

# OKINES

## Community House

Funded by the DEPARTMENT of HEALTH and HUMAN SERVICES

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

NEWSLETTER  
TERM THREE  
2017



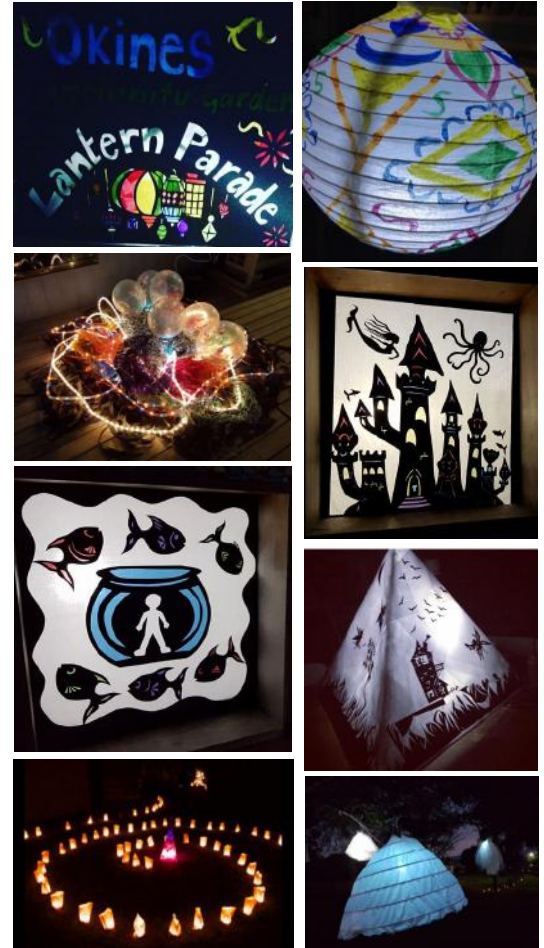
The magic of the annual Lantern Parade held on the evening of the 16th of June was on full display as the community converged en-masse, lanterns in hand, to light up the chilly night.

Children and adults alike were treated to a feast of the senses as part of the local, yearly pilgrimage to the winter solstice. As with previous years there was something for everyone including a 'Women in White' mystical performance', shadow puppetry', the sound of the didgeridoo resonating into the crisp night air, warming bread and soup and of course lots of lanterns.

Okines is extremely grateful to the many contributors that made the evening a success not least of which was the tremendous support from the local community. Claire from the Okines Garden has provided a lovely walkthrough of the event in her article on pg. 8 of this newsletter which captures the essence of the event for those who may have missed it.

### Biggest Morning Tea

Well done to the Okines craft group and especially Jacque Brownlow for organising this year's Biggest Morning Tea. We had approximately 80 people attend and raised an incredible \$1,579.50, what a tremendous effort. Well done ladies. Also a big thank you to the school choir you sounded wonderful.



### Annual General Meeting

- Friday 15 Sept. 2017 at 9.30am -

If you are passionate about your local community and are seeking opportunities to make a difference we encourage you to nominate for a position on the Okines Management Committee. You can visit our website and Facebook page or email us at [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au) or ph: 6265 7016 for further information.

## 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 Coordinator and Committee who reserve the right to edit the material to suit presentation and available space.

**Contributions can be submitted via email to [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au).  
Closing date for the next issue is **Friday 22nd of September, 2017****

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

## BREAKFAST CLUB

The Okines Breakfast Club in partnership with Dodges Ferry Primary School will re-commence in term three on **Tuesday 25th July 2017**. 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. Also many thanks to staff from the local Bendigo Bank who are regular helpers on our breakfast club roster. If you would like to help out please phone 6265 7016 or forward an email to: [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au).



# Food Co-op



The Food Co-op offers community members an outlet for purchasing bulk, organic/ethical wholefoods and other products at affordable prices. Our range of goods in bulk includes flours, grains, pulses, nuts, seeds, spices, dried fruits and sweeteners. We support local producers as much as possible with more being offered this year. Some of the local produce we carry includes preserves from Shiela, Sue and Sally & Chris Johns, honey from John Duncombe, eggs from Pippa Ross and Tracy Duggan's Clean Conscious cleaning products. You will also find local olive oil & Tassie butter.

