



# OKINES

## Community House

NEWSLETTER  
TERM ONE  
2018

Funded by the DEPARTMENT of HEALTH and HUMAN SERVICES

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

The year has started off with a flurry of activity at Okines Community House, Garden & Co-op as we welcome back the Goodlife Permaculture Crew for two weeks of intensive Permaculture Design Theory & Prac.

Approximately thirty students plus instructors have travelled from far and wide, many of whom are camping onsite to immerse themselves in topics such as soil health, water management, food forests, cropping and energy systems just to name a few.

Having hosted the Permaculture crew the same time last year we were very much looking forward to the excitement and buzz the group add to the house and this time around they have certainly lived up to expectations. You can find out more about upcoming permaculture opportunities by emailing [hello@goodlifepermaculture.com.au](mailto:hello@goodlifepermaculture.com.au) or visit the web page [goodlifepermaculture.com.au](http://goodlifepermaculture.com.au)

## CONGRATULATIONS



Congratulation to Okines staff member Meahd Bradshaw who recently successfully completed the Emerging Community Leaders program. Meahd is pictured here with Manager of Okines

Community House Nat Siggins accepting her certificate presented at the graduation ceremony held at Parliament House

Upcoming activities, look for details inside newsletter



## Community Notice Passenger Services

You may have noticed a number of passenger services signs have been installed at various locations around Dodges Ferry & Lewisham. These are now the pick up points (bus stops) for Redline Coaches passengers. These points have been specifically chosen by Redline Coaches & the Sorell Council to ensure the safety of passengers whilst maintaining the smooth flow of traffic.

## ABOUT THE NEWSLETTER

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

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

**Contributions can be submitted via email to  
[info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au).**

**Closing date for the next issue is  
Friday 29th of March, 2018**

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

Did you know you can receive the Okines Newsletter by email? If you are interested please contact [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

## Food Co-op



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 and Sally & Chris Johns, honey from John Duncombe, eggs from Pippa Ross and Tracy Duggan's Clean Conscious cleaning products. You will also find local olive oil & Tassie butter.

### Opening hours:

Sunday 9.30am – noon (summer opening hours)

Tuesday 2pm – 5pm

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

### Try our Pre-order System

A great idea for convenience is the Food Co-op's pre-order & pre pack option. This is an awesome alternative for those that can't make it to the Co-op during opening hours. It is also a great option if you are in a bit of a hurry. Just let us know your order by noon on Monday and we will have it ready for you to pick up from the Co-op either the next trading day or arrange a time to collect from Okines office during normal House opening hours - no wait no fuss.

### See our website for all details:

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

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

or phone the Community House on 62625 7016

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



## Forcett Hall



## BOOK FAIR

**Sunday 4<sup>th</sup> March**

**10am – 2pm**

**at The Forcett Community Hall**

Arthur Highway, Forcett

To book a stall or donate books

please call Susan 0409628031

We welcome you to book a stall and enjoy the atmosphere of the day, or if you have lots of unwanted book we would love donations.



# Events and activities term 1, 2018

## MONDAY

### FROM WITHIN PILATES - Tutor Salomé Rosa

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

#### **Monday** 9am to 10am

Commencing 5th Feb '18 for 8 weeks \$120 (no class 4th Feb & 12th March due to Public Holidays)

#### **Tuesday** \* Tuesday classes recommencing 2nd term

#### **Thursday** 9am to 10am

Commencing 8th Feb for 10 weeks \$150  
(casual rate \$20 per class)

**Venue:** Okines Community House

**Contact:** Salomé on 0437 405 213 for more information.

**\*Please bring an exercise mat**

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

Please note Salomé also offers a Body Rolling Class on the third Saturday of the month (more details available on this class in the Weekend Workshops section of this newsletter).



From Within Pilates

### YOGA FLOW - Tutor Jackie Graham

Yoga Flow Classes are a blend of traditional asana, breathing, relaxation and flowing fluid movement aimed at moving with ease, improving posture, building strength, and freeing the breath. Increased physical vitality, emotional stability and clarity of mind are a natural consequence of a yoga practice.



Your tutor Jackie is an experienced yoga teacher with extensive training in yoga & dance. Her work is influenced by her yoga teacher training with internationally renowned yoga instructor and movement therapist Donna Farhi.

**Venue:** Okines Community House

**Day:** Monday 5th February 2018

**Time:** 6.30pm to 8.00pm

**Fee:** \$15 per session

**Contact:** Jackie on 6265 7716

### CRAFT CLUB

Craft club is held on Mondays 10.30am to 12.30pm during which participants can enjoy coffee, chats & craft.

**Venue:** Okines Community House

**Day:** Monday **Starts:** ongoing

**Time:** 10.30am to 12.30pm **Fee:** \$2 **Contact:** 6265 7016

#### • Upcoming Craft Club event - Biggest Morning TEA

Is being held on Monday 21st May 2018 - 10.30am to 12pm

Tea, coffee and yummy treats will be available as well as a raffle, FUN QUIZ, lucky door prize and a "Most Amazing Hat Award".



