



TERM 3, 2021

OKINES COMMUNITY HOUSE



Funded by the Crown through the DEPARTMENT of COMMUNITIES TASMANIA

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



OKINES
LANTERN
PARADE 2021
Dodges Ferry

LANTERN PARADE 2021: BRIGHT LIGHTS ON A MILD WINTER'S NIGHT

After a fortnight of rain, nature smiled favourably on the Okines space to provide a beautiful, some might say balmy evening for the 2021 Lantern Parade.

After a one year hiatus from the Lantern Parade last year due to Covid 19, we came back together this year with a wonderful parade and event that showed how strong and resilient we are as a community.

At last estimate well over 400 people come together to enjoy listening to the choir sing, participate in the lantern parade and savour hot soup around the fire.

Okines is extremely grateful to South East Arts, Rebecca White MP, Bakers & Baristas for their donations towards the event.

Of course the evening would not be possible without all of the amazing volunteers who worked so hard to make it happen.

We had soup makers, soup servers, lantern makers, lantern decorators, lights crew, set up and pack down helpers.

We wish to thank everyone involved in helping to make this event happen.

Term 3, 2021
19 July - 10 October
Bumper issue with heaps
of events & activities
inside

“...the evening would not be possible without all of the amazing volunteers who worked so hard to make it happen.”



Okines
Lantern Parade
2021



Acknowledgement of Country

In the spirit of reconciliation Okines Community House Inc. acknowledges the Traditional Custodians of the land on which we work and meet, the Mumirimina people and their connections to land, sea and community. We pay our respect to elders past and present and emerging and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

Trailer Hire

MINIMAL FEE

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

For bookings and hire fee information please contact Okines office on 6265 7016 or email us via: info@okinescommunityhouse.com.au



OKINES FOOD CO-OP



The Okines Food Co-operative (co-op) at Dodges Ferry is a not-for-profit group giving members access to bulk, largely organic, wholefoods at affordable prices with reduced packaging and without the need to travel to Hobart.

We are open on Sundays from 9:30am - 12:30 pm, Tuesdays from 2-5 pm and the first Monday of the month during Garden Tucker lunches. Come in during opening hours, pay a membership fee (\$20 per year / \$15 concession), and fill your own containers from our bulk wholefoods.

Some of our members volunteer with us 4-6 hrs per month. We currently need cashiers, shop assistants, chefs for the Dodges Ferry film nights, and people to sterilize jars and bottles so we can keep recycling at our shop!

By volunteering you can enjoy not only the friendly Okines atmosphere, but also a 15% discount when shopping!

We love our volunteers!

As an example, here is what some of our vollies contributed to this year's Lantern Parade:



Want to find out more? Get in touch:

email: okines.food.coop@gmail.com

facebook: [okinesfoodcoop](https://www.facebook.com/okinesfoodcoop)

website:

okinescommunityhouse.com.au/wpms/foodcoop



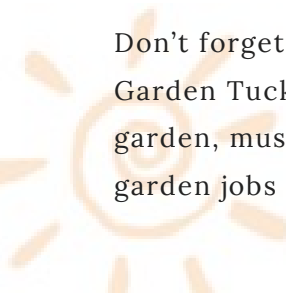
OKINES COMMUNITY GARDEN

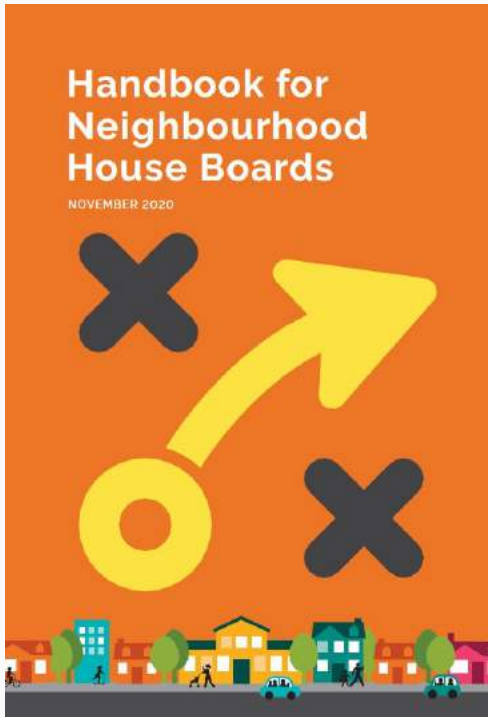
Winter is here, but it feels that after the solstice and lively lantern parade (thanks all you wonderful humans who volunteered for this), that we are on the home run towards longer and warmer days. Right now we are spending our days pruning, composting, weeding and mulching in these short winter days.

The garden has some excellent opportunities coming up. We are hosting bee keeping workshops run by Ronnie Voigt from Natural Beekeeping Tasmania. If you've ever wanted to keep bees, or currently do and want to learn more, these classes are designed to consolidate your skills and broaden knowledge (see separate advertisement for dates for these 5 workshops running from August to February).

The garden has received funding from RANTarts and BelleParker real estate to develop an after school and holiday art program for 8-13 year olds. These sessions will run weekly in term 3, Thursdays 3-4.30pm from August 19th to September 16th. The bike shed is up and running – Mondays and Thursdays from 11-3 volunteer staff are ready to help fix your bike, talk through bike care and maintenance and even sell you a bike.

Don't forget, first Mondays of the month is Garden Tucker. Come by for some food from the garden, music (Steve Bond) and to help with garden jobs and meet your community.





OKINES BOARD UPDATE

Okines Community House Inc is one of 35 Neighbourhood Houses around Tasmania, part of a network of more than 1000 neighbourhood houses and community centres across the country.

Like all Neighbourhood Houses, Okines is a place where people come together and find support, belonging and purpose as we work with our local community and make a real difference in people's lives.

In the late 1990s a group of dedicated community volunteers established Okines to strengthen and support community in Dodges Ferry and the Southern Beaches area. In March 2020 we celebrated 20 years of local community development – Okines operated as a virtual house until many years of community advocacy for land and resources eventually secured the purpose built House as well as the increased staffing that established our vibrant Community Garden, Food Co-operative and more.

Through funding under the State Government's Neighbourhood House Program as well as grants and community support, we employ a talented staff team who work with volunteers and community partners across the wonderfully varied program of activities and services you see in this newsletter. And in January 2021 Okines was recognised as Sorell Council's Community Group of the Year for our essential work supporting our community through the twists and turns of the COVID pandemic.

By community, for community

Governed by a Board of community volunteers, we value community, respect, creativity and sustainability. Community led governance is at the heart of all we do. The role of the Okines Board is to develop strategy and ensure priorities are being implemented in line with Okines values and resources, always making choices that create the future in the best interests of our community. We look at the big picture, set short and long term goals and agree on the strategies to reach those goals. We work together, according to our Constitution, to shape a sustainable future for our House and our community.

