



**NEWSLETTER
TERM TWO
2015**



OKINES

Community House

Funded by the DEPARTMENT of HEALTH and HUMAN SERVICES

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

CAG Meeting is a great success

A very successful meeting of the Community Advisory Group was held at Okines Community House in February. Twenty participants from various organisations in our community came together to discuss local issues and topics of importance to the Southern Beaches area.

The meeting commenced with a discussion around the many wonderful things that are currently underway in the community, such as the Southern Beaches Market; activities undertaken by the Soccer, Football, and Basketball Clubs, as well as the Dodges Ferry Volunteer Fire Brigade and likewise the Motor Yacht Club have plans underway for training and water safety activities. A highlight of conversation was the stunning mosaic creations that can be spotted throughout various spots in and around the community.

Discussion then flowed around topics such as the current position and operation of the recycling hub; identifying funding opportunities for seniors; future directions for school and sport; the crossover of service provision between Dodges Ferry and the neighbouring areas such as Dunalley, Primrose Sands, Forcett, Sorell, Midway



Point and Penna; ways of increasing membership of local community organisations; how to attract, manage and retain volunteers within our community; facilitating youth engagement in sporting activities; and the growing costs associated with public liability insurance and managing events.

All who attended the meeting agreed that some valuable strategic connections had been formed and a follow up meeting has been scheduled for 6 months time. If you would like a copy of the minutes from the meeting please email admin@okinescommunityhouse.com.au.

Bread anyone?

The first of the cooking classes for this year kicked off with the ever popular bread making workshops. This 5 week course is part of the cooking program courtesy of the Foundation for Rural and Regional Renewal (FRRR). The smell of bread baking in the kitchen has been divine and week three even included a gorgeous tomato relish (an added bonus to an already packed program). There are often waiting lists so if you are interested in any of the courses that we offer such as the cooking please book early to avoid missing out.



ABOUT THE NEWSLETTER

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

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

**Contributions can be submitted via email to
admin@okinescommunityhouse.com.au.
Closing date for the next issue is
Friday 19th of June, 2015.**

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

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

SBCS
Southern Beaches
Conservation Society -
Tasmania

PRESENTS

BIGGER THAN BILL



The How's

**SUN 19TH APRIL
11.30AM - 3PM**

LIVE MUSIC
WOODFIRED PIZZA
RAFFLE DRAW

**OKINES COMMUNITY GARDEN
DODGES FERRY**

WWW.CRCSBCS.BLOGSPOT.COM



PITTWATER ART GROUP

- Painting in all mediums -

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

1st Term:

- 5/5/2015 & 12/5 - 2 hour session
- 19/5/2015 - *3 hour session
- 26/5/2015 - 2 hour session

2nd Term:

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

3rd Term:

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

Venue: Supper Room Memorial Hall Cole St. SORELL

Enquiries: Gail 62658775 or Cheryl 0400740148

Food Co-op



WHERE:

Okines Food Co-op is easy to find, it is situated at the local Community Garden space adjacent to the Dodges Ferry Primary School.

WHAT:

The Co-op stocks a wide range of mostly organic food as well as some cleaning products at very good prices.

WHEN:

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

HOW:

New members are very welcome. If you are interested in joining you can find out more by phoning (03) 6265 7016 or emailing
foodco-op@okinescommunityhouse.com.au

Term 2 Program - book early places are limited

MONDAY

FROM WITHIN PILATES - Tutor Salomé Rosa

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

Venue: Okines Community House

Mondays: 8.50am to 9.50am starts Monday 27th April 2015 to 29 June 2015 (no class on 8th June - public holiday)

(casual rate \$20 per session)

Fee: \$120 per term (8 weeks)

Contact: Salomé on 0437 405 213 for more information.



***Please bring an exercise mat**

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

From Within Pilates

CRAFT CLUB

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



Venue: Okines Community House

Day: Monday **Starts:** ongoing

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

YOGA FLOW - Tutor Jackie Graham

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

Venue: Okines Community House

Day: Mondays

Time: 6.30pm to 8.00pm ongoing

Fee: \$15 per session

Contact: Jackie on 6265 7716



BUDAREE PLAYGROUP - now on Mondays

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



Venue: Okines Community House **Continuing:** 27 April 2015

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

Contact: Megan on 0429 137 287

BUS TRIP - Copping Museum & Port Arthur Lavender Farm

This bus trip starts with a visit to the Copping Colonial & Convict Collection where you can browse a huge array of convict era relics and antiques. Continuing on to the Lavender Farm at Port Arthur to view the delightful collection of lavender products.

