

# OKINES

## Community House

NEWSLETTER  
TERM ONE  
2019

Funded by the DEPARTMENT of COMMUNITIES TASMANIA

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

The Okines Community House Twilight Market held on the 20th of December 2018 was a resounding success. Over 300 community members and guests gathered on the lawns of the community house to indulge in gourmet delights from a variety of food vans; shop from a fantastic array of local stalls; and simply sit back and enjoy the sunset to the sound of local musicians. Although the weather initially created a question mark over the event, the final result exceeded all expectations.

So, to celebrate, there will be another market before the end of summer. The next Twilight Market will be held on Friday March the 1st from 4pm-8pm, with special musical guests 'The Midway Pointers' and 'Ella & Dan'. Applications for stall holders are now open.



### Dodges Ferry is a truly Tidy Town



Did you know that in October 2018 Dodges Ferry was recognised by the Tasmanian Keep Australia Beautiful organisation (KAB) as Tidy Town winner for the 2001-3000 population category?

You may have noticed the sign as you entered into Dodges Ferry recently.

The dedication of the 'Southern Beaches Clean Up Group' towards the regular pick up of roadside rubbish along Old Forcett and Lewisham roads is a major contributor towards the achievement of this award. For over ten years local volunteers have undertaken a monthly collection of rubbish on the roads leading into Dodges Ferry creating a significant and visible improvement to the surrounding environment. The group is part of Southern Beaches Landcare and Coastcare who welcome new volunteers that may be interested in joining in on the litter gathering walks. For further information regarding clean-ups and other ways you can contribute to caring for your local environment visit <http://southernbeachescoastcare.org/> or email [southernbeacheslandcoastcare@gmail.com](mailto:southernbeacheslandcoastcare@gmail.com).



You might also consider reducing the amount of plastic that is being thrown away. The "Trashless Takeaway" scheme initiated in Tasmania by husband and wife team Kim and Nyssa incorporates a website helping people to find food outlets that accept customers bringing along their own reusable containers. There are a number of participating places within the Sorell Municipality. You can join in by visiting: <https://trashlesstakeaway.com.au/> and typing in the suburb, business or postcode for a list of businesses in your area.

## 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 5th of April, 2019**

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, seed, spices, dried fruits and sweeteners. We support local producers as much as possible with more offered every year. Some of the local produce we carry includes preserves, honey, *Platypus Olive Oil* and *Clean Conscious* cleaning products. Our very popular coffee, *South Roast Coffee*, is roasted down the Tasman Peninsula.

### Opening hours:

Tuesday 2pm – 5pm

Sunday 9.30am – noon

First Monday of each month (with Garden tucker day) 11am – 1pm

A great idea for convenience is the Food Co-op's pre-order online option. This is a great alternative for those that can't make it to the co-op during opening hours. Just let us know 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 a pre-arranged time from the office in the Community House during opening hours.

### See the Okines Food Co-op website for all details:

<http://okinescommunityhouse.com.au/wpms/foodcoop/>  
or email: [okines.food.co-op@gmail.com](mailto:okines.food.co-op@gmail.com) or phone the Community House on 6265 7016

## Look here for more on the Food Co-op

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

PLEASE NOTE: 2019 Membership is currently due for renewal so please pay (if you haven't already) next time you are shopping at the co-op.

### New in the shop in 2019

**Quinoa & rice pasta**

**Organic loose leaf tea – Earl Grey & Breakfast Blend**

We also have cartons of **Who Gives A Crap** toilet paper, tissues and kitchen towel – save by buying in bulk! If you would like to take up a new active role in our co-op, we would love more support for our tahini/honey/coconut oil bottling crew or catering crew for the Film Night! Please contact Jill if you're interested.

Fermented food from **Southern Wild** (Organic Tasmanian Cultured Foods) can be ordered directly from their website <http://southernwild.com.au>

This time of year we can be inundated with zucchinis so send us some of your favourite recipes! Happy shopping!!

### EASY ZUCCHINI SOUP WITH A TWIST + SIMPLE YOGURT FLATBREAD

Sauté onion and garlic in oil/butter of choice.

Add rough chopped zucchini and sauté till getting soft.

Add stock to cover well – some extra nutritional yeast flakes add depth too.

When soft, wizz with a stick blender.

Whisk an egg or 2 and combine it with a little of the 'not too hot' soup, lots of grated parmesan/pecorino and heaps of chopped basil.

Stir this thru the hot, but not boiling, soup to curdle and thicken. Season with lots of black pepper to taste.

