



OKINES



Community House

Funded by the DEPARTMENT of COMMUNITIES TASMANIA

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

HAPPY ANNIVERSARY OKINES

This year marks the 20th anniversary of Okines Community House. It is timely to reflect that over the years Okines has become a focal point for people in the Southern Beaches community to work together on the things they want to do, and as a place that promotes and celebrates community strengths and achievements.

Okines helps build, support and strengthen the people and families in our community. It is a place of resilience and acceptance, allowing people to be themselves, enjoying the laughter but acknowledging that sometimes life can be about frustration, tears and anxiety and that's ok too.

At this time we are also thinking about the many

hundreds of people who over the years have been involved in various capacities, some of whom are no longer with us but remain fondly in our memories as contributing towards making Okines the wonderful space that it is today.

To celebrate this special occasion and as a thank you to our amazing community Okines will be inviting everyone to join us in May for a walk down memory lane and an afternoon of festivities with maybe a surprise or two thrown in to the mix. If you have any special memories of Okines that you would like to share with us please contact us, we would love to hear from you. Further details will be available closer to the date.

Mosaic workshops

Eating with Friends

Food Co-op

Youth events

Lantern Parade

Story-telling Festival

Volunteers

Printing, scanning, laminating

NILs

Food assistance

Cooking classes

Exercise classes

School holiday activities

Computer classes

Bus trips

Garden activities

Room hire

Soirees

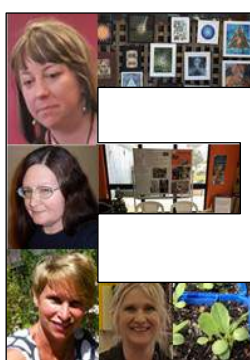
Advocacy

Markets

Referrals

Employees

Breakfast Club



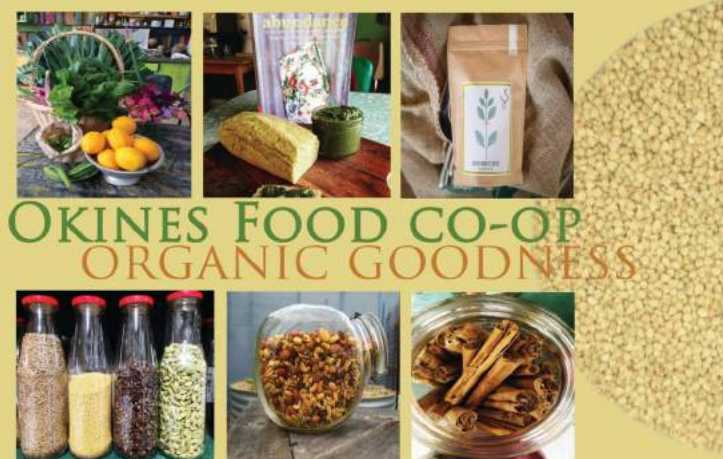
ABOUT THE NEWSLETTER

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.
Closing date for the next issue is
Friday 3rd of April, 2020

Did you know you can receive the Okines Newsletter by email? If you are interested please contact info@okinescommunityhouse.com.au



Food Co-op News



Membership renewals are due now. We would appreciate payment next time you shop. If you do not wish to renew please let us know ASAP. Keep an eye on our Facebook page for regular updates, new products and nutritional information.

"Who Gives A Crap" toilet paper just arrived, be kind to the environment by calling in to the Co-op & getting your supply today.

