



TERM 1, 2021

OKINES COMMUNITY HOUSE



Funded by the DEPARTMENT of COMMUNITIES TASMANIA

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



Are you making the most of your local community house?

Have you visited Okines lately and checked out the wide range of low cost activities, services and facilities on offer to the Southern Beaches community? Okines is one of 35 neighbourhood houses across Tasmania that is funded by the Tasmanian State Government to address various areas of need within local communities. Wherever you travel in the state you are welcome to call in for a visit to your local community centre. Whether it be meeting up for a coffee in the shade of the garden; immersing yourself in a therapeutic drumming circle; scanning or photocopying an important document; or perhaps receiving assistance with completing a No Interest Loan (NILS), Okines has you covered.

After last year's tumultuous events of Covid-19, Okines has planned some exciting activities to look forward to in 2021.

A grant from Tas Keno has enabled the extremely popular Food For Thought monthly speaker & dinner evenings to continue in March, with a discussion around ethical meat growing and consumption. Funding from the Commonwealth Bank has assisted in providing ongoing sewing workshops and with a donation from the Lewisham Tavern Social Club a box trailer has been purchased for community hire. Sincere thanks goes to each of these organisations as their valuable support goes directly towards assisting the local community.

Also in this newsletter, keep an eye out for details about an upcoming two-day sourdough bread making course with Sue Metzler, a "Moving Creature" series of workshops, another Permaculture Course coming soon and the yearly Jazz by the Sea concert event on later this month.

OKINES RECEIVES AUSTRALIA DAY AWARD 2021



Okines Community House Board Member & Volunteer Alison Sare accepting the Community Group of the Year Award from Mayor Kerry Vincent.

Okines Community House was recognised by the Sorell Council for its significant and ongoing contribution to the strength and vibrancy of the local community by winning the "Community Group of the Year" Australia Day Award 2021.

Despite the pandemic Okines Community House Staff and volunteers continued to provide essential services to the local community throughout 2020 and must be congratulated on their superb efforts. Congratulations also to the other recipients and nominees of the Australia Day Awards.

In particular, Okines would like to acknowledge Linly Wiggins for his nomination for Australia Day Citizen of the Year. Although he did not take out the top prize this time around he is certainly a winner in Okines' books. As a long standing volunteer at Okines, Linly sets the bar extremely high with his invaluable service to the house, garden, and co-op. Whether it be tricky jobs, heavy lifting, long hours, technical advice or words of wisdom and a happy smile on a challenging day, Linly does all that and much, much more.

Linly's volunteer role extends far beyond his work with Okines, as you will often find him helping out others throughout the local community and beyond. Driving lessons, gardening, deliveries, or a place to stay, Linly has been an amazing support for so many people and words cannot fully describe the positive contribution he has made throughout his community. Well done Linly, it is the contribution from people like you that make this community a wonderful place to live.



Volunteer Linly Wiggins nominated for an Australia Day Citizen of the Year Award



OKINES COMMUNITY GARDEN

Summer is well and truly here according to the calendar although the weather outside makes one question the season. The temperature has been very mild but is punctuated occasionally with a few days around the 30s - just enough to remind us it is summer.

In the garden we had a delicious harvest of berries and cherries in December, snow peas, tender carrots and salad greens too. We've had a handful of ripe tomatoes, but due to the cooler weather we're patiently waiting for them to ripen, along with other summer crops like corn and pumpkins.

We harvested a solid crop of garlic of multiple varieties, including late cultivars including Spanish Roja, Messidrome and King Island Creole as well as the early season classic "Tassie Purple". We're looking to expand garlic production over the next season. A good haul of potatoes (Dutch Cream, Kind Edwards and Pink Eyes) have been harvested and will be incorporated in our garden menu should you attend one of our events, such as Garden Tucker on the first Monday of the month.

We're currently hosting a trial of an introduced Dung Beetle to see how it performs on sandy soils. In November, 50 beetles were released in a cage at the gardens and fed organic cow dung during their active life cycle. Researcher Andrew Doube joined us on the 1st Feb during Garden Tucker for a talk on the benefits of dung beetles, and his research.

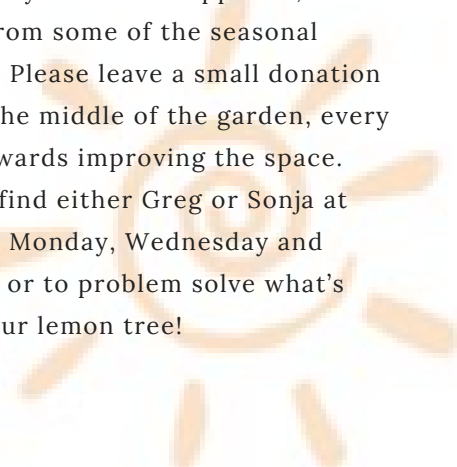


The weather was fabulous for the first garden tucker of 2021 with everyone making the most of the new table in the garden/kitchen space (thanks very much to the DIGnity team for the purchase of this table).

