

# OKINES

## Community House

NEWSLETTER  
TERM THREE  
2015

Funded by the DEPARTMENT of HEALTH and HUMAN SERVICES

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

### Okines Youth Fiesta

The Youth Fiesta was developed to provide contact with youth in the area and introduce them to the Okines Community House and the services available. The event, funded by a grant from Tas Medicare Local, was run as part of National Youth Week and timed to complement the other Youth Week activities in the area such as the Sorell Council's Colour Run.

The Youth Fiesta ran on 10 April from 12 noon until 4pm and over 400 people visited the event throughout the day. A number of free activities were organised in order to encourage as many young people to attend as possible. These included hip hop, tie dying, screen printing, surfboard repair and mosaics workshops.



The pizza workshop and free pizzas were very popular, with approximately one hundred pizzas being made on the day. There was also a barista taster workshop running throughout the day with a large number of young people being given the opportunity to learn about using a professional coffee machine to make coffees and hot chocolates.

Entertainment included performances by Jimmys Skate at the skate park and a workshop and performance by Sands Family Circus. There were also a number of musicians and demonstrations scheduled throughout the day. An 'open mic' was run at the community garden, enabling a number of young musicians to perform in a comfortable public setting. A very big thank you to all those who contributed towards making the event such a success. Plans have already started towards creating a bigger Youth Fiesta next year.

In the mean time we are encouraging young people to come along on the last Friday of every month to "YouthOkines". Run by local music sensation "Nell Degrassi" it provides an opportunity for young people to learn amazing skills and think outside the box towards creating innovative, rewarding and exciting futures for the youth in our area.

## ABOUT THE NEWSLETTER

The Okines Community House Newsletter is produced quarterly corresponding with school terms and is distributed via Australia Post throughout Dodges Ferry, Forcett, Lewisham, Carlton, and Primrose Sands.

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

**Contributions can be submitted via email to [admin@okinescommunityhouse.com.au](mailto:admin@okinescommunityhouse.com.au).  
Closing date for the next issue is **Friday 11th of September, 2015.****

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

Did you know you can receive the Okines Newsletter by email? If you are interested please send a request to [admin@okinescommunityhouse.com.au](mailto:admin@okinescommunityhouse.com.au)

## \*Food Assistance\*

- available at Okines on Wednesday
- afternoons -



SecondBite redistributes surplus fresh food to community food programs around Australia. Food is donated by farmers, wholesalers, markets, supermarkets, caterers and events. This high-quality surplus food is redistributed to community food programs that support people who are homeless, women and families in crisis, youth at risk, indigenous communities, asylum seekers and new arrivals.

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

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

**Wednesdays between 1pm - 4pm**

## FOOD CO-OP



Did you know our local Food Co-op now has a wonderful local baker who sells a range of delicious fresh breads every Tuesday. New members are always welcome so come and see what else we sell and see what your local food Co-op is all about.

We asked one of our regular Co-op members why do you enjoy the co-op? Barb Gardam said:

*'Because it means I do not have to go to town to get organic or local produce. I enjoy supporting our community projects and I love the company.'*

### When are we open?:

The Food Co-op is open for members only to purchase items on Sundays from 9.30am to 12pm and Tuesday afternoons from 2pm to 5pm. If you cannot make the opening hours, you can make use of the pre-ordering and packing that we offer. Again, you must be a member. Orders must be received via email by NOON on the Monday.

### How to become a member?:

If you are interested in joining you can find out more phone : (03) 6265 7016 or check us out on Facebook with price and stock lists or email: [foodcoop@okinescommunityhouse.com.au](mailto:foodcoop@okinescommunityhouse.com.au)

### Why not try this delicious recipe with ingredients that you can find at the Co-op:

#### - CHOCOLATE, PRUNE AND LSA CAKE -

About 1 cup rough chopped prunes just covered with boiling water – let sit for a 20-40 mins depending on how moist they are. Bring to boil, stirring, drain and keep liquid – about ¼ cup or less. Stir 1 Tablespoon treacle thru hot prunes and cool a bit. Cream 125g butter with 1/3 cup rapadura sugar – or dextrose or malt powder or coconut sugar. Add 2-3 egg yolks and blend well. Add warm prune liquid and ¼ cup of strong black coffee. Add 4 heaped tablespoons sifted cacao powder and some nutmeg. Stir in 1 teaspoon bicarb soda. Add prune/treacle mix and ¾ cup LSA or just ground almonds or a combo of them and some spelt flour. Beat the egg whites and fold in. Bake 180 C for 30 – 40 mins till skewer comes out cleanish. Cool in tin 15 mins then on a rack. Serve with yogurt or sour cream or mascarpone.



# Term 3 Program - book early places are limited

## MONDAY

### FROM WITHIN PILATES - Tutor Salomé Rosa

A Pilates based class designed to improve alignment, balance, core strength and flexibility. One hour mat class, in a relaxed friendly environment, suitable for beginners or those with previous experience.