The ladies of the Craft Club look forward to your company at this event.

## TUESDAY

### RHYTHM & BEACHES COMMUNITY SINGING GROUP

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



**Day:** Tuesday recommencing 6th Feb '18

**Time:** 7pm to 9pm

**Fee:** \$5 per week

**Venue:** Okines Community House

**Contact:** M Haynes 0417 462 310

### POETRY IN HARMONY - Tutor Helen Swain



Helen Swain is back after her very popular 'Tart Words' to help us celebrate Harmony & World Poetry Days. She will be cooking whilst reading her favourite selections from around the world as well as a selection from her own work. We invite everyone to bring along their own harmony themed writing to share as you enjoy lunch in our community garden.

**Venue:** Okines Community House

**Day:** Tuesday 20th March 2018

**Time:** 11am to 1pm **Fee:** \$5

**Contact:** 6265 7016 or [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

# Events and activities term 1, 2018

## TUESDAY

### 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](mailto: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 0468 389 659

[fizzicalfusion@gmail.com](mailto: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 any age and fitness level can enjoy Tai Chi and gain positive health benefits. No special equipment is required and we suggest you wear comfortable clothing

**Venue:** Okines Community House

**Day:** Wednesday during school terms

**Time:** 10am to 11am

**Fee:** \$4

**Contact:** 6265 7016

or

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



### IYENGAR YOGA - Tutor Gabe Gartrell

Gabe is a highly trained Iyengar Yoga teacher. Iyengar yoga is known as a physical practice, with precision on the alignment of the body. Iyengar yoga poses once mastered are meditative automatically. Gabe teaches in Hobart & in Dodges Ferry, she was recently invited to teach workshops for Yoga Teachers by Yoga Australia. She has conducted other workshops for students and professionals around the State. Gabe has written pieces on yoga for several publications..



**Venue:** Okines Community House

**Start:** classes run year round except for school holidays & public holidays

**Day:** \*multiple classes

Tuesday 6.15am to 7.30am (progressive class, not suitable for beginners) start 6th Feb '18

\*Wednesday 6pm to 7.15pm (general class, suitable for beginners) start 7th Feb '18

Saturday 8.30-10am (Restorative, gentle and mindful class) Saturday restorative classes are once a month in the first Saturday of each month (price \$20) start 3rd Feb '18.

\$18 casual attendance or \$160 for a 10 class pass.

\$20 for the Saturday Restorative class.

**Contact:** Gabe on 0457 024 267 or visit the website

[theyogaeffect.com.au](http://theyogaeffect.com.au) for more information.



**the yoga effect**  
be well, give back

### PAINTING

The Shoreline Art Group meet at Okines Community House every Wednesday from 10.30am to 1.30pm. Anyone who is interested in joining us are invited to simply come along.



**Venue:** Okines Community House

**Date:** Wednesday re-commencing 7th Feb '18

**Time:** 10.30am to 1.30pm

**Cost:** \$5 includes morning tea

**Contact:** Natalie & John on 6265 7443 or Cherie on 0488139742

# Events and activities term 1, 2018

## 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 - 8/2, 8/3 & 12/4/18  
**Time:** 12.00pm to 2.30pm  
 BYO plate of food to share **Contact:** 6265 7016

### 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!

**Time:** 10.30am – 1.30pm **Fee:** no cost  
**Contact:** 6265 7016 or  
 email: [jessie@growoccupationaltherapy.com.au](mailto:jessie@growoccupationaltherapy.com.au)

DIGNITY  
SUPPORTED GARDENING



### INTRODUCTION TO COMPUTERS

You've been asking, so we're putting on more "how to" computer classes! If you find computers frustrating or simply want a refresher these sessions are for you. Join us for any or all of the 8 sessions covering everything from the basics, to email, Word, internet, Pinterest and setting up to sell online.

**Venue:** Okines Community House  
**Starts:** Thursday 22/2/18 to 12/4/18 (8 weeks)  
**Time:** 1pm to 3pm  
**Fee:** \$5 per session  
**Contact:** 6265 7016 or  
[info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)



### MOSAICS (Parent & Child) - Kerry Howlett



Why not bring your child/children along to this variation on one of our favourite workshops. You & your child will be able to create a unique mosaic item to take home. Kerry will be on hand with supplies, ideas and advice.

**Venue:** Okines Community House  
**Date:** Thursday 26th April 2018  
**Time:** 10am to 1pm  
**Fee:** \$15 per child - BYO lunch  
**Contact:** 6265 7016 or [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

### FIZZICAL FUSION FITNESS CLASSES

Want to stay strong and add some balance to your fitness routine? Come along on Super Tone Thursdays for one or both classes. Classes are 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 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](mailto: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](mailto:fizzicalfusion@gmail.com)





# Events and activities term 1, 2018

## FRIDAY

## WEEKEND WORKSHOPS

### 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:** 23/2, 23/3 & 27/4/2018

**Time:** 12pm to 2pm

**Fee:** \$7 for 2 course meal **Contact:** 6265 7016 or [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

**\*Bookings are essential\***

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

### 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 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

### A WORLD OF PRESERVING - Sue Metzler

Don't let that amazing summer produce go to waste! Come along and learn from tutor Sue Metzler how to preserve all sorts of goodies.



