

OKINES

Community House

NEWSLETTER
TERM ONE
2016

Funded by the DEPARTMENT of HEALTH and HUMAN SERVICES


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

Upcoming changes *for delivery of the Okines Community House Newsletter*

The Okines Community House Newsletter is packed full of information about activities at the house and in the Southern Beaches Area and we think it's a great read. The newsletter is produced four times a year corresponding with the beginning of school terms. In the past we have circulated the newsletter through a bulk mail out via Australia Post however costs have grown to such an extent that we have decided to offer a more personalised way for you to catch up on all the news. Not only does this save on paper for the environment but it will provide more funds to spend on activities for our community.

If this option doesn't suit we also offer other great ways for you to stay connected with the house. Our website can be found at www.okinescommunityhouse.com.au or visit our Facebook page by searching Okines Community House. Do you prefer face to face? No problem, you are more than welcome to call into the house, and collect your copy in person and grab a coffee while you are here. We will also ensure that there are copies available at the local Richmond Bakery and Dodges Ferry Post Office. If you can think of another way you would like to receive your copy of the newsletter please phone us on 6265 7016 and we will be happy to assist.

Shortly you will be receiving a flyer in your mailbox which will look a lot like this.



Okines Community House Inc.
Funded by the DEPARTMENT of HEALTH and HUMAN SERVICES
PO Box 91 Dodges Ferry 7173 Phone / Fax : 6265 7016 Mobile : 0438 651 195

Would you like to keep receiving a copy of the Okines Community House newsletter and stay connected with the latest activities and news in your local area? Of course you would!!!!
Okines is now offering a more personal alternative to the previous bulk mail out. In future the Okines Newsletter will be mailed by request only to members (membership is FREE - form below). Alternatively, you can be added to our email list, or go to our website & Facebook page. If you prefer face to face you are welcome to call into the house, local bakery or Post Office to pick up your copy. Not only is this better for the environment but it will allow more funds to spend on activities for the community.
Please fill in the membership application below, mail or drop it into the house and you can guarantee your copy today.

MEMBERSHIP APPLICATION

Name

Address

Email

Phone/Mobile

Signature Date

Preferred Contact: (circle one) Postal Mail Email Telephone

People in Household: Adults Children

Please circle areas of interest:
 cooking gardening music craft art fitness tai chi
 yoga book-club games health information tools workshops
 youth activities training playgroups volunteering

Other (please list)

Office Use:
 Date Membership Registered:

Comments

It includes our term 1, 2016 calendar of events & activities as well as a membership form for Okines Community House. Membership is FREE and will guarantee that you stay updated with everything that happens at the house. As a member you can tell us whether you wish to continue receiving your newsletter by mail or alternatively choose to be put on our email list.

Congratulations to Natalie for winning a Sorell Art Prize for her paintings of the community, including one of the Community Garden.



ABOUT THE NEWSLETTER

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

Not for profit community groups are welcome to submit notices or general articles. Inclusion of articles is under the discretion of the 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
Monday 4th of April, 2016.**

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

Did you know you can receive the Okines Newsletter by email? If you are interested please send a request to admin@okinescommunityhouse.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** ★

FOOD CO-OP

For anyone who may not have heard of Okines Food Co-op, we provide community members with a local outlet for purchasing bulk, organic/ethical wholefoods & other products at affordable prices. We stock a range of dry foods including flours, rice, nuts, fruits, butter plus local honey, olive oil, freshly baked bread & bulk cleaning products. New members are always welcome so come and see what else we sell and see what your local Food Co-op is all about. We are situated in Okines Community Garden just behind the Community House (adjacent to the Dodges Primary School).