### Opening hours:

Sunday 10am – noon (winter opening hours)  
Tuesday 2pm – 5pm

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

### Try our Pre-order System



A great idea for the cold winter months is the Food Co-op's pre-order & pre pack option. This is an awesome alternative for those that can't make it to the Co-op during opening hours. It is also a

great option if you are in a bit of a hurry. Just let us know your order by **noon on Monday** and we will have it ready for you to pick up from the Co-op either the next trading day or arrange a time to collect from Okines office during normal House opening hours - no wait no fuss.

See our website for all details: [okinescommunityhouse.com.au/wpms/foodcoop](http://okinescommunityhouse.com.au/wpms/foodcoop)

Or you can either email: [okines.food.co-op@gmail.com](mailto:okines.food.co-op@gmail.com)  
Or phone the Community House on 62625 7016



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



We apologise for any inconvenience

## TAX HELP

Please note that unfortunately Okines have not been provided with a Tax Help Volunteer this year and as a result will not be offering this service. Please contact 13 28 61 to find your nearest available Tax Help Centre.



# Events and activities term 3, 2017

## 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 24th July for 10 weeks \$150

**Tuesday** 9am to 10am

Commencing 25th July for 10 weeks \$150

**Thursday:** 9am to 10am

Commencing 27th July for 10 weeks \$150

(casual rate \$20 per class)

**Venue:** Okines Community House

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

**\*Please bring an exercise mat**

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

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



## From Within Pilates

### YOGA FLOW - Tutor Jackie Graham

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



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

**Venue:** Okines Community House

**Day:** Monday 24 July 2017

**Time:** 6.30pm to 8.00pm

**Fee:** \$15 per session

**Contact:** Jackie on 6265 7716

## MONDAY

### CRAFT CLUB

Now that the excitement of preparing for the Biggest Morning Tea is over the Craft group is now busy making items to donate to the Ronald McDonald charity. New members are always very welcome. You can come along for a chat & enjoy a lovely cake or two. Held on Mondays 10.30am to 12.30 for coffee, chats & craft.

**Venue:** Okines Community House

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

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

## TUESDAY

### RHYTHM & BEACHES COMMUNITY SINGING GROUP

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



**Ongoing:** Tuesdays

**Time:** 7pm to 9pm

**Fee:** \$5 per week

**Venue:** Okines Community House

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

### FIZZICAL FUSION FITNESS CLASSES

Want to stay strong and add some punch to your fitness routine? Come along to kick butt Tuesdays and do one or both classes. Classes are 30 minutes, low impact, suitable for all women and need no prior experience. Wear comfortable clothing. Bring towel or mat, and water.

### STAYSTRONG - Tutor - Karyl Michaels

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

**Venue:** Okines Community House

**Day:** Tuesday:

**Starts:** ongoing

**Time:** 6.15pm to 6.45pm

**Fee:** \$5

**Contact:** Karyl on 0468 389 659

fizzicalfusion@gmail.com



continued next page

# Events and activities term 3, 2017

## TUESDAY

### STRIKE - Tutor Karyl Michaels

Kick-start your week and add some punch to your fitness routine. Fizzical Fusion Strike is a low impact, full body kickboxing workout choreographed to music. Strike, punch, kata and kick your way to increased strength, coordination and flexibility.

**Venue:** Okines Community House  
**Day:** Tuesday: **Starts:** ongoing  
**Time:** 6.50pm to 7.20pm **Fee:** \$5  
**Contact:** Karyl on 0468 389 659  
fizzicalfusion@gmail.com



## WEDNESDAY

### PAINTING

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



**Venue:** Okines Community House  
**Date:** Wednesday ongoing  
**Time:** 10.30am to 1.30pm **Cost:** \$5 includes morning tea  
**Contact:** Natalie & John on 6265 7443 or Cherie on 0488139742

## WEDNESDAY

### IYENGAR YOGA - Tutor Gabe Gartrell

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

**Venue:** Okines Community House  
**Start:** classes run year round except for school holidays & public holidays  
**Day:** \*multiple classes  
Tuesday 6.15am to 7.30am (progressive class, not suitable for beginners)  
\*Wednesday 6pm to 7.15pm (general class, suitable for beginners) \*6 week term 9/8/17 to 13/9/17  
Saturday 8.30-10am (Restorative, gentle and mindful class) Saturday restorative classes are once a month in the first Saturday of each month (price \$20)  
\$18 casual attendance or \$160 for a 10 class pass.  
\$20 for the Saturday Restorative class.  
**Contact:** Gabe on 0457 024 267 or visit the website [theyogaeffect.com.au](http://theyogaeffect.com.au) for more information.