We're looking forward to offering a permaculture workshop series, co-hosted by Goodlife Permaculture, over the coming months. Watch this space for the offerings which will be announced soon.

And, as usual, anyone is welcome to wander into the garden anytime for a cuppa tea, a weed or a feed from some of the seasonal veggies growing. Please leave a small donation in a red pole in the middle of the garden, every little bit goes towards improving the space.

You can always find either Greg or Sonja at the gardens on a Monday, Wednesday and Friday for a chat or to problem solve what's going on with your lemon tree!



Okines Food Co-op News

Okines Food Co-op back in full swing

Our Food Coop is up and running for 2021. We open on Sundays from 9.30am-12.30pm, Tuesdays from 2-5pm and the first Monday of the month during Garden Tucker lunches. We are glad to be stepping into the new year, with a few developments on the horizon.

Our inventory is always evolving according to demand. We are continuing our cash-free operation to ease the pressure on our wonderful volunteer cashiers. Credit card facilities are available. We also hope to complete the final touches of our new extension work. If you are handy and have a spare afternoon, please get in contact about volunteering to help with this. If you are interested in helping out but aren't confident with a hammer, there are volunteer opportunities in the following roles:

- Christmas cake and pudding cooking
- General stock and shop maintenance
- Cashiering
- Cashier Assistance
- Jar Sterilizers and recipe book organisers

By volunteering you can enjoy, not only the friendly Okines atmosphere, but also a 15% discount when purchasing your food and bulk products. We love our volunteers! Please contact Okines if you're interested at okines.food.coop@gmail.com or check us out at:

<http://okinescommunityhouse.com.au/wpms/foodcoop/>

<https://www.facebook.com/okinesfoodcoop/>



It's zucchini season, so here is a light recipe from DreenaBurton.com. It is free of gluten, oil and animal products so hopefully all can enjoy a few with a salad or on a burger.

Ingredients

- 3 cups grated zucchini
- 3/4 - 1 cup chickpea flour
- 1 tbsp lemon juice
- 1 tbsp tahini
- 1 tsp dijon mustard (optional)
- 3-4 tbsp chives or sliced spring onion greens
- 1/2 tsp salt
- 1/2 tsp dill, cumin or fennel seed
- freshly ground black pepper to taste
- balsamic vinegar drizzle

Instructions

1. Combine all ingredients (first whisk together the tahini, lemon juice and dijon) until you have a uniform mixture. The chickpea flour will absorb the moisture released by the zucchini. Allow mixture to sit for 15-20 minutes.
2. Heat a non-stick skillet to medium-high. Use an ice cream scoop to measure the mix, and transfer level scoops to your skillet. Use a spatula to flatten into a fritter shape on the pan.
3. Once golden brown and set, remove and serve with vinegar immediately. Makes 7-8 fritters.
4. You can also serve with a dressing of your choice: eg yogurt/tahini/lemon/garlic or sweet chilli.

A GUIDE TO ACTIVITIES AND SERVICES AT OKINES

We kindly request that you follow all social distancing requests and maintain good hygiene habits when attending activities at Okines. When using the Okines space, your support in following the guidelines as instructed by your group leader is greatly appreciated. You will also find guidelines indicated on the signage around the house.

- 1 - Each room is limited to a max number of people and physical distancing requirements are still in place.
- 2 - On entering the building each person must sanitise their hands and sign in with their contact details.
- 3 - Each group is responsible for cleaning up after themselves, and sanitising all chairs, tables and surfaces that they have used.
- 4 - If you are showing signs of flu like symptoms such as a fever, coughing, or shortness of breath it is imperative that you not enter the building or attend activities. Prior to attending an activity we strongly recommend that you make contact with either the staff at Okines or the group leader of your activity to allow them to confirm numbers.

MONDAY - 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

MONDAY - GARDEN TUCKER

Cooking in the garden every first Monday of the month.

Venue: Okines Community Garden
Day: 1st Monday of the month
Starts: 1/2/2021
Time: 11am to 1pm Fee: no cost
Contact: dig@okinescommunityhouse.com.au

MONDAY- YOGA FLOW WITH 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.

Day: Mondays
Time: 6.30pm to 7.30pm, Fee: \$18 per week
Venue: Okines Community House
Contact: Jackie on 0467 197 499

MONDAY - COUNSELLING

Free counselling sessions are available. Sessions can be over the phone or face to face, whichever you prefer. **Bookings are essential.**

Day: Mondays
Time: 10am to 3pm - 1hr free sessions
Venue: Okines Community House
Contact: 6265 7016 or email:
info@okinescommunityhouse.com.au

TUESDAY - FROM WITHIN PILATES - Tutor Salomé Rosa

This class focuses on recovering mobility, strength, and balance. Participants will use a dowel, small ball, and other props.