When are we open?:

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

How to become a member?:

Membership is \$20 per year (\$5 a quarter). If you are interested in joining you can find out more phone : (03) 6265 7016 or check us out on our link at the Okines Community House website OR Facebook with price and stock lists or email: foodco-op@okinescommunityhouse.com.au

Why not try this delicious recipe with ingredients that you can find at the Co-op:

Ginny's Chilli Panforte

250g lightly toasted nuts
250g dried fruit – include 1/3ish as mixed peel
Add a handful of dark choc chips if wished
80g flour
1–2 Tbs cocoa
1tsp each cinnamon & cloves/allspice – (to your taste)
½ tsp chilli powder or 3/4tsp chilli flakes (to your taste)

MIX ALL THESE

150g rapadura sugar – prob use less – (to taste)
4Tbs honey and 50g butter

MELT TOGETHER AND BOIL A MINUTE OR 2

Pour wets over drys and mix FAST to combine. Press into baking paper lined tin to approx. 2.5cm thick and bake approx. 40 mins. It will bubble a bit on top but not be totally set. Cool and wrap well in paper and foil and refrigerate. It improves in texture after a couple of days.

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

(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

BUDAREE PLAYGROUP - now on Mondays

A community playgroup with each week focusing on our unique environment. On alternating weeks children will explore either the beach, garden, or craft with a Steiner inspired playgroup twice a month. A place for children to feel safe and parents to explore play through natural materials.



Venue: Okines Community House **Continuing:** 1st term

Time: 10am to 12pm **Fee:** \$3 plus a piece of fruit

Contact: For more info phone Danika on 0467 673 211

FIZZICAL FUSION FITNESS CLASSES

Do you want to get stronger, more flexible and just feel better? The latest research shows that short, intense workouts offer the best results. Research also suggests that it is important to include a variety of activities to reap all the benefits that exercise has to offer, from greater strength and vigor to improved mental health and emotional balance. According to Dr Rose Windale of Healthzine.org working out helps you release endorphins which will give your mood a boost and help you feel happier and more positive for several hours after the workout. Fizzical Fusion classes are a time efficient 30 minutes and there are a range of classes that will help you feel fitter, stronger and re-energised.

Fizzical Fusion STAYSTRONG is a full body workout that targets different muscle groups through combination exercises using dumbbells choreographed to great music. Strength training classes are a great way to help you burn fat, build strength and coordination, tone up your entire body, rev up your metabolism and improve bone density. Two strength training workouts a week offer maximum benefit.

Fizzical Fusion STRIKE is a low impact, kick boxing workout. It combines martial arts moves with cardio choreographed to music, to give you a total body workout, fast. Kickboxing workouts offer several benefits for your body and mind, and are a great choice for getting out of a fitness rut. A kickboxing workout, once a week, will improve your reflexes and coordination skills and strengthen your 'core'.

Fizzical Fusion SHIMMY is a fitness class using belly dance moves and music. Belly dancing can help increase overall flexibility, body tone and strengthens your leg and core muscles and is considered to be the most healthy and beneficial of all exercise routines. A belly dancing workout will help you have fun, get fit, put a smile on your lips and more wiggle in your hips.

Fizzical Fusion SHAKE fuses body-sculpting techniques with international, latino and tribal rhythms (to help you burn calories and tone your body while you shake your booty and move to the beat in a Zumba inspired, fun, low impact, total body workout. Weighted, maraca-like Toning Sticks are used to enhance rhythm and build strength.

If your New Year resolution is to get fitter and feel better then Fizzical Fusion classes may be the answer. Although aimed primarily at over 40s, Fizzical Fusion classes are suitable for all

Term 1 Program - book early places are limited

MONDAY

women. All classes are low cost, low impact and suitable for any level of fitness. Classes are ongoing and times and other details are provided in this newsletter. Classes are designed to be done back to back or you can just do one – your choice. Why not try a class or two.

Fizzical Fusion tutor Karyl is a qualified fitness instructor with many years' experience in all aspects of physical fitness including strength training, martial arts and belly dancing. Karyl likes to fuse fitness styles and has a strong commitment to having fun while moving to music.

FIZZICAL FUSION FITNESS CLASSES

Love moving to music? Want to shake up your exercise routine and shimmy into shape. Come along to Shimmy-Shake Mondays and do one or both classes. Classes are 30 minutes, low impact, suitable for all women and no prior experience is needed. Wear comfortable clothing and bring water.