In September each year the members of Okines Community House Inc elect the Board for the following year and we report on our finances, community priorities and the fabulous contributions of our staff, volunteers and partner organisations.

Many thanks to our current Board members – Marty Bishop, Cheryl Bolch, Kerry Gunson, Judith Knowles, Denise Lynch, Glenn Millar, Melinda Reed and Moya Sharpe – and to past Board members for all the ways you advocate for our community and contribute to Okines future direction.

We welcome expressions of interest from community members who would like to support our work by becoming an Okines member and perhaps also nominate to join the Board. If you are interested please call Okines President, Melinda Reed, on 0408 554 934 and look out for more details of our Annual General Meeting in September.

NAIDOC WEEK



NAIDOC week theme this year is Heal Country!

We were lucky enough to have Palawa artist Takira Simon – Brown come to Okines on the 8th of July, during NAIDOC week to help run a mural painting workshop on the (newish) concrete floor of the garden kitchen. We had a fabulous turn out of families and all got stuck into the painting. Takira shared stories of her ancestors with us and talked about how it possibly would have been here in this area, where the salt water meets the fresh water on Tipina, the Paredarerme Oyster Bay nation of the Mumirimina people. Takira designed a ruri / seaweed mural in keeping with our area, to pay homage to our wonderfully rich and diverse environment.



The theme of NAIDOC week this year is Heal Country! And we find this extract from the Naidoc website explains it well: 'Country is inherent to our identity. It sustains our lives in every aspect - spiritually, physically, emotionally, socially, and culturally.

It is more than a place. When we talk about Country it is spoken of like a person. Country is family, kin, law, lore, ceremony, traditions, and language. For Aboriginal and Torres Strait Islander peoples it has been this way since the dawn of time.

Through our languages and songs, we speak to Country; through our ceremonies and traditions we sing to - and celebrate Country - and Country speak to us'.

<https://www.naidoc.org.au/get-involved/2021-theme>

OKINES ACKNOWLEDGES FIRST NATIONS CULTURAL KNOWLEDGE AND UNDERSTANDING OF COUNTRY AS PART OF AUSTRALIA'S NATIONAL HERITAGE.

FOOD FOR THOUGHT



"TO BEE OR NOT TO BEE"

Food for Thought

Another in the series of Okines Dinner & Speaker evenings.

A TALK ALL ABOUT BEES, BY RONNIE FROM NATURAL BEE KEEPING TASMANIA.

At this event you will find out how to keep your own bees, make your garden more bee friendly, plus lots more useful information.



\$15 per head

TO BEE OR NOT TO BEE

Have you been along to one of the Okines' Food For Thought Dinner & Speaker Evenings yet? These events are hugely popular and the feedback has been amazing. The topics are guaranteed to be interesting & the food superb. If you are thinking of coming along, please book early to avoid disappointment.

WHO'S ON YOUR TEAM

May's topic was To Bee or Not to Be and Okines welcomed Guest speaker Ronnie who is also running the upcoming Bee Workshop series starting in August. June's topic was during Men's Health week which was marked with a chat from Jonathan Bedloe on 'Who's on your Team?'



MENS HEALTH WEEK 2021

WHOS ON YOUR TEAM?

Join Jonathan Bedloe from **Men's Resources Tasmania** for an evening of delicious food and discussion on **5 ways we can support our mates**

~ Yarning strengthens First Nations ways of communicating & connecting, that is culturally determined, cooperative & respectful.

WISHING YOU KNEW MORE ABOUT FIRST NATIONS PEOPLE, HISTORY & CULTURES?
WANT TO BE INVOLVED WITH FIRST NATIONS PEOPLE TO SUPPORT AND HELP CREATE CHANGE?

Join us for an open yarning time ~ a gathering together to share stories, knowledge & delicious food ~ with Saltwater Woman Jaye Clair; (Koorabubba), Yanyuwa, Garawa, Gangalidda, First Nations (Aboriginal) woman.

Book now for 6th August 2021
\$15 per head, phone 6265 7016 or
info@okinescommunityhouse.com.au

YOU CAN'T ASK THAT

In July, during NAIDOC week, Okines had First Nations woman Jaye Clair hosting an informal 'you cant ask that' style yarning time. We yarned about people, history, cultural appropriateness and much more and it was a fabulous evening. We will be looking into hosting some workshops in the future with Jaye as she is a wealth of knowledge and creates an open space for learning and healing.

GOOD LIFE PERMACULTURE

Over the last few months, Good Life Permaculture and Okines Community House / Garden partnered to present a special 4-part series of hands-on permaculture skills for rural and regional South East communities.

Courses were offered with a significant subsidy for residents of the Lower South East coast of Tasmania, which was driven by the desire to create more learning opportunities for our region.

Topics covered and explored avenues to respond to some of the biggest social, environmental and economic challenges of our time in a proactive and positive way.

Students learned the basics of how you can apply permaculture to everything from house design, food production, energy systems and community development, all with a distinct Tasmanian flavour and focus.

A significant portion of the students took advantage of the local subsidy and we hope to be able to offer this course again next year.

On another note, Okines is really pleased to be hosting Good Life Permaculture again this coming January the 24th to February the 5th for their popular Permaculture Design Certificate (PDC).

This certificate has been structured so you get to design your own property of choice, plus complete a permaculture design for a real life client and property. This provides you the opportunity to test and practice permaculture designing in a range of contexts with the support of experienced designers and practitioners right at your side to step you through it all.

As a fully catered, residential course you'll get to immerse yourself in all things permaculture with like-minded folk.

For more information go to: <https://goodlifepermaculture.com.au/event/permaculture-design-course>



A GUIDE TO ACTIVITIES AND SERVICES AT OKINES

As part of the Okines Community House ongoing support of the COVID-19 contact tracing efforts visitors will now be able to check in using the Check in TAS app. Signing in is **mandatory** by either using the TAS app or a pen and paper option that will be available. Upon arrival we ask that you please check in by your preferred method. You will find the Okines QR code easily visible at all points of entry. If you have difficulty scanning the QR code you will see a six-digit number which can be entered manually into the app instead.

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

If you are showing signs of flu like symptoms such as a fever, coughing, or shortness of breath it is imperative that you not enter the building or attend activities. Prior to attending an activity we strongly recommend that you make contact with either the staff at Okines or the group leader of your activity to allow them to confirm numbers.

MONDAY - KNIT & NATTER

Knit and Natter is a weekly group open to all community members, where you can learn to knit or crochet from scratch, improve your skills or teach others what you know. From novice to expert, everybody is welcome! Bring a project you are working on or knit for a cause. Wool and needles can be provided.

Venue: Okines Community House

Day: Monday Starts: ongoing

Time: Drop in anytime on a Monday between 10.30am to 12.30, tea and coffee provided, the nattering is up to you!