**Venue:** Okines Community House

**Mondays:** 8.50am to 9.50am starts Monday 20th July 2015 to 21 September 2015

(casual rate \$20 per session)

**Fee:** \$150 per term ( 10 weeks)

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



**\*Please bring an exercise mat**

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

From Within Pilates

### CRAFT CLUB

Are you looking for a weekly get together with friends to chat and share your love of craft? Then the Okines Arts and Crafts Club may be for you. All welcome to come along, work on own individual projects or join in group projects aimed at creating useful items for donation to charities and other organisations focused on achieving positive outcomes



**Venue:** Okines Community House

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

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

### YOGA FLOW - Tutor Jackie Graham

Yoga Flow Classes are a blend of traditional asana, breathing, relaxation and flowing fluid movement aimed at moving with ease, improving posture, building strength, and freeing the breath. Increased physical vitality, emotional stability and clarity of mind are a natural consequence of a yoga practice. Your tutor Jackie is an experienced yoga teacher with extensive training in yoga & dance. Her work is influenced by her yoga teacher training with internationally renowned yoga instructor and movement therapist Donna Farhi.

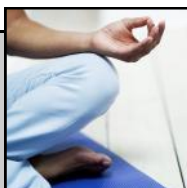
**Venue:** Okines Community House

**Day:** Mondays

**Time:** 6.30pm to 8.00pm ongoing

**Fee:** \$15 per session

**Contact:** Jackie on 6265 7716



### BUDAREE PLAYGROUP - now on Mondays

A community playgroup with each week focusing on our unique environment. On alternating weeks children will explore either the beach, garden, or craft with a Steiner inspired bread playgroup twice a month. A place for children to feel safe and parents to explore play through natural materials.



**Venue:** Okines Community House **Continuing:** 20 July 2015

**Time:** 10am to 12pm **Fee:** \$3 plus a piece of fruit

**Contact:** Danika on 0467 673 211

## TUESDAY

### EURYTHMY

For children from 4-6 yrs. Joyful verse and storytelling through movement, using their whole body to express themselves. Also currently registering interest for an additional session for 7-9 yr olds to follow on from this class.



**Venue:** Okines Community House

**Starts:** Tuesday 21st July '15 & continues through school term

**Time:** 3.15 pm to 4.15 pm **Fee:** \$12

**Bookings & enquiries:** Contact Mikaela via the following email address: [livingmovement.eurythmy@gmail.com](mailto:livingmovement.eurythmy@gmail.com)

### RYTHM & BEACHES COMMUNITY SINGING GROUP



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

**Ongoing:** starts back Tuesday 21 July 2015

**Time:** 7pm to 9pm

**Fee:** \$5 per week

**Venue:** Okines Community House

**Contact:** Diane Hansen Phone 0408 328 132

# Term 3 Program - book early places are limited

## TUESDAY

### BUS TRIP - Grote Reber Observatory

Don't miss out on one of our most popular tours, visiting the museum at the Mt Pleasant Radio Telescope Observatory at Cambridge to view the life and work of Tasmanian Astronomer Grote Reber.

**Day:** Tuesday 4th August 2015

**Time:** Bus departs Okines 9.30am returning by 2.30pm

**Fee:** \$10 **Contact:** Bookings essential on 6265 7016

\*Bus will travel to Richmond Green to wander the shops and have lunch either byo or purchase at one of the cafes.

### 40+ FUN FITNESS CLASSES - Tutor Karyl Michaels

#### TONIC

Tuesday  
6.15pm - 6.45 pm

Thursday  
6.15pm - 6.45 pm



**Tonic** incorporates strength training moves using hand weights to music. Tone and strengthen and increase everyday calorie burn. Weights provided.



#### KIKBOX

Tuesday  
6.50pm - 7.20 pm

**KIKBOX** full body workout using martial arts moves, kicks and punches to music. Have fun improving stamina, strength and coordination.

#### STRETCH

Thursday  
6.50pm - 7.20 pm



**STRETCH** is a fully body workout with a mix of dynamic and static stretching. Feel good and improve flexibility, balance and mobility.

**Venue:** Okines Community House

**Ongoing**

**Fee:** \$5 casual class

**Contact:** 0468 389 659 or fizzicalfusion@gmail.com

All classes are low impact with no prior experience needed.

\*Bring towel or mat and water.

## WEDNESDAY

### IYENGAR YOGA - Tutor Gabe Gartrell



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

Iyengar yoga is open to all people as a holistic approach to improving and maintaining wellbeing.