A light lunch is provided and you get to take home some of your delicious creations. Remaining lots are sold as fundraising for Okines Community House. This workshop will be held over 3 Friday sessions and we encourage you to book in early for this one.

**Venue:** Okines Community House

**Day:** 2nd, 9th and 16th of March 2018

**Time:** 9am to 2pm **Fee:** \$20 per session

**Contact:** 6265 7016 or [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

### MOSAICS (one day workshop) - Kerry Howlett

A regular favourite, always receives great feedback. Tutor Kerry Howlett will guide you through all the steps including finding or creating a design, cutting and breaking tiles (the fun bit!), gluing and grouting, with the end result being your own masterpiece to take home.



**Venue:** Okines Community House

**Date:** Saturday 24th March 2018

**Time:** 10am to 2pm

**Fee:** \$40 & BYO lunch to share **Contact:** 6265 7016

### BODY ROLLING CLASS - Tutor Salomé Rosa

Body Rolling is a workout and self massage technique which uses 10 inch and less inflatable balls to literally roll through all of the body, elongating muscles, improving range of motion, relieving repetitive stress patterns, preventing and healing injuries.



**Venue:** Okines Community House

Third Saturday of the month:

**Dates:** 24/2, 31/3 & 28/4/2018

**Time:** 9am to 10.20am **Fee:** \$20 per class

Please bring an exercise mat. Wear tight fitting clothes to avoid clothes getting caught in the ball whilst rolling.

**Contact:** [Salomé on 0437 405 213](mailto:Salomé on 0437 405 213) for more info

### FUNERAL PLANNING - Tutor Sandra Bamford

Sustainable burial options, including shrouding, home based death care, body bequests, how to make your wishes known. Curious? Then why not come along.

**Venue:** Okines Community House

**Dates:** 14th April 2018

**Time:** 1pm to 3.30pm

**Fee:** No cost, afternoon tea included

**Contact:** Sandra on 0416 222 593 or [info@maryeleanor.me](mailto:info@maryeleanor.me)



### SCRAPBOOKING - Tutor Shellie Ransley

Show off those treasured photographs and memories through the wonderful art of scrapbooking.

Your kit includes everything you will need to make 4 cards and 3 double scrapbook pages. Bring your photos to use on the day or you can add them later.



**Venue:** Okines Community House

**Dates:** 24th Feb 2018 **Time:** 10am to 3pm

**Fee:** \$60 includes Kit, BYO lunch

**Contact:** Shellie 0439 655 800, or Okines on 6265 7016 or [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

# Events and activities term 1, 2018

## WEEKEND WORKSHOPS

### COFFEE CUP GROUNDS - Tutors Liisa Koruih-Korpihen & Carol Kingston

86 years ago, Liisa watched the gypsies in Finland. She was only 6. They arrived in her village in horse drawn wagons. They twirled the coffee grains left in a person's coffee cup to create hidden images. An artist would paint these images and tell people their fortunes. For 86 years she has practiced these techniques to create her own unique images by turning the cups to find animals, people and landscapes.

In this workshop Liisa will demonstrate how she creates her designs and reveals the stories hidden within. Participants will be encouraged to do the same. Adults and children can take part in this unique art experience (children must be accompanied by an adult).



**Venue:** Okines Community House

**Dates:** 3rd March 2018

**Time:** 10am to 12pm

**Fee:** \$25 per adult

**Contact:** 6265 7016 or [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)



Would you like to help your community once a month for a few hours?

You will experience the satisfaction of knowing you are providing a vital service to the community. You will make new friends, learn new skills, and probably grow in self-esteem and confidence. Many organisations and communities hold social and civic events to recognise the valuable contribution of volunteers.

Drivers are needed to deliver meals to clients in the Southern Beaches area. Meals for Dodges Ferry are delivered on a Wednesday.

If interested, please contact:

- Christine on 0434 248 690 or
- Judy on 6265 8096

## BREAKFAST CLUB

The Okines Breakfast Club in partnership with Dodges Ferry Primary School will re-commence in term one on:



**Tuesday 13th February 2018.** Breakfast is offered Tuesday and Thursday mornings from **8.15am**. Okines would like to gratefully acknowledge the support of Richmond Bakery & Betta Milk who donate food each week to breakfast club. Also many thanks to staff from the local Bendigo Bank who are regular helpers on our breakfast club roster.

We are also very pleased to welcome the team from Raine & Horne Sorell office who have joined our breakfast club roster and are providing fresh fruit platters each week.

## 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.



**NILS Tasmania can help parents with school costs.**

**NILS is a No Interest Loan Program that is supported by the state government.**

You can get a loan of up to \$1200 for a computer, text books, school uniforms or the cost of a school trip and you can pay it back at just \$37 a fortnight.