Day: Tuesday (Thursday class also available)
Starts: (Tues) 2/2/2021 Time: 9am to 10am,
Fee: (Tues) \$135 - 9 weeks (no class 16/3/2021)

Casual rate \$20 per class
Venue: Okines Community House
Contact: Salome 0437 405 213

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

*Please bring an exercise mat

TUESDAY - CARD GROUP

This group meets every Tuesday to play cards, come along to meet new people and enjoy a laugh and a chat.

Day: Tuesdays Starts: 2/2/2021
Time: 1pm to 3pm, Fee: \$2
Venue: Okines Community House
Contact: info@okinescommunityhouse.com.au

A GUIDE TO ACTIVITIES AND SERVICES AT OKINES

TUESDAY - RHYTHM & BEACHES COMMUNITY SINGING GROUP

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

Day: Tuesdays Starts: 9/2/2021
Time: 7pm to 9pm, Cost: \$5
Venue: Okines Community House
Contact: M Haynes 0417 462 310

TUESDAY - FIZZICAL FUSION FITNESS CLASSES - TUTOR KARYL MICHAELS

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

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.

Day: Tuesdays ongoing
Time: 6.15pm to 6.55pm, Cost: \$5
Venue: Okines Community House
Contact: Karyl on 0468 389 659 or email
fizzicalfusion@gmail.com

STRIKE

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.

Day: Tuesdays ongoing
Time: 7pm to 7.20pm, Cost: \$5 per week
Venue: Okines Community House
Contact: Karyl on 0468 389 659 or email
fizzicalfusion@gmail.com

WEDNESDAY - TAI CHI

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.

Day: Wednesday
Start: 3/2/2021
Time: 10am to 11am Cost: \$5
Venue: Okines Community House
Contact: 6265 7016 or
info@okinescommunityhouse.com.au

WEDNESDAY - PARENT SUPPORT GROUP

Local resident Mandy is starting a support group to offer each other validation, support, sharing of ideas, a supportive environment and friendship for parents, carers and others who support children and teenagers with Autism, ADHD, anxiety and conduct behaviours. If there is enough interest regular guest speakers would be arranged.

Day: Wednesday
Start: 17/2/2021
Time: 7pm Cost: Gold coin donation
Venue: Okines Community House
Contact: Mandy 0478 293 706

THURSDAY - FROM WITHIN PILATES - Tutor Salomé Rosa

This class will include moves that will strengthen and tone your entire body; using the soft foam rollers, band, and a few other props as Salomé sees fit.

Day: Thursday (Tuesday class also available)
Starts: (Thurs) 4/2/2021
Time: 9am to 10am,
Fee: (Thurs) \$120 - 8 weeks (no class on 11/3 & 18/3/2021)

Casual rate \$20 per class
Venue: Okines Community House
Contact: Salome 0437 405 213

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

*Please bring an exercise mat

THURSDAY - DIGnity GARDENING PROGRAM

DIGnity supported gardening is on again in the Community Garden Thursday (fortnightly) from 10.30am - 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.

Day: Thursdays (Fortnightly)

Starts: 18/2, 4/3, 18/3, 1/4, 15/4 & 29/4

Time: 10.30am to 1.30pm

Venue: Okines Garden Contact: Hannah via email dignity.garden@gmail.com

THURSDAY - FIZZICAL FUSION STAYSTRONG - TUTOR KARYL MICHAELS

Stop resisting exercise and add resistance to your workout. Fizzical Fusion Stay-Strong is a full body, low impact, strength training workout using dumbbells and choreographed to music.

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

Day: Thursdays ongoing

Time: 6.15pm to 6.55pm, Fee: \$5

Venue: Okines Community House

Contact: Karyl on 0468 389 659 or email 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.

Day: Thursdays ongoing

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

Venue: Okines Community House

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

THURSDAY - OKINES BOOK CLUB

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).

Day: Every 2nd Thursday Time: 12pm to 2.30pm

Venue: Okines Community House

Contact: 6265 7016

THURSDAY - MOVING CREATURE WORKSHOPS

Moving Creature is a series of printmaking classes for both adults and children. John Robinson has a wealth of experience in the printing & arts industry, having created his own studio in Lindisfarne. He will take participants through screen printing, lino cutting and drypoint prints. Depending on interest there will be the opportunity to extend these sessions beyond March to include Japanese Book Binding as well.

Kids – Make your own rubber stamp

Date: Thursday 11th February

Time: 3.30pm - 5.30pm

Cost: \$15

Kids – Milk Bottle Drypoint prints

Date: Thursday 18th February

Time: 3.30pm - 5.30pm

Cost: \$15

Adults – Make your own rubber Stamp

Date: Thursday 11th February

Time: 6pm - 8.30pm

Cost: \$30

Adults – Screen print your own T-Shirt design (BYO T-Shirt).