- Strengthen your body
- Improve your mobility
- Correct your posture
- Calm your mind
- Develop inner strength

**Venue:** Okines Community House

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

**Day:** Tuesday 6.15am to 7.30am (Level 2)

Wednesday 6pm to 7.15pm (Beginners)

Thursday 9am to 10.15am (General)

\$16 casual attendance or \$145 for a 10 class pass. Private tuition \$70 **Contact:** Gabe on 0457 024 267 or visit the website [theyogaeffect.com.au](http://theyogaeffect.com.au) for more information.

### The benefits of yoga and the art of alignment

"Asanas are based on the 3 basic human postures of standing, sitting or lying down. But they are not a series of movements to be followed mechanically. They have a logic which must be internalised if the pose is to be practiced correctly" Dr BKS Iyengar.

Imagine your spine as a hose, if a hose has a kink in it, water won't come out, whereas if the hose is straight, unimpeded the water will flow, out evenly. The same goes for your spine and your energy, or life force. Your spine is your bodies energy centre, your prana factory. Alignment of the spine is integral in yoga so that an upward lift of energy is felt from the perineum (base chakra) right up through to the crown of the head.



The location of the spine, in the back body, is a reminder for us to move beyond looking, or the faculty of seeing, and to incubate or grow our internal self. If you are standing up, have a look at your posture, are you hips protruding forward?

# Term 3 Program - book early places are limited

Continued from previous page:

Are your shoulders beyond your feet? Is your weight distributed evenly over both the heels and the toes? Many, but not all of us live busy lives, moving quickly from one thing to the next. This is embodied in our posture. Being in the front of our bodies, we are mentally predisposed to react to the day, rather than to greet it. As you bring your hips and shoulders back in line with your feet and ankles, not only will you be using less energy as you begin to recruit your muscles correctly, with less effort (and therefore expending less energy), you will also bring your yourself into a state of observation, becoming the witness. Here the mind quietens and the self receives information to process rather than being in the reactionary style of damage control, where we react to interactions without thought or control. The state of observation allows us to respond rather than react in the moment. Coming into correct posture, the art of alignment brings with it a state of reflection in action.

## THURSDAY

### NOURISHING TRADITIONS

Courtesy of funding from FRRR this term's cooking class is called Nourishing Traditions. This 5 week program will use a wide range of wholefoods from the Okines Food Co-op to make a selection of meat and vegetarian dishes both savoury and sweet. Our cooking classes are limited to 12 people so we encourage you to book early to avoid disappointment.



**Venue:** Okines Community House  
**Day:** Commences Thursday 20th August 2015 for 5 weeks  
**Time:** 10am to 1pm **Fee:** \$5 per class  
**Contact:** 6265 7016

### 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:** Every second Thursday of the month  
**Time:** 12.30pm to 2.30pm  
BYO plate of food to share **Contact:** 6265 7016

## FRIDAY

### SPINNING GROUP

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



**Venue:** Okines Community House  
**EVERY** Friday of the month  
**Time:** 10am to 3pm **Fee:** \$5  
**Contact:** Carol on 62659414 or Rita on 6248 6049

### 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:** last Friday of the month  
**Time:** 12pm to 2pm **Fee:** \$7 for 2 course meal  
**Contact:** 6265 7016



**\*Bookings are essential\***

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

## PLEASE NOTE

### \*PAINTING ON WEDNESDAYS\*

Please note our Wednesday timetable includes what is fast becoming one of our most popular activities. Each week people gather to paint, you are invited along whether you are interested drawing, watercolour, acrylics or oils we just love to paint and we would love to see you there.



**Venue:** Okines Community House  
**Date:** Wednesday ongoing **Time:** 10am to 1pm  
**Cost:** \$5 - for a gold coin we can provide art materials to get you started  
**Contact:** Natalie & John on 6265 7443 or Cherie on 6265 9078



# Term 3 Program - book early places are limited

## ONE OFF WORKSHOPS

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

This one day workshop is a regular feature of our weekend activities each term. It always gets great feedback from participants. Learn everything you need to know about mosaicing including how to cut/break tiles, glue and grout.



**Venue:** Okines Community House

**Date:** Saturday 22nd August 2015,

**Time:** 10am to 3pm **Fee:** \$40 & BYO lunch to share

**Contact:** 6265 7016

### **SELLING YOUR HOME WORKSHOP**

Thinking of selling your home but want to avoid paying hefty agent's commissions? Too nervous to sell without an agent but still want to be in control of the process? Then this workshop is for you.

- \*Preparing your home for sale.
- \*Doing it yourself or choosing an agent
- \*Marketing mistakes to avoid.
- \*Working out the real value of your home.
- \*Selling Features v Benefits
- \*Filtering out the tyre kickers and finding genuine buyers.
- \*Closing the deal.
- \*Completing the paperwork and getting your money.

The presenter has successfully bought and sold houses privately and is happy to share her experiences – both positive and negative. She is not an agent or wanting to sell you anything!