OKINES COMMUNITY HOUSE & GARDEN DODGES FERRY

OKINES FOOD CO-OP OFFERS:
BULK ORGANIC WHOLEFOODS
AFFORDABLE PRICES
REDUCED PACKAGING
LOCAL SHOPPING
SHOP IN STORE OR ORDER ONLINE

OPENING HOURS
TUESDAY 2-5PM
SUNDAY 9.30AM-12PM
1ST MONDAY OF THE MONTH 12PM-2PM

CONTACT US FOR MORE INFO.
email: okinesfoodcoop@gmail.com
<http://okinescommunityhouse.com.au/wpms/foodcoop/>
<https://www.facebook.com/okinesfoodcoop/?fref=ts>

New stock

- * **Hemp Seeds:** use in smoothies, cereal etc
- * **Maca Powder:** boosts immunity, increases energy, balances hormones
- * **Butter:** from Ashgroves in Tasmania- back in the fridge
- * **Organic Australian Pumpkin Seeds:** from Victoria
- * **Laundry Soaker**
- * **Honey:** bottled and ready to go.

Special Orders: We are happy to place orders for you of items we don't have as stock, but please collect them as soon as possible after they arrive as we don't have space in the co-op to store them.

Items needed:

1. **Jars and bottles:**
Clean jars/small bottles and lids. Please remove labels. Small coloured glass jars or bottles that can be reused for moisturiser and face serum would also be appreciated.

Upcoming events:

TWILIGHT MARKET: Friday 20th March 2020

We will need help with baking goodies to sell and set-up, serving and clean-up on the night. This is a great opportunity to promote your Co-op and raise funds for future improvements. Please let us know if you can assist.

ACTIVE MEMBERS NEEDED:

MORE CASHIERS OR CASHIER ASSISTANTS: for Sundays 9.30-noon and Tuesdays 2-5pm. You will only be required once a month and then, as an active member you will receive a 15% discount on all your purchases. **PLEASE LET US KNOW IF YOU CAN HELP OUT.** We cannot operate the co-op without our cashiers

Events and activities term 1, 2020

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 3rd Feb 2020 (8 weeks)

Class focuses on recovery/mobility and strength.

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

Commences 6th Feb 2020 (10 weeks)

Saturday: 9am to 10am (A foam roller class)

Last Saturday of the month

(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.



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 7.15pm

Fee: 10 week block \$160 casual \$18

Contact: Jackie on 0467 197 499 or 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 during school terms

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 low impact, suitable for all women and need no prior experience. Wear comfortable clothing. Bring towel or mat, and water.

STAYSTRONG - Tutor - Karyl Michaels

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

Venue: Okines Community House

Day: Tuesday, **Starts:** ongoing

Time: 6.15pm to 6.55pm **Fee:** \$10

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 **Time:** 7pm to 7.20pm **Fee:** \$5

Contact: Karyl on 0468 389 659

fizzicalfusion@gmail.com



WEDNESDAY

TAI CHI - Sue Duffy

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. Please wear comfortable clothing.

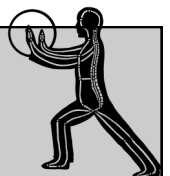
Venue: Okines Community House

Day: Wednesday during school terms,

Time: 10am to 11am

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

info@okinescommunityhouse.com.au



Events and activities term 1, 2020

WEDNESDAY

ORANGESKY LAUNDRY

Positively connects people in need through free laundry, showers with genuine and non-judgmental conversation. OrangeSky Laundry is available at Okines on Wednesdays each week.

No need to book, simply turn up with your laundry.



Venue: Okines Community House

Day: Wednesday ongoing **Time:** 11 am to 1pm

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 no membership fee, and books are organised through the LINC (State Library).



Venue: Okines Community House

Day: Second Thursday of the month - 13/2, 12/3 & 9/4/2020

Time: 12.00pm to 2.30pm, BYO plate of food to share

Contact: 6265 7016 or 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 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. Stay-Strong is a full body, low impact, strength training workout using dumbbells and choreographed to music. Tone and strengthen and increase everyday calorie burn.

Dumbbells provided.

Venue: Okines Community House

Day: Thursday: ongoing

Time: 6.15pm to 6.55pm **Fee:** \$10

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



THURSDAY

Fizzical Fusion STRETCH- Tutor Karyl Michaels

Improve flexibility, balance and coordination.