Fizzical Fusion SHAKE - Tutor - Karyl Michaels

Shake up your exercise routine. Fizzical Fusion Shake is a low impact, full body workout that combines Latino and tribal -infused moves and rhythms that will get you dancing and maraca-like weighted toning sticks.



Shake your body and the rhythm sticks to tone target zones, improve coordination and strength and have fun. (Zumba©) weighted toning sticks provided.

Venue: Okines Community House

Day: Monday: **Starts:** 15th February 2016 then ongoing

Time: 5.00pm to 5.30pm **Fee:** \$5

Contact: Karyl on 0468389659 fizzicalfusion@gmail.com

Fizzical Fusion SHIMMY - Tutor - Karyl Michaels

Shimmy into shape and free your inner goddess. Fizzical Fusion Shimmy is a low impact, full body fitness class using belly dance moves and music. Belly dancing can help increase overall flexibility and body tone. Have fun get fit put a smile on your lips and more wiggle on your hips. Bring hips (Hip scarves provided OR bring own).



Venue: Okines Community House

Day: Monday: **Starts:** 15th February 2016 then ongoing

Time: 5.35pm to 6.05pm **Fee:** \$5

Contact: Karyl on 0468389659 fizzicalfusion@gmail.com

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



EURYTHMY

For children from 4-6 yrs. Joyful verse and storytelling through movement, using their whole body to express themselves. Also currently registering interest for an additional session for 7-9 yr olds to follow on from this class.



Venue: Okines Community House

Starts: Continuing 1st term 2016

Time: 3.15 pm to 4.15 pm **Fee:** \$12

Bookings & enquiries: Contact Mikaela via the following email address: livingmovement.eurythmy@gmail.com

TUESDAY

BUS TRIP - Chauncey Vale

For this term's bus tour we are heading to Chauncey Vale Wild Life Sanctuary for a visit to the fascinating house of well known children's book author Nan Chauncy. Bookings are essential for this trip and please let us know one week prior to the day if you are cancelling your spot.



Day: Tuesday 5th April 2016

Time: Bus departs Okines 9am returning by 3pm

Fee: \$10

Contact: Bookings essential on 6265 7016

*BYO packed lunch

Term 1 Program - book early places are limited

TUESDAY

RHYTHM & BEACHES COMMUNITY SINGING GROUP

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



Ongoing: Tuesdays
Time: 7pm to 9pm
Fee: \$5 per week
Venue: Okines Community House
Contact: Diane Hansen Phone 0408 328 132

FIZZICAL FUSION FITNESS CLASSES

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

STAYSTRONG - Tutor - Karyl Michaels

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



Venue: Okines Community House
Day: Tuesday: **Starts:** ongoing
Time: 6.15pm to 6.45pm **Fee:** \$5
Contact: Karyl on 0468389659 fizzicalfusion@gmail.com

STRIKE - Tutor Karyl Michaels

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



Venue: Okines Community House
Day: Tuesday: **Starts:** ongoing
Time: 6.50pm to 7.20pm **Fee:** \$5
Contact: Karyl on 0468389659 fizzicalfusion@gmail.com

WEDNESDAY

TAI CHI - Sue Duffy

Tai Chi is an effective exercise for health and wellbeing. Tai Chi can help with a range of disorders including anxiety, arthritis, joint stiffness and stress. People of all ages and fitness levels can enjoy Tai Chi and gain positive health benefits.



Venue: Okines Community House
Day: Commencing Wednesday 3rd February 2016
Time: 10am to 11am **Fee:** \$4 **Contact:** 6265 7016

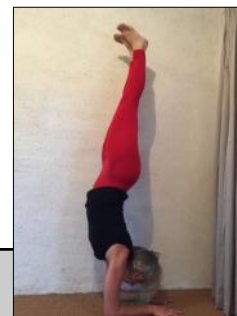
IYENGAR YOGA - Tutor Gabe Gartrell



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: classes run year round except for school holidays & public holidays
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 **Contact:** Gabe on 0457 024 267 or visit the website theyogaeffect.com.au for more information.