Day: Monday 15th June 2015

Time: Bus departs Okines 9am returning by 3pm **Fee:** \$10

Contact: Bookings essential on 6265 7016

*Café available to purchase lunch otherwise BYO if you prefer

JAPANESE COOKING - Keiko

This term we are very pleased to introduce Keiko who will be conducting three lots of 2 hr. Japanese Cooking sessions. Remember to book early if you are interested in trying this workshop as it's sure to be popular and numbers are strictly limited to 10.



Day: Monday 27th April, 4th & 11th May 2015

Time: 10am-12pm

Fee: \$5 **Contact:** 6265 7016

TUESDAY

EURYTHMY

For children from 4-6 yrs. Joyful verse and storytelling through movement, using their whole body to express themselves.



Venue: Okines Community House

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

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

Bookings & enquiries: Contact Lisa via the following email address: livingmovement.eurythmy@gmail.com

Term 2 Program - book early places are limited

TUESDAY

40+ FUN FITNESS CLASSES - Tutor Karyl Michaels

TONIC

Tuesday
6.15pm - 6.45 pm
Thursday
6.15pm - 6.45 pm



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



KIKBOX

Thursday
6.50pm - 7.20 pm

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

STRETCH

Thursday
6.50pm - 7.20 pm



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

Venue: Okines Community House

Ongoing

Fee: \$5 casual class

Contact: 0468 389 659 or fizzicalfusion@gmail.com

All classes are low impact with no prior experience needed.
*Bring towel or mat and water.

PERSONAL HELPERS & MENTORS (PHaMS)

PHaMs Sorell (Anglicare) will be available to have chats with people who may be interested in the PHaMs program which is a free service which comes to you. The program is appropriate for people who acknowledge they experience some form of mental health issue/s (no diagnosis required) that impacts on their quality of life.

Venue: Okines Community House

Day: Last Tuesday of every month (except public holidays)

Time: 10am to 11am **Contact:** 6213 3681

SONAR COMMUNITY SINGING GROUP (now on Tuesdays)

Have you ever wanted to have a go at singing? 2015 can be your year to start!! Your local singing group SONAR invites you to join us. We are a group of enthusiastic men and women and there is no audition required. All music supplied

Ongoing: Tuesdays

Time: 7pm to 9pm **Fee:** \$5 per week

Venue: Okines Community House

Contact: Diane Hansen Phone 0408 328 132



WEDNESDAY

IYENGAR YOGA - Tutor Gabe Gartrell



the yoga effect

be well, give back

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

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

Venue: Okines Community House

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

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

Wednesday 6pm to 7.15pm (Beginners)

Thursday 9am to 10.15am (General)

\$16 casual attendance or \$145 for a 10 class pass. Private tuition \$70

Contact: Gabe on 0457 024 267 or visit the website theyogaeffect.com.au for more information.

BUS TRIP (Re-scheduled)

The **Museum of Old and New Art (MONA)** is a unique and popular art museum and well known tourist attraction located within the Moorilla winery on the Berriedale peninsula in Hobart. It is currently the largest privately funded museum in Australia. The museum presents a thought provoking selection of antiquities, modern and contemporary art from the David Walsh collection.

Day: Wednesday 6 May 2015 (re-scheduled from Tuesday)

Time: Bus departs Okines 9am returning by 3pm **Fee:** \$10

Contact: Bookings essential on 6265 7016
BYO lunch



Term 2 Program - book early places are limited

THURSDAY

CARDS MORNING

We have had many requests for a card morning so it is back on the program for a trial run this term. If you have previously expressed an interest or would like to join this fun activity please come along - the more the merrier!! It is a great opportunity to grab a cuppa, have some fun, exercise the brain, and meet new people.

