

OKINES

Community House

NEWSLETTER
TERM ONE
2017

Funded by the DEPARTMENT of HEALTH and HUMAN SERVICES

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

Okines Community House, Garden & Co-op were thrilled to host the Goodlife Permaculture Crew for their latest Design Course held in January. It was something completely different for the Okines space, having in the past been host to weddings, birthday parties and even wakes. On this occasion however, staff and volunteers of Okines experienced the excitement and energy that comes from operating side by side with teachers and students as they immerse themselves in learning, creating and sharing ideas.

Participants in the course camped onsite enjoying the luxury of a compost heated hot shower. You can see the shower beginning to take shape in the photo below. The hot water system is essentially a huge stack of woodchips that decomposes and creates heat transferring it to the black piping coiled up inside. The shower proved to be wonderfully energy efficient and most importantly hot, and at the end of the two weeks the compost was recycled for use in the garden.



The beginnings of compost shower for the Good Life Permaculture Design Course.

It's Soiree Season

Have you heard about the Friday night Soirees in the Okines Community Garden? It's a fabulous event with great food, local entertainment and lots of positive energy. At January's Soiree the crowd were treated to the awesome tunes of 'Lagoon Hill Zydeco' fresh from their tour at the Woodford Folk Festival.

The next Soiree is on the 17th of February followed by one on the 31st of March. The Soirees are a free family event held from 5.30 - 7.30pm, with wood fired pizzas available at \$10 each. Feel free to bring a rug, a chair, a picnic .



HAVE YOUR SAY

Community Advisory Group



Okines Community House extends a warm invitation to representatives from community organisations, community members, local business, and other interested parties to attend a Community Advisory Group (CAG) meeting to be held at Okines on:

8th March 2017 from 1pm to 3pm

The CAG meeting provides a great opportunity for people to get together at a local level to identify and determine what services, projects and programs can be developed to meet the needs of our community.

Further information is available by phoning (03) 6265 7016 .



DIGNITY

SUPPORTED GARDENING



The DIGnity gardening project was launched at the Okines Community Garden in June 2016 courtesy of funding provided by the Tasmania Government Community Support Levy Grant Program. Through DIGnity Supported Gardening trained staff and volunteers provide support for people to potter, share lunch, do creative activities in the garden, or just come and be amongst it all.

Thanks to funding just announced from the Tasmanian Community Fund TCF the DIGnity Project will be continuing. DIGnity is held every **Thursday from 10.30am to 1.30pm with a shared lunch**. For more info please phone 6265 7016 or email:

jessie@growoccupationaltherapy.com.au

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
info@okinescommunityhouse.com.au.
Closing date for the next issue is
Friday 7th of April, 2017

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
info@okinescommunityhouse.com.au



Okines Food Co-op has become a feature in the Community Garden & a source of food & nourishment for our Community....

The Food Co-op offers community members an outlet for purchasing bulk, organic/ethical wholefoods and other products at affordable prices. Our range of goods in bulk includes flours, grains, pulses, nuts, seeds, spices, dried fruits and sweeteners. We support local producers as much as possible with more being offered this year.

Some of the local produce we carry. Includes preserves from Shiela, Sue & Sally & Chris Johns, honey from John Duncombe, eggs from Pippa Ross, & Tracy Duggan's Clean Conscious cleaning products. You will also find local olive oil & Tassie butter and don't forget... every Tuesday there are fresh breads, buns, scones & pies!

The Food Co-op offers a pre-order & pre pack option if you can't get here during opening hours.

See our website for all details:

okinescommunityhouse.com.au/wpms/foodcoop

Or you can:

Email: okines.food.co-op@gmail.com

Phone: Community House 62625 7016



Food Co-op

In this past six months, the Co-op has enjoyed improvements to the shop inside & out, making it an even more enjoyable place to visit, interact with the locals and buy yummy food! We now have a small, but growing library of books on food, nutrition & gardening which members can browse and photocopy pages from.