PAINTING

The Shoreline Art Group meet at Okines Community House every Wednesday from 10am to 1pm. Anyone interested in joining us may simply come along or for further info phone Cherie on 0488 139 742 or Natalie & John on 6265 7443.



Venue: Okines Community House **Date:** Wednesday ongoing
Time: 10am to 1pm **Cost:** \$5 includes morning tea
Contact: Natalie & John on 6265 7443 or Cherie on 0488139742

Term 1 Program - book early places are limited

WEDNESDAY

A WORLD OF PRESERVING - Sue Metzler

Book in for this workshop and you will learn how to turn excess vegetables and fruit into chutneys, pickles, jams, jellies and cordials in addition to other useful preserving methods. The workshop will also cover dehydration of herbs and vegetables for use through the winter months. Not only will this workshop show you how to be thrifty with what's in the cupboard you are guaranteed to have some fun at the same time with one of our most popular tutors Sue Metzler. This workshop runs each Wednesday for 5 weeks and you are encouraged to byo lunch.



Venue: Okines Community House
Day: 10 February to 9 March 2016 (5 WEEKS)
Time: 9.30am to 2pm **Fee:** \$5 per class
Contact: 6265 7016

THURSDAY

OKINES BOOK CLUB

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



Venue: Okines Community House
Day: Every second Thursday of the month
Time: 12.30pm to 2.30pm
BYO plate of food to share **Contact:** 6265 7016

INTERNATIONAL WOMEN'S DAY BUS TRIP

In celebration of International Women's Day we invite you to do something positive for your health and come along on our bus trip to BreastScreen Tasmania for a mammogram. Followed by a visit to the Botanical Gardens - either BYO lunch or café available.

Day: 10th March 2016 **Fee:** \$10
Time: Bus departs Okines 9am returning by 3pm
Contact: Bookings essential on 6265 7016



THURSDAY

FIZZICAL FUSION FITNESS CLASSES

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

Fizzical Fusion STAYSTRONG- Tutor Karyl Michaels

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



Venue: Okines Community House
Day: Thursday: ongoing **Time:** 6.15pm to 6.45pm **Fee:** \$5
Contact: Karyl on 0468389659 fizzicalfusion@gmail.com

Fizzical Fusion STETCH- Tutor Karyl Michaels

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



Venue: Okines Community House **Day:** Thursday:
Starts: Ongoing **Time:** 6.50pm to 7.20pm **Fee:** \$5
Contact: Karyl on 0468389659 fizzicalfusion@gmail.com

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

Term 1 Program - book early places are limited

FRIDAY

EATING WITH FRIENDS

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



Venue: Okines Community House

Day: last Friday of the month - upcoming one is Friday 26th February 2016 **Time:** 12pm to 2pm **Fee:** \$7 for 2 course meal

Contact: 6265 7016

Bookings are essential

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

FiF FILLING IN FORMS WORKSHOP

These short workshops cover make filling in forms easy:

- How to make filling in forms easier.
- Sharing your experience of filling in forms with others.
- Tips & hints on how to be more confident with forms.
- Where can I get help filling forms?
- And answers questions such as does block letters mean the same thing as capital letters.

Venue: Okines Community House

Day: 4th March & 11th March 2016

Time: 10.30am to 12.30pm **Fee:** No charge

Contact: 6265 7016

WEEKEND WORKSHOPS

MOSAICS (one day workshop) - Kerry Howlett

This one day workshop is a regular feature of our weekend activities each term. It always gets great feedback from participants. Learn everything you need to know about mosaicing including how to cut/break tiles, glue and grout.