Fee: \$2 Contact: 6265 7016 or

info@okinescommunityhouse.com.au

MONDAY - GARDEN TUCKER

Come by for some food from the garden, music (Steve Bond) and to help with garden jobs and meet your community.

Venue: Okines Community Garden

Day: 1st Monday of the month Fee: No cost

Next date: 2nd August 2021, 11am to 1pm

Contact: dig@okinescommunityhouse.com.au

MONDAY- YOGA FLOW WITH JACKIE GRAHAM

Learn how to tone and strengthen the core, release muscular tension easing aches and pains, lengthen the spine and improve posture. The classes will focus on moving and flowing with the breath to free body and mind. These classes are back friendly. Class sizes are limited so people are given individual attention. Jackie Graham is a qualified and experienced Yoga and Pilates instructor.

Day: Mondays

Time: 6.30pm to 7.30pm, Fee: Casual rate \$20

Venue: Okines Community House

Contact: Jackie on 0467 197 499 or email jackiegraham@iinet.net.au

***Please bring your own yoga mat.**

MONDAY - COUNSELLING

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

Time: 10am to 3pm - 1hr free sessions

Contact: 6265 7016 or email:

info@okinescommunityhouse.com.au

MONDAY - ENGAGING ADOLESCENTS - WITH MARA LOVRIN

Engaging Adolescents is a parenting skills program for resolving teenage behaviour problems & how we live with our adolescents, our role in their lives, how to build our relationship with them, and, in particular, how to handle challenging behaviour.

Day: Monday

Starts: 19/7, 26/7 & 2/8/2021

Time: 7pm to 9pm

Cost: \$50 (includes all sessions & workbook)

Bookings essential, phone 6265 7016 or email info@okinescommunityhouse.com.au



A GUIDE TO ACTIVITIES AND SERVICES AT OKINES

TUESDAY - CHILDREN'S WEEK CELEBRATION: MICHELLE PEARS FROM MAKE BELIEVE

To celebrate Children's Week, Okines Community House is hosting a performance by Michelle Pears from MakeBelieve Children's Entertainment. Come dressed as your favourite sea creature or cartoon character that relates to the sea.

Day: Tuesday 26th October

Time: 10.30am to 11.30am,

Fee: Gold coin donation

Venue: Okines Community House

Please let us know if you are planning on coming by either phoning 6265 7016 or email info@okinescommunityhouse.com.au

TUESDAY - CARD GROUP

This is a fun and vibrant group of people who meet every Tuesday to play cards. New members are very welcome. Feel free to pop in and enjoy a laugh and a chat over a game of cards.

Day: Tuesdays

Time: 1pm to 3pm, Fee: \$2

Venue: Okines Community House

Contact: info@okinescommunityhouse.com.au

TUESDAY - RHYTHM & BEACHES COMMUNITY SINGING GROUP

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

Day: Tuesdays Starts: 20/7/2021

Time: 7pm to 9pm, Cost: \$5

Venue: Okines Community House

Contact: M Haynes 0417 462 310

Unfortunately the Tuesday

playgroup sessions with Ashley

will not be recommencing in 2021.

TUESDAY - FROM WITHIN PILATES - Tutor Salomé Rosa (accredited Pilates Practitioner, Rehab and Fascial Fitness Trainer)

This class focuses on bringing better grip and strength into our hands, wrists, and shoulders, as well as working on our balance.

Day: Tuesday (Thursday class also available)

Starts: (Tues) 20/7/2021

Time: 9am to 10am,

Fee: \$165 for 11 weeks

Casual rate \$20 per class

Venue: Okines Community House

Contact: Salome 0437 405 213 or email motionfromwithin@gmail.com

*I advise each person to have their own mat, elastic band and a little ball. For all equipment used in class I ask for assistance to disinfect at the end of class.

TUESDAY - FIZZICAL FUSION FITNESS CLASSES - TUTOR KARYL MICHAELS

Classes are low impact, suitable for all women and need no prior experience. Wear comfortable clothing. Bring towel or mat, and water. Do one or both classes

FIZZICAL FUSION STAYSTRONG

STAYSTRONG is a full body, low impact, strength training workout using dumbbells and choreographed to music. Tone and strengthen and increase everyday calorie burn. Dumbbells provided.

Day: Tuesdays ongoing

Time: 6.15pm to 6.55pm, Cost: \$10

Venue: Okines Community House

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

STRIKE - *note STRIKE is a free bonus class if you do the STAYSTRONG class first.

STRIKE is a low impact, full body kickboxing workout choreographed to music. Designed to increase strength, coordination and flexibility.

Day: Tuesdays ongoing

Cost:\$5 (*free if you do STAYSTRONG first)

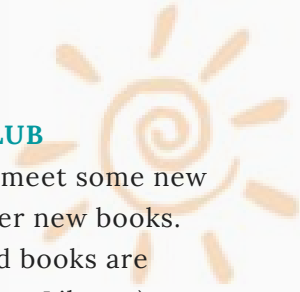
Time: 7pm to 7.20pm

Venue: Okines Community House

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



A GUIDE TO ACTIVITIES AND SERVICES AT OKINES



WEDNESDAY - TAI CHI WITH SUE DUFFY

Tai Chi is an effective exercise for health and wellbeing. 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.

Start: 21/7/2021

Time: 10am to 11am

Cost: \$5

Venue: Okines Community House

Contact: 6265 7016 or

info@okinescommunityhouse.com.au

WEDNESDAY - MENTAL HEALTH FIRST RESPONSE WORKSHOP BY WELLWAYS

This workshop includes impacts of mental health issues such as recovery, stigma and discrimination, also what to do if you're worried about someone's mental health, common signs of suicide, talking about suicide as well as providing some useful contacts and resources.

Day: Wednesday 18th August 2021

Time: 12.30pm to 2.30pm Cost: Free

Venue: Okines Community House

Contact: 6265 7016 or

info@okinescommunityhouse.com.au

WEDNESDAY - 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 provide access to food such as bread, vegetables and fruit. (items differ week to week), to those in need, at no cost.

Day: Every Wednesday, no cost

Time: 1pm to 3pm

Venue: Okines Community House

If you would like further information please phone 6265 7016 or email

info@okinescommunityhouse.com.au

THURSDAY - OKINES BOOK CLUB

Share your passion for reading, meet some new people, share a meal and discover new books. There is no membership fee, and books are organised through the LINC (State Library).

Day: Every 2nd Thursday of the month

Next book club is Thursday 12th August 2021

Time: 12pm to 2.30pm

Venue: Okines Community House

Contact: 6265 7016

THURSDAY - SOLDIER ON OKINES POP UP

Come along and meet the Soldier On Pathways Program Officer. Find out about no-cost Employment & Education services to Australian Defence Force members, veterans and their families.

