the Primrose Sands Hall
Contact: 62655290

DUNALLEY

Wednesday 9am – 11am
No joining fee
\$1 per child (includes morning tea)
Held at Dunalley Neighbourhood
House
Contact: 62535579

Playgroup is an informal session where parents, carers, children and babies meet together in a relaxed environment. No child is too young for playgroup. All children from 0-5 years, including babies, love new experiences and benefit from developing sensory, social and communication skills through activities at playgroup.