- There are no fees or charges.
- All you need is a Health Care Card or Pension Card.



'Kelly wanted to set her son up with a computer for the new school year. She contacted NILS and got a no interest loan for a new laptop.'

Visit [www.nilstasmania.org.au](http://www.nilstasmania.org.au) or call 1300 301 650



# Events & Activities Calendar Term 1 - 2018

## MONDAY

### FROM WITHIN PILATES

9am to 10am, starts 5th February 2018, 8 weeks \$120 no class 12th Feb & 12th March (Public holidays), casual \$20, contact: Salome on 0437 405 213

### CRAFT CLUB

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

### VOLLEYBALL

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

### YOGA FLOW

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

### GARDEN TUCKER

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

## THURSDAY

### FROM WITHIN PILATES

9am to 10am, starts 8th February 2018, 10 weeks \$150, casual \$20, contact: Salome on 0437 405 213

### OKINES BOOK CLUB

12pm to 2.30pm, 2nd Thursday of month, next is 8/2/18, Contact: 6265 7016

### INTRO TO COMPUTERS

1pm to 3pm, 8 weeks commencing 22 February '18, Contact: 6265 7016

### PARENT & CHILD MOSAICS

10am to 1pm, 26th April '18, Cost: \$15, BYO lunch to share, 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

### DIGNITY SUPPORTED GARDENING

Re-commencing Thursdays, 10.30am-1.30pm Free program, shared lunch provided

## TUESDAY

### IYENGAR YOGA

6.15am to 7.30am, Progressive, \$18 per session or \$160 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: M Haynes 0417 462 310

### POETRY IN HARMONY

11am to 1pm, 20th March '18, Cost: \$5, contact: 6265 7016

## FRIDAY

### EATING WITH FRIENDS

12pm to 2pm, 23/2, 23/3 & 27/4, \$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

### A WORLD OF PRESERVING

9am to 2pm, 2nd, 9th & 16th March 2018, \$20 per session, Contact: 62657016

### SOIREES

5.30pm to 7.30pm, 15th Feb – The Clementines 23rd March – Jluv Free family event Woodfired pizza for sale \$10 Contact: Rosie 0438 261 974

### OKINES BOARD MEETINGS

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

## WEDNESDAY

### PAINTING

10.30am to 1.30pm, 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, General class, \$18 per session or \$160 for a 10 class pass, Contact: Gabe 6265 7907 or 0457 024 267

## WEEKEND WORKSHOPS

### MOSAICS

10am to 2pm, one day workshop Saturday 24th March '18, Cost: \$40, BYO lunch to share, contact: 6265 7016

### IYENGAR YOGA

8.30am to 10am, 1st Saturday of every month Restorative session, \$20 per restorative session, Contact: Gabe 6265 7907 or 0457 024 267

### BALL ROLLING WORKSHOPS

9am to 10.20am,  

- Saturday 24/2/ 2018
- Saturday 31/3/2018
- Saturday 28/4/18

Cost: \$20, Contact: 0437 405 213

### COFFEE ART IMAGERY

10am to 12pm, Saturday 3rd March 2018, Cost: \$25, contact: 6265 7016

### SCRAPBOOKING

10am to 3pm, Saturday 24th February, 2018, Cost: \$60, contact: 6265 7016

### FUNERAL PLANNING

Saturday 14th April 18  
 1pm to 3.30pm  
 No cost  
 Contact Sandra: 0416 222 593 or [info@maryeleanor.me](mailto:info@maryeleanor.me)



# Okines Community Garden

There's nothing like a good holiday to kick off a great start to the year. Both Gabe and I took some time off from the Garden over Christmas but thanks to some wonderful volunteers the place was still looking lush and green upon our return. The Permaculture Design Course is in full swing as I write this and students are busy learning the Principles of Permaculture which are based around the three ethics of Earth Care, People Care and Fair Share. The course is run by the amazing team at Goodlife Permaculture who specialise in educating for a life that is productive, positive and sustainable. Check them out on their website or social media for all sorts of inspirational tidbits and loads of opportunities to learn from their various courses in topics ranging from fermenting to beekeeping.

Friday's Soiree was a hoot with close to 200 people filling the garden with their good vibes and a good bit of dancing to boot, thanks to the fun tunes from Lagoon Hill Zydeco. We have two more Soirees before the end of the music season here at the garden: Friday 16<sup>th</sup> Feb with The Clementines, a gorgeous Hobart based four piece acapela group and Friday 23<sup>rd</sup> March featuring local legends J-Luv (Jodi, Jude and Jules). A big hooray and thanks to Rosella and Jessie for their darn good work in keeping this tradition alive and kicking, and another big thanks to all the volunteers who come out of the woodwork to help with dough making, rolling, vegie chopping, washing up and general busy-beeing. Having a crew on site to help out makes hard work so much fun. In the words of Mary Poppins "In every job that must be done, there's an element of fun, you find the fun and snap! The jobs a game."