Serve with extra basil and cheese to taste and the warm flatbread.

### YOGURT FLATBREAD

Mix the flour of your choice with baking powder to make it self-raising. Add about 1 teaspoon of salt to each 2 cups of flour and about half the volume of yogurt - use a bit less if the yogurt is runny. Wizz in a blender till it comes together – you can do this by hand. You may need to add more flour or yogurt to get a nice moist dough consistency. Knead briefly till smooth and rest covered with a tea-towel for 20 mins to a couple of hours. Roll into a log and cut into pieces – 2 cups of flour makes 12 small flatbreads.

Press and roll each piece to a rough circle a few mm thick. Cover with the tea-towel and let rest on the board as you work thru the cooking.

Heat a flat cast iron pan (if you only have a gridded pan, turn it upside down and cook on the bottom). Cook till browning and bubbly and flip over.

Serve brushed with melted garlic/herb butter if you wish.



# Events and activities term 1, 2019

## 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 4th Feb 2019 (8 wks \$120 no class 11/2 & 11/3).

**\*Tuesday:** 6.30pm to 7.30pm (A foam roller class)

Commences 5th Feb 2019 (10 wks \$150, casual \$20 )

(\*Note: Tuesday Class held in GP room at Dodges Ferry Primary School)

**Thursday:** 9am to 10am (A foam roller class)

Commences 7th Feb 2019 (9 wks \$135 no class 21st Feb)

(casual rate \$20 per class)

**Venue:** Okines Community House (\*except Tuesday evening)

**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

### YOGA FLOW - Tutor Jackie Graham

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

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

**Venue:** Okines Community House

**Day:** Mondays **Time:** 6.30pm to 8.00pm

**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 or info@okinescommunityhouse.com.au

## 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:** Tuesdays,

**Time:** 7pm to 9pm,

**Fee:** \$5 per week

**Venue:** Okines Community House

**Contact:** M Haynes 0417 462 310

### 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



### 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,

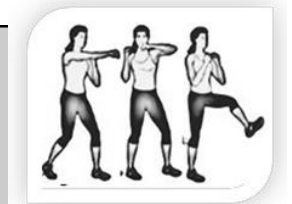
**Starts:** ongoing

**Time:** 6.50pm to 7.20pm,

**Fee:** \$5

**Contact:** Karyl on 0468 389 659

fizzicalfusion@gmail.com



# Events and activities term 1, 2019

## TUESDAY

### BUSINESS STRATEGY WORKSHOP - Marisol Miró Quesada

*Are you an entrepreneur or self-employed with an ABN and have been in business for more than one year without a business strategy?*

This hands-on fun session will give you practical skills to help you develop a strategy to improve your small business. We will set you in the right direction in these key areas: vision, purpose, outcome based project management, lean concepts on value improvement and waste minimisation.

**Kindly hosted by Coinventa and delivered by Marisol Miró Quesada:**

An experienced problem solver with 25+ years' experience as a strategist, facilitator, and shaper, Marisol improves and creates projects and ethical enterprises by applying people-centric design, lean, and systems thinking. She is a passionate advocate for social inclusion, environmental health, and EHS (electro-hypersensitivity) accessible spaces. Marisol is an accomplished building designer and has degrees in architecture, sustainable built environment, business management, events management, and marketing.

**\*No mobile phones please:** Coinventa's workshops are strictly device-free environments. We disconnect to reconnect and get creative so please don't bring cell phones, smartwatches, Fitbits, Bluetooth devices, tablets, laptops, etc.

**Venue:** Okines Community House

**Day:** Tuesday 26th March **Time:** 12pm to 2pm

**Fee:** \$10 per person (includes materials) \*

Bring your own lunch

**Register at** [www.coinventa.com/en/events](http://www.coinventa.com/en/events)

## 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,  
Commences 13th February 2019

**Time:** 10am to 11am

**Fee:** \$4 **Contact:** 6265 7016

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



## WEDNESDAY

### TENANTS' UNION COMMUNITY LEGAL EDUCATION SESSION

A free informative session on the law governing tenancies, presented by a solicitor from the Tenants' Union. Find out about the rights and responsibilities of tenants and what to do in the event that something goes wrong. The presentation includes example scenarios, a question and answer section and pamphlets summarising the law. These sessions are open to anyone interested in residential tenancy law.

**Venue:** Okines Community House

**Day:** Wednesday 10th April 2019

**Time:** 2pm to 3pm **Fee:** Free

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

### 5RHYTHMS DANCE - Deva O'Wheel

5Rhythms is a dynamic movement practice that provides an opportunity to both workout and meditate in the same breath.