Come in & check out the Co-op during opening hours. New members are always welcome. Membership is \$20/\$15 concession per year. Active members receive an extra 20% discount on all goods in exchange for 4 hours/month volunteer work for the Co-op, Garden or Community House.

Opening hours:

Sunday 9.30am – noon

Tuesday 2pm – 5pm

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

Try out this delicious & highly nutritious Recipe....

- Gomasio -

15:1 ratio of sesame seeds & salt

15 parts black &/or white sesame seeds

1 part good quality salt (Murray River or Himalayan sea salt)

In cast iron pan, gently heat sesame seeds (dry roast) till golden/ aromatic.

Add salt and stir through. You may also like to add some kelp flakes or spices such cumin for extra taste & nutrition.

Cool seeds & salt etc and grind all to make a crumbly texture.

Gomasio is great alternative to plain salt & very delicious on salads, cooked vegetables, curries etc.

Events and activities term 1, 2017

MONDAY

FROM WITHIN PILATES - Tutor Salomé Rosa

A Pilates based class designed to improve alignment, strength and flexibility. One hour mat class, in a relaxed friendly environment, suitable for beginners or those with previous experience. Movement from within will help you find elegance and ease in everyday life. *multiple classes

Venue: Okines Community House

Monday commencing 20th February to 10th April

8.50am to 9.50am, \$105 for 7 weeks (no class 3rd of April)

Thursday: 23rd February to 13th April

8.50am to 9.50am, \$105 for 7 weeks (no class 6th of April)

(casual rate \$20 per session)

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

The Craft Club have started off a busy term knitting and crocheting for Ronald McDonald House (small rugs, comfort cushions & beanies).

Later in March we will begin to create wonderful prizes in time for the "Giant Raffle" being held as part of our Biggest Morning Tea on 29th May 2017. All welcome on Mondays 10.30am to 12.30 for coffee, chats & craft.



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: Monday 6 March 2017

Time: 6.30pm to 8.00pm **Fee:** \$15 per session

Contact: Jackie on 6265 7716

MONDAY

IMPROVISED MOVEMENT - Tutor Angela Panaretos

A fun movement group where whim and spontaneity are not only allowed but desirable! Listen to your body and allow it to express.

Easy techniques:

Quick pick-ups, Follow the Leader, Closures, Initiating, In situ/whole body, Props, Same-similar-contrast, Eye contact/body contact, Solos, Voice.



Venue: Okines Community House

Day: Monday **Starts:** 20th February for 4 weeks

Time: 6.30pm to 8pm **Fee:** \$20 for 4 sessions

Contact: 6265 7016

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 re-commencing 14/2/17

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

Venue: Okines Community House

Day: Tuesday:

Starts: ongoing

Time: 6.15pm to 6.45pm

Fee: \$5

Contact: Karyl on 0468 389 659

fizzicalfusion@gmail.com



Events and activities term 1, 2017

TUESDAY

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 0468 389 659

fizzicalfusion@gmail.com



WEDNESDAY

IYENGAR YOGA - Tutor Gabe Gartrell

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: *multiple classes

Tuesday 6.15am to 7.30am (intro to 2, progression into the introduction of inversions inc. head stand)

Wednesday 6pm to 7.15pm (basics, an ideal way to start yoga, no previous experience required)

Saturday 8.30-10am (restorative *1st Saturday every month, open to all)

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

Private tuition \$70, \$20 for the Saturday class.

Contact: Gabe on 0457 024 267 or visit the website

theyogaeffect.com.au for more information.



the yoga effect
be well, give back

TAI CHI - Sue Duffy

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

Venue: Okines Community House

Day: Wednesday during school terms

Time: 10am to 11am **Fee:** \$4

Contact: 6265 7016



WEDNESDAY

PAINTING

The Shoreline Art Group meet at Okines Community House every Wednesday from 10am to 1pm. Anyone interested in joining us are invited to simply come along.