Pathways Program helps with:

- translating your ADF skills & experience for civilian roles
- Provide career planning
- resume coaching
- job application & interview skills development
- understanding the current labour market needs
- access to and navigation through hundreds of training options
- connect you with veteran supportive employers
- and much more

Day: Thursday 19th August

Time: 9.30am to 1pm

Venue: Okines Community House

The Pathways Program is open to all current and ex-service personnel and their families.

For further information and to register your interest please email jenell.latham@soldieron.org.au or call Jenell on 0429 299 121.

THURSDAY - DEFENCE HEALTH POP UP

This is an opportunity to discuss your health insurance needs, 20-minute appointments available on the day.

Day: Thursday 19th August

Time: 9.30am to 1pm

Venue: Okines Community House

Contact Amanda from Defence Health, dcro.tas@defencehealth.com.au to book an appointment.

A GUIDE TO ACTIVITIES AND SERVICES AT OKINES

THURSDAY - DIGnity GARDENING PROGRAM

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

Day: Thursdays

Starts: Back 14th October 2021

Time: 10.30am to 1.30pm

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

THURSDAY - FIZZICAL FUSION FITNESS CLASSES - TUTOR KARYL MICHAELS

Classes are low impact, suitable for all women and need no prior experience. Wear comfortable clothing. Bring towel or mat, and water. Do one or both classes.

FIZZICAL FUSION STAYSTRONG

STAYSTRONG is a full body, low impact, strength training workout using dumbbells and choreographed to music. Tone and strengthen and increase everyday calorie burn. Dumbbells provided.

Day: Tuesdays ongoing

Time: 6.15pm to 6.55pm, Cost: \$10

Venue: Okines Community House

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

FIZZICAL FUSION STRETCH - *note STRETCH is a free bonus class if you do the STAYSTRONG class first.

STRETCH is a full body workout with a mix of stretches drawing on yoga, Pilates and Tai Chi to improve flexibility, balance and coordination.

Day: Thursdays ongoing

Time: 7pm to 7.20pm,

Cost: \$5 (*free if you do STAYSTRONG first)

Venue: Okines Community House

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

FRIDAY - TENDER FUNERALS: A DOCUMENTARY

You are invited to watch this beautiful film. Set against the stunning backdrop of the industrial seaside town of Port Kembla, a feisty and resilient community group have determined to take back the responsibility that most of us leave to someone else - to care for their own dead. Scattered throughout are stories that cut to the core revealing why this small band have decided to take on a practice that for most is taboo.

As their plans for community-based funerals gather momentum one of their own is diagnosed with a life-threatening illness. Tender is at once a heartbreakingly beautiful and funny glimpse of an extraordinary community taking on one of the most essential challenges of human life...its end.

See the trailer for TENDER at tenderdocumentary.com.au

This film is for anyone interested in authentic, affordable, beautiful funerals. This is an opportunity to discuss having a not-for-profit Tender Funerals servicing Tasmania. A new and compassionate community-led way to care for our loved ones.

Day: 10th September

Time: 1pm to 2.30pm

Cost: Free (Gold coin donation always welcome)

Venue: Okines Community House

Contact: 6265 7016

PLEASE NOTE: Seating is limited and all COVID-19

rules apply. Please confirm attendance through:

[https://events.humanitix.com/tender-a-](https://events.humanitix.com/tender-a-documentary-okines-community-house)

[documentary-okines-community-house](https://events.humanitix.com/tender-a-documentary-okines-community-house)

FRIDAY - EATING WITH FRIENDS

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

Day: last Friday of the month

30/7, 27/8 and 24/9/2021

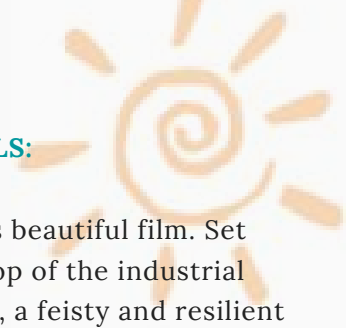
Time: 12pm to 2pm

Cost: \$7 for a 2 course meal

Venue: Okines Community House

Contact: 6265 7016 or email

info@okinescommunityhouse.com.au



A GUIDE TO ACTIVITIES AND SERVICES AT OKINES

FRIDAY - FOOD FOR THOUGHT

A monthly series of thought provoking evenings which aims to nourish bellies and minds with local food and local speakers - focused on mental well-being, local food security and community connections. Look on the Okines Facebook page for theme of the upcoming August event.

Date: 6th August, 3rd September, 1st October
Time: 5.30pm to 8pm Cost: \$15 includes dinner
Venue: Okines Community House
Contact: 6265 7016 or email
info@okinescommunityhouse.com.au

FRIDAY - SOUTHERN BEACHES SPINNERS & FIBRE GROUP

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

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

FRIDAY - MEDITATION CLASSES

In this meditation series we will explore how our thoughts can either effect or support our mental and physical well being. Meditation will support you in understanding how your mind thoughts are causing distress within your body and support you in making positive changes. It all starts with your mind!

Day: 16/7, 23/7, and 30/7/2021
Time: 6.30pm
Cost: \$15 casual

Call or message Lisa on 0410 057 887 to secure your place.

FRIDAY - PRESERVING WORKSHOP

This workshop will give you the confidence to turn fruit and vegetables into jars of wonderful produce that you can store in the pantry to be used at a later date. Workshop will cover Chutneys, Pickles and Marmalades. Please bring along an apron and 4 Small cleaned/ lidded jars approximately 250g each.

Day: Friday 6th August 2021
Time: 9.30am to 2.30pm
Cost: \$30 (light lunch included)
Venue: Okines Community House
Contact: 6265 7016 or email
info@okinescommunityhouse.com.au

SATURDAY - NATURAL & SUSTAINABLE SKINCARE: INGREDIENTS DEMYSTIFIED

Join local herbal pharmacist and skin care maker Kaja Skraskova of Herbae Thylacini, for a discussion about natural and sustainable skincare. Learn about what natural skin care is and what it is NOT, discuss sustainability in skin care and what it means to YOU. Bring your favourite skin care product to check what's in it! And make your own gentle body scrub according to one of Kaja's formulations.

Day: Saturday 4th September 2021
Time: 10am to 12pm
Cost: \$20 per person
Venue: Okines Community House
*Bookings essential, phone 6265 7016 or email
info@okinescommunityhouse.com.au.

SATURDAY - CREATIVE EMBROIDERY WITH TEXTILE ARTIST AUKJE BOONSTRA

This workshop will help you with putting your ideas onto cloth in stitch and build onto existing skills. Participants will be encouraged to do various exercises in how to express yourself with needle and thread, in a playful way (see poster in this newsletter for more info). Aukje will bring plenty of samples to inspire you. Materials and threads for this workshop will be supplied. Bring your own sewing kit, including needles in various sizes, pin and scissors.

