



# OKINES



## Community House

Funded by the DEPARTMENT of COMMUNITIES TASMANIA

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

## LANTERN PARADE 2019

It was amazing to see so many people brave the cold and rain to celebrate the winter solstice at the Okines Lantern Parade 2019. In the lead up to the event, students from the Dodges Ferry Primary School along with Okines' staff and volunteers created lanterns of various shapes and sizes. The brightly coloured mushrooms being a particular crowd favourite. On the night, the crowd were treated to songs from the school choir, the traditional bonfire and lantern walk as well as a selection of delicious food. This year, along with hot soup in the garden and tasty treats from the Food Co-op, there was a variety of casseroles and curries which people enjoyed at the long table set up inside the house.

Okines would like to acknowledge receiving a community grant from Australia Post which contributed to some of the costs associated with running the event. A huge thank-you also goes to Sorell Country Fresh Market who regularly support Okines' events and on this occasion supplied vegetables to make soup. Sincere thanks also goes to Artery, Rebecca White MP, Urban Music, Dodges Ferry Butchery, Richmond Bakery and Dodges Ferry Primary School staff and students for their contribution. The event could not have been a success without the help of the volunteers and artists in particular Jodi Chivers who assisted leading up to and on the night. Okines is immensely grateful to those people so willing to give of their time and expertise.

Planning for next years' Lantern Parade is already underway. Okines will be putting a call out in early 2020 for people passionate about the event to join a working group dedicated to its ongoing success.





# LANTERN PARADE 2019 CONTINUED



## ABOUT THE NEWSLETTER

The Okines Community House Newsletter is produced quarterly corresponding with school terms and is available by mail, email, Facebook & website or by calling in to the office.

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

**Contributions can be submitted via email to  
info@okinescommunityhouse.com.au.  
Closing date for the next issue is  
Friday 20th of September, 2019**

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



## Food Co-op News

The Food Co-op offers community members an outlet for purchasing bulk, organic/ethical wholefoods and other products at affordable prices. Our range of goods in bulk includes flours, grains, pulses, nuts, seed, spices, dried fruits and sweeteners. We support local producers as much as possible with more offered every year. Some of the local produce we carry includes preserves, honey and *Platypus Olive Oil*. Our very popular coffee, *South Roast Coffee*, is roasted down the Tasman Peninsula.

### Opening hours:

Tuesday 2pm – 5pm

Sunday 9.30am – noon

First Monday of each month (with Garden tucker)

A great idea for convenience is the Food Co-op's pre-order online option. This is a great alternative for those that can't make it to the co-op during opening hours. Just let us know by noon on Monday and we will have it ready for you to pick up from the Co-op either the next trading day or a pre-arranged time from the office in the Community House during opening hours.

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

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

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

New Members are always welcome.

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

PLEASE NOTE: 2019 Membership is currently due for renewal so please pay (if you haven't already) next time you are shopping at the co-op. THANKYOU to all members who have paid their annual membership fee, if you are one of the few that hasn't yet please do so ASAP. When you shop next or you can deposit direct into the co-op bank account.

### New stock

New stock:

Ginger glow tea mix: ginger, lemon grass, calendula, hibiscus

New flours: As Callington Mill has closed, we are now trialling Wholegrain Millers brand organic Bread/Bakers flours. Bread makers please give us your feedback. We can also access their sustainable range as a cheaper non-organic but ethical alternative if demand warrants.

We will continue to have organic Tassie Kindred Spelt flours for non-bread baking.

Muesli Toasted base: oats, coconut, apple, sultanas.

Hazelnuts: roasted organic nuts from Cygnet

Local Huon Valley Apple Cider Vinegar: organic from Wattle Grove.