**Venue:** Okines Community House, **Date:** Saturday 15th August 2015, **Time:** 10am to 12pm **Fee:** Free **Contact:** 6265 7016



**Don't miss out, 1st market of the season,  
Sunday 18th October 2015, family event  
featuring the Sands Family Circus**

find us on Facebook  
[www.dodgesmarket.blogspot.com](http://www.dodgesmarket.blogspot.com)  
03 62659862



### **BUS TRIP - NEW NORFOLK**

We have had a number of requests to repeat the popular bus tour to New Norfolk so what better opportunity than Seniors Week. Why not book in and enjoy a leisurely day exploring this fascinating town. There are wonderful shops to browse and you can grab a bite to eat or BYO a picnic lunch.



**Day:** Tuesday 13th October 2015

**Time:** Bus departs Okines 9am returning by 3pm

**Fee:** \$10

**Contact:** 6265 7016

### **FALLS PREVENTION WORKSHOP**

As we get older our strength decreases and the potential for falls and breaks increases.

Having difficulty putting on your shoes or socks for lack of flexibility?

Getting off the couch challenging for lack of strength in your legs?

Carrying shopping bags a problem for your shoulders?

Going for walks a worry for lack of balance and stability?

There are exercises that can increase your strength and improve your balance. These will help you avoid stumbles and falls that can occur in your home and garden.

**Day:** Friday 16th October 2015

**Time:** 11am –12pm

**Fee:** Gold coin donation

**Contact:** 6265 7016

Class will be conducted in a safe environment. (supported standing and sitting using a chair).

**PLEASE NOTE: For some activities back-up childcare may be available depending on level of demand - Please enquire at time of booking if you require childcare.**

# Term 3 - 2015 Program

MONDAY	TUESDAY	WEDNESDAY
<p><b>FROM WITHIN PILATES</b> 8.50am to 9.50am, weekly from Monday 20th July 2015 to 21 September 2015 \$150 per term (10 weeks) casual \$20, contact: Salome on 0437 405 213</p> <p><b>BUDAREE PLAYGROUP</b> 10am to 12pm, weekly from 20 July 2015, \$3 plus bring a piece of fruit, Contact: Danika on 0467673211</p> <p><b>CRAFT CLUB</b> 10.30am to 12.30pm, weekly ongoing, gold coin, contact: 6265 7016</p> <p><b>YOGA FLOW</b> 6.30pm to 8pm, cost \$15 per session, contact: Jackie Graham 6265 7716</p>	<p><b>IYENGAR YOGA</b> 6.15am to 7.30am, Level 2 session, \$16 per session or \$145 for a 10 class pass, Contact: Gabe 6265 7907 or 0457 024 267</p> <p><b>BUS TRIP – GROTE REBER OBSERVATORY</b> 9.30am to 2.30pm on Tuesday 4th August 2015, cost \$10 Contact: 6265 7016</p> <p><b>FIZZICAL FUSION TONIC</b> 6.15pm to 6.45pm, \$5 casual, contact Karyl on 0468 389 659</p> <p><b>FIZZICAL FUSION KIKBOX</b> 6.50pm to 7.20pm, \$5 casual, contact Karyl on 0468 389 659</p> <p><b>EURYTHMY FOR CHILDREN</b> 3.15pm to 4.15pm, starts 21st April 2015, \$12 per session, email Lisa at livingmovement.eurythmy@gmail.com</p> <p><b>RYTHYM &amp; BEACHES COMMUNITY SINGING GROUP</b> 7pm to 9pm, \$5, Contact: Di Hansen on 0408 328 132</p>	<p><b>PAINTING</b> 10am to 1pm, ongoing cost \$5 Contact: Natalie &amp; John on 62657443 or Cherie on 62659078</p> <p><b>IYENGAR YOGA</b> 6pm to 7.15pm, Beginners, \$16 per session or \$145 for a 10 class pass, Contact: Gabe 6265 7907 or 0457 024 267</p> <p><b>MENS NIGHT EVENTS</b> 6pm to 9pm, 15th July 2015, 19th August 2015, 16th September 2015 &amp; <u>Sunday</u> 18th October, free, book on 62657016</p> <p><b>SECOND BITE FOOD ASSISTANCE</b> 1pm to 4pm, every Wednesday</p>
THURSDAY	FRIDAY	WEEKEND WORKSHOPS
<p><b>IYENGAR YOGA</b> 9am to 10.15am, General, \$16 per session or \$145 for 10 class pass, Contact: Gabe 6265 7907 or 0457 024 267</p> <p><b>NOURISHING TRADITIONS</b> 10am to 1pm, commences 20th August 2015, 5 weeks, \$5 Contact: 6265 7016</p> <p><b>OKINES BOOK CLUB</b> 12.30pm to 2.30pm, 2nd Thursday of month, next is 13th August 2015, Contact:6265 7016</p> <p><b>FIZZICAL FUSION TONIC</b> 6.15pm to 6.45pm, \$5 casual, contact Karyl on 0468 389 659</p> <p><b>FIZZICAL FUSION – STRETCH</b> 6.50pm to 7.20pm, \$5 contact Karyl on 0468 389 659</p> <p><b>CERTIFICATE II COMMUNITY SERVICES</b> 10am to 12 noon on 17<sup>th</sup> September 2015 &amp; then Thursdays from 15<sup>th</sup> October 2015 to 7<sup>th</sup> April 2016, No cost, ph. 6265 7016</p>	<p><b>EATING WITH FRIENDS</b> 12pm to 2pm, last Friday of every month, \$7 for 2 courses, Bookings essential: Contact: 62657016</p> <p><b>SPINNING GROUP</b> 10am to 3pm, Every Friday, \$5 per session. Bring along, spinning wheel and wool. Contact: Rita on 6248 6049</p> <p><b>'YOUTHOKINES'</b> 6pm to 8pm, Last Friday of every month, Contact: 62657016</p>	<p><b>SELLING YOUR OWN HOME</b> 10am to 12pm, one day workshop Saturday 15th August 2015, 6265 7016</p> <p><b>LAUGHTER YOGA SESSION</b> 3pm to 4pm, Sunday 9th August 2015, Cost: \$10/\$12 ph. Lee Cody on 0417 319 046</p> <p><b>MOSAICS</b> 10am to 3pm, one day workshop Saturday 22nd August 2015, Cost: \$40, BYO lunch to share, contact: 6265 7016</p> <p><b>SENIORS WEEK ACTIVITIES</b> <u>Tuesday 13<sup>th</sup> October 2015</u> Bus trip to New Norfolk, 9am to 3pm, cost \$10 <u>Friday 16<sup>th</sup> October 2015</u> Falls Prevention Workshop, 11am to 12pm, gold coin donation. To book in to either of these Seniors Week activities please ph 6265 7016 or email: admin@okinescommunityhouse.com.au</p> <p><b>SOUTHERN BEACHES MARKET</b> <u>Sunday 18th October 2015</u> First of the season, featuring Sands Family Circus, ph. 62659862</p> <p><b>WALKING EACH OTHER HOME</b> 6.30pm to 8pm, (Thursday) 20th August 2015, contact Gabe at dig@okinescommunityhouse.com.au or Pauline 0467 027 220</p> <p><b>GARDEN GATHERINGS</b> First Monday of the Month: GARDEN TUCKER 11-1pm</p>