Day: Saturday 11th September 2021
Time: 10am to 3pm Cost: \$35
Venue: Okines Community House
Contact: 6265 7016 or email
info@okinescommunityhouse.com.au



OKINES ACTIVITIES TERM 3, 2021

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

MONDAY

KNIT & NATTER

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

COUNSELLING

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

YOGA FLOW

6.30pm to 7.30pm, casual rate \$20 please contact: Jackie for more information on 0467 197 499

GARDEN TUCKER

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

ENGAGING ADOLESCENTS

19/7, 26/7, 2/8/2021, 7pm to 9pm, \$50, Bookings by phoning 62657016 or info@okinescommunityhouse.com.au

TUESDAY

FROM WITHIN PILATES

9am to 10am, commencing 20 July 2021, contact: Salomé on 0437 405 213 or email motionfromwithin@gmail.com

CARD GROUP

Weekly card group, 1pm to 3pm, info@okinescommunityhouse.com.au

RHYTHM & BEACHES SINGING GROUP

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

FIZZICAL FUSION STAYSTRONG

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

FIZZICAL FUSION STRIKE

7pm to 7.20pm, \$5 (free with STAYSTRONG), contact Karyl on 0468 389 659

MAKEBELIEVE PERFORMANCE

26th October, 10.30am to 11.30am, gold coin donation.

WEDNESDAY

PAINTING GROUP

10.30am to 1.30pm - APOLOGIES NO SPACES CURRENTLY AVAILABLE

FOOD ASSISTANCE

1pm to 3pm on Wednesdays

TAI CHI

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

MENTAL HEALTH FIRST RESPONSE WORKSHOP

12.30pm to 2.30pm, free, to register attendance please phone 6265 7016 or email info@okinescommunityhouse.com.au

ORANGE SKY LAUNDRY IS NOT AVAILABLE UNTIL FURTHER NOTICE

THURSDAY

OKINES BOOK CLUB

12pm to 2.30pm, 2nd Thursday of the month, next is 12/8/21 contact: 6265 7016

SOLDIER ON POP-UP

9.30am to 1pm, 19/8/2021, free, phone Jenell on 0429 299 121 or email jenell.latham@soldieron.org.au

DEFENCE HEALTH POP-UP

9.30am to 1pm, 19/8/2021, free, book 20 min appts via dcro.tas@defencehealth.com.au

FIZZICAL FUSION STAYSTRONG

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

FIZZICAL FUSION STRETCH
7pm to 7.20pm, \$5 casual, (free with STAYSTRONG) contact Karyl on 0468 389 659

FROM WITHIN PILATES

9am to 10am, commencing 22 July 2021, contact: Salomé on 0437 405 213

FRIDAY

EATING WITH FRIENDS

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

FOOD FOR THOUGHT

6pm to 8pm 6/8, 3/9 & 1/10 \$15 includes dinner, bookings essential contact: 6265 7016

SOUTHERN BEACHES SPINNERS & FIBRE GROUP

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

MEDITATION CLASSES

16/7, 23/7 & 30/7/2021 6.30pm \$15 casual call Lisa on 0410 057 887

PRESERVING WORKSHOP

9.30am to 2.30pm, 6/8/2021, \$30, includes lunch, contact: 6265 7016

OKINES BOARD OF MANAGEMENT MEETINGS

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

OTHER

TENDER FILM (FRIDAY)

1pm to 2.30pm, 10/9/2021, gold coin donation, <https://events.humanitix.com>

NATURAL & SUSTAINABLE SKINCARE: INGREDIENTS DEMYSTIFIED

Saturday 4th Sept 2021, 10am to 12pm, \$20, bookings essential contact: 6265 7016 or info@okinescommunityhouse.com.au

CREATIVE EMBROIDERY

Saturday 11th Sept 2021, 10am to 3pm, \$35, bookings 6265 7016, or email info@okinescommunityhouse.com.au

No Interest Essentials Loans

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

No interest loans up to \$1500

No credit checks

Minimum repayment \$20 per fortnight

Call 1300 301 650
www.nilstasmania.org.au

NO INTEREST LOANS:

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

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

AREA CONNECT

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

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

SHAREWASTE AT OKINES COMMUNITY GARDEN

Okines is an official ShareWaste recipient, this means that you can bring your compostables (food scraps, animal manures, grass clippings, shredded paper etc) to the compost bays at the garden.



FORCETT HANDMADE & FARMERS MARKET

18TH JULY 2021

10:00 AM - 2:00 PM

COME ALONG AND GRAB YOURSELF SOME LOCAL PRODUCE & PRODUCTS

Forcett Community Hall
699 Arthur Highway Forcett

Neighbourhood Watch Tasmania

The Southern Beaches is one of the most beautiful places in Tasmania. We enjoy a superb landscape, plenty of trees and extensive views over the river to the hills and mountains. How fortunate we are!

We can all contribute to maintaining this pristine environment. It is disappointing that a few people throw rubbish out of their car windows. Discarded paper, cartons, cans and bottles detract from the beauty of the area. It's a good idea to carry a large paper bag in the car into which we can put our rubbish and dispose of it at home.

A wonderful aspect of the Southern Beaches is that the crime rate is low, probably because we are a friendly and inclusive community where people look out for one another.

However, we do have some crime, mainly hooning, vandalism and burglary.

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

Alternatively, you may contact Crime Stoppers on 1800 333 000 and you do not need to leave your name.

When you are aware of a crime being committed, it is valuable to the police if you film the incident. If a car is involved, it is useful to the police if you record the registration number and the make and colour of the vehicle.

Last year, we established a Neighbourhood Watch in the area. We would like more people, especially young people, to join our group. If you wish to do so or make contact for another reason, you may find us on Facebook, email us at southernbeachesnhwa@gmail or phone 0418 124 804.

Hints for safety:

Many of us carry our house and car keys on a ring. We should not attach a tag to the keyring stating our name and address in case we lose it. Likewise, when we leave the house or even work in the garden, it is unwise to leave keys in external locks. In the workplace keys should be kept in a drawer or locker.

OKINES BIKE REPAIR SHED:

A big thank you to everyone who has come along to have a bike fixed or pick up some tips at the Okines Bike Repair Shed. Thanks also to the wonderful volunteers who give their time to share their skills with the community, it is greatly appreciated.

We have a variety of bikes available including childrens, mens and womens. A small donation would be appreciated for the bikes to put towards materials for fixing the bikes.

The shed is currently open two days a week however there will also be bike workshops and special events over the coming months.

We would like to acknowledge John Pool for creating this wonderful signage for the shed - we think it looks fabulous.

CURRENT OPENING HOURS:

Monday 11am to 3pm

Thursday 11am to 3pm



Seniors Week

11-17 OCTOBER 2021



11 OCTOBER

**10.30AM TO
12.30PM**

MONDAY - KNIT & NATTER

Come along & learn to knit or crochet from scratch, improve your skills or teach others what you know.