### Food Co-op News

- No more Lizzy's Soap as she is closing her business. The Food Co-op are looking for contacts for another local natural soap maker.
- Sadly no more Clean Conscience Laundry Powder so we are seeking recommendations for an environmentally friendly product that can be stocked in bulk for our customers. We hope to have a substitute wash and sodium percarbonate (laundry soaker for stains, nappies etc) in stock soon.
- Also, looking for old golf buggy wheels or similar (need to be solid) to replace the constantly deflated ones on our trolley.
- Thank you from the Co-op to all who contributed to the Lantern Parade and made it such a busy and fun night despite the woolly weather.



# Events and activities term 3, 2019

## MONDAY

### FROM WITHIN PILATES - Tutor Salomé Rosa

A Pilates based class designed to improve alignment, strength and flexibility. One hour mat class, in a relaxed friendly environment, suitable for beginners or those with previous experience. Movement from within will help you find elegance and ease in everyday life. **\*multiple classes**

**Monday** 9am to 10am

Commencing 22nd July '19 (9 wks \$135 no class 26/8 & 2/9).  
Class focuses on recovery/mobility and strength.

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

Commences 18th July 2019 (9 wks \$135 no class 29/8 & 5/9)  
This class will continue with the soft foam roller focusing on releasing and strengthening the body.  
(casual rate \$20 per class)

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

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

**\*Please bring an exercise mat**

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



From Within Pilates

### YOGA FLOW - Tutor Jackie Graham

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

**Venue:** Okines Community House

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

**Fee:** \$15 per session

**Contact:** Jackie on 6265 7716



### CRAFT CLUB

Craft club is held on Mondays 10.30am to 12.30pm during which participants can enjoy coffee, chats & craft.



**Venue:** Okines Community House

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

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

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

## TUESDAY

### RHYTHM & BEACHES COMMUNITY SINGING GROUP

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



**Day:** Tuesdays during school terms

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

**Fee:** \$5 per week

**Venue:** Okines Community House

**Contact:** M Haynes 0417 462 310

### FIZZICAL FUSION FITNESS CLASSES

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

### STAYSTRONG - Tutor - Karyl Michaels

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

**Venue:** Okines Community House

**Day:** Tuesday,

**Starts:** ongoing

**Time:** 6.15pm to 6.55pm

**Fee:** \$10

**Contact:** Karyl on 0468 389 659

fizzicalfusion@gmail.com



### STRIKE - Tutor Karyl Michaels

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

**Venue:** Okines Community House

**Day:** Tuesday

**Time:** 7pm to 7.20pm

**Fee:** \$5

**Contact:** Karyl on 0468 389 659

fizzicalfusion@gmail.com



# Events and activities term 3, 2019

## WEDNESDAY

### TAI CHI - Sue Duffy

Tai Chi is an effective exercise for health and wellbeing. Tai Chi can help with a range of disorders including anxiety, arthritis, joint stiffness and stress. People of any age and fitness level can enjoy Tai Chi and gain positive health benefits. No special equipment is required and we suggest you wear comfortable clothing

**Venue:** Okines Community House  
**Day:** Wednesday during school terms,  
**Time:** 10am to 11am  
**Fee:** \$4 **Contact:** 6265 7016  
info@okinescommunityhouse.com.au



### 5RHYTHMS DANCE - Deva O'Wheel

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

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

**Venue:** Okines Community House  
**Day:** Wednesday (not over school holidays)  
**Time:** 11.30am to 1pm  
**Fee:** \$10 casual or 1/2 price when you pay for 4 weeks or more.  
**Contact:** Deva 0402 228 321 or devaowheel@hotmail.com  
www.5rhythms.com



### PAINTING

The Shoreline Art Group meet at Okines Community House every Wednesday from 10.30am to 1.30pm.

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

**Venue:** Okines Community House  
**Date:** Wednesdays  
**Time:** 10.30am to 1.30pm  
**Cost:** \$5 includes morning tea



## THURSDAY

### OKINES BOOK CLUB

The Okines Book Club is a popular and mentally stimulating activity. Share your passion for reading, meet some new people, share a meal and discover new books. There is no membership fee, and books are organised through the LINC (State Library).