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

THURSDAY

OKINES BOOK CLUB

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



Venue: Okines Community House

Day: Second Thursday of the month - 9/2, 9/3, 13/4

Time: 12.00pm to 2.30pm

BYO plate of food to share **Contact:** 6265 7016

ASIAN STYLE, VEGETARIAN COOKING - Renee Loh

Over the past two years Okines has been fortunate to be able to provide a variety of cooking classes through the support of FRRR. The last of these sessions will be offered in term 1 with Renee leading



a 4 week program of healthy and delicious Asian style, vegetarian cooking. This activity is always popular and it is highly recommended you book early to avoid missing out.

Venue: Okines Community House

Date: Thursday 6th, 13th, 20th & 27th April 2017

Time: 5pm to 7pm

Cost: \$5 per session for 4 weeks

Contact: 6265 7016

or email info@okinescommunityhouse.com.au

Events and activities term 1, 2017

THURSDAY

FAMILY HISTORY - Fiona Braithwaite

Would you like to get started in Family History? Are you stuck trying to find out information? Come along to an Introductory Family History Session at Okines and venture into the past - you might be surprised at what you find. Refreshments will be provided.

Venue: Okines Community House

Day: Thursday 16th March 2017

Time: 10am to 12 noon **Fee:** No cost

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



DEMYSTIFYING THE CENTRELINK EXPERIENCE - Carolyn Tanner

For some people the thought of approaching Centrelink may be quite daunting particularly if it is your first visit. Okines will be holding a demystifying Centrelink session on Thursday 23rd of March where you will find out how to make contact, what happens when you attend a Centrelink office, what kind of information you might need to provide, and how to make the most of your visit. The session will also cover reaching pension age and everything you need to know about how to apply for or transfer onto the age pension and how the pension rate will be calculated.

Venue: Okines Community House

Day: Thursday 23rd March 2017

Time: 10am to 12 noon **Fee:** no cost

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

DIGNITY SUPPORTED GARDENING

DIGNITY supported gardening is a weekly gardening program run by Jessie Bynon Occupational Therapist for people who:

- enjoy gardening but don't feel confident to garden at home alone anymore,
 - don't have a garden any more,
 - Have moved to an aged care facility but would like to garden,
 - Would like to socialise with other gardeners,
 - Or are carers, friends or family members of aging gardeners
- This program is not therapy, it is not clinical, it is simply gardening!

Day: Every Thursday **Time:** 10.30am - 1.30pm

Fee: no cost **Contact:** 6265 7016 or email:

jessie@growoccupationaltherapy.com.au

FIZZICAL FUSION FITNESS CLASSES

Want to stay strong and add some balance to your fitness routine? Come along on Super Tone Thursdays for one or both classes. Classes are 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 0468 389 659 fizzicalfusion@gmail.com

Fizzical Fusion STRETCH- Tutor Karyl Michaels

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



Venue: Okines Community House **Day:** Thursday:

Starts: Ongoing **Time:** 6.50pm to 7.20pm **Fee:** \$5

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

FRIDAY

SPINNING GROUP

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



Venue: Okines Community House

EVERY Friday of the month **Time:** 10am to 3pm **Fee:** \$5

Contact: Eileen 6265 8472 or Karen 0415 416 266

Events and activities term 1, 2017

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: 24/2, 31/3 & 28/4 **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.

FELDENKRAIS FOR EVERYDAY LIFE: moving naturally

Come along, and learn to move with minimum effort and maximum efficiency, not through muscle strength, but by increasing the awareness of how your system connects to create movements.

- * These gentle lessons offer a way to re-make the neurological connections that form the basis of everyday movements.
- * Fundamental movements like reaching (to close your curtains), bending (to tie your laces), rolling over, and getting up from your chair will be simpler and less effort.