13 OCTOBER

10 AM TO 11 AM

WEDNESDAY - TAI CHI

Come and experience the mental and physical benefits of Tai Chi in this taster class. People of any age and fitness level can enjoy this practice to help with stress, anxiety, physical pain, joint stiffness and mental wellbeing.

14 OCTOBER

**11 AM TO
1 PM**

THURSDAY - DIGNITY, WEAVING & IT HELP

Come and join the DIGnity team for a fun, interesting and vibrant morning in the garden undertaking a range of activities. Everyone has the opportunity to safely engage in getting their hands dirty if they want or just sitting back and having a cuppa. Learn simple and stunning weaving techniques, with our local weaving star Gwen Egg.

Also

IT advice with COTA – by appointment.

COTA is offering free IT advice with their very skilled mentors. This is a great opportunity if you have any questions regarding computers, phones, tablets or the internet. Appointments are available in 1 hour slots between 10am – 3.30pm

**All
activities
are free**

15 OCTOBER

**11 AM TO
1 PM**

FRIDAY - POTTED HERBS IN THE GARDEN

Come and join our community garden team and learn about herbs, their culinary and nutritional uses and benefits and how to pot them up to take home. Enjoy fabulous garden vegetable soup for lunch.



**OKINES COMMUNITY HOUSE/GARDEN 540 OLD FORCETT ROAD,
NEXT TO THE DODGES FERRY PRIMARY SCHOOL**

Please book on 6265 7016 or info@okinescommunityhouse.com.au



You're invited to a free screening of the film, *Tender*

Director: Lynette Wallworth

Producer: Kath Shelper

The film screening kindly donated by the filmmakers

Set against the stunning backdrop of the industrial seaside town of Port Kembla, a feisty and resilient community group have determined to take back the responsibility that most of us leave to someone else - to care for their own dead. Scattered throughout are stories that cut to the core revealing why this small band have decided to take on a practice that for most is taboo.

As their plans for community-based funerals gather momentum one of their own is diagnosed with a life-threatening illness. *Tender* is at once a heartbreakingly beautiful and funny glimpse of an extraordinary community taking on one of the most essential challenges of human life...its end.



This is an opportunity to discuss having a not-for-profit Tender Funerals servicing Tasmania. A new and compassionate community-led way to care for our loved ones.

A Hive Fund Film

Produced with the assistance of the Adelaide Film Festival, Australian Broadcasting Corporation,
Australian Council for the Arts & Screen NSW

73 minutes

(c) 2013 Scarlett Pictures Pty Ltd, Lynette Wallworth and Adelaide Film Festival

When:

Friday 10th September

Time: 1.00pm

Where:

Okines Community House
540 Old Forcett Road,
Dodges Ferry, Tas

Why:

To watch the film *Tender*,
and join a community
discussion

Cost:

Free, but a gold coin
donation is always
welcome.

Who Should Come:

Anyone interested in
authentic, affordable,
beautiful funerals

Who is Tender Funerals:

A not-for-profit community
led funeral service

Register:

[https://events.humanitix.com/
tender-a-documentary-okines-
community-house](https://events.humanitix.com/tender-a-documentary-okines-community-house)

Or at the door on the day

Contact:

Okines Community House
P 6265 7016

LIMITED SEATING
COVID-19 RULES APPLY



SOLDIER ON

OKINES POP UP

Soldier On Pathways Program enabling veterans and their families to thrive.



Come along and meet the Soldier On Pathways Program Officer. We provide no-cost Employment & Education services to Australian Defence Force members, veterans and their families. Spread the word.

Pathways Program helps with:

- translating your ADF skills & experience for civilian roles
- Provide career planning
- resume coaching
- job application & interview skills development
- understanding the current labour market needs
- access to and navigation through hundreds of training options
- connect you with veteran supportive employers
- and much more

Time: 9:30am - 1pm

Date: Thursday, 19th August

Where: Okines Community House,
540 Old Forcett Road, Dodges Ferry, TAS

Who can attend: The Pathways Program is open to all current and ex-service personnel and their families.

For further information and to register your interest please email jenell.latham@soldieron.org.au or call Jenell on 0429 299 121.

www.soldieron.org.au



WHAT'S ON IN YOUR COMMUNITY



NATURAL & SUSTAINABLE SKINCARE: INGREDIENTS DEMYSTIFIED

Join local herbal pharmacist and skin care maker Kaja Skraskova of Herbae Thylacini, for a discussion about **natural and sustainable skincare**.

Learn about what natural skin care is and what it is NOT, discuss sustainability in skin care and what it means to YOU.

Kaja will describe skin care ingredients from all angles:

- Local x Imported
- Natural x Synthetic
- Organic x Conventional

Bring your favourite skin care product to check what's in it!

And make your own gentle body scrub according to one of Kaja's formulations.

Okines Community House

Saturday 4th September 10 - 12 \$20 pp

BOOKINGS: INFO@OKINESCOMMUNITYHOUSE.COM.AU
62657016

OKINES COMMUNITY HOUSE AND MARA LOVRIN PRESENTS:

ENGAGING ADOLESCENTS

A MODEL FOR WORKING IT THROUGH

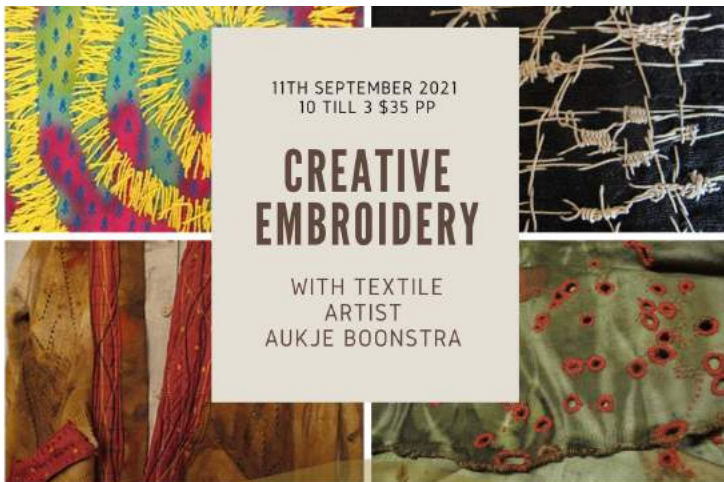
Engaging Adolescents is a parenting skills program for resolving teenage behaviour problems & how we live with our adolescents, our role in their lives, how to build our relationship with them, and, in particular, how to handle their challenging behaviour.

The two main goals of the program are:

1. To help parents to feel more confident in handling the challenges of having teenagers and,
2. To provide parents with clear strategies for assessing and dealing with situations that arise in parenting adolescents.

MONDAY
EVENINGS
19/7, 26/7 & 2/8
7 - 9PM \$50

For more information and bookings please contact Okines Community House
info@okinescommunityhouse.com.au
62657016



11TH SEPTEMBER 2021
10 TILL 3 \$35 PP

CREATIVE EMBROIDERY

WITH TEXTILE ARTIST
AUKJE BOONSTRA

Aukje's main passions are natural dyeing and stitching and turning second-hand garments into wearable art.