Date: Thursday 18th February

Time: 6pm - 8.30pm

Cost: \$30

Adults – Lino Cut for Learners – x 2

Date: Thursday 11th & 18th March

Time: 6pm - 8.30pm

Cost: \$60

Adults – Screen print your own T-Shirt design (BYO T-Shirt).

Date: Thursday 25th March

Time: 10am - 1pm

Cost: \$30

Contact: to book a spot please phone 6265 7016 or email info@okinescommunityhouse.com.au

All classes either in Okines Community House or the Garden weather permitting. Wear some clothes that can get inky for all classes.

Moving Creature Studio is a printmaking studio in Lindisfarne. They run classes for Adults and Children. John Robinson has taught at University, TAFE and locations around Tasmania.

www.movingcreaturestudio.com

A GUIDE TO ACTIVITIES AND SERVICES AT OKINES

FRIDAY - FOOD FOR THOUGHT

A monthly series of thought provoking evenings which aims to nourish bellies and minds with local food and local speakers - focused on mental well-being, local food security and community connections. The upcoming evening in March features Iain and Kate Field from Leap Farm and Tongola Cheese. The topic of discussion will be "Ethical meat growing and consumption - How do we eat meat well?"

Date: 5th March

Time: 6pm to 8pm

Cost: \$15 includes dinner

Venue: Okines Community House

Contact: 6265 7016 or email

info@okinescommunityhouse.com.au

FRIDAY - COOKING CLASSES

This is a series of cooking workshops that celebrates the cultural diversity of our community. These classes are always popular so please book early to avoid missing out.

Thai/Vegetarian cooking with Renee

Date: 19th Feb 2021

Time: 10 am to 3 pm

Cost: \$10 lunch included

Malaysian/Vegetarian cooking with Renee

Date: 12th March 2021

Time: 10 am to 3 pm

Cost: \$10 lunch included

Spanish Vegetarian & seafood cooking with Carlos

Date: 23rd April 2021

Time: 10 am to 3 pm

Cost: \$10 lunch included

Contact: to book a spot please phone 6265 7016 or email info@okinescommunityhouse.com.au

Okines is always looking for tutors to share their skills, so if you or someone you know would be interested please contact us at info@okinescommunityhouse.com.au

FRIDAY - EATING WITH FRIENDS

Eating with Friends brings together people for a social occasion to enjoy a nutritious two course meal with friends - Bookings essential. Please advise of any special requirements at time of booking.

Day: last Friday of the month

26/2, 26/3 and 30/4/2021

Time: 12pm to 2pm

Cost: \$7 for a 2 course meal

Venue: Okines Community House

Contact: 6265 7016 or email

info@okinescommunityhouse.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.

Day: Every Friday of the month

Time: 10am to 3pm Fee: \$3

Venue: Okines Community House

Contact: Eileen 6265 8472 or Brian 0487 380 296

SATURDAY - SUMMER HERBAL WORKSHOP

This introductory hands-on herbal workshop is run by Dodges Ferry based herbal pharmacist Dr Kaja Skraskova of Herbae Thylacini. The summer edition of what will be a seasonal event will focus on sensoric exploration of medicinal plants underpinned by a selection of practical examples. Kaja will talk about common medicinal uses of herbs growing in the Okines Community Garden and will introduce various types of herbal medicines. The workshop will conclude with hands-on crafting of a couple of summer herbal remedies that the participants can take home.

Day: Saturday 6th February 2021

Time: 10am to 12pm

Cost: \$20

Venue: Okines Community House

Contact: 6265 7016 or email

info@okinescommunityhouse.com.au

ACTIVITIES AND SERVICES AT OKINES

SATURDAY/SUNDAY- SOURDOUGH BREADMAKING WITH SUE METZLER

Join Sue to learn the art of making sourdough. In this 2 day workshop you will learn leaven and starter culture basics as well as take home a starter culture and loaf.

Day 1: Saturday 13th March 2pm to 4pm

Day 2: Sunday 14th March 9am to 2pm

Cost: \$40 (includes lunch on day 2)

Venue: Okines Community House

Contact: 6265 7016 or

info@okinescommunityhouse.com.au

GOODLIFE PERMACULTURE

Goodlife Permaculture & Okines Community House are partnering to provide an opportunity for the South East Tasmanian region to learn the incredible life changing principles and practice of Permaculture at Okines Community Garden. The course will run on Saturdays for 6 weeks from May 2021. Dates are to be confirmed and will be advertised soon.

IN OTHER NEWS

Due to popular demand painting group on Wednesdays, and the 6 week Women's Drumming Circle are booked to capacity.

Another round of drumming circle may be offered in the near future - watch this space.

NO INTEREST LOANS

Appointments are available at Okines for assistance with NILS loan applications. Please contact NILS directly on 1300 301 650 or via the website www.nilstasmania.org.au to register in the first instance.