Venue: Okines Community House

Date: Saturday 5th March 2016,

Time: 10am to 2pm

Fee: \$40 & BYO lunch to share

Contact: 6265 7016

PLEASE NOTE:

For some activities back-up childcare may be available depending on level of demand - Please enquire at time of booking if you require childcare.

WEEKEND WORKSHOPS

SECRETS OF NATURAL WALKING - Georgy Peterson

Our bodies were designed with countless healing capabilities, yet because of the improper way we move and because of poor posture, these healing capabilities are often inactive or not fully maximised.



secrets of natural walking

Stress, over use of certain muscles, fatigue and the inability to take time out for 'self-healing'/relaxation can all contribute to an endless variety of joint and back pain, poor sleep quality and emotional/mental drain.

Secrets of Natural Walking is an effective, enjoyable and unique approach to exercise and wellbeing that naturally benefits the mind, body and heart. A simple and gentle exercise that is suitable for any age and fitness level. It is an interactive workshop that demonstrates how every step can reduce pain, promote better posture, promote better sleep, calm your mind and reduce stress, leading you to better health and quality of life.



secrets of natural walking

In Just 6 months of
Secrets of Natural Walking™

SIGNIFICANT IMPROVEMENTS
TO HER SPINE AND BACK

No more back pain
Improved pelvic floor muscles
Hunch in the back is gone
Improved posture
Happier and Healthier

NATURAL-WALKING.COM

Please check out our website, read the testimonials and watch the video on our front page for more information and feel free to call or email Georgy if you would like to know more.

www.natural-walking.com

Venue: Okines Community House

Date: Saturday 6th February & Sunday 13th March 2016

Time: 9am to 4.30pm

Fee: \$200 full fee, \$150 concession

Contact: Georgy on 0410 247 346 or

email: georgy@happyswimmers.com.au

Please wear clothing that is comfortable but allows your ankles and knees to be seen eg. leggings or shorts.

BYO lunch.

Morning & afternoon tea provided.

Term 1 - 2016 Program

MONDAY

FROM WITHIN PILATES

8.50am to 9.50am, weekly from Monday \$150 per term, casual \$20, contact: Salome on 0437 405 213

BUDAREE PLAYGROUP

10am to 12pm, \$3 plus bring a piece of fruit, Contact: Danika on 0467673211

CRAFT CLUB

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

FIZZICAL FUSION SHAKE

5pm to 5.30pm, \$5 casual, contact Karyl on 0468 389 659

FIZZICAL FUSION SHIMMY

5.35pm to 6.05pm, \$5 casual, contact Karyl on 0468 389 659

VOLLEYBALL

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

YOGA FLOW

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

THURSDAY

IYENGAR YOGA

9am to 10.15am, General, \$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, 2nd Thursday of month, next is 10th March 2016, Contact: 6265 7016

BUS TRIP – INTERNATIONAL WOMEN'S DAY BREAST SCREEN & BOTANICAL GARDENS

9am to 3pm on Thursday 10th March 2016, cost \$10 Contact: 6265 7016

FIZZICAL FUSION STAYSTRONG

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

FIZZICAL FUSION – STRETCH

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

TUESDAY

IYENGAR YOGA

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

BUS TRIP – CHAUNCEY VALE

9am to 3pm on Tuesday 5th April 2016, cost \$10 Contact: 6265 7016

FIZZICAL FUSION STAYSTRONG

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

FIZZICAL FUSION STRIKE

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

EURYTHMY FOR CHILDREN

3.15pm to 4.15pm, starts 21st April 2015, \$12 per session, email Mikaela at livingmovement.eurythmy@gmail.com

RHYTHM & BEACHES COMMUNITY SINGING GROUP

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

FRIDAY

EATING WITH FRIENDS

12pm to 2pm, last Friday of every month, \$7 for 2 courses, Bookings essential: Contact: 62657016