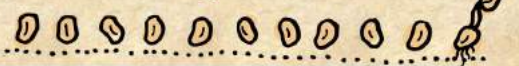
This workshop will help you with putting your ideas onto cloth in stitch and build on to existing skills. Participants will be encouraged to do various exercises in how to express yourself with needle and thread, in a playful way. Stitches will be explored for example, where can you go with the simple straight stitch? The traditional cross stitch takes on its own life when you start playing with it. There may be stitches you want to learn? We will concentrate on designing and starting to make samples, which can be made into a book, or later on being used to decorate clothing or starting a series of work which can be later made into wall pieces. Other possibilities are the start of making a book or cushion cover. Aukje will bring plenty of samples to inspire you. Materials and threads for this workshop will be supplied.

Bring your own sewing kit, including needles in various sizes, pin and scissors.

Bookings: info@okinescommunityhouse.com.au / 6265 7016

Art Workshops

...in the garden



Join Nicola Holland (Grow and Learn teacher and artist) at the Okines Community Garden for after school art classes.

5 week series, Term 3

Time: Thursdays 3 - 4.30pm

Aug 19, 26, Sept 2, 9, 16

Cost: \$16 per student (this includes all art supplies)

After school activity

To book, please get in touch:

Okines Community Garden

(03) 6265 7016 or

dig@okinescommunityhouse.com.au



This activity is supported and subsidised by RANT arts, Tasmania.

WHAT'S ON IN YOUR COMMUNITY



KNIT & NATTER

A weekly group open to all community members



📍
\$2 per visit

🕒
10:30AM – 12:00PM

📍
540 Old Forcett Road, next to the Dodges Ferry Primary School.

Learn to knit or crochet from scratch, improve your skills or teach others what you know. From novice to expert, everybody is welcome! Bring a project you are working on or knit for a cause. Wool and needles can be provided.

Drop in anytime on a Monday between 10.30am to 12.30, tea and coffee provided, the nattering is up to you! Phone 6265 7016 for more information or email:

info@okinescommunityhouse.com.au

Okines Community Garden

Beekeeping Workshops

Learn about the different hive types during this 3 hour workshop (Warre, Langstroth and Layan) and which might be best suited to your needs.

Date: 28 August 2021

Time: 10am-1pm

Ronnie Voigt from Natural Beekeeping Tasmania

\$25 per workshop or \$100 for all 5 in the series

Beekeeping Workshop Series:

- Aug 28th: Beehive Types
- Sept 18th: Build a Warre Hive
- Sept 25th: Creative Queens
- Nov 27th: Pests and Diseases
- Feb 26th: Harvesting & overwintering



For more information or to book your place, please email dig@okinescommunityhouse.com.au or call 6265 7016
540 Old Forcett Rd, Dodges Ferry



KIRTAN

THE SINGING OF UPLIFTING SONGS FOR HAPPY VIBES, PEACE, HEALING AND JOY

in the terrapin
@Okines Community House

1ST WEDNESDAY OF THE MONTH 6:30 - 7:30PM

ENTRY BY DONATION
BRING A CUSHION AND AN OPEN HEART

All welcome
enq. 0422 657 782

OKINES COMMUNITY HOUSE

540 Old Forcett Rd, Dodges Ferry (next to the Primary School)

Preserving Workshop

6 August 2021
9.30am to 2.30pm
\$30 per head



This workshop will give you the confidence to turn fruit and vegetables into jars of wonderful product that you can store in the pantry to be used at a later date.

We will cover Chutneys, Pickles and Marmalades.
A light lunch will be provided.

Please bring along an apron and 4 Small cleaned/ lidded jars approximately 250g each

To book please ph: 6265 7016 or email info@okinescommunityhouse.com.au

WHAT'S ON IN YOUR COMMUNITY

Okines Breakfast Club 2021

The Okines Breakfast Club in partnership with Dodges Ferry Primary School serves breakfast on Tuesday and Thursday mornings from 8.30am to 9.50am during school terms. Commencing **Tuesday 20th July**, toast with a variety of spreads free of charge will be available. The last Thursday of school terms often includes pancakes.

Are you interested in volunteering at Breakfast Club? We would love to hear from you. Please ph: 6265 7016 or email info@okinescommunityhouse.com.au

A big thank you to Raine & Horne Sorell Office for their financial contribution towards maintaining the Breakfast Club Program.



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

Food Assistance

Wednesdays 1pm - 3pm

at Okines Community House

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

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

PLEASE BYO
BAGS



Celebrating Children's Week with Michelle Pears from MakeBelieve.

Tuesday 26th October
10.30am to 11.30am.



CELEBRATE CHILDREN'S WEEK
22-31 October 2021
childrensweek.org.au

2020-21 Theme:
Children have the right to choose their own friends and safely connect with others.

Come dressed as your favourite sea creature or cartoon character that relates to anything to do with the sea or beach.

At Okines Community House
540 Old Forcellt Road,
next to the Dodges Ferry Primary School.



Supported by
Government of South Australia
Department for Education

ANGLICARES



Please let us know if you are coming, phone 6285 7016 or email info@okinescommunityhouse.com.au
Gold coin donation appreciated.



Okines Community House Inc.

FREE PHONE COUNSELLING FOR OUR COMMUNITY

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

Bookings essential, no referral necessary

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



WHAT'S ON IN YOUR COMMUNITY

AUSTRALIAN RED CROSS
TELECROSS

**A PHONE CALL EACH DAY
TO CHECK YOU'RE OK
PEACE OF MIND AND
INDEPENDENCE.**

Red Cross can provide you with a daily telephone call to check on your wellbeing through a service known as Telecross. This provides peace of mind if you are at risk of an accident or illness that may go unnoticed, such as falling and being unable to call for help. The volunteer will check to see that you are well and provide a friendly voice to wake up to each morning.

FOR MORE INFORMATION ABOUT ACCESSING TELEXCROSS AS A CLIENT, PLEASE CALL RED CROSS ON 1300 885 698

wellways

Mental Health First Response workshop

- Impacts of mental health issues
- Recovery
- Stigma and discrimination
- What to do if you're worried about someone's mental health
- Common signs of suicide
- Talking about suicide
- Useful contacts / resources

Venue:
Okines Community House
540 Old Forcett Road
Dodges Ferry

Dates/times:
Wednesday 18th August
12.30-2.30pm

Cost:
Free

More info:
Bronwyn Wilson
e: bwilson@wellways.org
p: 6169 0614

We look forward to seeing you there!



wellways.org | 1300 111 400



**TAKE CONTROL OF YOUR LIFE -
Learn about your pelvic floor**

Incontinence is **NOT** an inevitable consequence of aging and when it occurs it can be treated effectively.