Venue: Okines Community House
Day: Friday 10th February 2017 for 9 weeks.
Time: 3.30pm to 4.30pm **Fee:** \$180 for 9 weeks
Contact: Call Wendy to reserve a place on 0447 120 688 or
email: unfurlyourself@gmail.com
web: www.feldenkraishobart.com.au

*** BOOKINGS ARE ESSENTIAL, AS SPACE IS LIMITED**

Please note if you miss the first week you can still book in just speak to Wendy.

- Beginners welcome -

WEEKEND WORKSHOPS

YAMUNA BALL ROLLING - Tutor Salomé Rosa

Contact: [Salomé on 0437 405 213](tel:0437405213) for more info

Venue: Okines Community House

Last Saturday of the month:

- **Dates:** 25 February 2017
- 25 March 2017
- 29 April 2017

Time: 9am to 10.15am **Fee:** \$20 per session



WEEKEND WORKSHOPS

MOSAICS (one day workshop) - Kerry Howlett

Time to think about making a mosaic creation. These workshop always get 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 25th March 2016

Time: 10am to 2pm

Fee: \$40 & BYO lunch to share

Contact: 6265 7016

VISION BOARD WORKSHOP -

A personal Vision Board, also known as a Treasure Map, is a collage of all the things that you want to bring into your life, your goals and aspirations or of everything that you have and are grateful for - or anything else you want it to be.



It can be a visual tool to focus your energy on the direction you wish to go. Using magazine clippings, drawings, text, photographs - even glitter! - it can reveal the authentic woman inside you or act as a "blue print" for the coming year.

Spend a relaxing, creative and fun afternoon making your map with Di, a qualified social worker and visual artist who likes to play. No skill required and all materials will be provided but if you have a photo of yourself that you'd like to include or some glossy magazines that you're happy to cut up, please bring those along.

Venue: Okines Community House

Date: Saturday 18th February 2017

Time: 1.30pm to 4.30pm ish

Fee: \$5 to cover materials supplied **Contact:** 6265 7016

MARKING THE MOMENT - haiku & accompanying simple artwork

Capture and record a moment from nature through haiku & mark making to create a visual expression of a sensory experience. Poet Lyn Reeves and local artist Desiree Fitzgibbon join together to lead you on a journey of discovery of the interplay of words and images. **See poster included in this newsletter for specific details.**

Venue: Okines Community House

Date: Saturday 1st April 2017 **Time:** 9.30am to 4pm

Fee: \$50 (includes all materials & morning & afternoon tea).

Contact: All enquires to Desiree - 6265 9220

Events & Activities Calendar Term 1 - 2017

MONDAY

FROM WITHIN PILATES

8.50am to 9.50am, 20/2/17 to 10/4/17, 7 weeks \$105, casual \$20, contact: Salome on 0437 405 213

CRAFT CLUB

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

VOLLEYBALL

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

YOGA FLOW

6.30pm to 8pm, starts 6th March 2017, cost \$15 per session, contact: Jackie Graham 6265 7716

IMPROVISED MOVEMENT

6.30pm to 8pm, starts 20 Feb 17 for 4 weeks, cost \$20 for 4 sessions, contact: 6265 7016

GARDEN TUCKER

Cooking from the garden with the culinary Claire, every first Monday of the Month 11-1pm.

THURSDAY

FROM WITHIN PILATES

8.50am to 9.50am, 23/2 to 13/4/17 7 weeks \$105, casual \$20, contact: Salome on 0437 405 213

FAMILY HISTORY

10am to 12 noon, 16th March 2017, no cost, contact 6265 7016

DEMYSTIFYING CENTRELINK

10am to 12 noon, 23rd March 2017, no cost, contact 6265 7016

OKINES BOOK CLUB

12pm to 2.30pm, 2nd Thursday of month, next is 9th March 2017, 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

ASIAN STYLE VEGETARIAN COOKING

5pm to 7pm, 4 sessions from the 6th April 2017, \$5 per session, contact: 6265 7016