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 ongoing

Time: 7pm to 7.20pm

Fee: \$5

Contact: Karyl on 0468 389 659

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. Michael, 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
jessie@growoccupationaltherapy.com.au

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



Events and activities term 1, 2020

FRIDAY

EATING WITH FRIENDS

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

Venue: Okines Community House

Day: 28/2, 27/3, 24/4/2020

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.



PRESERVING WORKSHOP - Sue Metzler

Welcome to a wonderful day of preserving. Learn how to extend the season of our lovely summer produce. We shall have fun making pickles, chutney, and all manner of preserves. You get to take home a jar of all varieties made, along with a recipe and the skill to repeat at home. This is a hands on workshop so please bring an apron and a smile. A snack lunch is included.



Venue: Okines Community House

Date: Friday 21st February 2020 **Time:** 9am to 2pm

Fee: \$10 snack lunch included

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

International Women's Day

Join us in celebrating women's achievements, raising awareness against bias and taking positive actions towards bringing about equality.

WHAT: Women in Agriculture - a female perspective

WHEN: Tuesday 3rd March 2020

TIME: Please arrive at 5.30pm, speakers from 6pm

WHERE: Okines Community Garden, 540 Old Forcett Road, Dodges Ferry - adjacent to the Dodges Ferry Primary School.

RSVP: For catering purposes please let us know you will be attending by either phoning 6265 7016 or email: dig@okinescommunityhouse.com.au

Please note this is a **FREE** event.

Uncertain times for Food Assistance

Prior to Christmas Okines was notified that Loaves & Fishes had unfortunately been unable to secure Federal funding to continue their valuable food assistance program. It was a disappointing decision given the challenges many of Tasmania's vulnerable people face putting food on the table especially at what is typically a stressful time of the year.

Having become aware of the situation Rebecca White MP, Tasmanian Labor Leader and Labor Member for Lyons along with Brian Mitchell MP, Federal Member for Lyons stepped in providing Okines with funds to cover the Christmas period until a more permanent solution could be found. Okines is extremely grateful to both Rebecca and Brian for their proactive response to this situation and generous contributions which enabled us to provide food relief to many families in need.

Loaves & Fishes have since had a temporary reprieve and have been able to supply food to Okines along with other community organisations throughout January. A final decision on funding will be reached at the end of February. If you would like to have your say on emergency food relief in Tasmania we would encourage you to contact your local Federal member and lodge your concerns around this issue.



Events & Activities Calendar Term 1 - 2020

MONDAY

FROM WITHIN PILATES

9am to 10am, starts 3rd Feb. 2020, 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 7.15pm, cost \$18 per session, contact: Jackie Graham on 6265 7716

GARDEN TUCKER

Cooking from the garden every first Monday of the Month 11-1pm.

THURSDAY

FROM WITHIN PILATES

9am to 10am, starts 6th Feb. 2020, casual \$20, contact: Salome on 0437 405 213

OKINES BOOK CLUB

12pm to 2.30pm, 2nd Thursday of month, 13/2, 12/3, 9/4/2020 Contact: 6265 7016

FIZZICAL FUSION STAYSTRONG

6.15pm to 6.55pm, \$10 casual, contact Karyl on 0468 389 659

FIZZICAL FUSION – STRETCH

7pm to 7.20pm, \$5 contact Karyl on 0468 389 659

DIGNITY SUPPORTED GARDENING

Thursdays, 10.30am-1.30pm shared lunch provided

SENIOR BOWLS

12.45pm to 4pm Thursdays at Dodges Ferry Primary School Gym.