SPINNING GROUP

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

FIF FILLING IN FORMS WORKSHOP

10.30am to 12.30pm, 4th & 11th of March 2016, No fee, Contact: 6265 7016

GARDEN GATHERINGS

Feb 21st (Sun) Pizza @ Market 11-1pm
 Feb 19th (Fri) : Soiree 5.30-7.30pm
 Feb 23rd (Tues): Full Moon Weaving 6pm-8pm
 March 7th (Mon): Garden Tucker 11-1pm
 March 18th (Fri) : Soiree 5.30-7.30pm
 March 20th (Sun) : Pizza @ Market 11-1pm
 March 23rd (Wed): Full Moon Weaving 6pm-8pm
 April 22nd (Fri): Full Moon Weaving 6pm-8pm
 April 23rd/24th (Sat/Sun) : Introduction to Permaculture Course 10-5pm

WEDNESDAY

PAINTING

10am to 1pm, Cost \$5 per class includes morning tea, Contact: 6265 7443 or 0488 139 742

TAI CHI

10am to 11am, Commencing back 3rd February 2016, \$4/class Contact: 6265 7016

IYENGAR YOGA

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

SECOND BITE FOOD ASSISTANCE

1pm to 4pm, every Wednesday

A WORLD OF PRESERVING

9.30am to 2pm, 10 Feb to 9 March, Cost \$5 per class, Contact: 6265 7016

WEEKEND WORKSHOPS

MOSAICS

10am to 2pm, one day workshop Saturday 5th March 2016, Cost: \$40, BYO lunch to share, contact: 6265 7016

SECRETS OF NATURAL WALKING

10am to 2pm, one day workshop Saturday 6th February & Sunday 13th March 2016, Cost: \$200 full fee, \$150 concession, BYO lunch, morning & afternoon tea provided, contact: Georgy on 0410 247 346 or email georgy@happyswimmers.com.au

SOUTHERN BEACHES MARKET

Sunday 21st February 2016 (Health & Fitness theme) & March 20th 2016 (Hot Rods & Specialty Cars), ph. 62659862

MOVIE - LAST CAB TO DARWIN

2pm to 4pm, Gold Coin donation, Saturday 20th February 2016, contact: 6265 7016

BREAKFAST CLUB

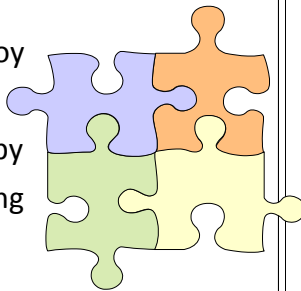
The Okines Breakfast Club in partnership with Dodges Ferry Primary School will re-commence in term three on **Tuesday 9th February 2016**. Breakfast is offered Tuesday and Thursday mornings from **8am**.



Okines would like to gratefully acknowledge the support of Richmond Bakery & Betta Milk who donate food each week to breakfast club. If you would like to help out please phone 6265 7016 or forward an email to: admin@okinescommunityhouse.com.au.

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 .



MovieTime

What: Last Cab to Darwin
When: 2 - 4pm, Saturday 20th February
Where: Okines Community House
Cost: Gold coin donation
Contact: 6265 7016



THANK YOU

Okines Community House would like to say a big thank you to Tasmanian Hitec Painting Pty Ltd for their donation of paint towards our recent building works.



Youth Week

Are you looking for something different to do next School Holidays?

Youth Week is held in early April each year and is an opportunity for us to celebrate as a community the valuable contribution of young people. Following on from the success of last year's "Youth Fiesta" we will be holding a "Youth Market" to showcase the talent and creativity of young people in our local community.

If you are between the ages of 12-25 and you would like to hold your own stall at this event we would love to hear from you. For expressions of interest to be a stallholder at this event please phone 6265 7016 or

email: admin@okinescommunityhouse.com.au.



INTERNATIONAL WOMEN'S DAY



In celebration of International Women's Day we invite you to do something positive for your health. Come along on our bus trip to BreastScreen Tasmania for a mammogram. Followed by a visit to the Botanical Gardens. BYO lunch or café available.