DIGNITY SUPPORTED GARDENING

Thursday 10.30am-1.30pm Free program, shared lunch provided

TUESDAY

IYENGAR YOGA

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

FIZZICAL FUSION STAYSTRONG

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

FIZZICAL FUSION STRIKE

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

RHYTHM & BEACHES COMMUNITY SINGING GROUP

7pm to 9pm, \$5, Contact: 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: Eileen on 6265 8472 or Karen 0415 416 266

OKINES COMMITTEE MEETINGS

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

FELDENKRAIS

3.30pm to 4.30pm, \$180 for 9 weeks, contact: Wendy to reserve a place on 0447 120 688 or email:

unfurlyourself@gmail.com

**We are currently seeking tutors available to teach a basic language course. Please contact 6265 7016 if you are interested.*

WEDNESDAY

PAINTING

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

TAI CHI

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

SECOND BITE FOOD ASSISTANCE

1pm to 4pm, every Wednesday

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

WEEKEND WORKSHOPS

MOSAICS

10am to 2pm, one day workshop Saturday 25/3/17, Cost: \$40, BYO lunch to share, contact: 6265 7016

YAMUNA BALLS WORKSHOPS

9am to 10.15am,

- Saturday 25/2/ 2017
- Saturday 25/3/2017
- Saturday 29/4/2017

 Cost: \$20, Contact: 0437 405 213

MARKING THE MOMENT

9.30am to 4pm, 1st April 2017
 Cost: \$50, contact: Desiree 6265 9220

VISIONBOARD WORKSHOP

1.30pm to 4.30pm, 18th February 2017 Cost: \$5, contact: 6265 7016

FULL MOON WEAVING

6-8pm at the Community Garden, by donation:

- 11/2/ 2017
- 14/3/2017
- 11/4/2017
- 11/5/2017
- 9/06/2017

SOIREES:

Featuring local musicians garden pizzas \$10 each or bring a picnic. Family friendly!

- 17th February 2017
- 31st March 2017

YOUTH MARKET

8th April 2017 at Okines Community House, contact: 6265 7016

Okines Community Garden

When Claire and I first began here at the garden we talked about how awesome it would be to host a Permaculture Design Course. Now, six years on, it happened! The amazing Hobart based Goodlife Permaculture crew taught 27 fine folk from all around the globe (Uruguay, France, USA and the rest of Australia) in two weeks of intensive Permaculture Design theory and prac.

The Garden was lucky enough to be soaking up all this good energy, ideas and inspiration and the house was a buzzing hive of food, conversations, lessons and laughter. The Permaculture Ethics are Earth Care, People Care and Fair Share, and we hope that our little community garden is doing an ok job at adhering to them. We are so lucky and excited to have had world class teachers here in our patch doing their thing. We hope to have the Goodlife Permaculture crew back next year.

The greywater, worm farm, mushroom garden system is one of the Goodlife Permaculture Crew's ideas that materialised behind the garden shed! Do come and have a look. We have used pieces of their blog for our newsletter (with permission from The Goodlife Permaculture's Hannah Maloney, for more information go to www.goodlife.com.au).

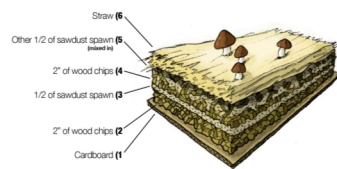


A GREY WATER, WORM FARM & MUSHROOM GARDEN SYSTEM

In her blog Hannah shares with us how guest teacher, Nick Ritar from Milkwood suggested the integration of a worm farm, the mushroom garden and the greywater for the kitchen into one –

creating *one* system as opposed to three separate ones. Stacking several functions and techniques into one system is a key element of permaculture design and is something we're always looking to do.

The mushroom garden is focused on growing the edible mushroom, *Stropharia rugosoannulata*, commonly known as the wine cap *stropharia*, garden giant, burgundy mushroom or king *stropharia*.