When attending NILS appointments, please bring original quotes and 3 months of bank statements.

SHAREWASTE AT OKINES COMMUNITY GARDEN

Okines is 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 garden.



No Interest Essentials Loans

- ▶ Car repairs
- ▶ Fridges & freezers
- ▶ Computers & tablets
- ▶ Home furniture
- ▶ Medical & dental services
- ▶ Ask us!

No interest loans
up to \$1500

No credit checks

Minimum repayment
\$20 per fortnight

Call 1300 301 650

www.nilstasmania.org.au

Area Connect

Is transport stopping you from working or training? Not anymore! Area Connect is here! Area Connect is a free bus service (a pilot project) to support locals of the South East with transport to and from work or a training course! Elaine is the Coordinator/Driver for the South East region and will get you to where you need to be.

This is a great short term solution for those who need it, Talk to Elaine on 0439038114 if you need to book in transport.



OKINES ACTIVITIES TERM 1, 2021

PLEASE ADVISE US IF YOU ARE UNABLE TO ATTEND AN ACTIVITY THAT YOU HAVE BOOKED IN FOR AS WE HAVE PEOPLE ON WAITING LISTS ABLE TO TAKE YOUR PLACE.

MONDAY

CRAFT CLUB

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

COUNSELLING

10am to 3pm on Mondays only. Sessions are free, bookings essential, contact: 6265 7016

DRUMMING CIRCLE

6.30pm to 7.30pm - APOLOGIES NO SPACES CURRENTLY AVAILABLE

YOGA FLOW

6.30pm to 7.30pm, please contact: Jackie for more information on 0467 197 499

GARDEN TUCKER

Cooking in the garden every first Monday of the month, contact: dig@okinescommunityhouse.com.au

TUESDAY

FROM WITHIN PILATES

9am to 10am, commencing 2 Feb 2021, \$135 (9 weeks no class on 16/3) Casual rate \$20 per class, contact: Salomé on 0437 405 213 or motionfromwithin@gmail.com

CARD GROUP

Weekly card group, 1pm to 3pm, contact: via email info@okinescommunityhouse.com.au

RHYTHM & BEACHES COMMUNITY SINGING GROUP

7pm to 9pm \$5, contact: M Haynes: 0417 462 310

FIZZICAL FUSION STAYSTRONG

6.15pm to 6.55pm, \$5 casual, contact Karyl on 0468 389 659

FIZZICAL FUSION STRIKE

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

WEDNESDAY

PAINTING GROUP

10.30am to 1.30pm - APOLOGIES NO SPACES CURRENTLY AVAILABLE

FOOD ASSISTANCE

1pm to 3pm on Wednesdays

TAI CHI

10am to 11am, \$5 per class, contact: 6265 7016

PARENT SUPPORT GROUP

7pm, 17th February 2021, Gold coin, contact Mandy on 0478293706

ORANGE SKY LAUNDRY IS NOT AVAILABLE UNTIL FURTHER NOTICE

THURSDAY

OKINES BOOK CLUB

12pm to 2.30pm, 2nd Thursday of the month, next 11/2/2021, contact: 6265 7016

DIGNITY GARDENING

10.30am to 1.30pm Thursdays fortnightly 18/2, 4/3, 18/3, 1/4, 15/4, 29/4, shared lunch provided.

FIZZICAL FUSION STAYSTRONG

6.15pm to 6.55pm, \$5 casual, contact Karyl on 0468 389 659

FIZZICAL FUSION STRETCH

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

MOVING CREATURE PRINT

Adults 6pm to 8.30pm 11/2, 18/2 (\$30) & 2 sessions on 11 & 18/3 (\$60), Kids 3.30pm to 5.30pm, 11/2 & 18/2 (\$15) contact: 6265 7016

FROM WITHIN PILATES

9am to 10am, commencing 4 Feb 2021, \$120 (8 weeks no class on 11 & 18/3) contact: Salomé on 0437 405 213

FRIDAY

EATING WITH FRIENDS

12pm to 2pm, last Friday of the month, \$7 for 2 courses contact: 6265 7016

FOOD FOR THOUGHT

6pm to 8pm 5/3/2021, \$15 includes dinner, bookings essential contact: 6265 7016

SOUTHERN BEACHES SPINNERS & FIBRE GROUP

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

THAI, MALAYSIAN AND SPANISH COOKING CLASSES

10am to 3pm, 19/2, 12/3 & 23/4, \$10 per class, includes lunch, contact: 6265 7016

OKINES BOARD OF MANAGEMENT MEETINGS

Third Friday of every month, meeting starts at 9.30am.