 * 10th March 2016, cost is \$10 *
 * Bus departs Okines 9am returning 3pm *
 * Bookings essential on 6265 7016 *

Okines Community Garden

The Garden is as dry as a chip! However, thanks to Desi, Barb and Peter, Anne and all our lovely garden waterers' we have managed to keep the garden alive over the Xmas, New Year period.

Oh, how water is such a precious resource. We are constantly looking for ways to conserve the limited amount of water we have not only at the Community Garden but also at our own homes. As Dodges Ferryians not connected to mains water, we are challenged to find innovative and creative ways to conserve the small amounts of rain that reach our roof for harvest. This year, at the Garden we are looking at putting in a grey water system to reuse our washing up water. And we are still seeking funding for that elusive composting loo that many of you voted for online last year! A waterless idea.

Another angle for water conservation is how we water our plants, the spacing of the plants, and for example installing wind breaks to stop soil dryness. Many things to think about! On the subject of good thinkers, we are fortunate to have the expertise of 'Good Life Permaculture' coming to the Okines Community Garden on April 23rd and April 24th to deliver a 2 Day introduction to permaculture course. During these 2 days you will gain a solid understanding in permaculture ethics, principles, and framework to design your own (or redesign ours!) homes in the city, or in the bush. Everything from house design, food production, energy systems and community development, all with a distinct Tasmanian flavour.

Your Teacher, Hannah Maloney.



To book a place jump online at www.goodlifepermaculture.com.au

or email Hannah at hello@goodlifepermaculture.com.au.

And as a bonus (or purpose) of creating gardens, we often have excess produce to pick and eat. We will continue "Garden Tucker" this year, so if you are hungry on the first Monday of the Month, come along to the Garden and make seasonal food with us from 11-1pm. As always, pick your own produce and leave a donation behind.

We have moved the donation slot into the Garden, word is that it has been a bit hard to spot; so we have highlighted the donation pole location with a vertical garden bed. It looks a lot like this.



By the time you read this we would have just hosted Citizen Shrapnel and The Lords of Little Egypt, and will be gearing up for our last SOIREE of the season, with Cuisenaire playing at the Garden on March 18th. Soiree's are family friendly, free events (you can buy a pizza for \$10 or BYO) with no particular fixed date, but they are always planned for a Friday night from 5.30-7.30pm.

Lagoon Hill Zydeco, kicking off the November SOIREE.



AND I am so very excited to write that The Garden will be hosting "Full Moon Weaving" nights, on the moon, every month. What a ripper. On the moon, 6-8pm, at the garden, by donation, BYO weaving, OR gather and collect fibres on site. Weave with us, with the TUITON of the lovely Gwen Egg and Desi Fitzgibbon. Gwen will facilitate the first the "Full Moon Weaving" on Tuesday Feb 23rd. Desi will facilitate the second "Full Moon Weaving" on Wednesday March 23rd.

And lastly, congratulations to Natalie for winning a Sorell Art Prize for her paintings of the community, including one of the Community Garden. (see front page). I nearly forgot about the Labyrinth. Come and see it, walk it, reflect it. The labyrinth is behind the garden shed. The labyrinth was created through the "Walking Each Other Home" project and if walked enough will continue to be a permanent feature in our community.

The Walking Each Other Home team, Andrew Nolan, Pauline Marsh and Gwen Egg, reflecting on the Labyrinth.



COMMUNITY GARDEN CALENDER OF EVENTS 2016

February 1 st (Mon)	: GARDEN TUCKER 11-1pm
February 21 st (Sun)	: PIZZA @ MARKET 11-1pm
February 23 rd (Tues)	: FULL MOON WEAVING 6-8pm
March 7 th (Mon)	: GARDEN TUCKER 11-1pm
March 18 th (Fri)	: SOIREE 5.30-7.30pm
March 20 th (Sun)	: PIZZA @ MARKET 11-1pm
March 23 rd (Wed)	: FULL MOON WEAVING 6-8pm
April 22 nd (Fri)	: FULL MOON WEAVING 6-8pm
April 23 rd /24 th (Sat/Sun)	: INTRODUCTION TO PERMACULTURE COURSE 10-5pm

Gabe & Claire



PITTWATER ART GROUP

- Painting in all mediums -

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

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

Venue: Supper Room Memorial Hall Cole St. SORELL

Enquiries: Gail 62658775 or Cheryl 0400740148

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



Thank you to everyone who bought tickets in the SBCS Christmas Raffle, drawn at the Bigger Than Bill event on 21 November 2015 at Carlton Park Surf Lifesaving Club.