TUESDAY

FIZZICAL FUSION STAYSTRONG

6.15pm to 6.55pm, \$10 casual, contact Karyl on 0468 389 659

FIZZICAL FUSION STRIKE

7pm 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

INTERNATIONAL WOMENS DAY

5.30pm, Guest speakers commence at 6pm, Free event, Contact: dig@okinescommunityhouse.com.au

FRIDAY

EATING WITH FRIENDS

12pm to 2pm, 28/2, 27/3, 24/4/20, \$7 for 2 courses, Bookings essential: 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

PRESERVING WORKSHOP

9am to 2pm, 21st Feb. 2020, casual \$10, snack lunch included, contact: 6265 7016

SOAP MAKING WORKSHOP

10am, 3rd April 2020, contact: dig@okinescommunityhouse.com.au

OKINES BOARD MEETINGS

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

TWILIGHT MARKETS

5pm – 8.30pm

- Friday 21st Feb. 2020
- Friday 20th March. 2020

GARDEN SOIREE

Fridays from 5.30pm – 7.30pm

- 27th March 2020

WEDNESDAY

PAINTING

10.30am to 1.30pm, Cost \$5 per class includes morning tea – Let us know if you would like to be on a waiting list for this activity.

TAI CHI

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

LOAVES & FISHES FOOD ASSISTANCE

1pm to 3pm, every Wednesday

ORANGESKY FREE LAUNDRY SERVICE

11am to 1pm, Wednesdays.

BADMINTON

7.30pm Wednesdays at Dodges Ferry Primary School Gym.

WEEKEND

FROM WITHIN PILATES

9am to 10am, last Saturday of the month, casual \$20, contact: Salome on 0437 405 213

Garden News

It's been dry which creates trying conditions for gardening. Established fruit trees are able to eke out an existence and even produce delightful yields. In the vegetable garden, however, the story is different – particularly when most of us around here have sandy soil. Enriching soil with compost, biochar and applying a liquid fertiliser regularly are some of the best ways to build soil and plant health. Planting organic, heirloom and local seeds also helps. Lastly, observing your garden micro-topography is crucial: by planting into shallow, wide depressions, water movement is slowed enabling plants to take up precious water and avoiding runoff. Good luck with your own home gardens! If you'd like chat gardens, or want to join us for some of the great events we offer (below), swing by the gardens! Cheers - Sonja

After a short break, DIGnity is on again. You can find us in the garden on Thursdays from 10.30am-1.30pm. Come and volunteer your time in the gardens followed by a shared lunch, or just stop by for a cuppa! FREE.

Garden Tucker is on the first Monday of the month, and you're invited! Held in the garden space, Garden Tucker spends a few hours working together in the garden, followed by a shared meal largely sourced from the garden. Perfect for gardeners and food lovers! Next sessions are February 3rd, March 2nd and April 6th from 11am-1pm. FREE.

Clean Up Day – 7th February at 10am we will be meeting at the gardens for a walk around surrounding bushland to pick up rubbish. Shouldn't take that long, and we will end back at the gardens for a cuppa.

Soiree - Music and woodfired pizza kick off at 5.30-7.30pm on 21st February and 27th March. Join the community event on the lawns at the gardens. FREE (pizzas \$10).

Soap Making Workshop – April 3rd 10am. Learn how to make hot processed vegan soap using vegetable oils with Sonja.

Full Moon Weaving is taking a break for the next few lunar cycles...

VOLUNTEERS! We are always looking for people to help out and get involved in making these events happen and helping the garden grow. If this sounds like something you would like to do, please get in touch! Thanks!

ShareWaste

The Okines Community Garden are proud to announce that we are now an official ShareWaste recipient!

This means that you can bring your compostables (food scraps, animal manures, grass clippings, shredded paper etc.) to the compost bays at the gardens. We'd love to add it to our piles! You can even drop by regularly and witness your scraps' decomposition as our resident scrap loving bacteria transform your waste into piles of moisture holding, nutrient rich compost!

Any question? Just get in touch!



International Women's Day

Following on from last year's successful International Women's Day event, Okines will again this year be celebrating women's achievements, raising awareness against bias and taking positive actions towards bringing about equality.