Venue: Okines Community House
Day: Thursdays during school term, commencing 30th April 2015
Time: 9.30am to 11.30am
Fee: \$2
Contact: 6265 7016



OKINES BOOK CLUB

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



Venue: Okines Community House
Day: Every second Thursday of the month next one 14th May 2015
Time: 11am to 1pm
BYO plate of food to share **Contact:** 6265 7016

FRIDAY

SPINNING GROUP

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



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

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



Bookings are essential

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

DINNER & MOVIE

In celebration of National Families Week



The aim of National Families Week 2015 is to celebrate the vital role that families play in Australian society. The 2015 theme is 'Stronger Families, Stronger Communities'. This year's theme highlights the important role families play as the central building block of our communities and that community wellbeing is enhanced by family wellbeing.

Each year, tens of thousands of people and hundreds of organisations celebrate National Families Week - Australia's annual celebration of families. This year, in celebration of National Families Week, Okines is holding a family dinner & movie night.

Venue: Okines Community House
Day: Friday 15th May 2015
Time: 6pm to 8pm **Fee:** no charge, please BYO plate to share, family movie provided.
Contact: 6265 7016

Term 2 Program - book early places are limited

FRIDAY

FELDENKRAIS

Introducing Wendy Leewood, a Certified Feldenkrais Practitioner.

Hi, I'm Wendy, and I have a long-term love affair with Dodges Ferry, having lived here for 12 years until 2005, and, I'm lucky enough to still have a shack here. . .



I have been teaching Feldenkrais Awareness Through Movement classes in Dunalley, Copping and more recently in the beautiful Terrapin here at Okines Community House for four years now. Over the years we have focused on movement themes such as improving walking (Stand Tall, Walk Tall), Posture (Finding Your Natural Alignment), easing neck and shoulder pain, and now Breath and Voice.

Having come to train in the Feldenkrais Method after 5 years of chronic pain, and a serious problem with my walking, I bring a personal as well as professional insight to my work. I know that pain, injuries, illness or disability, can get in the way of living the full satisfying life we all want to live. I love to work with passionate, curious people who want to get more out of life, and I know that through the mindful movement of Awareness Through Movement classes and individual Functional Integration sessions, I can help all kinds of people find a new, a better sense of "normal", find more ease in their bodies, and in their minds. People of all ages, stages and levels of recovery from injury or surgery can benefit from the movement re-education and stress reduction that comes with this work: it's about recalibrating the nervous system, and using neuro-plasticity in its most positive form as somatic education.

The classes in our Terrapin are relaxing, fun and productive. Our next series is focusing on creating more ease in our necks and shoulders. Why not come along and join us!? We start on Friday 15th May, and classes are at 3.30pm for an hour. And day long workshop, "Arm Balm: a Tonic for your Neck and Shoulders" is coming up on May 23rd.

Here are some comments from regular participants. . .

I have been participating in Wendy's classes for the past three years and have gained many benefits from them. Physically I feel more flexible, free of joint pains and headaches. I feel better balanced both physically and mentally, and so enjoy life more in general. The atmosphere of the classes is supportive, I enjoy mixing with gentle, generous people with life-affirming attitudes. I have no hesitation in recommending Wendy's classes to anyone; you will notice a positive impact on all aspects of your daily lives - Leila T.

I really enjoy this class at the end of my working week, it relaxes me. I really enjoy the movement explorations, as they uncover and question old movement patterns -

Salome. Pilates and Movement instructor.

I like the opportunity and space you and the Awareness Through Movement lessons create to relax and unwind all of me. It feels a natural extension to my own work as an OB practitioner. It expands my learning, adding insight to my desire/ passion for ways to help myself and others to unravel, change and heal naturally without force. The body- mind experience guides me to bring awareness to the subtle structures and functionality of my body. Through the gentle, slow meditative and relaxed movements I am able to notice how to let go of restrictions and find more freedom, spaciousness and movement within myself - Julie. OrthoBionomy Practitioner.

I have a particular interest in children with movement disorders (who can be taught the developmental movement patterns that might be missing from their systems), chronic pain, work with balance, breath and voice, sore shoulders and stiff hips... the list does go on! It's going to be wonderful to work alongside so many other health professionals, to find ways to offer the best complete care programs to our clients: I look forward to working with you all!