This is an invitation to join us in a weekly dance facilitated by Deva O'Wheel (5Rhythms Spaceholder). Deva participated in her first 5Rhythms workshop with Gabrielle Roth in 1990 and has been dancing ever since with many teachers from all over the world. There are no steps to learn just a willingness to be present. All welcome.

**Venue:** Okines Community House

**Day:** Wednesday commencing 6 February 2019

**Time:** 11.30am to 1pm

**Fee:** \$10 casual or 1/2 price when you pay for 4 weeks or more.

**Contact:** Deva 0402 228 321 or [devaowheel@hotmail.com](mailto:devaowheel@hotmail.com)  
[www.5rhythms.com](http://www.5rhythms.com)

### PAINTING

The Shoreline Art Group meet at Okines Community House every Wednesday from 10.30am to 1.30pm. The group is open to all who are interested in painting.

**Please note:**  
Due to popular demand this activity is currently filled to capacity and is unable to accept new members at this time.



**Venue:** Okines Community House

**Date:** Wednesdays

**Time:** 10.30am to 1.30pm

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

# Events and activities term 1, 2019

## 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 - 14/2, 14/3, 11/4/19

**Time:** 12.00pm to 2.30pm

BYO plate of food to share

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

### INTRODUCTION TO COMPUTERS

If the thought of learning to use a computer makes you a bit nervous but you are keen to get in and have a go we have the computer classes for you. Okines offers basic computer training (particularly good for seniors) in a relaxed, supportive environment. Lessons are designed to progressively build your confidence to undertake tasks such as finding your way around the computer, using the internet, tablets and smartphones and troubleshooting issues when they arise.

**Venue:** Okines Community House

**Starts:** 7/3/19 to 11/4/19 (6 weeks)

**Time:** 1pm to 3pm

**Fee:** Gold coin donation

**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)



### DIGNITY SUPPORTED GARDENING

DIGNITY supported gardening is on again in the Community Garden every Thursday from 10.30 - 1.30pm. We are recruiting folks to join this vibrant team of volunteers to provide support to participate in a range of activities in the garden setting.

Gwen has a bundle of great ideas for weaving and other craft activities. Andrew, our resident good guy returns to provide emotional support where needed. Jessie, our ostentatious occupational therapist ensures everyone is safe, engaged and smiling, and Sonja, our garden girl will introduce keen gardeners to the chickens, the worms and opportunities to get our hands dirty.

A host of volunteers tend to everyone's needs and help keep everything running smoothly. Every week we prepare and share a healthy meal using fresh ingredients from the garden. EVERYONE is welcome to this inclusive, heartwarming garden gathering. Come plant potter, pick or prune, weave baskets and friendships - or just come and sit amongst it.

**Time:** Thursdays 10.30am –1.30pm

**Contact:** 6265 7016 or

email: [jessie@growoccupationaltherapy.com.au](mailto:jessie@growoccupationaltherapy.com.au)





# Events and activities term 1, 2019

## FRIDAY

### SOUTHERN BEACHES SPINNERS & FIBRE GROUP

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



**Venue:** Okines Community House

**EVERY** Friday of the month **Time:** 10am to 3pm

**Fee:** \$3,

**Contact:** Eileen 6265 8472 or Brian 0487 380 296

### 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:** 22/2/19, 29/3/19 & 26/4/19

**Time:** 12pm to 2pm

**Fee:** \$7 for 2 course meal

**Contact:** 6265 7016 or

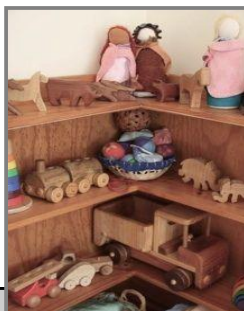
info@okinescommunityhouse.com.au

**\*Bookings are essential\***

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

### STEINER BASED PLAYGROUP

Okines Community house welcomes parents with children 0-8 years old to Steiner Based Playgroup at Okines Community House. Activities include seasonal activities, gardening, arts & crafts, nature walks, baking, singing and storytelling.



**Venue:** Okines Community House

**Day:** Fridays during school term recommences 8th Feb 2019

**Time:** 10am to 12pm

**Fee:** \$2 plus piece of fruit

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

## FRIDAY

### 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.



As part of this workshop you get to take home some of your delicious creations. Remaining lots are sold as fundraising for Okines Community House.

We encourage you to book in early for this one as spaces are limited.