For this year's event we encourage both men and women to come along and enjoy a panel of female guests exploring both the challenges and the opportunities facing women pursuing a career in agriculture. Among other notable speakers, the panel will include Nadia Dante previously of the iconic Fat Pig Farm along with Bec Kelley from Bream Creek Market Garden.

Along with an evening of fascinating conversation attendees will be provided with a complimentary glass of mulled wine and assorted snacks to enjoy.

WHAT: Women in Agriculture - a female perspective

WHEN: Tuesday 3rd March 2020

TIME: Please arrive at 5.30pm, speakers from 6pm

WHERE: Okines Community Garden, 540 Old Forcett Road, Dodges Ferry - adjacent to the Dodges Ferry Primary School.

RSVP: For catering purposes please let us know you will be attending by either phoning 6265 7016 or email: dig@okinescommunityhouse.com.au

Please note this is a **FREE** event.

Soirees

OKINES COMMUNITY GARDEN

Fridays
5.30-
7.30pm

Feb 21st
Steve Bond
Mar 27th
Terry Young

FREE FAMILY
EVENT
Pizza \$10

Rosie 0438 261 974

WE WASH HERE

OKINES COMMUNITY HOUSE
FREE LAUNDRY SERVICE

DAY: Wednesdays

TIME: 11am to 1pm

OrangeSky
Australia

orangesky.org.au/locations

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Battle of the Bands

Music, stalls food vans and guest speakers.

When: Saturday the 4th of April

Where: At Okines - 540 Old Forcett Rd, Dodges Ferry

Who: Youth aged 12-25 are encouraged to enter

How: Submit a video recording of yourself or your group to the Battle of the Bands Event Facebook page.

Semi-finalists will be chosen to perform live on the day.

Okines is partnering with RAW Tasmania, Sorell Council and Modern Musician in creating an all ages event courtesy of a grant from Department of Communities Tasmania.

Please follow us for more information on Facebook and at the house info@okinescommunityhouse.com.au

Kids rise and shine at Breakfast Club

Starts again in Term 1 on Tuesday 11th February 2020.



The Okines Breakfast Club in partnership with Dodges Ferry Primary School serves breakfast on Tuesday and Thursday mornings from 8.15am to 9.50am during school terms.

On offer, free of charge, is toast with a variety of spreads, cereal, milo and a fruit platter. The last Thursday of school terms includes pancakes.

Breakfast Benefits:

1. Provides energy & nutrients for growth, disease prevention and good health.
2. Improves alertness, focus and concentration.
3. Enhances mood and memory.
4. Sharing breakfast with others will often brighten your day.



Okines would like to gratefully acknowledge the support of the following businesses whose valuable contribution allows breakfast club to continue each week. We encourage you to support these businesses by choosing to shop locally whenever possible:

- **Richmond Bakery** - thank you for the donation of multiple loaves of bread each week.
- **Raine & Horne (Sorell Office)** - thank you for providing lovely fresh fruit on a weekly basis.
- **Bream Creek Dairy** - thank you so much to Bream Creek Dairy who have just come on board providing milk each week.

If it's your first time at Breakfast Club come up and say hello to one of the friendly staff or volunteers working in the kitchen



Twilight Market

The last of the Twilight Markets for this season is being held on the 20th March 2020 from 5pm. Markets will be back again in October 2020.



Okines Community House



TWILIGHT MARKET

5pm – 8.30pm

Friday 20th of March

Food Vans

Market stalls

Entertainment

info@okinescommunityhouse.com.au 03 62657016

Bushfire Recovery Sewing Bee.

During January Okines has been home to a very special kind of sewing activity by which volunteers have been sewing up native animal rescue pouches to assist with the overwhelming amount of animal care needed as a result of the devastating bushfires across the country.