The design is simple, plum the sink out the wall and into a low-tech worm farm grease trap in a recycled bath. Compost worms love a nutrient-rich, highly moist environment – so this a kind of heaven for them. Just like any other worm farm it'll need to be emptied every now and then, with the worm's castings being used on the food gardens as a fertiliser. The worm farm's drainage is directed straight into the woodchip pit – *this* is where the mushrooms will grow from.

The pit is around 30cm deep and filled with pre-soaked gum woodchips. As the soil is mostly sand here, we lined the hole with black plastic to retain moisture, preventing the mushroom garden

from drying out. The plastic also has holes punched into it so excess water can slowly leave the system, preventing it from becoming waterlogged.



This is where Nick took over by making a shallow hole in the existing woodchips and placing the inoculated woodchips in the middle. Straight away you could see how the white spawn had already started to slowly but surely spread through the woodchips. Finally, these woodchips were

covered with additional (pre-soaked) gum woodchips – tucking them all in and making sure they don't dry out. A temporary shade structure was built to keep the hot afternoon sun off the woodchips, also preventing it from drying it out with an ever-green shrub to provide this shade in the future and to add to the general beauty of the space.

The overflow from this system ends up in some grassland and then travels into the local wetland. The worm farm and mushroom garden are filtering strong nutrients out of the water before it gets here, ensuring there's no heavy nutrients hitting this native ecosystem – keeping it happy and healthy. By next year the whole woodchip pit will be alive with the garden giant mushroom's spawn – and edible mushrooms.



IN OTHER GARDEN NEWS.....

Summer Soiree:

Thanks to the awesomeness of our new Soiree keepers, Jessie Smith and Rosella, was hugely successful, hosting many people dancing under the sun's warmth and eating garden pizza's galore. Upcoming SOIREE dates **FEB 17**, and **MARCH 31**.

Garden Tucker:

First Monday of the Month 11-1pm, come for lunch, help Culinary Claire cook us all lunch, inspired by our Garden!

Full Moon Weaving:

Weaving with Gwen Egg, at the garden (suggested donation \$10-\$20) 6-8pm. Upcoming dates **FEB 11**, **MARCH 14**, **APRIL 11**, **MAY 11**, **JUNE 9**.

DIGNity:

Our supported gardening program. Come along and garden, with a team of creative support. Every **Thursday 10.30-1.30pm**. For more info check out www.growoccupationaltherapy.com.au/dignity-gardening. Our onsite team of creative support consists of:

- Jessie Bynon – Occupational Therapist and social butterfly
- Andrew Nolan – counsellor and supportive backbone
- Gwen Egg – fibre artist and creative guru in the garden
- Dr Pauline Marsh – centre for Rural Health and film maker extraordinaire
- Claire Boost – a culinary (delight) and garden expert
- Gabe Gartrell – grower of plants, people and community.

Jump on our garden emailing list to find out about all up-coming events and workshops, by dropping us a line at dig@okinescommunityhouse.com.au

BREAKFAST CLUB

The Okines Breakfast Club in partnership with Dodges Ferry Primary School will re-commence in term one on **Tuesday 14th February 2017**. 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: info@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
1pm - 4pm



Youth Week

Okines will be celebrating Youth Week on the 8th of April 2017 with the ever popular "Youth Market". The market is a great opportunity 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. You can either call 6265 7016 or send an email us at: info@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 opening hours .



Registration Day

@ Dodges Ferry Recreation Centre

Friday 17th

February

From 4pm – 7pm

Come along, sign up or find out more information about basketball in our community

Age group 7-18 year old

Salvation Army



223-227 Carlton River Road
CARLTON 7173

Op Shop:
Monday - Saturday
10am - 3pm

Community Breakfast every Sunday 9.30am to
11am @ The Salvation Army Carlton

Every Tuesday 9am, Coffee and Chat.
Kids very welcome

Every Tuesday 1pm-3pm Over 40's chat group.
Cards, board games or bring your own crafts to complete as we share snacks, coffee, tea. A laugh and a chat.