Winning tickets were:

- 1st prize - Mauve A18, Lufra stay for 4 people in a 4 star Spa apartment
- 2nd prize - Mauve A15, the Christmas Hamper
- 3rd prize - White D42, Remedial Massage (ticket bought at the event)

All winners have been notified.

SOUTHERN BEACHES MARKET



Each market has a unique theme, as well as showcasing wares by local artists, designers, jewelers and artisans. Each market will also have great music by local musos, great food, coffee and cakes and of course a sausage sizzle.

Remaining market dates and attractions include:

February 21 – Health and fitness for all - information and demonstrations by Down to Earth, Healthy Horizons, yoga, Thai Chi, local sport groups, good food information by Family Food Patch, Okines Food Co-op;

March 20 – Hot Rods and specialty cars, from all around – come along and see up close and talk to the owners, a great last market for the year.



For Market information contact Sheila Ph: 6265 9862.

CAR BOOT SALE

Yes it's on again this year! Each market day will also include the **Car Boot Sale**, this year's venue is adjacent to the market in the school car park. Anyone with pre-loved "stuff" can book a place.

For Car Boot Sale information contact
Angela Mob: 0427 931 016

VOLLEYBALL

Monday evenings

Dodges Ferry Primary School Gym

6.30pm - 8pm

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

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
Maree on 6265 5304

Cards

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

Line Dancing

Held every Friday from 10am to 12pm at Primrose
Community Hall, Cost is \$4. For more info. phone
Maree on 6265 5304

Eating with Friends

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

Primrose Sands Sport & Youth Program

Mondays & Wednesdays

4.30—6pm, 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.

CLEAN UP SOUTHERN BEACHES

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

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.



's Angels

DRIVER MENTORING PROGRAM

The L's Angels Driver Mentoring Program provides supervised learner driving experience for those needing the on-road driving hours required to sit the test for their car licence.

The L's Angels Driver Mentoring Program is available (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



Salvation Army

Playgroup:

Wednesday

10.30am - 12.15pm

Youth:

Friday night fun

6.30pm - 9pm each Friday

Op Shop:

Open Monday - Saturday

10am - 2pm

MEN'S BREAKFAST

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

- Guest Speaker -



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 cappuccino, latte 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) = 30c
Own paper A4 (1 side) = 5c A4 (2 sides) = 10c
A3 (1 side) = 10c A3 (2 sides) = 20c

Colour Printing:

Using our paper A4 (1 side) = 30c A4 (2 sides) = 60c
A3 (1 side) = 60c A3 (2 sides) = \$1.20
Own paper A4 (1 side) = 15c A4 (2 sides) = 30c
A3 (1 side) = 30c A3 (2 sides) = 60c

Fax Machine:

To send a fax is 50c per page, Our Fax No. is 6265 7016 if you need to have anything faxed to you. The cost will be 10c for each page received.

Scanning

Scanning of documents is available at no charge

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

*** OKINES COMMITTEE MEETINGS ***

Okines Community House Management Committee meets the third Friday of every month at 10am. 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
Wednesday 10.30am - 12.15pm
No cost - bring something for morning tea
Held at Salvation Army Complex,
Carlton River Rd
Contact: 0427 553 510

BUDAREE PLAYGROUP

Monday 10.00am - 12.00pm
\$3 plus a piece of fruit
Held at Okines Community House - 510
Old Forcett Road, Dodges Ferry
Contact: Danika on 0467 673 211

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.

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

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.