Each Tuesday and Friday sewing machines, equipment, patterns and materials have been set up at Okines between 10am and 2pm. Volunteers set to work creating much needed animal pouches and wraps. Pouches have since been delivered to Bonorong Park where they will be distributed to wild life carers. So far we have made in excess of a 140 pouches, sewn and crocheted by over 30 volunteers, including children.

We would like to thank everyone that has been involved with the project; it has been a wonderful opportunity for the community to band together and meaningfully contribute in a desperate time of need. We are told that pouches are always needed regardless of the bush fire tragedy, so we will continue sewing on Tuesdays however Fridays have ceased. All pouches are being donated to Bonorong Helping Hands Project. They meet regularly and are always in need of fabric or people willing to sew. If you are interested in joining the cause then please contact Linda Torbone on 0422297053



Australia Day Award

Okines Community House was thrilled to be the recipient of this year's Sorell Council Australia Day Community Event of the Year Award for the 2019 Lantern Parade. This award was a lovely acknowledgement of the time and effort expended to create what has become a cherished event within the Southern Beaches community.

We would like to thank the many people involved in making this event such a success, as well as take the opportunity to congratulate the other nominees in this category.



Lantern Parade 2020

Planning for this year's Lantern parade will start to take shape in the next few months. We would like to invite interested community members to join our Sub Committee to help create this year's event. If you are interested in coming on board please contact our project officer Danelle Degrossi at Okines Community House.



Australia's Biggest Morning Tea



This year Okines Community House will again be hosting a Biggest Morning Tea Fundraising Event in support of the Cancer Council of Australia and its valuable work towards cancer research, prevention and support. This year's event is being held on Monday 25th May 2020.

On the day will be the usual gorgeous raffle, lucky door prizes, Best Hat, "The Quiz", and this year we invite you to either knit, crochet or FIND a teapot cosy for a cheerful display. Maybe you have granny's, aunty's or mum's you can bring. There will also be a prize for the most "unusual" teapot cosy. Raffle tickets will be 3 for \$2.

DODGES FERRY BUSH POETS BREAKFAST & BUSH DANCE

PLUS YARN SPINNER SESSION

9th February 2020

Three of Australia's best bush poets are coming to Dodges Ferry, Tasmania



Gary Fogarty
From Old



Jack Drake
From Old



Keith "Cobber" Lathbridge
From VMA

WHERE:

Okines Community House & grounds over to the Dodges Ferry Recreation Centre (School Gym)
Situated at 540 Old Forcett, Dodges Ferry TAS next to the local primary school.

WHEN:

- Breakfast - 7.30am (with country/bluegrass band Country Strangers)
- Poets Performance - 8.30am to 12.30pm
- Cold buffet luncheon
- Bush Dance - 2pm to 5pm (in the Gym with Steptoe Bush Band)
- Yarn Spinning Session - 6pm till 9pm

PRICE:

cost \$10
cost \$10
cost \$10
cost \$10
cost \$10

Tickets must be
booked & paid for
in advance

ENQUIRIES & BOOKINGS:

Phone: Cheryl 0438 881 065

Email: info.dodgesferrybushpoetsevent@yahoo.com

Facebook: dodgesferrybushpoetsevent@dodgestasmania

Website: infododgesferrybushpoetsevent.wixsite.com/mysite

- Guest appearance from "Michelle from Sorell" of Makebelieve Children's Entertainment -

This event is being supported by Rotary Club of Sorell & Dodges Ferry Sea Rescue with all profits going to their worthy causes.

Prana Yoga and Pilates



connecting body mind and spirit

The classes offer an integrated approach to mindful movement and will include asanas (postures), pranayama (breathing) and relaxation with particular emphasis on body awareness, correct alignment and the integration of movement with the breath. Increased physical vitality, emotional stability and clarity of mind are a natural consequence of a yoga practice. The practice of Yoga also helps relieve stress and reduce anxiety.