Every third Friday of the month is
Family Movie Night
6pm to 9pm
Movie is free, BYO dinner, canteen open

Market held every first Saturday of the month
10am to 2pm
- New Stallholders welcome -

Doorways Emergency Relief
Monday - Thursday
10am to 3pm

Toy & Book Library available

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



Biggest Morning Tea




Upcoming Event

Keep an eye out for posters advertising our Biggest Morning Tea. Will be held Monday 29th May 2017, delicious food, mystery spot prize, visiting choir, raffle & much, much more...

**Donations of handiwork such as rugs, cushions or beanies to go towards raffle prizes would be gratefully accepted.*

FULL MOON WEAVING

Saturday FEBRUARY 11th
Tuesday MARCH 14th
Tuesday APRIL 11th
Thursday MAY 11th
Friday JUNE 9th



with Gwen Egg

Gwen has exhibited widely in Tasmania and on the mainland since the *New Tasmanian Baskets* exhibition at the Crafts Council Gallery in 1985. Her work was included in *Response to the Island* during the first 10 Days on the Island Festival and the survey exhibition *Woven Forms* which opened at Object: Australian Centre for Craft and Design. Gwen's work is represented in the collections of the Tasmanian Museum and Art Gallery in Hobart and the Queen Victoria Museum and Art Gallery in Launceston.

Her practice is constantly re-informed by the environment in which she lives and works. Lucky us, that's Dodges Ferry!

TIME 6-8PM
Costs by donation (\$10 - \$20)

.....Okines Community Garden.....



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

more...Feldenkrais for everyday life: moving naturally

Come along, and learn to move with minimum effort and maximum efficiency, not through muscle strength, but by increasing the awareness of how your system connects to create your movements.



- ◊ These gentle lessons offer a way to re-make the neurological connections that form the basis of everyday movements.
- ◊ Fundamental movements like reaching (to close your curtains), bending (to tie your laces), rolling over, and getting up from your chair will be simpler and less effort.

This 9 week term begins Friday February 10th

- ◊ Okines Community House, Dodges Ferry at 3.30-4.30pm
- ◊ \$180 for 9 weeks

Bookings are essential, as space is limited. Beginners welcome.

For bookings, call Wendy: 0447 120 688, e: unfurlyourself@gmail.com
www.feldenkraisshobart.com.au

feldenkrais hobart

unfurl your self

Marking the Moment

haiku

happen at this moment in this place



haiga

haiku and accompanying simple artwork

Capture and record a moment from nature through haiku and mark making to create a visual expression of a sensory experience. Join poet Lyn Reeves and local artist Desiree Fitzgibbon for walking and observation in the stunning environment of Okines Beach.

At the end of this workshop we will have uncovered the features of the brief nature poem and composed our own haiku and brush work images depicting a special moment in time on a handmade paper scroll.

Lyn will lead us on a discovery of the interplay of words and images, reading from her own haiku and poetry.

Desiree will explore the ways we can make marks using a variety of tools thrown up in nature and inks distilled from local ochres and plants from the garden, guiding participants in the making of their unique scroll.

Saturday April 1st 2017 9.30 am - 4.00 pm

Okines Community House, Dodges Ferry (meet in the kitchen)

Donation: \$50 (includes all materials and morning and afternoon tea).

For enquiries or bookings, please phone Desiree - 62659220

A TASTE OF HARMONY

A TASTE OF WHAT MAKES AUSTRALIA GREAT

SHARE A WORLD OF FOOD AND CULTURE AT WORK. **JOIN US AT THE TABLE**

WHEN Friday 24th March 2017 10am-2pm

WHERE Okines Community House

WHAT TO BRING Yourself, a friend and a gold coin donation

See tasteofharmony.org.au for more information

IMPROVISED MOVEMENT

Angela Panaretos



A fun movement group where whim and spontaneity are not only allowed but desirable!

Listen to your body and allow it to express.

Easy techniques :

Quick pick-ups	Follow the Leader	Closures
Initiating	In situ /whole body	Props
Same similar contrast	Eye contact/body contact	
Solos	Voice	

Okines, Mondays 1.5 hours, 6.30 - 8pm , \$20 for 4 sessions.