OTHER

SOURDOUGH BREADMAKING

2 day workshop, Saturday 13/3 2pm to 4pm & Sunday 14/3, 9am to 2pm, \$40 includes lunch on day 2, bookings essential contact: 6265 7016

GARDEN SOIREE

5.30pm to 7.30pm, Saturday 20th February 2021 followed by Film Society Screening in the Garden of Sexy Beast 8pm

SUMMER HERBAL WORKSHOP

10am to 12pm, Saturday 6/2 \$20, bookings essential, contact: 6265 7016



Neighbourhood Watch
Tasmania

SOUTHERN BEACHES NEIGHBOURHOOD WATCH

Our Southern Beaches Neighbourhood Watch has now been in operation for several months. We are a group of local people who wish to see our area become an even safer and more pleasant place to live in than it is already. We are a forum which may receive complaints, but we cannot solve them ourselves. We are vigilant, but we are not vigilantes. We encourage all people in our area to be good neighbours so that our community may be connected and inclusive.

If you wish to join our Neighbourhood Watch or make contact for any other reason, you may find us on Facebook, email us at southernbeachesnhwa@gmail.com or phone 0418 124 804.

In October, our Neighbourhood Watch ran a Cuppa with a Cop at the Primrose Sands Community Hall. A number of local people attended and they had the opportunity to meet Acting Inspector Ben Duffey and discuss their concerns.

In November, our Neighbourhood Watch conducted a forum at Okines Community House. This was attended by civic leaders, the police, religious leaders and the principals of two local schools. We considered issues affecting youth in the Southern Beaches area.

Reminder: If you are aware of a crime being committed, please ring Tasmania Police on 13 1444; you need to state your name.

Alternatively, you may contact Crime Stoppers on 1800 333 000 and you do not need to leave your name. When you are aware of a crime being committed, it is valuable to the police if you film it. When a car is involved, it is useful to the police if you record the registration number and the make and colour of the vehicle.

A hint:

The police often say "lock it or lose it." It is a good idea to lock doors and windows when leaving the house. Sheds and basements should normally be kept locked. Keep cars locked as well, and objects in them should be placed out of sight. This is especially important when cars are left in carparks.

Trailer Hire

MINIMAL FEE

Need to do a quick trip to the tip or pick up delivery but you don't have a trailer? Look no further. A welcome donation from the Lewisham Tavern Social Club, has enabled Okines to purchase a trailer for the community to hire. Some basic conditions do apply.

For bookings and hire fee information please contact Okines office on 6265 7016 or email us via:

info@okinescommunityhouse.com.au



2 DAY SOURDOUGH WORKSHOP

Join Sue @

Okines to learn

the art of making **sourdough**

Learn leaven and starter culture basics
Take home a starter culture and loaf

MARCH 2021

13TH 2PM - 4 PM

14TH 9AM - 2PM

\$40PP
INCLUDES LUNCH
ON DAY 2

FOR MORE
INFORMATION AND
BOOKINGS:
CALL 62657016





**COOKING
CLASSES @ OKINES
COMMUNITY
HOUSE**

**JOIN US TO CELEBRATE THE
CULTURAL DIVERSITY OF OUR
COMMUNITY BY LEARNING
SOME NEW FLAVOURS!**

#1

**Thai
Vegetarian
cooking with
Renee**

**19th Feb
10 am to 3 pm**

#2

**Malaysian
Vegetarian
cooking with
Renee**

**12th March
10 am to 3 pm**

#3

**Spanish
Vegetarian and
seafood
cooking with
Carlos**

**23rd April
10 am to 3 pm**

**JOIN US FOR DELICIOUS AND SIMPLE WHOLEFOOD
COOKING CLASSES
COME TO ONE OR ALL!
\$10 PER CLASS
INCLUDES LUNCH**

**FOR BOOKINGS AND INFO: 6265 7016
INFO@OKINESCOMMUNITYHOUSE.COM.AU**


Okines Community Garden Soirées 2021

live music

**food from the wood-fire oven
and BYO picnic**

 **free family-friendly event**

**Saturday 20th Feb
5:30-7:30 PM**

 **& film night from 8PM
movie: Sexy Beast
MA 15+**

**Would you like to volunteer or
perform? Contact:
okinessoires@gmail.com
6265 7016**



HERBAE THYLACINI

SUMMER HERBAL WORKSHOP

Old
& New Teachings about
Medicinal Plants

Saturday 6th of Feb 2021 10 - 12
\$20 per pp

This introductory hands-on herbal workshop is run by Dodges Ferry based herbal pharmacist Dr Kaja Skraskova of Herbae Thylacini. The Summer edition of what will be a seasonal event will focus on sensoric exploration of medicinal plants underpinned by a selection of practical examples.

Kaja will talk about common medicinal uses of herbs growing in the Okines Community Garden and will introduce various types of herbal medicines.

The workshop will conclude with hands-on crafting of a couple of summer herbal remedies that the participants will take home.