Everyone at the garden loves chooks and the brilliant work they do in any productive garden. We owe a big thank you



to John Rapley and the Sorell Mens Shed for their donation of a beautiful and functional new chook shed. Shortly we will add a larger yard for scratching and will be on the lookout for more hens to increase our egg production and waste reduction capacity.

We also love compost and the way nature turns organic waste into wonder! We generate a huge volume of food scraps in every Australian home (food waste makes up over one third of household waste). When food ends up in landfill it rots anaerobically due to the absence of oxygen and produces methane, a greenhouse gas that is 25 times stronger than carbon dioxide at trapping heat in the atmosphere. Rather than see this food waste go into landfill, we get very excited about how it can be transformed, with a little time and attention into rich, beautiful compost to be added back into the garden to feed all of our food plants. Last year we managed to get a bunch of the Dodges Primary school classrooms regularly dropping off their food waste into our compost bins. The Community House recycles all of its food waste by either feeding it to the chickens or adding it to the compost. We are attempting to take this even further with a Community Composting Project which includes the Hill Street Grocer.

The Hill Street fruit and veg team, headed by Luke, have agreed to redirect food waste into our donated compost buckets at the back of the shop. These will be picked up twice weekly to be emptied onto our ever growing compost piles here at the garden. If you would like to be a part of the NO



WASTE WARRIORS team we would love to put you on the roster for compost pick-ups! Or if you feel like getting a bit of exercise but the gym is not your style, we always need compost turners and the more this job gets done, the more quickly we get a product. If our production rate increases sufficiently we may even be able to sell some of the good stuff! Get in touch via email or in person on a Monday

# Okines Community Garden cont.

between 9-4.

There are a few exciting projects underway now and in the near future. By the time this goes to print we will have added a beautiful little gadget called a rocket stove to our outdoor kitchen facilities! Constructed in a Permaculture Workshop this amazing little stove is an efficient and hot burning stove which uses small diameter wood fuel. Field tests have shown that these stoves use 18 to 35 percent less fuel than other similar designs and have seen widespread application in many developing countries. We hope to use this little contraption to perform some of our basic cooking duties for events like Garden Tucker and other educational opportunities to showcase alternative energy options.

We are creating an outdoor book exchange in the peaceful little nook by the shipping container and banksia tree which was paved by Tony just before he left. Watch this space, we hope it may become part of a trail of book exchanges in lovely spots around our community.

Building works on the shipping container refurbishment are set to start soon, as will construction of the permanent compost toilet. This is an exciting development and a bit of a sign to us that this place is here to stay and is putting down some deep roots within our community. We hope that the garden can continue to be a leading example of sustainability within our little village by the sea for many years to come. Part of the composting toilet project will include some cob workshops so stay tuned for details on those.

Garden Tucker continues on the first Monday of every month 11-1pm. You can come help harvest, cook, weed, water, or at the very least eat! All are welcome to this free community feast.

Full moon Weaving with Gwen Egg is happening March 2<sup>nd</sup>, April 30<sup>th</sup>, May 30<sup>th</sup>. This workshop is offered by donation of \$10-\$20. With all materials provided, Gwen will gently yet expertly guide you in a weaving project.

Dignity supported gardening is on every Thursday 10.30-1.30 and offers a safe and nurturing environment with a great team consisting of Gwen Egg (fibre artist), Jessie

Bynon (Occupational Therapist), Andrew Nolan (Social Worker) and Claire Boost (Garden Coordinator) and a bunch of dedicated garden volunteers to assist participants in activities of their choice in our beautiful natural environment, culminating in a shared lunch. This program is free of charge.

I don't think anyone would dispute the fact that this little Garden enriches our community in a variety of ways bringing social, physical, cultural, psychological, and health benefits to all of its visitors, volunteers, employees and friends. Therefore it seems fitting to end this article with an inspirational excerpt from a recent Victorian Memorandum for Health and Nature where these sorts of benefits are being recognised at a policy level, albeit in another state. "There is now rapidly growing awareness that a thriving natural environment not only conserves biological diversity but also sustains the health and wellbeing of people and communities. Our parks and other open spaces provide critical settings that enhance our wellbeing and liveability by providing places for physical exercise, relaxation, play, learning and discovery. We know that being in nature enriches our minds and bodies, making us feel energised and alive." Check out the full memorandum on <https://www.environment.vic.gov.au/biodiversity/victorian-memorandum-for-health-and-nature> or a printed version on our shed noticeboard.

There's a bountiful harvest to be had here at the moment with zucchinis, cucumbers, pumpkins, apples and beans ripening daily. Searching amongst the tangle of vines and flowers is half the fun of gleaning fresh fruit and veg for your table. Please leave a donation in the pole if you are able.