**Venue:** Okines Community House

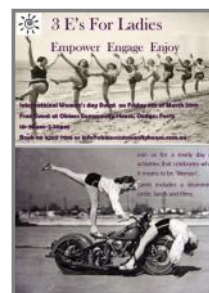
**Day:** 15th March 2019

**Time:** 9am to 3pm **Fee:** \$15 and BYO lunch to share

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

### INTERNATIONAL WOMENS DAY

3 E's for Ladies, Empower Engage and Enjoy. To celebrate International Women's Day this year, we will be hosting a fun day of activities here at the community house, including a drumming circle with Mara Lovrin, who will take us on a transformative journey of empowerment through sound and rhythm. Followed by a ladies luncheon with special treats, and finishing with a guided navigation of the *Women of the Island* website that features short films and slideshows of Tasmanian Women and their achievements. Places are limited to 20 ladies, so book in quick.



**Venue:** Okines Community House

**Day:** 8th March 2019

**Time:** 10.30am to 2.30pm **Fee:** Free

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

## Youth Week Skate Park Expo

**Sunday April 14th, 10am-2pm**

**Dodges Ferry Skate Park**

Spray paint workshops on the ramp during Youth Week

Skate and Scooter comps

DJ's and Food Stalls

Mosaic workshop @ the Dodges Ferry Rec Hall



Local youth wanted to help lead the event!  
info@okinescommunityhouse.com.au 03 62657016



# Events and activities term 1, 2019

## WEEKEND WORKSHOPS

### 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 23rd March 2019

**Time:** 10am to 2pm **Fee:** \$45 & BYO lunch to share

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

### FROM IDEAS TO START-UP - Marisol Miró Quesada

*Is your calling being an entrepreneur and don't know how to start? Do you have a business or social enterprise idea but no business background?*

This hands-on fun session will show you how to apply practical tools to bring your business idea to life and shape it to turn it into reality. We will set you in the right direction in these key areas: vision, purpose, value proposition, and business model design.

**Kindly hosted by Coinventa and delivered by Marisol Miró Quesada:**

An experienced problem solver with 25+ years' experience as a strategist, facilitator, and shaper, Marisol improves and creates projects and ethical enterprises by applying people-centric design, lean, and systems thinking. She is a passionate advocate for social inclusion, environmental health, and EHS (electro-hypersensitivity) accessible spaces. Marisol is an accomplished building designer and has degrees in architecture, sustainable built environment, business management, events management, and marketing.

**\*No mobile phones please:** Coinventa's workshops are strictly device-free environments. We disconnect to reconnect and get creative so please don't bring cell phones, smartwatches, Fit-bits, Bluetooth devices, tablets, laptops, etc.



**Venue:** Okines Community House

**Date:** Saturday 30th March 2019

**Time:** 10am to 12pm **Fee:** \$10 (includes materials)

**Register at:** [www.coinventa.com/en/events](http://www.coinventa.com/en/events)

## WEEKEND WORKSHOPS

### YOUTH WEEK SKATE PARK EXPO

Thanks to the Tasmanian government grants program, Youth Week is set to be action packed this year. We have received a grant to put on a Skate park Expo, on Sunday the 14th which will include skate and scooter demonstrations and competitions, onsite DJs and food stalls, as well as finishing off the mosaic on the front of the Dodges Ferry Rec hall.



Leading up to the event we will run a series of spray paint workshops to decorate the skate park with leading Tasmanian spray artist Jake Seven. We are asking local youth and community members from the area to help direct the event by joining a sub-committee that will decide on what is painted on the ramp, as well setting up the event. For more information and to get involved please contact us asap.

**Venue:** Dodges Ferry Skate Park

**Date:** Sunday 14th April 2019

**Time:** 10am to 2pm **Fee:** Free Event

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



**DAY:** COMING EARLY  
MARCH

**TIME:** WEDNESDAYS  
11.30 - 1.30

OrangeSky  
Australia

[orangesky.org.au/locations](http://orangesky.org.au/locations)



# Events & Activities Calendar Term 1 - 2019

## MONDAY

### FROM WITHIN PILATES

9am to 10am, starts 4th Feb 2019, 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 every first Monday of the Month 11-1pm.