**Venue:** Okines Community House  
**Day:** Second Thursday of the month - 11/7, 8/8, 12/9 & 10/10/19  
**Time:** 12.00pm to 2.30pm, BYO plate of food to share  
**Contact:** 6265 7016 or info@okinescommunityhouse.com.au



### FIZZICAL FUSION FITNESS CLASSES

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

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

**Dumbbells provided.**

**Venue:** Okines Community House  
**Day:** Thursday: ongoing  
**Time:** 6.15pm to 6.55pm  
**Fee:** \$10  
**Contact:** Karyl on 0468 389 659  
fizzicalfusion@gmail.com



### Fizzical Fusion STRETCH- Tutor Karyl Michaels

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

**Venue:** Okines Community House  
**Day:** Thursday ongoing  
**Time:** 7pm to 7.20pm  
**Fee:** \$5  
**Contact:** Karyl on 0468 389 659  
fizzicalfusion@gmail.com



# Events and activities term 3, 2019

## THURSDAY

### DIGNity SUPPORTED GARDENING

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

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

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

**Time:** Thursdays 10.30am –1.30pm  
**Contact:** 6265 7016 or  
 email: [jessie@growoccupationaltherapy.com.au](mailto:jessie@growoccupationaltherapy.com.au)



**Please note:**  
 DIGNity on winter break will be returning on  
 5th of September 2019

## FRIDAY

### SOUTHERN BEACHES SPINNERS & FIBRE GROUP

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



**Venue:** Okines Community House  
**EVERY** Friday of the month  
**Time:** 10am to 3pm **Fee:** \$3,  
**Contact:** Eileen 6265 8472 or Brian 0487 380 296

## 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:** 26/7/19, 30/8, 27/9  
**Time:** 12pm to 2pm  
**Fee:** \$7 for 2 course meal  
**Contact:** 6265 7016 or [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

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

## 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 31st August 2019 **Time:** 10am to 2pm  
**Fee:** \$45 & BYO lunch to share  
**Contact:** 6265 7016 or [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)



**DAY** Wednesdays

**TIME: 11am to 1pm**

OrangeSky

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



# Events & Activities Calendar Term 3 - 2019

## MONDAY

### FROM WITHIN PILATES

9am to 10am, starts 22nd July 2019, casual \$20, contact: Salome on 0437 405 213

### CRAFT CLUB

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

### VOLLEYBALL

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

### YOGA FLOW

6.30pm to 8pm, cost \$15 per session, contact: Jackie Graham 6265 7716

### GARDEN TUCKER

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

## TUESDAY

### FIZZICAL FUSION STAYSTRONG

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

### FIZZICAL FUSION STRIKE

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

### RHYTHM & BEACHES COMMUNITY SINGING GROUP

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

## WEDNESDAY

### PAINTING

10.30am to 1.30pm, Cost \$5 per class includes morning tea – **\*Currently unable to take new members as filled to capacity.**

### TAI CHI

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

**LOAVES & FISHES FOOD ASSISTANCE**  
1pm to 3pm, every Wednesday

**ORANGESKY FREE LAUNDRY SERVICE**  
11am to 1pm, Wednesdays.

### 5RHYTHMS DANCE

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

### BADMINTON

7.30pm Wednesdays at Dodges Ferry Primary School Gym.

## THURSDAY

### FROM WITHIN PILATES

9am to 10am, starts 18th July 2019, casual \$20, contact: Salome on 0437 405 213

### OKINES BOOK CLUB

12pm to 2.30pm, 2nd Thursday of month, 11/7, 8/8, 12/9 & 10/10/19 Contact:6265 7016

### FIZZICAL FUSION STAYSTRONG

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

### FIZZICAL FUSION – STRETCH

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

### DIGNITY SUPPORTED GARDENING

Thursdays, 10.30am-1.30pm shared lunch provided (Finishes end of May returning 5th September 2019).