Until we see you next, get into nature and reap the benefits,

Claire





# Jazz by the Sea

**LAGOON PARK Okines**  
**Sunday 25 February 2018 • 4pm-6pm**

Featuring: **Clarence City Big Band**  
**Southern Districts Concert Band**

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**

Hosted by the Lions Club of Sorell

Logos: CAMKIDS The Cambodian Children's Charity, SORELL LIONS CLUB, CLARENCE CITY BIG BAND, SOUTHERN DISTRICTS CONCERT BAND



**volunteering tasmania**  
do what you love

## Ever wondered about volunteering?

**Come Ask Us!**  
**Pop-up Info Desk**

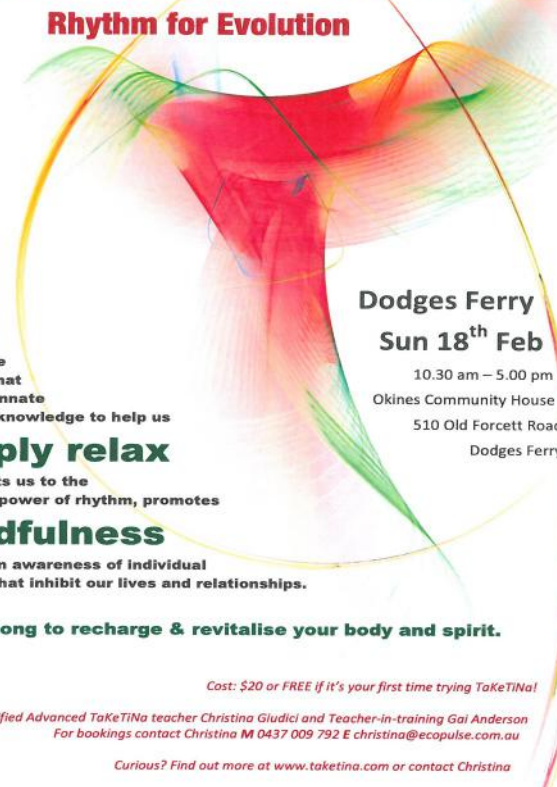
**9am-12pm**  
**Third Monday of the month**

**Sorell Community Health Centre**  
**57 Cole Street, Sorell**

Just drop in, or contact Volunteering Tasmania to book a time on 1800 677 895 or email [admin@volunteeringtas.org.au](mailto:admin@volunteeringtas.org.au)

# Ta Ke Ti Na

**Rhythm for Evolution**



**This is a meditative process that uses our innate rhythmic knowledge to help us deeply relax**

It connects us to the forgotten power of rhythm, promotes **mindfulness** opening an awareness of individual patterns that inhibit our lives and relationships.


**Come along to recharge & revitalise your body and spirit.**

**Dodges Ferry**  
**Sun 18<sup>th</sup> Feb**  
 10.30 am – 5.00 pm  
 Okines Community House  
 510 Old Forcett Road  
 Dodges Ferry

Cost: \$20 or FREE if it's your first time trying TaKeTiNa!

With certified Advanced TaKeTiNa teacher Christina Giudici and Teacher-in-training Gai Anderson  
 For bookings contact Christina M 0437 009 792 E [christina@ecopulse.com.au](mailto:christina@ecopulse.com.au)

Curious? Find out more at [www.taketina.com](http://www.taketina.com) or contact Christina



## TAHITIAN DANCE WORKSHOP

### "HIP"NOTIC ALLURE


**DISCOVER BEAUTIFUL, GENTLE TAHITIAN DANCING** - A Tahitian dance workshop for a small group of ladies, is to be held focussing on technique of some of the traditional basic hip movements. Tahitian drum music **Tempestuous Tamau** will provide the perfect accompaniment to these movements. This will give a sound grounding for **beginners** to this dance style, upon which choreographies can be built in future workshops.

During the short afternoon class I shall teach you some of the graceful arm and hand movements which tell a story in Tahitian dance.

**WHEN:** SATURDAY, FEBRUARY 17<sup>TH</sup> 10.30 am stopping at noon for a BYO lunch in the relaxing and beautiful garden setting. Followed by a short afternoon class, finishing at 2pm.

**WHERE:** PILATES J home studio, 1242 ACTON RD., CAMBRIDGE.

**COST:** \$80 PER PERSON  
 EVERYONE WILL RECEIVE A PRACTISE DVD OF MYSELF DANCING TEMPESTUOUS TAMAU SHOWING SOME BASIC MOVES LEARNT AT THE WORKSHOP, PLUS A CD OF TAHITIAN TUNES.



**YOUR TAHITIAN DANCE TEACHER SUE PIPER, TEACHING TRADITIONAL CHOREOGRAPHIES DIRECT FROM MY TEACHER IN TAHITI WHICH IS UNIQUE IN TASMANIA.**

**PLEASE CONTACT ME IF YOU HAVE ANY QUERIES ON 0447 115 442 OR EMAIL [sueandtony86@bigpond.com](mailto:sueandtony86@bigpond.com)**

**ENROLMENT TO THIS WORKSHOP IS SECURED BY DIRECT DEPOSIT. PLEASE CONTACT ME FOR MY DETAILS AND I WILL FORWARD A RECEIPT.**

**TREAT YOURSELF, TELL A FRIEND, AND DISCOVER TAHITIAN DANCING WITH ME. HAVE FUN IN A RELAXED AND FRIENDLY GROUP. I LOOK FORWARD TO HEARING FROM YOU.**