## THURSDAY

### FROM WITHIN PILATES

9am to 10am, starts 7th Feb 2019, casual \$20, contact: Salome on 0437 405 213

### OKINES BOOK CLUB

12pm to 2.30pm, 2nd Thursday of month, next is 14/2/19, Contact: 6265 7016

### INTRO TO COMPUTERS

1pm to 3pm, 6 weeks commencing 7/3/19, 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

Thursdays, 10.30am-1.30pm shared lunch provided

## TUESDAY

### BUSINESS STRATEGY WORKSHOP

12pm to 2pm, 26th March 2019, \$10, [www.coinventa.com/en/events](http://www.coinventa.com/en/events)

### 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

## FRIDAY

### EATING WITH FRIENDS

12pm to 2pm, 22/2, 29/3 & 26/4/19, \$7 for 2 courses, Bookings essential: Contact: 6265 7016

### STEINER BASED PLAYGROUP

10am to 12pm, Held each Friday, recommences 8th Feb 2019, \$2 per child and a piece of fruit to share. Contact: 6265 7016.

### SOUTHERN BEACHES SPINNERS & FIBRE GROUP

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

### A WORLD OF PRESERVING

9am to 3pm, 15th March 2019, \$15 BYO lunch, Contact: 6265 7016

### INTERNATIONAL WOMEN'S DAY 3Es FOR LADIES

10.30am to 2.30pm, 8th March 2019, Free event, Contact: 6265 7016

### 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 – *\*Currently not taking new members as filled to capacity.*

### TENANTS UNION COMMUNITY LEGAL EDUCATION SESSION

2pm to 3pm, 10th April 2019 no cost, contact: 6265 7016

### TAI CHI

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

### LOAVES & FISHES FOOD ASSISTANCE

1pm to 3pm, every Wednesday

### ORANGESKY FREE LAUNDRY SERVICE

11.30am to 1.30pm, Wednesdays, coming early March 2019.

### 5RHYTHMS DANCE

11.30am to 1pm, Commences 6th Feb 2019, \$10 casual or ½ price when you pay for 4 weeks or more, Contact: Deva 0402 228 321 or [devaowheel@hotmail.com](mailto:devaowheel@hotmail.com)

## WEEKEND WORKSHOPS

### MOSAICS

10am to 2pm, one day workshop Saturday 23rd March 2019, Cost: \$45, BYO lunch to share, contact: 6265 7016

### FROM IDEAS TO START-UP

10am to 12pm, one day workshop Saturday 30th March 2019, Cost: \$10 (includes materials) [www.coinventa.com/en/events](http://www.coinventa.com/en/events)

### YOUTH WEEK SKATE PARK EVENT

10am to 2pm, one day event Sunday 14th April 2019, no cost, contact 6265 7016 or [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

We are looking for people interested in participating in a Scrabble Group at Okines Community House either during the day or evening. To register your interest please phone 6265 7016 or email [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)





# Okines Community Garden

**T**he summer has certainly sped along in the garden. Food is bursting out of the ground in the form of cucumbers, beans, beets, lettuce and the apples are coming along (if the rosellas don't get to it first!). Being the first summer that I (Sonja) have spent in the Okines garden, I have been learning a lot. The most notable observations is the prolonged hot and dry weather. The most obvious limitation on our growing is the lack of water.

A clever way to overcome the lack of water is to use cleverly designed wicking beds. These raised vegetable garden boxes, which are lined with thick plastic, ensure that all the water put onto the bed is absorbed by the vegetables making this an efficient system for drier areas.

Happily for us, the annual Permaculture Design Course (PDC) – run by Goodlife Permaculture from Hobart – has been held in the last two weeks of January. They have created and installed two new wicking beds in our garden which are made from used apple crates (donated by Marisol). This has created more growing space for the community to benefit from.

Another benefit of the PDC being held at the community house/gardens is that they have allowed me to join their course! This has been invaluable to furthering my understanding of permaculture principles, which I am excited to apply and integrate into the gardens. For anyone contemplating furthering their knowledge and wishing to gain further insight into how to design their lives for fuller integration of sustainability and permaculture principles, I cannot recommend this course highly enough. Hannah and Nick, the course instructors, as highly skilled, enthusiastic and deliver the course in a wonderful manner. Come chat to me at the gardens for more info, or visit [www.goodlifepermaculture.com.au](http://www.goodlifepermaculture.com.au)!

As my 'thank you' for having me sit in on the course, I ran a fermentation and soap making workshop for the PDC students on how to make kimchi, sauerkraut, dill

pickles and dilly beans using traditional salt fermentation, and how to make a simple vegetable soap. Let me know if this is something that may interest you (or any other workshops you want to see run) and we can see how to facilitate this.

Garden Tucker returns on February 4th and will be held the first Monday of every month between 11am-1pm. Come along for a free feed from garden produce and enjoy the garden's lush growth and relaxing environment.