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

### TAI CHI - Sue Duffy

Tai Chi is an effective exercise for health and wellbeing. Tai Chi can help with a range of disorders including anxiety, arthritis, joint stiffness and stress. People of any age and fitness level can enjoy Tai Chi and gain positive health benefits.

**Venue:** Okines Community House  
**Day:** Wednesday during school terms  
**Time:** 10am to 11am **Fee:** \$4  
**Contact:** 6265 7016



## THURSDAY

### OKINES BOOK CLUB

The Okines Book Club is a popular and mentally stimulating activity. Share your passion for reading, meet some new people, share a meal and discover new books. There is a membership fee, and books are organised through the LINC (State Library).



**Venue:** Okines Community House  
**Day:** Second Thursday of the month - 10/8, 14/9, 12/10/2017  
**Time:** 12.00pm to 2.30pm  
BYO plate of food to share **Contact:** 6265 7016

### DIGNITY SUPPORTED GARDENING

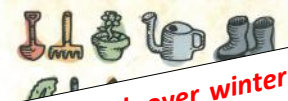
DIGNITY supported gardening is a weekly gardening program run by Jessie Bynon Occupational Therapist for people who:

- enjoy gardening but don't feel confident to garden at home alone anymore,
- don't have a garden any more,
- Have moved to an aged care facility but would like to garden,
- Would like to socialise with other gardeners,
- Or are carers, friends or family members of aging gardeners

This program is not therapy, it is not clinical, it is simply gardening!

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

DIGNITY  
SUPPORTED GARDENING



**\*\*Please note: DIGNITY is taking a break over winter and will start back on Thursday 7th September 2017.**



# Events and activities term 3, 2017

## THURSDAY

### FIZZICAL FUSION FITNESS CLASSES

Want to stay strong and add some balance to your fitness routine? Come along on Super Tone Thursdays for one or both classes. Classes are 30 minutes, low impact, suitable for all women and need no prior experience. Wear comfortable clothing. Bring towel or mat, and water.

#### Fizzical Fusion STAYSTRONG- Tutor Karyl Michaels

Stop resisting exercise and add resistance to your workout. Fizzical Fusion Stay-Strong is a full body, low impact, strength training 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 6.45pm **Fee:** \$5

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

#### Fizzical Fusion STRETCH- Tutor Karyl Michaels

Improve flexibility, balance and coordination and feel good. Fizzical Fusion Stretch is a full body workout with a mix of dynamic and static stretching. Stretch your body from head to toes using a variety of safe exercises that can be easily adapted to individual needs and concerns.



**Venue:** Okines Community House **Day:** Thursday:

**Starts:** Ongoing **Time:** 6.50pm to 7.20pm **Fee:** \$5

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

#### suicideTALK SESSION:



Let's talk about saving lives.

suicideTalk is a 90 minute info session on saving lives from suicide. Builds awareness and encourages open discussion. Helps people take the first steps toward suicide prevention.

**Venue:** Okines Community House

**Date:** Thursday 24th August 2017

**Time:** 6.30pm to 8pm **Fee:** FREE

**Please register:** 6265 7016 or email

natsiggins@okinescommunityhouse.com.au

### SPANISH & SALSA DANCING- Tutor Elena

Are you interested in learning beginners Spanish or Salsa Dancing - well now is your opportunity to do both. Come along and try out Salsa dancing for an hour and why not stay for a basic Spanish class afterwards. Feel free to do one class or both. Sessions run for 5 weeks and are sure to be popular so please book early to avoid disappointment.



**Venue:** Okines Community House

**Day:** Commencing Thursday 3rd August (for 5 weeks)

**Salsa Session:** 4.30pm - 5.30pm

**Spanish Session:** 5.45pm - 6.45pm

**Fee:** \$15 per session per week or \$25 for both per week

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

#### StrokeSafe SESSION:

Please come along to a StrokeSafe Session where you will learn valuable information about what stroke is and how to recognize the signs. What to do if someone is having a stroke and how to prevent stroke in you or the people you love.