## Bring a Mate - What do men want?

Okines Community House ran an event on 17 June as part of Men's Health week. The theme was 'Bring a Mate' and the event included free health checks, health and fitness information, a BBQ and an invitation to have a music session. Between the weather and other events it was a quieter night than we had hoped for but was well supported by local businesses and some valuable networking happened.



First use for the Okines BBQ



A free sample massage from Down to Earth

This marks the start of a series of events planned by Okines Community House; aimed at developing a conversation around how the house can work with and support the men in the community. The next event will be:

### "Tucker and Tools" night 6 to 9 pm Wednesday 15 July 2015

Food is provided as well as a speaker discussing tools and workshop techniques. People are encouraged to bring along a tool that they have a particular fondness for or want to know more about. Partners are welcome!

#### Future events:

Wednesday 19 August and Wednesday 16 September. We plan to hold the final event as part of the first Southern Beaches Market for the season, on Sunday 18 October 2015. Please email [admin@okinescommunityhouse.com.au](mailto:admin@okinescommunityhouse.com.au), or call 62657016 or drop in if you have ideas you'd like to share.

## MEN'S BREAKFAST

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

## Okines Housekeeping

Please note that Okines Community House Management Committee Meetings have returned to the 3rd Friday of every month. The next meeting will be held Friday 17th of July 2015 - all welcome.

Also at our recent "Biggest Morning Tea" event we raised a total of \$420.60. Thank you to all those who kindly donated.

## Walking Each Other Home

Walking Each Other Home is a creative community project bringing people together to talk about death and dying within the garden setting. Our first event will be an information session:

*Walking Each Other Home: End of Life support services in Dodges Ferry and Surrounds.*

### Community Conversation and Information Session

Okines Community House  
Thursday 20<sup>th</sup> August 2015  
6:30-8pm.

Various service providers will come along and tell us about the type of supports available in our area. Please come along and find out what is on offer. This will be the first of a series of Walking Each Other Home events. Next up, during September, the garden will host *Lifecycles: Life, Death and Weaving* – Four weeks of weaving sessions with Gwen Egg in the garden. This will be an opportunity to talk about how we as a community can make the garden a special place that supports people throughout the whole life cycle.

More details to come.

Contact Gabe at [dig@okinescommunityhouse.com.au](mailto:dig@okinescommunityhouse.com.au) or Pauline 0467 027 220.