We are thrilled to have Gwen Egg, local and renowned fibre artist, returning in 2019 with her monthly 'Full Moon Weaving' workshops (the next one is Wednesday February 20th at 6-8pm).

DIGNity, the popular supported gardening program, will continue every Thursday from 11.30-1.30pm.

Soirees will continue providing pizzas (for \$10) and live music on select Friday nights (Feb 22nd and March 22nd). Come along for this free family event. BYO drinks and picnic rug.

I just want to say a quick thanks to some of our wonderful volunteers who really are the backbone of the gardens. Thanks Ann, David, Linley, Tony and Amelie. Your support amazes me! Anyone else wanting to get involved and lend a hand, we'd love to have you!

For further information on any events, to join our mailing list, or simply to get in touch, please email [dig@okinescommunityhouse.com.au](mailto:dig@okinescommunityhouse.com.au) or pop by any Thursday between 9-2pm.







Okines Community House

# TWILIGHT MARKET

Friday the 1st of March

4pm – 8pm

Food Vans Market Stalls

Entertainment

[info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au) 03 62657016

## Breakfast Club

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

**Tuesday 12th February 2019.**

Breakfast is offered Tuesday and Thursday mornings from **8.15am**. Okines would like to gratefully acknowledge the support of the local **Richmond Bakery** who donate bread each week to breakfast club.

We would also like to acknowledge the great work of the team from **Raine & Horne Sorell Office** in volunteering on our Breakfast Club roster as well as providing fresh fruit platters each week. We encourage you to support these businesses by choosing to buy local whenever possible.



## 5Rhythms Dance



5Rhythms is a dynamic movement practice that provides an opportunity to both workout and meditate in the same breath.

This is an invitation to join us in a weekly dance facilitated by Deva O'Wheel (5Rhythms Spaceholder)

ALL WELCOME NO EXPERIENCE NECESSARY

Weekly from  
Wednesday 6th February  
11.30am-1pm  
Okines Community House  
Cost: \$10 casual or 1/2 price when you pay for 4 or more classes

Contact: Deva O'Wheel 0402 228 321 [www.5rhythms.com](http://www.5rhythms.com)





## Thank you Tasmanian Community Fund



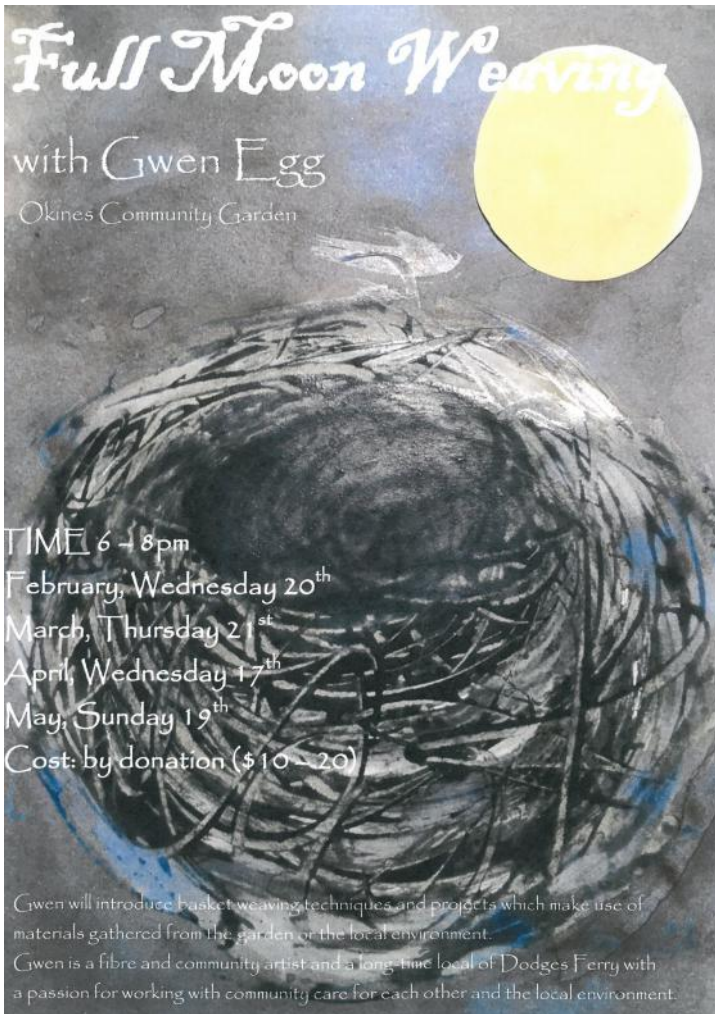
We are thrilled to announce that Okines Community House are successful recipients of a Tasmanian Community Fund grant and have been gifted with the money to buy our own sound system equipped with new mics and stands.