# SUMMER SOIREEES

Okines Community Garden

24th Nov — surprise! (tba)

15th Dec — Ella & Dan

26th Jan — Lagoon Hill Zydeco

16th Feb — The Clementines

23rd March — JLUv (Jude, Jodi, Jules)

Wood fired  
pizza for sale  
\$10

Friday's  
5.30-7.30



Free Family friendly event

Rosie 0438261974



## D'FERRY FLICKS

Brought to you by  
the Dodges Ferry Film Society

Presents:

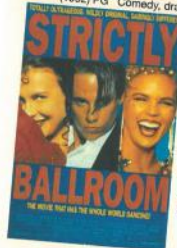
Screenings 3rd Saturday of the month  
December & January films be screened at  
the GP Room

at Dodges Ferry Primary School

6:30pm for 7pm start

### Strictly Ballroom

(1992) PG Comedy, drama, romance 1h34min



Sat 16th Dec

A maverick dancer risks  
his career by performing an  
unusual routine and sets  
out to succeed with a new  
partner.

Director: Baz Luhrmann  
Stars: Paul Mercurio, Tara  
Morice, Bill Hunter

### The Eagle Huntress

(2016) G Documentary, Adventure, Sport 1h 27min



Sat 20th Jan

Thirteen-year-old  
Aisholpan trains to  
become the first female in  
twelve generations of her  
Kazakh family to become  
an eagle huntress.

Director: Otto Bell  
Stars: Aisholpan Nurgaiv,  
Daisy Ridley, Rys  
Nurgaiv/Yoakam

### Paterson

(2016) M Comedy, Drama, Romance 1h 58min



Sat 17th Feb

A quiet observation of  
the triumphs and defeats  
of daily life, along with  
the poetry evident in its  
smallest details.

Director: Jim Jarmusch  
Stars: Adam Driver,  
Golshifteh Farahani, Nellie

### A Street Cat named Bob

(2016) Biography, Comedy, Drama 1h 43min



Sat 17th March

Based on the international  
best selling book. The  
true feel good story of  
how James Bowen, a  
busker and recovering  
drug addict, had his life  
transformed when he met  
a stray ginger cat.

Director: Roger Spottis-  
woode  
Stars: Luke Treadaway,  
Bob the Cat,  
Ruta Gedmintas

Tea, coffee, supper & snacks available for sale  
Annual Membership \$35/ \$25 Conc.  
Please join on the night



## DIGNITY

GARDENING WEAVING TOGETHERNESS COMMUNITY



Okines Community Garden • Dunalley Neighbourhood House • Tasman Community House  
Every Thursday Every Second Wednesday Every Second Friday



Come plant, potter, pick or prune,  
weave baskets and friendships –  
or just come and sit amongst it.

We welcome all people to this  
supported gardening program.  
Enjoy a free shared lunch

Creative activities are lead by a local fibre artist and gardening activities by garden coordinators. An Occupational Therapist and a Social Worker will be there to provide support and advice if you need it.

For more information:  
(03) 6265 7016

admin@growoccupationaltherapy.com.au

https://www.facebook.com/DIGNITYgardening

http://www.growoccupationaltherapy.com.au/dignity-gardening/



This is a project funded by the Tasmanian Community Fund in partnership with the Centre for Rural Health, University of Tasmania.

## South East Region: Local people know their communities best



There are barriers to employment and work opportunities in the South East Region. TasCOSS want to figure out how to remove those barriers, but to do that they need your help.

The Community Innovation and Investment Project is about getting people to make the decisions about the future of employment in their region.

The first step of the project starts right here. TasCOSS need to know what works and what doesn't right now, and we want to know your big ideas for the future.

The initial survey will guide you through a range of questions. Don't be afraid to be honest, or creative. You can pick one of these surveys up from Okines Community House up until the end of March.

After they have gathered your thoughts, TasCOSS will group your ideas into themes and bring them back to the community as a group to decide which ones might work best.

From there, they'll help the community group to turn these ideas into action.

For more information on the project check out the TasCOSS website [tascoss.org.au](http://tascoss.org.au) or to complete the survey go online to: <https://www.surveymonkey.com/r/southeastsurvey>





## Salvation Army

223-227 Carlton River Road  
CARLTON 7173

### Op Shop:

Monday - Saturday  
10am - 2pm

Community Breakfast every Sunday 9.30am to  
11.30am @ The Salvation Army Carlton

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

Every third Friday of the month is  
Family Movie Night  
6pm to 9pm

Movie is free, BYO dinner, canteen open

Market held every first Saturday of the month  
9.30am to 1pm (starting March 2018)  
- New Stallholders welcome -

Doorways Emergency Relief  
Monday, Wed & Fridays  
10am to 2pm

Toy & Book Library available

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

## 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**

## 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

## \*Food Assistance\*

SecondBite redistributes surplus fresh food via community food programs to people in need around Australia. Food is donated by farmers, wholesalers, markets, supermarkets, caterers and events.