**Venue:** Okines Community House

**Date:** Thursday 7th Sept 2017 **Time:** 10am to 11am

**Fee:** FREE

**Please register:** 6265 7016 or email

natsiggins@okinescommunityhouse.com.au

## FRIDAY

### SPINNING GROUP

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



**Venue:** Okines Community House

**EVERY** Friday of the month

**Time:** 10am to 3pm

**Fee:** \$5

**Contact:** Eileen 6265 8472 or Karen 0415 416 266



# Events and activities term 3, 2017

## 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:** 28/7, 25/8 & 29/9/17 **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.**

### Mindful Movement and Neuroplasticity: Improving Movement, Reducing Pain and Calming your Mind - Tutor Wendy Leewood

In each class, the gentle, sequential movements help re-calibrate your nervous system, so you can let go of old patterns of movement (& stiffness, pain & discomfort) and imprint new, simpler, more comfortable ways of moving AND your body & mind will become calmer. These Feldenkrais classes train your brain (CNS) through attention to subtle movements of your body. We will reference the work of Norman Doidge to help understand how we learn & change through movement.



**Venue:** Okines Community House

**Day:** Friday 7th July 2017 for 8 weeks.

**Time:** 3.30pm to 4.30pm **Fee:** \$160 or \$22 casual rate

**Contact:** Call Wendy to reserve a place on 0447 120 688 or

**email:** [unfurlyourself@gmail.com](mailto:unfurlyourself@gmail.com)

**web:** [www.feldenkraishobart.com.au](http://www.feldenkraishobart.com.au)

## WEEKEND WORKSHOPS

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

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



**Venue:** Okines Community House

**Date:** Saturday 12th August 2017

**Time:** 10am to 2pm

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

## WEEKEND WORKSHOPS

### BODY ROLLING CLASS - Tutor Salomé Rosa

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



**Venue:** Okines Community House

Last Saturday of the month:

**Dates:** 29 July, 26 August, 30 September 2017

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

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

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

### FELDENKRAIS (Weekend workshops) - Wendy Leewood Finding your (Fabulous) Feet!

Treat your feet to a session of gentle, intriguing exercises creating mobility, relaxation and fluid, effortless walking, running and dancing. There are 26 bones in the foot, allowing fantastic mobility and support for easy, flexible upright posture. But all this can be disabled by lifetime imprisonment in shoes and flat pavement walking. Transcend these restrictions by exploring the biomechanics and the aesthetics of the feet as the foundation for natural poise and efficient action.



**Venue:** Okines Community House

**Date:** Saturday 30th July 2017 **Time:** 10am to 1pm

**Fee:** \$55 on the day (early bird or pre-paid \$50)

Please contact Wendy Leewood directly on 0447 120 688 or email [unfurlyourself@gmail.com](mailto:unfurlyourself@gmail.com) to register

### LEAD LIGHTING (two day workshop) - Diane Brown

Check out this activity new to Okines. Over two sessions tutor Diane Brown will teach basic lead lighting techniques as you complete a simple glass hanging. All materials will be provided to complete the glass hanging project. Students are welcome to do projects other than the glass hanging however you will need to bring your own materials.



**Venue:** Okines Community House

**Day 1:** Saturday 9th Sept. 2017 - 10am to 1.30pm (BYO lunch)

**Day 2:** Sunday 10th Sept. 2017 - 10am to 11am

**Fee:** \$50 includes 2 part workshop & basic materials to complete glass hanging project.

# Events & Activities Calendar Term 3 - 2017

## MONDAY

### FROM WITHIN PILATES

9am to 10am, 24/7/17, 10 weeks  
\$150, casual \$20, contact: Salome on  
0437 405 213

### CRAFT CLUB

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

### VOLLEYBALL

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

### YOGA FLOW

6.30pm to 8pm, starts 24<sup>th</sup> July 2017,  
cost \$15 per session, contact: Jackie  
Graham 6265 7716

### GARDEN TUCKER

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

## THURSDAY

### FROM WITHIN PILATES

9am to 10am, 27/7/17, 10 weeks  
\$150, casual \$20, contact: Salome on  
0437 405 213

### OKINES BOOK CLUB

12pm to 2.30pm, 2nd Thursday of  
month, next is 10th August 2017,  
Contact:6265 7016

### FIZZICAL FUSION STAYSTRONG

6.15pm to 6.45pm, \$5 casual, contact  
Karyl on 0468 389 659

### FIZZICAL FUSION – STRETCH

6.50pm to 7.20pm, \$5 contact Karyl on  
0468 389 659

### DIGNITY SUPPORTED GARDENING

Re-commencing Thursday 7<sup>th</sup>  
September 2017, 10.30am-1.30pm  
Free program, shared lunch provided