### SENIOR BOWLS

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

## FRIDAY

### EATING WITH FRIENDS

12pm to 2pm, 26/7/19, 30/8, 27/9, \$7 for 2 courses, Bookings essential: Contact: 62657016

### SOUTHERN BEACHES SPINNERS & FIBRE GROUP

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

### OKINES BOARD MEETINGS

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

## WEEKEND WORKSHOPS

### MOSAICS WORKSHOP

10am to 2pm, one day workshop Saturday 31st August 2019, Cost: \$45 and BYO lunch to share

### SPECIAL EVENTS

**Yoga & Mandala Making** with renowned meditation teacher Khandro Thrinlay Chodon, 10am – 12pm, Sun 28th July '19, cost \$20, bookings via [hobart@khachodling.org](mailto:hobart@khachodling.org)

**Soul Voice Taster** on Saturday 27th July 2019, 10am to 12pm, cost \$15 (pensioners & seniors by donation), bookings via [mukulusong@gmail.com](mailto:mukulusong@gmail.com) or call/text 0410 231 183

### Seniors Week program:

- Cards & Board Games, Monday 14<sup>th</sup> October 2019, 10am-12pm, free activity.
- Laymen's Online Skills, Tuesday 15<sup>th</sup> October 2019, 10am – 12pm, free activity.
- Pingo and Guess Who, Thursday 17th October, 10am – 12pm, gold coin donation.
- DIGNITY, Thursday 17th October 2019, free activity.



# Garden news

Winter sure is speeding along and the shortest day has been marked with the Lantern Parade Festival. The year's longest night was brightened with colourful, handmade lanterns of all shapes and sizes. Even though the weather was cold and windy and somewhat precipitous, a hardy bunch still came out and watched the performances and enjoyed some warm soup and bread.



Thanks to everyone involved, both volunteers (soup makers, servers and lantern makers) and participants. This community wouldn't be what it is without you!

The garden has some exciting news – Greg Lawson is joining the team! Greg comes from a strong and varied background in organic agriculture, building design and teaching. We are thrilled to have his input in the garden. Greg will be working Mondays and Wednesdays so drop in and say hi and see the changes happening in the garden space.



Part of these changes that we are wanting to achieve is to get more organic food production happening locally. We are currently creating more vegetable garden space to achieve this, and are going to be ramping up heirloom seedling production in the spring – so watch this space! Thank you to Martin Bishop for the ongoing donation of alpaca poo and likewise to Torenus Sawmill for sawdust.

**Tree Planting Day:** at Okines Garden 25th July 2019 - 10am onwards.





# Where Eagles Dare....

*When a storm is coming, all other birds seek shelter.  
The eagle alone avoids the storm by flying above it.  
So, in the storms of life may your heart be like an eagle's and soar above.*

Recent visitors to the garden at Okines may have noticed a new addition to the landscape. The Eagle Mural is part of Okines' ongoing commitment to creating a welcoming space for all.

As part of the **Department of Communities Tasmania** Youth Week Grants Program 2019, Okines received funds to engage professional artist Jake Seven to work with local youth on a 'street art' project in the garden.

On a sunny day in April an artist in residence youth event was held in conjunction with a stencil workshop. Food and live music was provided for the participants and the final result is nothing short of eye-catching.

Thank you to all who attended the event. Sincere thanks go to the State Government for supporting this project. Also, to Jake for providing his expertise to the young people in our community. Okines would also like to acknowledge Ethan Reed for performing on the day .



# Breakfast Club

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

**Tuesday 22nd July 2019.**

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

We would also like to acknowledge the **Raine & Horne Sorell** who provide fresh fruit platters each week. We encourage you to support these businesses by choosing to buy local whenever possible.

Okines is in need of volunteers for **Thursday** mornings. If you are able to spare some time to help us out please let us know either by Facebook, phone: 6265 7016 or email: [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)



**D'FERRY FLICKS** Presents:  
Screenings 3rd Saturday of the month at  
Dodges Ferry Primary School  
6:30pm for 7pm start

Brought to you by



**July 20 – Yellow Submarine (1968)**

G | Animation, Adventure, Comedy | 1h 25min

The Beatles agree to accompany Captain Fred in his Yellow Submarine and go to Pepperland to free it from the music hating Blue Meanies.