As many of you know we have always relied on the good will of local musicians and engineers to provide P.A. systems for the variety of events and activities that we host here at the house. Now we will have our very own state of the art system. We will be running training packages later in the year on correct usage and basic engineering. A big thank you to TCF for helping make our community dreams a reality.

The independent community funding body, the Tasmanian Community Fund was established following the sale of the Trust Bank in 1999 to give back to the community proceeds from the sale of a community asset. Since that time the TCF has allocated approximately \$58.6 million to approximately 1700 statewide projects.

# Full Moon Weaving

with Gwen Egg  
Okines Community Garden



TIME 6 - 8pm  
February, Wednesday 20<sup>th</sup>  
March, Thursday 21<sup>st</sup>  
April, Wednesday 17<sup>th</sup>  
May, Sunday 19<sup>th</sup>  
Cost: by donation (\$10 - 20)

Gwen will introduce basket weaving techniques and projects which make use of materials gathered from the garden or the local environment.  
Gwen is a fibre and community artist and a long-time local of Dodges Ferry with a passion for working with community care for each other and the local environment.

## BUSINESS STRATEGY WORKSHOPS BY coinventa ON HOW TO BE A MORE CREATIVE ENTREPRENEUR

Fee \$10 (includes materials) - Okines Community House, 540 Old Forcett Rd, Dodges Ferry  
Register at [www.coinventa.com/en/events](http://www.coinventa.com/en/events)



### From Ideas to Start-up - Saturday 30<sup>th</sup> of March 10am-12pm

*Is your calling being an entrepreneur and don't know how to start?*

*Do you have a business or social enterprise idea but no business background?*

This hands-on fun session will show you how to apply practical tools to bring your business idea to life and shape it to turn it into reality. We will set you in the right direction in these key areas: vision, purpose, value proposition, and business model design.



### Business Strategy - Tuesday 26<sup>th</sup> of March 12pm-2pm

*Are you an entrepreneur or self-employed with an ABN and have been in business for more than one year without a business strategy?*

This hands-on fun session will give you practical skills to help you develop a strategy to improve your small business. We will set you in the right direction in these key areas: vision, purpose, outcome based project management, lean concepts on value improvement and waste minimisation. (Bring your own lunch).

### Kindly hosted by Coinventa and delivered by Marisol Miró Quesada

An experienced problem solver with 25+ years' experience as a strategist, facilitator, and shaper, Marisol improves and creates projects and ethical enterprises by applying people-centric design, lean, and systems thinking. She is a passionate advocate for social inclusion, environmental health, and EHS (electro-hypersensitivity) accessible spaces. Marisol is an accomplished building designer and has degrees in architecture, sustainable built environment, business management, events management, and marketing.

**No mobile phones please:** Coinventa's workshops are strictly device-free environments. We disconnect to reconnect and get creative so please don't bring cell phones, smartwatches, Fitbits, Bluetooth devices, tablets, laptops, etc.



# Jazz by the Sea

**LAGOON PARK OKINES**  
**Sunday 24 February 2019 • 4PM-6PM**  
**Featuring: Clarence City Big Band**

Come along with family and friends and enjoy live music!

Bring a picnic • BYOG  
 BBQ onsite • soft drinks

RAFFLE

**CAMKIDS**  
 The Cambodian Children's Charity



Hosted by the Lions Club of Sorell



## 3 E's For Ladies

**Empower Engage Enjoy**

**International Women's day Event on Friday 8th of March 2019**

**Free Event at Okines Community House, Dodges Ferry**

**10-30am-2.30pm**

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

Join us for a lovely day of activities that celebrates what it means to be 'Woman'.

Event includes a drumming circle, lunch and films.



## Preserves Workshop

**Friday March 15th 2019**

**9am-3pm**

**\$15**

**BYO lunch to share**

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



**D'FERRY FLICKS** Presents:

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

Brought to you by  
 the Dodges Ferry Film Society



**Feb 16 - Persuasion (2007)**  
 G | Drama, Romance | 1h 33min

Royal Navy captain Wentworth was haughtily turned down eight years ago as suitor of pompous baronet Sir Walter Elliot's daughter Anne, despite true love.

**Director:** Adrian Shergold  
**Stars:** Sally Hawkins, Alice Krige, Anthony Head



**March 16 - Selma (2014)**  
 PG -13 | Biography, Drama, History | 2h 8min  
 A chronicle of Dr. Martin Luther King, Jr.'s campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama, in 1965.