### suicideTALK Session

6.30pm to 8pm, 24<sup>th</sup> August 2017,  
Free, contact 6265 7016

### SPANISH & SALSA DANCING

Salsa dancing 4.30pm to 5.30pm, \$15  
per session or \$25 for both.  
Spanish class 5.45pm to 6.45pm, \$15  
per session or \$25 for both, contact:  
6265 7016

### StrokeSafe Session

10am to 11am, 7<sup>th</sup> September 2017,  
Free, contact 6265 7016

## TUESDAY

### IYENGAR YOGA

6.15am to 7.30am, Progressive, \$18  
per session or \$160 for a 10 class pass,  
Contact: Gabe 6265 7907 or  
0457 024 267

### FROM WITHIN PILATES

9am to 10am, 25/7/17, 10 weeks  
\$150, casual \$20, contact: Salome on  
0437 405 213

### FIZZICAL FUSION STAYSTRONG

6.15pm to 6.45pm, \$5 casual, contact  
Karyl on 0468 389 659

### FIZZICAL FUSION STRIKE

6.50pm to 7.20pm, \$5 casual, contact  
Karyl on 0468 389 659

### RHYTHM & BEACHES COMMUNITY SINGING GROUP

7pm to 9pm, \$5, Contact: Di Hansen  
on 0408 328 132

### SENIORS WEEK – BUS TRIP OATLANDS

9.30am to 3.30pm, \$20 (lunch is  
additional cost or BYO).  
Contact 6265 7016

## FRIDAY

### EATING WITH FRIENDS

12pm to 2pm, last Friday of every  
month, \$7 for 2 courses, Bookings  
essential: Contact: 62657016

### SPINNING GROUP

10am to 3pm, Every Friday, \$5 per  
session. Bring along, spinning wheel  
and wool. Contact: Eileen on  
6265 8472 or Karen 0415 416 266

### OKINES COMMITTEE MEETINGS

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

### FELDENKRAIS

3.30pm to 4.30pm, from 7th July 2017,  
\$160 or \$22 casual for 8 weeks,  
contact: Wendy to reserve a place on  
0447 120 688 or email:  
[unfuryourself@gmail.com](mailto:unfuryourself@gmail.com)

## WEDNESDAY

### PAINTING

10.30am to 1.30pm, Cost \$5 per class  
includes morning tea, Contact:  
6265 7443 or 0488 139 742

### TAI CHI

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

### SECOND BITE FOOD ASSISTANCE

1pm to 4pm, every Wednesday

### IYENGAR YOGA

6pm to 7.15pm, General class, \$18  
per session or \$160 for a 10 class  
pass, Contact: Gabe 6265 7907 or  
0457 024 267

## WEEKEND WORKSHOPS

### MOSAICS

10am to 2pm, one day workshop  
Saturday 12/8/17, Cost: \$40, BYO  
lunch to share, contact: 6265 7016

### IYENGAR YOGA

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

### BALL ROLLING WORKSHOPS

9am to 10.20am,

- Saturday 29/7/ 2017
- Saturday 26/8/2017
- Saturday 30/9/2017

Cost: \$20, Contact: 0437 405 213

### FELDENKRAIS WORKSHOP

Finding your (Fabulous) Feet  
Workshop : Saturday 30 July 2017  
10am to 1pm, cost \$55 (early bird or  
prepaid price \$50) contact Wendy to  
reserve a place on 0447 120 688 or  
email:[unfuryourself@gmail.com](mailto:unfuryourself@gmail.com)

### LEAD LIGHTING (2 day workshop)

Day 1: Saturday 9<sup>th</sup> Sept 10am to  
1.30pm

Day 2: Sunday 10<sup>th</sup> Sept 10am to  
11am

\$50 includes 2 part workshop & basic  
materials to complete glass hanging  
project. Contact: 6265 7016



# Okines Community Garden

On June 16th we were lucky enough to be part of an incredible example of community collaboration and co-operation when the Okines Community Garden hosted its fifth annual Lantern Parade. The exquisitely calm and clear winter night provided a perfect backdrop for the event, but it was the incredible energy, enthusiasm and passion for creativity and community shown by all the many helpers, contributors and volunteers which made this night a huge success and truly one to remember. Those of you who came along will recall a magical parade that many folk claimed rivalled Dark Mofo, and more than once I heard someone call it our own "Light Dofu". But comparisons aren't needed, because clearly this community has something special going on right now.