Director: George Dunning

Stars: Paul McCartney, George Harrison, Ringo Starr



**August 17 - Birth of Sak é (2015)**

PG | Documentary, Biography, Family | 1h 30min

Through the unrelenting winter in the north of Japan, a small group of workers must brave unusual working conditions to bring to life a 2,000-year-old tradition known as sake

Director: Erik Shirai

Complementary drink on arrival  
Supper & snacks available for sale

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

**BRING A SOFT CUSHION FOR MORE COMFORT**

An initiative of Okines Community House Inc







# Okines Community House

October 14th-20th

## Cards and Board games

Monday 14th 10-12pm Free

A social event to test your skills and luck over morning tea.

## Laymen's Online skills

Tuesday 15th 10-12 pm Free

Want to know how to drive your iPad or smart phone? Or how to make online bookings or shopping. Then this basic introductory class is for you.

## Pingo and Guess who

Thursday 17th 10-12pm Gold Coin donation. Join us for a fun game of Pingo and win grocery items. To play Guess who we ask everyone to bring along a photo of themselves from when they were a child.

The winner who guesses the highest amount of "who is who" wins a prize

## DIGNity Thursday 17th 11-1pm Free

Join the DIGNity team in the community garden for a spot of lunch and planting.

For booking call 0362657016 or [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

SENIORS WEEK 2019



An exhibition of beautiful original artwork by local artists

Cherie Sibley and Natalie Murden

29 June-28 July

At Lady Franklin Gallery, Ancanthe Park Lenah Valley

Opening Friday 28th June 6.30- open weekends 11-4



Shoreline Art Group who paint together at Okines on a Wednesday are currently exhibiting their work at **Tasmania Golf Club** from Tuesdays to Saturdays from 10am. Do yourself a favour and have a look at their wonderful paintings.

# Okines Community House



## TWILIGHT MARKET

5pm – 8.30pm

Friday 18th of October Thursday 19th December

Friday 20th March 2020

Food Vans Market stalls Entertainment

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

## Annual General Meeting

Friday 20 Sept. 2019  
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 Board of Management.

You can visit the Okines website, Facebook page or email:

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

Alternatively please phone: 6265 7016 for further information.





TASMANIA EVENTS  
WITH RENOWNED MEDITATION TEACHER  
**KHANDRO THRLINLAY CHODON**

24th July – 7th August 2019

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

Khandro-la presents profound teachings in an accessible way and speaks with humanity, clarity and joy as she assists you to tap into the deeper meaning of life. Born into a family of highly respected Himalayan yogis, Khandro Rinpoche began her spiritual training as a small child & has studied both Eastern & Western approaches to spiritual psychology. She is devoted to bringing the wisdom of her ancient tradition alive in our modern world.

**Friday, 26 July:**

**Sacred Healing Sounds**  
7 pm, Hodgkin Hall, Friends' School, 23 Commercial Road, North Hobart (entry via Carr St)  
Cost: \$20 Book via email

Join us for an evening of deep healing sounds from ancient cultures, including Khandro-la's performance of the powerful Tibetan healing ritual "Chod", which works on very deep and subtle aspects of our being.

**Saturday, 27 July:**

**Tara Puja & Blessed Food**  
10-12 pm, Drukha Studio, 208 Warwick St, West Hobart  
Cost: \$15 Book via email

Join us while Khandro Rinpoche performs a puja entering on Tara, the female buddha of compassion.

**Public Talk –**

**Sustainability, Ground Up**  
4–6 pm, Drukha Studio, 208 Warwick St, West Hobart  
Cost: \$15 Book via email

**Sunday, 28 July:**

**Yoga & Mandala Making**  
10-12 pm, Orkines Community House, 540 Old Forcett Rd, Dodges Ferry  
Cost: \$20 Book via email

**Naga Puja & Prayer Flag Ceremony**

2-4 pm, Orkines Community House, 540 Old Forcett Rd, Dodges Ferry  
Cost: by offering Book via email

Khandro-la will perform a puja, closely tied to the local environment, to increase harmony, peace and prosperity.