Mondays 6.30-7.45pm @ Okines Community House
Classes Starting Monday 17th February 2020
10 Week Pass \$160 Casual \$18

Jackie Graham is a qualified and experienced yoga and Pilates teacher with an extensive background in dance and somatic movement. She offers yoga and Pilates classes, workshops, individualized sessions and workplace wellness programs.

For bookings and enquiries contact

Jackie Graham 0467 197 499 / 6265 7716 E: jackiegraham@inet.com.au



D'FERRY FLICKS

Brought to you by
the Dodges Ferry Film Society

Presents:

Screenings 3rd Saturday
of the month

at the Dodges Ferry Primary School
6:30pm for 7pm start



Roma

(2018) R Drama 2h15min

Sat 18 Jan

A year in the life of a middle-class family's maid in Mexico City in the early 1970s.

Director: Alfonso Cuarón
Stars: Yalitza Aparicio, Marina de Tavira, Diego Cortina Autrey



Hampstead

(2017) PG Comedy, Drama, Romance 1h42min

Sat 14th Feb

An American widow finds unexpected love with a man living wild on Hampstead Heath when they take on the developers who want to destroy his home.

Director: Joel Hopkins
Stars: Brendan Gleeson, James Norton, Diane Keaton



Amy

(2015) R Documentary, Biography, Music

Sat 21st March

Archival footage and personal testimonials present an intimate portrait of the life and career of British singer/songwriter Amy Winehouse.

Director: Asif Kapadia
Stars: Amy Winehouse, Mitch Winehouse, Mark Ronson



Wild Tales


(2014) R Comedy, Drama, Thriller 2h2min

Sat 18th April

Six short stories that explore the extremes of human behavior involving people in distress.

Director: Damián Szifron
Stars: Darío Grandinetti, María Moril, Mónica Villa

Check for updates at
dferryflicks Facebook page



Business Tasmania
all your business needs in one place

Planning your regular financial commitments


Would you like to learn a straightforward five-step process to stay on top of your regular financial commitments? Business Tasmania in partnership with Australian Taxation Office will help you identify what your business financial responsibilities are, as well as practical help to plan for and meet your future commitments.

You will also find out about the range of free support Business Tasmania offers.

Date and venue:
20 February 2020
5:30pm to 6:45pm
South East Trade Training Centre
10 Forcett Street
Sorell

Register here www.bitc.ly/rfch2020
or call Business Tasmania on 1800 440 026

Department of State Growth



VALUED EMPLOYER, YOU'RE INVITED TO BE PART OF THE SOUTH EAST REGION'S LOCAL PEOPLE, LOCAL JOBS EXPO

WHEN
Tuesday March 17th, 2020
5:30pm – 7:30pm

WHERE
Sorell Memorial Hall
Cole Street, Sorell

FREE COMMUNITY EVENT

Kindly supported by





This is an opportunity for you as an Employer to:

- Be present with media coverage of the event,
- Receive free recruitment services/advice from the Employment Hub,
- Discuss local training opportunities for your employees,
- Educate the community about what jobs you will be recruiting for over the next 12 months and what you look for in an employee,
- Connect with local jobseekers.

RSVP - OPTION 1: BRIEF PRESENTATION OF YOUR BUSINESS AND TABLE AT EXPO. (PRESENTED BY YOU)

RSVP - OPTION 2: TABLE ONLY AT EXPO (NO BRIEF PRESENTATION ON YOUR BUSINESS)

Limited spaces available! Book your table by COB 31st January 2020 by emailing your preferred option to seehub@colony47.com.au or call Marinda on 0409 332 971 to discuss.

South East Employment Hub




Jazz by the Sea

LAGOON PARK OKINES

Sunday 23 February 2020 • 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

GOLD COIN DONATION FOR CAMKIDS CHARITY





Hosted by the Lions Club of Sorell




Welcome to a wonderful day of preserving!

Learn how to extend the season of our lovely summer produce. We shall have fun making pickles, chutney, and all manner of preserves, you get to take home a jar of all varieties made along with a recipe and the skills to repeat the recipes from home.