For those of you who missed out this year I'll attempt to walk you through the experience, without doing it justice. Over 400 people turned up with lanterns alight and were welcomed to country by Brody Paxton and then serenaded by the Dodges Ferry Primary School Choir. The procession which followed led us down past a giant whale and an intricate shadow puppet display among other creative light installations from the Southern Beaches Regional Arts Group. On the beach the "Seven Sisters" were portrayed by



local women dressed in white and accompanied by a mesmerising fire and music installation from three local men. Returning via First Ave. we passed more women in white and their moving 'Tribute to Tree'. A large lantern spiral welcomed us back into the Community Garden Space where the magic continued with a giant caterpillar, and a glowing tee-pee which had been woven by over 100 pairs of hands. Dotted throughout the garden were other lanterns made by community members, school children and artists. By then the cold had set in and a mug of hot orange soup (made from pumpkins, not oranges) with crusty bread warmed us all up and gave us time to stop, reflect, connect and smile. So many happy faces, so many beautiful sentiments and loads of brainstorming ideas for next year. There are so many people to thank that I risk missing some but want everyone to know how grateful we are for supporting this event, including all the parents and carers who went to the effort to rug up the family and come out on a chilly winter night.



Thank you to Jodi Chivers and her SBRA team for the whale, shadow puppets and all the other magic created, Desiree Fitzgibbon and all of the Seven Sisters, Megan Woodcock for co-ordinating the

school side of things, Anne Piesse and Kathy Hall for loving the large lanterns and effecting necessary repairs, the Richmond Bakery for bread, Sorell Country Fresh for assisting us with pumpkins (our



garden harvest failed this year), all the wonderful soup makers, servers, washer upperers and of course those who lingered long to help set up or pack up on the night! We look forward to the next one!



After such a big celebration the garden may seem a little quieter over winter as we all need a well earned rest!

Dignity is taking a winter break and will resume on Thursday 7th September. The Grow and Learn School Program has finished up on Tuesdays until the latter half of term three. The garden itself has slowed down with only the hardiest of winter crops doing their winter thing. Gabe and I will still be here every Monday from 9-4 and Thursdays 12.30-3pm working alongside our similarly hardy volunteers! However, as the days get longer things will emerge once more and those busy garden bees will start buzzing again. Soon to come, a permanent composting toilet and structure, a renovated shipping container and spring seedlings, but in the meantime, please slow down as nature intends you to, have another cuppa and feel that winter sun on your back whenever you can.

Warmly, Claire and Gabe

## Upcoming dates:

- August 7th Garden Tucker
- September 4th Garden Tucker
- September 7th Dignity Supported Gardening resumes 10.30-1.30pm . Gardening, weaving, singing, and a shared lunch!
- September 14th Film night "The Market Gardeners Toolkit" use link below to register. 6pm-8.30pm with soup and bread. <https://www.eventbrite.com.au/e/film-the-market-gardeners-toolkit-okines-community-garden-tickets-35712271365>
- September 18th-22nd DFPS Storytelling festival with Fire and Story night at Garden on Wednesday 20th September 2017







## 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 & Thursday  
10am to 3pm

Toy & Book Library available

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

## Southern Beaches Regional Arts

### Show and Tell Meets

Every second Tuesday in the month from

February -December,  
at the Lewisham Tavern!

6pm for a friendly meal! 7pm for "Show and Tell"!

Feature artist every month!

Bring your art to show!

**Contact 0407 851 706**

## PITTWATER ART GROUP



- Painting in all mediums -

**Come visit my Site <http://gailburnart.webs.com/>**

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

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

**Enquiries:** Gail 62658775 or Cheryl 0400740148

## \*Food Assistance\*

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

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

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

**Wednesdays**  
**1pm - 4pm**



## SENIOR 2017 WEEK



This year's Seniors' Week activity will be a bus trip to Oatlands. You are invited to explore over 87 original sandstone buildings, galleries and cafes. Uncover a hidden treasure at one of Oatlands antiques or craft shops, meet local artisans and learn the stories behind the Oatlands made wares.