**Wednesday, 31 July:**

**Public Talk – The Heart of Mindfulness**

7-9 pm, Time and Venue  
Cost: \$20 Book via email

Mindfulness is a tool, which is proven to assist us de-stress and help us return to what is most meaningful in our lives. Khandro-la will deepen our understanding and answer any questions we may have.

**Friday, 2 August:**

**Public Talk – Dancing with Death**

5pm, Time and Venue  
Cost: \$20 Book via email.

Introducing a playful way to face our fears about death & dying, and a prelude to the weekend retreat.

**Saturday & Sunday, 3-4 August**

**Fearless Living & Dying Retreat with Amithaba Empowerment**

10-4 pm Saturday & 10-2 pm Sunday, South Hobart Community Hall, 14 Weld Street, South Hobart  
Cost: \$120 Book via email.

One and a half days, building on Friday's Public Talk and going deeper through an introduction to the practice of the Buddha Amithaba, who is particularly associated with longevity and assisting us through the process of death.

For bookings and enquiries contact: Stuart Lord +61 488 487 526 or [hobart@khachodling.org](mailto:hobart@khachodling.org)

## Whale of a time

A huge thank you goes to the **Sorell Council** who provided Okines with a youth grant to complete the whale mosaic on the Dodges Ferry Recreation Centre (gym) wall.

Kerry Howlett (local mosaic expert) tutored local youth, many from the Dodges Ferry Primary School to create this amazing piece of art. It is a wonderful addition to our community and a big thanks to all those who volunteered their time to assist Kerry with this fabulous project.



## The 2019 DFPS Community Fair

**"Love Our Oceans"**  
**Friday 15 November**



Can you help out?

Please contact Caroline, our School Association Chairperson

0409 848 245

If you wish to make a donation which we can use in our raffle or live auction please contact Lenna on 0405 100 424

## Seeking Donations

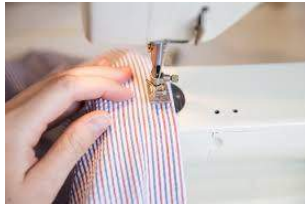
The garden is in need of small galvanised water tanks to use for garden beds. Must be in relatively good condition please.

If you no longer require your tank can you please let us know by either emailing [dig@okinescommunityhouse.com.au](mailto:dig@okinescommunityhouse.com.au) or phone 6265 7016.





# RE LOVED SEWING SESSIONS



Okines Community House are excited to receive a grant from the Highway and Byways program to run a series of sewing classes for local women and teenage girls.

The focus will be on, repairing clothes, up-cycle fashion and creating new pieces from recycled fabrics.

The first sessions are to take place Friday mornings during the school holidays on the 4<sup>th</sup> and 11<sup>th</sup> of October 2019 from 10am-2pm.

Spaces are limited so book in early. Participants are encouraged to bring along their own fabric and sewing machines.



## SOUL VOICE® TASTER

JOIN DORIANNE DANIELS, AUTHORISED SOUL VOICE® TEACHER AND CERTIFIED SOUL VOICE PRACTITIONER ON THE 27<sup>TH</sup> JULY AT 10AM-12PM

### YOU WILL:

- DISCOVER THE THERAPEUTIC POTENTIAL OF YOUR VOICE
- LEARN THE ART OF RELAXATION
- FIND OUT MORE ABOUT THE 2 DAY SOUL VOICE® WORKSHOP
- COST \$15 PENSIONERS AND SENIORS BY DONATION
- BRING CUSHION, BLANKET AND WATER BOTTLE

For more information visit  
[www.mukululong.com](http://www.mukululong.com)  
 email  
[mukululong@gmail.com](mailto:mukululong@gmail.com)  
 call/text  
 0410 231 183