This is a hands on workshop so please bring an apron and a smile!

Friday 21 February 2020 9am – 2pm
\$10 - A snack lunch is included

Bookings: 62657016 or info@okinescommunityhouse.com.au

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 (Carlton) &
Fridays (Rebecca White's Office)
10am to 2pm

For information on any of these activities
Ph: 6265 8870



Playgroup

Mondays 10.30am to 12.30pm

Bingo

Every Wednesday fortnight

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

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

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



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



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 & Sunday.
Sorell Memorial Hall 7pm.
mid January – November.
Contact 6106 0071

VOLLEYBALL

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



Dodges Ferry Seniors Citizens

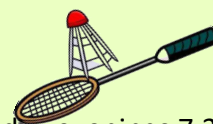
Indoor Carpet Bowling at Dodges Ferry
Recreation Centre

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

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

Find us on 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:

*In 2020 we will celebrate 20 years of habitat restoration on China
Creek at Jacks Flat Reserve. We need new recruits to help organise
working bees and events. Could this be you?!*

southernbeacheslandcoastcare@gmail.com

C/- Post Office Dodges Ferry 7173

Or phone Gwen Egg on 0484 617 832



MEN'S BREAKFAST

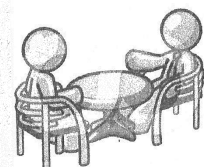
MEET - 3rd Wednesday of every month

GOOD COMPANY, GUEST SPEAKERS

WHERE - MEMORIAL HALL SUPPER ROOM, behind RSL, 7.15am for 7.30am START

\$5.00/head -ALL WELCOME

Enquiries - 0419876811 - Ian.



Supported by Rotary Club of Sorell

© Les Standish 11 www.OpenID.com/74175

Community Lending for Tasmanians



WHAT IS NILS?

NILS is the No Interest Loan Scheme.

We help low income Tasmanians get safe, fair and affordable loans.

- ✓ No interest
- ✓ No credit checks
- ✓ No fees or charges
- ✓ No worries!

AM I ELIGIBLE?

To qualify you must:

- Have a current healthcare card, pension card, DVA card or low income health care card.
- Have been at your current address for more than 3 months.
- Be able to repay a NILS loan.

WE DON'T

- Lend money for food, bills, rent or bond.
- Give you cash
- Lend money for second hand goods

Lend you \$300 to \$1,500 to buy new items and services, including:



Household Essentials like
fridges, washers, furniture



Education Essentials like
computers, school trips and
text books



Medical and Dental Essentials
like mobility equipment,
dentures and treatment costs



Car Care Essentials like
registration, tyres and repairs



Refugee Family Reunion
including visa fees and airfares



Family Violence Support
including removal costs and
security equipment

Minimum repayment
\$20 per fortnight

Call 1300 301 650
www.nilstasmania.org.au

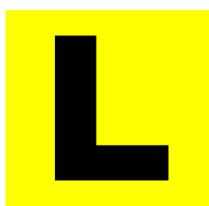


NILS Tasmania is proudly supported by:



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



BINGO
@
**Primrose Sands
Community Hall**
Every Wednesday
Fortnight
eyes down 7pm
BINGO
\$\$ Jackpots \$\$

MEN'S BREAKFAST

Memorial Hall Supper Room behind RSL, Sorell,
third Wednesday of each month
7.15am for 7.30am START. Phone 62481878
- Guest Speaker -
New members welcome.



OKINES COMMUNITY HOUSE INC
ABN: 99 433 272 191

For the community. By the community
www.okinescommunityhouse.com.au



Okines Community House Inc is located at:
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

Community Garden:

Monday - 9am to 2pm

Wednesday - 9am to 2pm

Thursday - 9am to 2pm

Friday - 9am to 2pm (from 23/8/19 onwards)

email: 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

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

Scanning

To scan a document is a cost of 50c

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 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

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.