Please contact Okines Community House for bookings:
6265 7016

info@okinescommunityhouse.com.au

Printmaking classes

for adults & Kids - with

@ Okines from Jan 2021

Moving Creature Studio

KIDS - T-SHIRT SCREEN PRINTING FRIDAY 22ND JANUARY, 10AM - 2PM \$15

Learn about designing and printing onto your own T-shirt with a one colour design. We will create the stencils in the screen and then print onto a T-shirt. BYO T-shirts, bring a few. All inks and other materials supplied. Wear some clothes that can get inky..

KIDS - MAKE YOUR OWN RUBBER STAMP THURSDAY 11TH FEBRUARY 3.30 - 5.30PM \$15

We will design and cut a rubber stamp that can be printed from either with a stamp pad or rolled up with a foam roller. We will be using Lino cutting tools to cut the stamps. Wear some clothes that can get inky.

KIDS - MILK BOTTLE DRYPOINT PRINTS THURSDAY 18TH FEBRUARY 3.30 - 5.30PM \$15

Using recycled plastic milk bottles, we will scratch a design into the plastic, apply ink and squeeze it through an etching press with paper and end up with your own fantastic Drypoint print.

ADULTS - MAKE YOUR OWN RUBBER STAMP THURSDAY 11TH FEBRUARY 6 - 8:30PM \$30

Make your own stamp to print onto paper or fabric. Using easy carve rubber blocks and lino cutting tools. Create a stamp that can be printed onto paper or fabric. Suitable for a repeat pattern. All materials supplied except for fabrics. T-shirts or other fabrics to be supplied by participants

ADULTS - SCREEN PRINT YOUR OWN T-SHIRT DESIGN. THURSDAY 18TH FEBRUARY 6 - 8.30PM \$30

Prepare a design onto a screen using hand painted block out. Print onto t-shirts, tote bags or other small length of fabric. Second screen of block colour will be available for pre printing. All materials supplied except for fabrics. T-shirts or other fabrics to be supplied by participants.

ADULTS - LINO CUT FOR LEARNERS - X 2 THURSDAY 11TH & 18TH MARCH 6 - 8:30PM \$60

Learn basic skills of linocut. Designing and printing a one colour print. First session - Cut and print a set design to understand the options available, then start own design and carve, ready for second session. Second session - Finish carving then printing with the option of trying a second colour print from a pre-prepared lino block. All materials supplied

All classes either in Okines Community House or the Garden weather permitted.

Wear some clothes that can get inky for all classes.

Moving Creature Studio is a printmaking studio in Lindisfarne. They run classes for Adults and Children.

John Robinson has taught at University, TAFE and locations around Tasmania.

WHAT'S ON IN YOUR COMMUNITY

Okines Breakfast Club 2021

The Okines Breakfast Club in partnership with Dodges Ferry Primary School serves breakfast on Tuesday and Thursday mornings from 8.30am to 9.50am during school terms. Commencing Tuesday 9th February, toast with a variety of spreads free of charge will be available. The last Thursday of school terms includes pancakes.

Interested in volunteering at Breakfast Club? Please ph: 6265 7016 or email info@okinescommunityhouse.com.au



Okines would like to gratefully acknowledge the support of the the local Richmond Bakery who donate multiple loaves of bread each week.



Food Assistance

Wednesdays 1pm - 3pm

at Okines Community House

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.

PLEASE BYO
BAGS



Food For Thought Friday 5th March 6 to 8 pm

How do we eat meat well?

Ethical meat growing and consumption forum - with Iain and Kate Field from Leap Farm and Tongola Cheese @ Okines



\$15 pp includes dinner
Info and bookings call 6265 7016



Okines Community House Inc.

FREE PHONE COUNSELLING FOR OUR COMMUNITY

- Free 1 hour sessions or just a quick chat
- In the privacy of your own home
- Conducted by a qualified experienced counsellor
- 10-3 Mondays each week

Bookings essential, no referral necessary

Phone: 03 6265 7016 or info@okinescommunityhouse.com.au



WHAT'S ON IN YOUR COMMUNITY



Jazz by the Sea

LAGOON PARK OKINES
Sunday 28 February 2021 • 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

CAMKIDS
 The Cambodian Children's Charity

Hosted by the Lions Club of Sorell

SORELL MEMORIAL HALL
 49 COLE STREET, SORELL

SORELL COMMUNITY MARKET

The Sorell Community Market is back, come along and pick up a bargain. From fruit and vegies to toys and books, fashion and jewellery as well as honey, preserves, plants, succulents and much, much more.



8 am - 1 pm

- | | |
|--------------------------|---------------------------|
| • Jan 31, 2021 Sunday | • March 14, 2021 Sunday |
| • Feb 8, 2021 Monday | • March 28, 2021 Sunday |
| • Feb 14, 2021 Sunday | • April 5, 2021 Monday |
| • Feb 21, 2021 Sunday | • April 11, 2021 Sunday |
| • Feb 28, 2021 Sunday | • April 18, 2021 Sunday |
| • March 8, 2021 Monday | • April 25/26 No Market |

VISIT SORELL COMMUNITY MARKET FACEBOOK PAGE FOR MORE INFORMATION



AN INITIATIVE OF OKINES COMMUNITY HOUSE INC.