Here at Okines  
 Community House  
 540 Old Forcett Rd  
 DODGES FERRY

# 5Rhythms Dance



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

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

ALL WELCOME NO EXPERIENCE NECESSARY

Wednesday (not over school holidays)  
 11.30am-1pm  
 Okines Community House  
 Cost: \$10 casual or 1/2 price when you pay for 4 or more classes



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

# Full Moon Weaving

with Gwen Egg  
 Okines Community Garden

TIME 6-8pm

Saturday 14th September

Monday 14th October

Wednesday 13th November

Thursday 12th December

Cost: by donation (\$10-20)

Gwen will introduce basket weaving techniques and projects which make use of materials gathered from the garden or the local environment.

Gwen is a fibre and community artist and a long time local of Dodges Ferry with a passion for working with community care for each other and the local environment.



## Salvation Army



223-227 Carlton River Road  
CARLTON 7173

Op Shop:  
Monday - Saturday  
10am - 2pm

Community Breakfast every Sunday 9.30am to  
11.30am @ The Salvation Army Carlton

Every Tuesday 1pm-3pm Over 40's chat group.  
Cards, board games or bring your own crafts to complete as we share snacks, coffee, tea. A laugh and a chat.

Every third Friday of the month is  
Family Movie Night  
6pm to 9pm

Movie is free, BYO dinner, canteen open

Market held every first Saturday of the month  
9.30am to 1pm  
- New Stallholders welcome -

Doorways Emergency Relief  
Monday, Wed & Fridays  
10am to 2pm

Toy & Book Library available

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

## PRIMROSE SANDS Community ACTIVITIES

### Playgroup

Mondays 10.30am to 12.30pm

### Bingo

Every Wednesday fortnight

### Cards

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

### Staystrong: strength and flexibility fitness classes

Held every Tuesday and Thursday from 4.40pm to  
5.20pm at Primrose Community Hall, cost is \$10.  
For more info. phone Karyl on 0468 389 659

## CLEAN UP SOUTHERN BEACHES

Meet 4th Sunday of every month in the car park  
in front of the Dodges Ferry Tavern from 8.30am  
- Contact Lorraine by email: [loron@iinet.net.au](mailto:loron@iinet.net.au)

## \*Food Assistance\*

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

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

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

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

*Please BYO bags*



## PITTWATER ART GROUP

- Painting in all mediums -

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

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

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

**Enquiries:** Gail 62658775 or Cheryl 0400740148



## SORELL ON STAGE!

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

We are always looking for more people.  
Sorell on Stage meets twice a week, Thursday & Sunday.  
Sorell Memorial Hall 7pm.  
mid January – November.  
Contact 6106 0071

## VOLLEYBALL

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



## Dodges Ferry Seniors Citizens

Indoor Carpet Bowling at Dodges Ferry  
Recreation Centre

Thursdays  
12.45pm - 4pm



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

## BADMINTON



Wednesday evenings 7.30pm

Dodges Ferry Primary School Gym

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

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

## Pittwater Photography Group

We meet each Wednesday for Friendship, Fun,  
Food and Adventures with  
our Cameras. From Beach  
to Bush to Back Roads...

We carpool and share the  
petrol cost. Membership is  
just \$10 per year through the PITTWATER COM-  
MUNITY CENTRE,

34 Hoffman St, Midway Point 7171

Enquiries Deb Cameron 0417161020



## Southern Beaches Coastcare

Community Caring for Coast and Country



Check out what we've been doing at:

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

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

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

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

C/- Post Office Dodges Ferry 7173

Or phone Gwen Egg on 0484 617 832



# MEN'S BREAKFAST

MEET - 3<sup>rd</sup> Wednesday of every month

GOOD COMPANY, GUEST SPEAKERS

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

\$5.00/head -ALL WELCOME

Enquiries - 0419876811 - Ian.



Supported by Rotary Club of Sorell

© Les Blanche 11 www.OpenOffice.com/74173



# Community Lending for Tasmanians



## WHAT IS NILS?

NILS is the No Interest Loan Scheme.