WHY INVEST IN YOUR WELLBEING?

One in three women will experience urinary incontinence in Australia. In many cases women think that using a pad is their only choice, we want to change this way of thinking. Learning about the type of incontinence you have and the options that are available to you could make a significant difference to the way you manage and live your life.

Our pelvic floor information workshop provides participants with a working understanding of the function of their pelvic floor and where to get help if they need it.

WOMEN'S OVER 65's WORKSHOP

WHEN offers a women-specific workshop focusing on pelvic floor health, designed and run by our team of allied health continence professionals, that is evidence based, innovative and results orientated.

EDUCATION IS THE KEY

Irrespective of age, informing women about how to protect and maintain their pelvic floor reaps rewards throughout their life. On too many occasions women of age are dismissed and encouraged to accept incontinence. We are here to help change that view and give women the tools and knowledge to seek assistance to improve their quality of life.

WHAT YOU GET

A one-hour workshop ran by a trained continence health professional with a maximum of 20 participants to allow Q&A in an intimate setting.

A take home factsheet.

If you have any questions, don't hesitate to contact me at info@when.org.au

Yours sincerely,

Peta Titter
Founder and Head of Health Education



About Women's Health Education Network:

WHEN is a women's health organisation working to educate and empower all women across Australia to live and age well through exercise and movement. We use current research as a basis for our education and engage experts from the fields of health and exercise to support our work.



Book an appointment with Defence Health

**Where: OKINES COMMUNITY HOUSE,
540 Old Forcett Road, Dodges Ferry, TAS
Thursday 19TH August, 9:30am - 1pm**



To discuss your health insurance needs, book a 20-minute appointment with Amanda from Defence Health, dcro.tas@defencehealth.com.au

WHAT'S ON IN YOUR COMMUNITY

SORELL Celebrating 200 years



CWA Sorell



Image: The first members of the Country Womens Association, Sorell Branch, 1937.

Sorell CWA Branch began on 3 August 1937, 84 years ago with a group of 14 Ladies. Mrs J Parker was elected as President, Mesdames DB Gatehouse, JM Dunbabin and R Rex as Vice-presidents, Mrs R Wilson as Treasurer and Mrs H Plaister as Secretary.

Today we have a modest membership of 12 with room for many more. We support a range of charities including Cancer Council, Standby (lifeline), Royal Hobart Hospital, palliative care and the greater community through knitting, sewing and financial support.

Come and see the display from Sorell CWA through the ages 1 to 8 August 2021, Open daily 10:00am—4:00pm
CWA rooms—Sorell Memorial Hall, Cole Street, Sorell

SORELL MEMORIAL HALL
49 COLE STREET, SORELL

SORELL COMMUNITY MARKET

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



Sundays

8 am - 1 pm

VISIT SORELL COMMUNITY MARKET FACEBOOK PAGE
FOR MORE INFORMATION



AN INITIATIVE OF OKINES COMMUNITY HOUSE INC.

DODGES FERRY FILM SOCIETY

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

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

Films usually screen at the Dodges Ferry Primary School.

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



SEEKING NEW MEMBERS

SENIOR CITIZENS INDOOR BOWLS CLUB

**DODGES FERRY RECREATION CENTRE
(DODGES FERRY PRIMARY SCHOOL GYM)**

JOIN THIS FRIENDLY GROUP FOR A FUN & SOCIAL GET TOGETHER

Held on Thursdays, at a cost of \$3 each week
Arrive 1.15pm for a 1.30pm start
Sessions run for approximately 2hrs - all very welcome.
For more information phone Marc on 6265 8063

WHAT'S ON IN YOUR COMMUNITY



On your next dog walk,
carry a litter bag with you
& pick up a couple of
pieces of rubbish on the
way. Every little bit helps.

*Lend a hand,
and make a difference.*

SOUTHERN BEACHES CLEAN UP GROUP

MEETS THE 4TH SUNDAY OF EVERY MONTH
IN THE CAR PARK IN FRONT OF THE
DODGES FERRY TAVERN FROM 8.30AM
- looking for primrose sands volunteers as well -

You are most welcome to work on own but for planning purposes please
register by contacting Lorraine at lorraine.cotter7@gmail.com



Southern Beaches Landcare Coastcare

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

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

Working bees are on the third Saturday most months.

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



SUPPORTED BY THE ROTARY CLUB OF SORELL

Men's Breakfast

Meets 3rd Wednesday of every month

7.15 for 7.30am start

Good company, guest speakers

Sorell Memorial Hall Supper Room, behind RSL

\$5 per head, all welcome

ENQUIRIES TO IAN - 0419 876 811

Sorell Seniors

Are you 50+
Interested to meet others?
Curious about what happens in Hobart &
surrounds, history, people, events, books,
everything?

SORELL COMMUNITY HEALTH CENTRE
57 COLE STREET, SORELL.

Come along fortnightly
Fridays 10-11.45ish

Next
meeting
16 July 2021

Need more info?
Phone Wendy 6265 1156



FOR THE
By the community
COMMUNITY

Contact us

LOCATION:

540 Old Forcett Road, Dodges Ferry (adjacent to the Dodges Ferry Primary School & next to the Okines Community Garden). PO Box 91, DODGES FERRY 7173

OKINES COMMUNITY HOUSE/ADMIN:

ABN: 99 433 272 191

Monday, Tuesday & Friday - 9am to 3pm

Wednesday & Thursday - 9am to 4pm

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

Phone: 03 6265 7016

Mobile: 0438 651 155

email: info@okinescommunityhouse.com.au

Instagram: Okines Community House

OKINES COMMUNITY GARDEN:

Monday - 9am to 2pm

Wednesday - 9am to 2pm

Friday - 9am to 2pm

email: dig@okinescommunityhouse.com.au

Instagram: Okines Community Garden

OKINES FOOD CO-OP:

Sunday - 9.30am to 12.30pm

Tuesday - 2pm to 5pm

First Monday of each month 11-1pm

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

OKINES BIKE REPAIR SHED:

Monday - 11am -3pm

Thursday - 11am to 3pm

Other times by arrangement, Ph: 6265 7016

email: info@okinescommunityhouse.com.au

DODGES FERRY FILM SOCIETY:

An initiative of Okines Community House Regular screenings are the third Saturday of each month, plus special events. Films usually screen at the Dodges Ferry Primary School. Go to @dferryflicks via Facebook or on messenger to see more information about upcoming films.



Internet & Computer access:

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

Black & White Photocopying/Printing:

Using our paper A4 & A3 = 20c

Using Own paper A4 & A3 = 10c

Colour Photocopying/Printing:

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

Own paper A4 = 25c & A3 = 50c

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

Centre Hire:

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

Trailer Hire:

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

***Credit Card facilities now available**

Book Library:

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

Coffee Machine:

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

Information, support & referral services:

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

OKINES BOARD MEETINGS

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

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