**Director:** Ava DuVernay  
**Stars:** David Oyelowo, Carmen Ejogo, Tim Roth



**April 20 - Taste of others (2000)**  
 R | Comedy, Drama, Romance | 1h 52min

Three men, three women, opposites, possibilities, and tastes.

**Director:** Agnès Jaoui  
**Stars:** Jean-Pierre Bacri, Agnès Jaoui

Complementary drink on arrival  
 Supper & snacks available for sale

Annual Membership \$35/ \$25 Conc. Please join on the night

**BRING A SOFT CUSHION FOR MORE COMFORT**





# 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  
- 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

# Soirees

OKINES COMMUNITY GARDEN

Fridays  
5.30-  
7.30pm

NOV 9th

Steve Bond

DEC 14th

Terri Young & Hamish Stevenson

JAN 25th

Lagoon Hill Zydeco

FEB 22nd

Jluv

MAR 22nd

Mama Smooth



FREE FAMILY  
EVENT

Pizza \$10

Cake for sale

Rosie 0438 261 974

## \*Food Assistance\*

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

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

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

**Wednesdays**  
**1pm - 3pm**

*Please BYO bags*



## PRIMROSE SANDS Community ACTIVITIES

### Playgroup

Mondays 10.30am to 12.30pm

### Bingo

Every Wednesday fortnight 30/1, 13/2, 27/2, 13/3, 27/3 and 10/4/2019

### 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

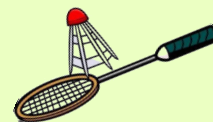
Indoor Carpet Bowling at Dodges Ferry  
Recreation Centre

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 COM-  
MUNITY CENTRE,

34 Hoffman St, Midway Point 7171

Enquiries Deb Cameron 0417161020



## Southern Beaches Coastcare

*Community Caring for Coast and Country*

Check out what we've been doing at:

[www.southernbeachescoastcare.org](http://www.southernbeachescoastcare.org)

Find us on [facebook.com/sbcoastcare/](https://www.facebook.com/sbcoastcare/)

We hold monthly working bees to care for the local environment  
and meet most months at Okines Community House to plan our  
activities. Contact us, become a member or join our email stream to  
receive notice of our activities and minutes of our meetings at:

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

C/- Post Office Dodges Ferry 7173

Or phone Gwen Egg on 0484 617 832



## 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

**BINGO**  
@  
**Primrose Sands  
Community Hall**  
**Every Wednesday  
Fortnight**

 **eyes down 7pm**  
**\$\$ Jackpots \$\$**

## 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





## 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)

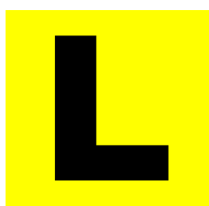
### **To be eligible for a loan you must:**

- \* 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.



**linc**Tasmania  
learn discover access

## **GET YOUR L1 Learner Licence @ Okines Community House**



### **Sit the L1 Test for car or motorbike**

I will sit with you during the test and  
Help to explain the questions in a way that  
YOU understand.

**Ages 16+ No Income limits**

**FREE Service**

**Contact Fiona on 0448 443 686 to book your Test!**

[www.linc.tas.gov.au](http://www.linc.tas.gov.au)



## **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:  
**540 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 - 9am to 2pm

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 11-1pm

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= \$1.00 each A3= \$2.00 each

**Black & White Photocopying/Printing:**

Using our paper A4 (1 side) = 20c

A3 (1 side) = 20c

Own paper A4 (1 side) = 10c

A3 (1 side) = 10c

**Colour Photocopying/Printing:**

Using our paper A4 (1 side) = 50c

A3 (1 side) = \$1.00

Own paper A4 (1 side) = 25c

A3 (1 side) = 50c

**Fax Machine:** To send a fax is 50c, Our Fax No. is 6265 7016 if you need to have anything faxed to you. The cost will be 20c for each page received.

**Scanning** To scan a document is a cost of 50c

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

**Please note small price increase**

**\* 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 Midway Pt 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

**PRIMROSE SANDS**

Monday 10.30am - 12.30pm

**LAUNCH INTO LEARNING**

SCHOOL PROGRAM

Contact Dodges Ferry Primary School on

6265 8116 for more information

**STEINER BASED PLAYGROUP**

Friday 10am – 12pm

No joining fee

\$2 per child (Please bring a piece of fruit to share)

Held at Okines Community House

**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.