DODGES FERRY FILM SOCIETY

Dodges Ferry Film Society screens a range of films to the Southern Beaches community and promotes watching, making and enjoying quality cinema in local settings.

Regular screenings are the third Saturday of each month, plus special events.

Films usually screen at the Dodges Ferry Primary School.

Go to @dferryflicks via Facebook or on messenger to see more information about upcoming films.
 or email info@okinescommunityhouse.com.au




DIGNITY SUPPORTED GARDENING

OKINES COMMUNITY GARDEN  DODGES FERRY

DIGNITY is a program that supports people to feel safe, welcome and able to participate in activities in their local Community Garden. The program is open to anyone from the community who would like to come along.

THURSDAYS
 FORTNIGHTLY ON:

Contact:	18.02.21	01.04.21
dignity.garden@gmail.com	04.03.21	15.04.21
0472722118	18.03.21	29.04.21
Website: www.dignitygardening.com		



WHAT'S ON IN YOUR COMMUNITY



*Lend a hand,
and make a difference.*

SOUTHERN BEACHES CLEAN UP GROUP

**MEETS THE 4TH SUNDAY OF EVERY MONTH
IN THE CAR PARK IN FRONT OF THE
DODGES FERRY TAVERN FROM 8.30AM**

**You are most welcome to work on own but for planning purposes please
register by contacting Lorraine at loron@iinet.net.au**



Southern Beaches Landcare Coastcare

Caring for the special habitats and coastal environment from Lewisham, Forcett, Dodges Ferry, Carlton, Primrose Sands and Connelly's Marsh.

Southern Beaches Landcare Coastcare group hold regular working bees, manage local reserves and run projects to restore habitat and protect the natural values of the area.

Working bees are on the third Saturday most months.



For more information, or to confirm dates or venues email
southernbeacheslandcoastcare@gmail.com
or phone Gwen on 0484 617 832

SUPPORTED BY THE ROTARY CLUB OF SORELL

Men's Breakfast

Meets 3rd Wednesday of every month - 7.15 for 7.30am start

Good company, guest speakers

Sorell Memorial Hall Supper Room, behind RSL

\$5 per head, all welcome, first meeting is on 17/2/2021

ENQUIRIES TO IAN - 0419 876 811



Contact us

LOCATION:

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

OKINES COMMUNITY HOUSE/ADMIN:

ABN: 99 433 272 191

Monday, Tuesday & Friday - 9am to 3pm

Wednesday & Thursday - 9am to 4pm

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

Phone: 03 6265 7016

Mobile: 0438 651 155

email: info@okinescommunityhouse.com.au

OKINES COMMUNITY GARDEN:

Monday - 9am to 2pm

Wednesday - 9am to 2pm

Friday - 9am to 2pm

email: dig@okinescommunityhouse.com.au

Instagram: Okines Community Garden

OKINES FOOD CO-OP:

Sunday - 9.30am to 12.30pm

Tuesday - 2pm to 5pm

First Monday of each month 11-1pm

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

DODGES FERRY FILM SOCIETY:

An initiative of Okines Community House
Regular screenings are the third Saturday of each month, plus special events.

Films usually screen at the Dodges Ferry Primary School. Go to @dferryflicks via Facebook or on messenger to see more information about upcoming films.



Internet & Computer access:

Computers are available for internet access during opening hours. There is NO COST for using the Internet or scanning however, printing does have a fee as per the following charges.

Black & White Photocopying/Printing:

Using our paper A4 & A3 = 20c

Using Own paper A4 & A3 = 10c

Colour Photocopying/Printing:

Using our paper A4 = 50c & A3 = \$1.00

Own paper A4 = 25c & A3 = 50c

Laminating: A4= \$1.00 each A3= \$2.00 each

Centre Hire:

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

Trailer Hire:

Okines has a small 7 x 4 box trailer for hire at a very small cost, some conditions apply. Please contact 6265 7016

Book Library:

No cost to borrow, books are located both inside the house and in the garden. Seeds are also available at the outdoor library.

Coffee Machine:

Grab a delicious cappuccino, latte or hot chocolate for only \$2 to support Okines Community House fundraising efforts.

Information, support & referral services:

Okines has a range of information pamphlets and books and can listen and support you with issues of concern and refer you to other services if required.

OKINES BOARD MEETINGS

Okines Community House Board of Management meets the third Friday of every month at 9.30am.

You are welcome to attend meetings at any time to have an input, or perhaps you might also be interested in joining our Board. For further information please phone 03 6265 7016 or email info@okinescommunityhouse.com.au