**Youth Okines**

MUSIC  
ART  
CIRCUS  
DANCE  
FOOD  
WORKSHOPS  
+MORE  
4.30-7.30 PM

ENTRY BY Gold coin Donation  
Teens 12-17 years welcome  
Dinner provided & made by the youth themselves  
Bookings Essential  
Call 62657016

last Friday of the Month @ Okines Community House

Think there is nothing for young people to do in Dodges Ferry? Why not give 'YouthOkines' a go. Okines has a small PA system, so bring your instruments & inspiration and we shall begin creating our own school of rock. Don't worry if you can't play an instrument you can learn to "DJ", make a set for a stage or perhaps you would prefer to make a music video. Nell is one clever lady and a pretty amazing singer herself so just let her know what your passion is and who knows where it might take you.

*Okines would like to gratefully acknowledge the Sorell Council who have provided much needed funds and support towards the Okines Youth Project.*



# Okines Community Garden

## THE FOURTH ANNUAL

### HARVEST FEAST 2015

Another still, crisp night, the fourth one yet. This year we were blessed with a kaleidoscope of stars, and an absence of rain and wind. There was a gentle, calm vibe to the night, with 200+ people ruggged up to walk their lanterns and celebrate that which is community. From last year's lantern parade we acquired a larger than life bird lantern, this year we added a caterpillar, the very hungry variety. I have already heard whispers of next year's inspiration, 'a pumpkin in a wheelbarrow' lantern. Keep the ideas growing for next year's lantern procession, continuing to grow the tribe of garden creatures. A big thank you to Anne, Claire and the lantern makers for their collective creative energy.

The school, under the guise of Ange Buckley took on lighting the lantern parade pathway down to the beach, with many blue and purple tissue papered jars. Thanks Ange for bringing the kids in on this one. And whilst I am on the gratitude train, thanks to the local choir, for their tunes, to Nell and Tim for braving the cold with their smooth sounds. And especially to Dom Parker, who has been covering our sound technician deficit (at the garden) with his enthusiasm, and skilled expertise for the last 3 years. And to the 3 or 4 back yards I raided around the community to borrow the warmth of the beautiful fire drums, created by the lovely Richard Sansom. And to the clouds that rained, unseeded, so the pumpkins could grow for our feast and to the many volunteers that cooked the soup that we ate. Thanks to the bread makers, and the pizza oven stalwarts. This is a small picture of the input from many, many people, we are continually inspired by all the people that place community as a priority in their daily life and continue to support and be nourished by community events at the garden. So the Harvest Feast can be a celebration of exactly that, community, thinking beyond just thinking about ourselves to extend our thinking to include and think about others.



This term in the garden there are a couple of community projects on the go, however, like always, feel free to pick some produce from the garden and leave a donation, or come in for a cuppa and a chat (on Mondays!). Term 3 we will be working with school kids, years 4's and 5's to run sustainable education at the garden through our Grow and Learn program. We will also be offering world café's, exploring community consultation through facilitated café style talk feasts. Thinking about the big picture; a couple of ideas to start the ball rolling. How do you envisage the garden will look, and what will the role of the garden be within the community in the next 5-10 years. And finally, we will be introducing our "Walking each other home" project. Walking Each Other Home aims to engage the Dodges Ferry and surrounding community in conversations about bereavement and death and dying, within the setting of the Community Garden. Look out for a date for an information session about this project.

**Yours organically**

**Gabe & Claire**





## **Certificate II Community Services CHC20112**



### **Information/enrolment session and pre-assessment:**

Thursday 17th September 10:00 am - 12:00 noon  
(you must attend this session if you are interested in doing the course)

### **Course details:**

**When:** Thursdays (there will be no classes during school holidays)  
Thursday 15th October 2015 - Thursday 7th April 2016

**Time:** 9:30 am—2:30 pm

**Where:** Okines Community House  
510 Old Forcett Road, Dodges Ferry

**To register your interest or for more information contact:  
Okines Community House (03) 6265 7016**

There is no charge for participants - funding is provided by the  
Tasmanian Department of State Growth (Skills Tasmania)

**PLEASE NOTE: Back-up childcare may be available for this activity  
depending on level of demand - Please advise us on booking if you require  
childcare.**



## PITTWATER ART GROUP

- Painting in all mediums -

GDay PAG Members

Having so many new members in the Group has meant that we have had 16 or more at nearly every meeting. The summer weather we took advantage of and painted outside Plein Air and 11 of us enjoyed it so much they want to do it again in the last term. We even picked up a new member who joined after seeing us working outside she is coming back for 2<sup>nd</sup> Term. Also when another potential member rang and found out I was doing a small show on Pen & Ink wash and a 3hrs. workshop on acrylic she joined straightaway. I'm looking forward to seeing you all Winter Term wear your woollies. No plein air this term. **Come visit my Site <http://gailburnart.webs.com/>**