**When:** Tuesday 10th October 2017

**Pickup:** at Okines Community House

**Time:** 9.30am to 3.30pm

**Cost:** \$20 (bus trip only lunch at own expense)

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

## VOLLEYBALL

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



## Dodges Ferry Seniors Citizens

Indoor Carpet Bowling at Dodges Ferry  
Recreation Centre

Thursdays  
12.45pm - 4pm



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

## BADMINTON



Wednesday evenings 7.30pm

Dodges Ferry Primary School Gym

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

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

## Pittwater Photography Group



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



## 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

### 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



**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)

## TOY & BOOK LIBRARY

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





## 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.



## Let's talk about saving lives.

**Suicide is preventable. Anyone can make a difference.**

- 90-minute info session on saving lives from suicide
- Builds awareness and encourages open discussion
- Helps people take the first steps toward suicide prevention

### **Upcoming suicideTALK session**

**Date: Thursday 24 August, 6.30 - 8pm**

**Location: 510 Old Forcett Rd, Dodges Ferry**

**Hosted by: Okines Community House**

**Cost: Free**

**To register, please call: 6265 7016 , or**

**Email: [natsiggins@okinescommunityhouse.com.au](mailto:natsiggins@okinescommunityhouse.com.au)**

Learn more about suicideTALK at [www.livingworks.net/suicidetalk](http://www.livingworks.net/suicidetalk)



## **SORELL ON STAGE!**

Interested in Acting? Directing? Back stage crewing? Any aspect of theatre?

We are always looking for more people.

Sorell on Stage meets twice a week,

Thursday and Sunday.

Sorell Memorial Hall 7pm.

mid January – November.

Contact 6106 0071

## **CLEAN UP SOUTHERN BEACHES**

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

8.30am - Contact Lorraine by email:

[loron@inet.net.au](mailto:loron@inet.net.au)

## **MEN'S BREAKFAST**

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

- Guest Speaker -

**New members welcome.**



**OKINES COMMUNITY HOUSE INC**

ABN: 99 433 272 191

*For the community. By the community*

www.okinescommunityhouse.com.au



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

**Administration:**

Monday, Tuesday & Friday - 9am to 3pm

Wednesday & Thursday - 9am to 4pm

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

Phone/Fax: 03 6265 7016

Mobile: 0438 651 155

email: info@okinescommunityhouse.com.au

**Community Garden:**

Monday - 9am to 4pm

Thursday - 12.15pm to 2.45pm

Mobile: 0457 024 267

email: dig@okinescommunityhouse.com.au

**Food Co-op:**

Sunday - 9.30am to 12.00pm

Tuesday - 2pm to 5pm

First Monday of each month 12-2pm

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

**OFFICE FACILITIES CHARGES**

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

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

**Photocopying:**

Using our paper A4 (1 side) = 10c A4 (2 sides) = 15c

A3 (1 side) = 20c A3 (2 sides) = 30c

Own paper A4 (1 side) = 5c A4 (2 sides) = 10c

A3 (1 side) = 10c A3 (2 sides) = 20c

**Colour Printing:**

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

A3 (1 side) = 60c A3 (2 sides) = \$1.20

Own paper A4 (1 side) = 15c A4 (2 sides) = 30c

A3 (1 side) = 30c A3 (2 sides) = 60c

**Fax Machine:**

To send a fax is 50c per page, Our Fax No. is 6265 7016 if you need to have anything faxed to you. The cost will be 10c for each page received.

**Scanning**

Scanning of documents is available at no charge

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

**\* OKINES COMMITTEE MEETINGS \***

Okines Community House Management Committee meets the third Friday of every month at 9.30am. 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 info@okinescommunityhouse.com.au or ph: 6265 7016.

**Information, Support and Referral** services can be accessed at Okines Community House. We have a range of information, pamphlets and books and can listen and support you with issues of concern and refer you to other services if need be.

**LIST OF LOCAL PLAYGROUPS**

**MIDWAY POINT**

Pittwater Playgroup

Tuesday 10am – 12noon

Thursday 10am – 12noon

No joining fee

\$2 plus piece of fruit

Held at Pittwater Neighbourhood

Centre, Hoffman Street

Contact: 6265 1155

**DUNALLEY**

Wednesday 9am – 11am

School Terms only

No joining fee

\$1 per child (includes morning tea)

Held at Dunalley Neighbourhood House

Contact: 6253 5579

**LAUNCH INTO LEARNING**

SCHOOL PROGRAM

Tuesday 9 am to 10 am Wiggling Wombats

Thursday 9am to 10 am Music Making

Friday 9am to 10.15am Learning Together

Friday 10.15am to 11am Chat & Play

**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.