Thanks to the excellent work from **Second Bite** Okines Community House are pleased to be able to provide access to 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**



### Playgroup

Mondays 9am to 12pm

### Cards

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

### Staystrong: strength and flexibility fitness classes

Held every Tuesday and Thursday from 4.40pm to 5.20pm at Primrose Community Hall, cost is \$10.  
For more info. phone Karyl on 0468 389 659

## VOLLEYBALL

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



## Dodges Ferry Seniors Citizens

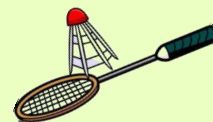
Indoor Carpet Bowling at Dodges Ferry  
Recreation Centre

Thursdays  
12.45pm - 4pm



Social outings, club lunches, Christmas  
and New Year lunches and activities.  
Also provides a support network for  
members and their families.  
ph. 6265 8208

## BADMINTON



Wednesday evenings 7.30pm

Dodges Ferry Primary School Gym

Dodges Ferry Badminton Club provides a  
fun and welcoming environment for  
players of all levels.

[www.facebook.com/dodgesferrybadmintonclub](http://www.facebook.com/dodgesferrybadmintonclub)

## Pittwater Photography Group



We meet each Wednesday for Friendship, Fun, Food  
and Adventures with our Cameras. From Beach to  
Bush to Back Roads... We carpool and share the  
petrol cost. Membership is just \$10 per year  
through the PITTWATER COMMUNITY CENTRE,  
34 Hoffman St, Midway Point 7171  
Enquiries Deb Cameron 0417161020  
or email  
[pittwaterphotographytas@gmail.com](mailto:pittwaterphotographytas@gmail.com)



**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](mailto:southernbeacheslandcoastcare@gmail.com)



## Come and try NORDIC WALKING!

### WHAT IS IT?

- Nordic Walking is fun and you can meet people
- Nordic Walking is as good as jogging and as gentle as walking.
- Because Nordic Walking uses poles it uses most of the muscles in your body.
- Nordic Walking can be enjoyed by almost everyone – any age and most fitness levels.



**Time:** 9.30-10.30 am  
**Dates:** **Wednesday's 28<sup>th</sup> Feb, 7<sup>th</sup>, 14 and 28<sup>th</sup> March 2018**  
**Location:** Meet at Sorell Community Health Centre  
57 Cole Street, Sorell

*Wear comfortable shoes.  
Poles are provided to use on the day.  
**Cost is a gold coin donation***

For further information please call the centre staff  
on 6166 1400.



TASMANIAN  
HEALTH  
SERVICE



## Full Moon Weaving

Full moon Weaving with Gwen Egg is  
happening at the Okines Community  
Garden on March 2<sup>nd</sup>, April 30<sup>th</sup>, May  
30<sup>th</sup>. This workshop is offered by donation of \$10-\$20.  
With all materials provided, Gwen will gently yet expertly  
guide you in a weaving project



## 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?**

① 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.



**WHO WANTS TO PLAY  
BASKETBALL IN 2018?!**

**WHEN:** April - September 2018

*(with breaks in school holidays)*

Girls: Thursdays 5pm - 9pm

Boys: Fridays 5pm - 9pm

**WHERE:** Dodges Ferry Primary  
School Gym

**AGES:** 6 YEARS – 18 YEARS



**COST:** \$130 + BTAS Registration  
**FOR A WHOLE SEASON OF BASKETBALL!**

PICK UP A SEBA REGISTRATION FORM FROM  
OKINES COMMUNITY HOUSE, DUNALLEY NEIGHBOURHOOD HOUSE  
OR DOWNLOAD ONE FROM THE SEBA FACEBOOK PAGE  
AND RETURN ASAP TO SECURE YOUR SPOT FOR 2018.  
WANT TO CONTACT SEBA? EMAIL US AT [dodgesferryseba@gmail.com](mailto:dodgesferryseba@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

## **CLEAN UP SOUTHERN BEACHES**

Meet 4th Sunday of every month in the car  
park in front of the Dodges Ferry Tavern from  
8.30am - Contact Lorraine by email:  
[loron@iinet.net.au](mailto:loron@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](http://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](mailto: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](mailto: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](mailto: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 BOARD MEETINGS \***

Okines Community House Board of Management meets the third Friday of every month at 9.30am. The Board is made up of people from the community who make decisions about insurance, staffing, activities and money. You are welcome to attend our meetings at any time to have an input, or perhaps you might also be interested in joining our Board. For further information

email [info@okinescommunityhouse.com.au](mailto: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: 6265 1155

**DUNALLEY**

Wednesday 9am – 11am

School Terms only

No joining fee

\$1 per child (includes morning tea)

Held at Dunalley Neighbourhood House

Contact: 6253 5579

**LAUNCH INTO LEARNING**

SCHOOL PROGRAM

Contact Dodges Ferry Primary School on 6265 8116 for more information

**Toy & Book Library:**

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

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

**Grab a coffee & support Okines Community House**

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



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