**Tuesdays:** 2hr sessions 10am-12noon  
(\*Plus two x 3hour sessions. 10am - 1pm)

### 2nd Term:

- 16/6/2015 & 23/6 – 2 hour session
- 30/6/2015 - \*3 hour session
- 21/7/2015, 28/7 & 4/8 - 2 hour session
- 18/8/2015 - \*3 hour session
- 25/8/2015 & 1/9 - 2 hour session

### 3rd Term:

- 15/9/2015, 22/9 & 29/9 – 2 hour session
- 6/10/2015 & 13/10 - 2 hour session
- 20/10/2015 & 27/10 - \*3 hour session
- 3/11/2015 & 9/11 - 2 hour session

**Venue:** Supper Room Memorial Hall Cole St. SORELL

**Enquiries:** Gail 62658775 or Cheryl 0400740148

## Southern Beaches Regional Arts

### Show and Tell Meets

Every second Tuesday in the month from  
February –December,  
at the Lewisham Tavern!  
6pm for a friendly meal! 7pm for  
"Show and Tell"!  
Feature artist every month!  
Bring your art to show!

## LAUGHTER YOGA SESSION WITH LEE CODY

**SUNDAY AUGUST 9TH, 2015. TIME: 3.00-4.00PM**



*Laughter can't heal anything, but it can help to cure everything. It can't solve things but it can dissolve things.*

Laughter Yoga is a process that enables us to laugh even when we don't feel like it/don't have anything to laugh at. It combines yogic breathing and movement exercises. It can be done by anyone, anytime, anywhere. It's benefits are numerous. Come along for a good hearty laugh and giggle with old or new friends, partners and kids.

Benefits include:

- Boosts the immune system
- Regulates the blood pressure, increases oxygenated blood flow
- Relaxes the muscular system
- Reduces pain
- Diaphragm and all internal organs are massaged
- Provides a vacuum for the lymphatic system to release toxins
- Assists in activating the relaxation response of the parasympathetic nervous system

**Location:** Okines Community House  
510 Old Forcett Road, Dodges Ferry

**COST: \$10/\$12**

Call **Lee Cody** on **0417 319046** to book your spot.



## TOY & BOOK LIBRARY

Okines Community House has a Toy & Book Library which includes a selection of books, toys and baby items available for collection during our normal operating hours .

## Thank you

- Okines received an overwhelming response to our recent call out for a new Treasurer for the Okines Community House Management Committee. This position has now been filled and we would like to welcome Martin Bishop to the role. We would like to say a very big thank you to Judy Fitzgerald the outgoing Treasurer who has spent many volunteer hours helping to keep the books balanced and ensuring accountability
- Thank you also goes to local business Goods Landscaping who kindly donated sand to fill the sandpit in Okines playground.



# Pittwater Photography Group



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

From Beach to Bush to Back Roads...

We carpool and share the petrol cost.

Membership is just \$6 per year through the

**PITTWATER COMMUNITY CENTRE**

34 Hoffman St, Midway Point 7171

Enquiries [michelle.pears@bigpond.com](mailto:michelle.pears@bigpond.com) or

0407851706

## CLEAN UP SOUTHERN BEACHES

Meet 4th Sunday of every month in the  
car park in front of the Dodges Ferry

Tavern 8.30am Contact Lorraine by

email: [loron@iinet.net.au](mailto:loron@iinet.net.au)



**SOUTHERN BEACHES LANDCARE/  
COASTCARE INC.**

C/- Post Office  
DODGES FERRY TAS 7173  
ABN 59720014733

**20+ Years of Community Caring For Coast and Country**

SBL/C general meetings are held at 9am on the  
**first** Friday of each month at Okines Community  
House. Working bees are held on the third  
Saturday of each month at various locations.  
Primrose Sands group hold working bees on the  
first Saturday of the month and Clean Up Group  
working bees are held on the fourth Sunday. For  
more info. Please ph: 6265 8682 or email:  
[southernbeacheslandcoastcare@gmail.com](mailto:southernbeacheslandcoastcare@gmail.com)

## 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

## PRIMROSE SANDS - COMMUNITY ACTIVITIES -

### Ladies Day

Held every second Wednesday, \$8 for cooked lunch  
includes Raffle & Lucky Door Prize. 12pm - 3pm at  
Primrose Community Hall. For more info. phone  
Maree on 6265 5304

### Cards

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

### Line Dancing

Held every Friday from 10am to 12pm at Primrose  
Community Hall, Cost is \$4. For more info. phone  
Maree on 6265 5304

### Eating with Friends

Every 3rd Sunday of each month at Primrose  
Community Hall, 3 courses for \$12 as well as a lucky  
door prize. For more info. phone Maree on 6265 5304

### Primrose Sands Sport & Youth Program

Mondays & Wednesdays

4.30—6pm, Ages 8 - 16, \$1 entry

Supervised activities include: basketball, indoor  
hockey & soccer, dodge ball, volleyball, mini footy,  
indoor cricket, craft, karaoke, video games and board  
games.