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

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

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



Household Essentials like fridges, washers, furniture



Education Essentials like computers, school trips and text books



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



Car Care Essentials like registration, tyres and repairs



Refugee Family Reunion including visa fees and airfares



Family Violence Support including removal costs and security equipment

## AM I ELIGIBLE?

To qualify you must:

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

## WE DON'T

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

Minimum repayment  
\$20 per fortnight

Call 1300 301 650  
[www.nilstasmania.org.au](http://www.nilstasmania.org.au)



NILS Tasmania is proudly supported by:



**linc** Tasmania  
learn discover access

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



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

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

**Ages 16+ No Income limits**

**FREE Service**

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

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



**BINGO**  
@  
**Primrose Sands  
Community Hall**

**Every Wednesday  
Fortnight**

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

## MEN'S BREAKFAST

Memorial Hall Supper Room behind RSL, Sorell,  
third Wednesday of each month

7.15am for 7.30am START. Phone 62481878

- Guest Speaker -

**New members welcome.**





**OKINES COMMUNITY HOUSE INC**  
ABN: 99 433 272 191

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



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

**Administration:**

Monday, Tuesday & Friday - 9am to 3pm  
Wednesday & Thursday - 9am to 4pm  
**\*House is open after hours for various activities see program for details.**  
Phone/Fax: 03 6265 7016  
Mobile: 0438 651 155  
email: info@okinescommunityhouse.com.au

**Community Garden:**

Monday - 9am to 2pm  
Wednesday - 9am to 2pm  
Thursday - 9am to 2pm  
Friday - 9am to 2pm (from 23/8/19 onwards)  
email: dig@okinescommunityhouse.com.au

**Food Co-op:**

Sunday - 9.30am to 12.00pm  
Tuesday - 2pm to 5pm  
First Monday of each month 11-1pm  
email: okines.food.co-op@gmail.com

**OFFICE FACILITIES CHARGES**

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

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

**Black & White Photocopying/Printing:**

Using our paper A4 (1 side) = 20c  
A3 (1 side) = 20c  
Own paper A4 (1 side) = 10c  
A3 (1 side) = 10c

**Colour Photocopying/Printing:**

Using our paper A4 (1 side) = 50c  
A3 (1 side) = \$1.00  
Own paper A4 (1 side) = 25c  
A3 (1 side) = 50c

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

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

**\* OKINES BOARD MEETINGS \***

Okines Community House Board of Management meets the third Friday of every month at 9.30am. The Board is made up of people from the community who make decisions about insurance, staffing, activities and money. You are welcome to attend our meetings at any time to have an input, or perhaps you might also be interested in joining our Board. For further information email info@okinescommunityhouse.com.au or ph: 6265 7016.

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

**LIST OF LOCAL PLAYGROUPS**

**MIDWAY POINT**

Pittwater Playgroup  
Tuesday 10am – 12noon  
Thursday 10am – 12noon  
No joining fee  
\$2 plus piece of fruit  
Held at Midway Pt Neighbourhood Centre, Hoffman Street  
Contact: 6265 1155

**DUNALLEY**

Wednesday 9am – 11am  
School Terms only, no joining fee  
\$1 per child (includes morning tea)  
Held at Dunalley Neighbourhood House  
Contact: 6253 5579

**PRIMROSE SANDS**

Monday 10.30am - 12.30pm

**LAUNCH INTO LEARNING**

SCHOOL PROGRAM  
Contact Dodges Ferry Primary School on 6265 8116 for more information

**Toy & Book Library:**

Membership of the library is a one-off payment of \$5. A selection of toys, books, DVDs are then available for loan for a period of 2 weeks.

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

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



Playgroup is an informal session where parents, carers, children and babies meet together in a relaxed environment. No child is too young for playgroup. All children from 0-5 years, including babies, love new experiences and benefit from developing sensory, social and communication skills through activities at playgroup.