VOLLEYBALL

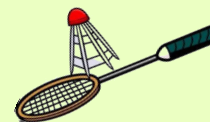
Monday evenings
Dodges Ferry Primary
School Gym
6.30pm - 8pm



Dodges Ferry Seniors Citizens

Indoor Carpet Bowling at Dodges Ferry
Recreation Centre
Thursdays 12.45pm - 4pm
All day bowls every 3rd Thursday in-
cluding lunch and regular Round Robin
bowls competitions.
Social outings, club lunches, Christmas
and New Year lunches and activities.
Also provides a support network for
members and their families.
ph. 6265 8208

BADMINTON



Wednesday evenings 7.30pm
Dodges Ferry Primary School Gym
Dodges Ferry Badminton Club provides a
fun and welcoming environment for
players of all levels.
www.facebook.com/dodgesferrybadmintonclub

Pittwater Photography Group



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

From Beach to Bush to Back Roads...

We carpool and share the petrol cost.

Membership is just \$6 per year through the

PITTWATER COMMUNITY CENTRE

34 Hoffman St, Midway Point 7171

Enquiries michelle.pears@bigpond.com or

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.



**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.



Jazz by the Sea
Hosted by the Lions Club of Sorell

LAGOON PARK (Okines)
Sunday 26 February 2017 • 4pm-6pm
Featuring: **Clarence City Big Band**
South East Community Band
Southern Dixie

Come along with family and friends and enjoy live music!
Bring a picnic • BYOG
BBQ onsite • soft drinks

RAFFLE

GOLD COIN DONATION FOR CAMKIDS CHARITY

SORELL ON STAGE!

Interested in Acting? Directing? Back stage crewing? Any aspect of theatre?
We are always looking for more people.
Sorell on Stage meets twice a week,
Thursday and Sunday.
Sorell Memorial Hall 7pm.
mid January – November.
Contact 6106 0071

CLEAN UP SOUTHERN BEACHES

Meet 4th Sunday of every month in the car park in front of the Dodges Ferry Tavern from 8.30am - Contact Lorraine by email:
liron@iinet.net.au

MEN'S BREAKFAST

St George's Church Hall, Sorell,
third Wednesday of each month
at 7.30am. Phone 62481878
- Guest Speaker -
New members welcome.



OKINES COMMUNITY HOUSE INC

ABN: 99 433 272 191

For the community. By the community

www.okinescommunityhouse.com.au



Okines Community House Inc is located at:
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

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

Phone/Fax: 03 6265 7016

Mobile: 0438 651 155

email: info@okinescommunityhouse.com.au

Community Garden:

Monday - 9am to 4pm

Thursday - 12.15pm to 2.45pm

Mobile: 0457 024 267

email: dig@okinescommunityhouse.com.au

Food Co-op:

Sunday - 9.30am to 12.00pm

Tuesday - 2pm to 5pm

First Monday of each month 12-2pm

email: okines.food.co-op@gmail.com

OFFICE FACILITIES CHARGES

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

Laminating: A4= 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 9.30am. 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 info@okinescommunityhouse.com.au or ph: 6265 7016.

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

LIST OF LOCAL PLAYGROUPS

MIDWAY POINT

Pittwater Playgroup

Tuesday 10am – 12noon

Thursday 10am – 12noon

No joining fee

\$2 plus piece of fruit

Held at 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

LAUNCH INTO LEARNING

SCHOOL PROGRAM

Tuesday 9 am to 10 am Wiggling Wombats

Thursday 9am to 10 am Music Making

Friday 9am to 10.15am Learning Together

Friday 10.15am to 11am Chat & Play

Toy & Book Library:

Membership of the library is a one-off payment of \$5.

A selection of toys, books, DVDs are then available for loan for a period of 2 weeks.

Grab a coffee & support Okines Community House

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



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