There is an area where young people can just sit and  
chat. We have a dedicated group of volunteers who  
come along each week and perform their particular  
roles with enthusiasm.

## 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.



## 's Angels

**DRIVER MENTORING PROGRAM**

The L's Angels Driver Mentoring Program provides supervised learner driving experience for those needing the on-road driving hours required to sit the test for their car licence.

**The L's Angels Driver Mentoring Program is available (1) day a week at OKINES COMMUNITY HOUSE in Dodges Ferry.**

To enquire about joining the program, either as a Volunteer Driver Mentor or as a Learner Driver, in the first instance please call the

**Pittwater Community Centre**

on 6265 1155 or visit:

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



## TAX HELP IS BACK AT OKINES

Tax Help is a network of volunteers who help people on low incomes with their taxation responsibilities including preparing their tax returns at tax time.

This is a FREE service sponsored by the Australian Taxation Office. Appointments will commence from the **1st August 2015**. If you would like your taxes done by an accredited volunteer book now to see if you are eligible through Okines Community House on 6265 7016 or email: [admin@okinescommunityhouse.com.au](mailto:admin@okinescommunityhouse.com.au)

## BREAKFAST CLUB

The Okines Breakfast Club in partnership with Dodges Ferry Primary School will re-commence in term three on **Tuesday 21st July 2015**. Breakfast is offered Tuesday and Thursday mornings from 8am. Okines would like to gratefully acknowledge the support of Richmond Bakery & Betta Milk who donate food each week to breakfast club. If you would like to help out please phone 6265 7016 or forward an email to:



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



**OKINES COMMUNITY HOUSE INC**

ABN: 99 433 272 191

*For the community. By the community*

www.okinescommunityhouse.com.au



Okines Community House Inc is located at:  
**510 Old Forcett Road**, Dodges Ferry (adjacent to the Dodges Ferry Primary School & next to the Okines Community Garden)  
PO Box 91, Dodges Ferry, TAS 7173

**Administration:**

Monday, Tuesday & Friday - 9am to 3pm  
Wednesday & Thursday - 9am to 4pm  
Phone/Fax: 03 6265 7016  
Mobile: 0438 651 155  
email: admin@okinescommunityhouse.com.au

**Community Garden:**

Monday - 9am to 4pm  
Wednesday - 1pm to 3pm  
Thursday - 10.30am to 3pm  
Mobile: 0457 024 267  
email: dig@okinescommunityhouse.com.au

**Food Co-op:**

Sunday - 9.30am to 12.00pm  
Tuesday - 2pm to 5pm  
email: foodco-op@okinescommunityhouse.com.au

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

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



**OFFICE FACILITIES CHARGES**

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

**Laminating:** A4= 50c each A3= \$1.00 each

**Photocopying:**

Using our paper A4 (1 side) = 10c A4 (2 sides) = 15c  
A3 (1 side) = 20c A3 (2 sides) = 25c  
Own paper A4 (1 side) = 5c A4 (2 sides) = 10c  
A3 (1 side) = 15c A3 (2 sides) = 20c

**Colour Printing:**

Using our paper A4 (1 side) = 50c A4 (2 sides) = 80c  
Own paper A4 (1 side) = 30c A4 (2 sides) = 60c

**Fax Machine:** 30c

Our Fax No. is 6265 7016 if you need to have anything faxed to you. The cost will be 10c for each page received.

**Scanning** Scanning of documents is available at no charge

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

**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.

**\* OKINES COMMITTEE MEETINGS \***

Okines Community House Management Committee meets the third Friday of every month at 10am. The Committee is made up of people from the community who make decisions about insurance, staffing, activities and money. You are welcome to attend our meetings at any time to have an input, or perhaps you might also be interested in joining our committee. For further information email admin@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**

CARLTON

Carlton Beach Playgroup  
Tuesday 10.30am - 12.30pm  
A piece of fruit  
Held at Salvation Army Complex,  
Carlton River Rd  
Contact: 0427 553 510

BUDAREE

Monday 10.00am - 12.00pm  
\$3 plus a piece of fruit  
Held at Okines Community House -  
510 Old Forcett Road, Dodges Ferry  
Contact: Danika on 0467 673 211

MIDWAY POINT

Pittwater Playgroup  
Tuesday 10am – 12noon  
Thursday 10am – 12noon  
No joining fee  
\$2 plus piece of fruit  
Held at Pittwater Neighbourhood Centre,  
Hoffman Street  
Contact: 62651155

PRIMROSE SANDS

For more information contact  
6265 7016

DUNALLEY

Wednesday 9am – 11am  
No joining fee  
\$1 per child (includes morning tea)  
Held at Dunalley Neighbourhood  
House  
Contact: 62535579

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.