Venue: Okines Community House

Day: Friday 15 May to 3rd of July 2015 ('Ease your Neck & Shoulders') **Time:** 3.30pm **Fee:** \$18 drop in or \$125 for 8 wks

Contact: Call Wendy to reserve a place on 0447 120 688 or email: unfurlyourself@gmail.com

*One day workshops:

- 'Arm Balm: a Tonic for your Neck & Shoulders' - 23rd May 2015 from 10am to 3.30pm, \$90 for the day
- 'Breath & Voice' - 20th June 2015 from 10am to 3.30pm, \$90 for the day.

WEEKEND WORKSHOPS

T-Shirt Printing for adults (one day workshop) - Eve Smith

Learn how to transform a blank t-shirt into your very own piece of wearable art. *Bring along a blank light coloured cotton t-shirt and a smock/old shirt.

Venue: Okines Community House

Date: Saturday 23 May 2015,

Time: 10am to 12pm

Fee: \$29

Contact: 6265 7016 <http://www.searchindesign.com.au>

Sea Urchin Design

Ocean Inspired Apparel



MOSAICS (one day workshop) - Kerry Howlett

This one day workshops always gets great feedback from participants. Learn everything you need to know about mosaicing including how to cut/break tiles, glue and grout.

Venue: Okines Community House

Date: 30 May 2015, **Time:** 10am to 3pm

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



Term 2 - 2015 Program

MONDAY

FROM WITHIN PILATES

8.50am to 9.50am, weekly from Monday 27th April 2015 to 29 June 2015 (no class on 8th June - public holiday) \$120 per term (8 weeks) casual \$20, contact: Salome on 0437 405 213

CRAFT CLUB

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

JAPANESE COOKING

10am to 12pm, Monday 27th April, 4th & 11th May 2015, cost \$5 per session, contact: 6265 7016

YOGA FLOW

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

BUDAREE PLAYGROUP

10am to 12pm, weekly from 27 April 2015, \$3 plus bring a piece of fruit, Contact: Megan on 0429 137 287

BUS TRIP – COPPING MUSEUM & PORT ARTHUR LAVENDER FARM

9am to 3pm on Monday 15th June 2015, cost \$10 Contact: 6265 7016

THURSDAY

IYENGAR YOGA

9am to 10.15am, General, \$16 per session or \$145 for 10 class pass, Contact: Gabe 6265 7907 or 0457 024 267

CARD MORNING

9.30am to 11.30am, commences 30th April 2015 \$2, Contact: 6265 7016

OKINES BOOK CLUB

11am to 1pm, 2nd Thursday of month, next is 14th May 2015, Contact: 6265 7016

FIZZICAL FUSION TONIC

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

FIZZICAL FUSION – STRETCH

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

TUESDAY

IYENGAR YOGA

6.15am to 7.30am, Level 2 session, \$16 per session or \$145 for a 10 class pass, Contact: Gabe 6265 7907 or 0457 024 267

FIZZICAL FUSION TONIC

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

FIZZICAL FUSION KIKBOX

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

EURYTHMY FOR CHILDREN

3.15pm to 4.15pm, starts 21st April 2015, \$12 per session, email Lisa at livingmovement.eurythmy@gmail.com

PHAMS – Personal Helpers & Mentors

10.00am to 11.00am, last Tuesday of every month, ph: 6213 3681

SONAR COMMUNITY SINGING GROUP

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

TUESDAY STROLLERS

Starting back up, Tuesday Strollers meet in the carpark behind the chemist at Dodges Ferry @ 10am

FRIDAY

EATING WITH FRIENDS

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

SPINNING GROUP

10am to 3pm, Every Friday, \$5 per session. Bring along, spinning wheel and wool. Contact: Rita on 6248 6049

FELDENKRAIS

3.30pm, commencing Friday 15 May to 3rd of July 2015, \$18 per session drop in, Contact: Wendy Leewood on 0447 120 688 or e:unfurlyourself@gmail.com

DINNER & MOVIE (NATIONAL FAMILIES WEEK)

6pm to 8pm, 15th May 2015, no charge, BYO plate to share, Bookings essential: Contact: 62657016

WEDNESDAY

BUS TRIP – MONA (re-scheduled)

9am to 3pm on Wednesday 6th May 2015, cost \$10 Contact: 6265 7016

IYENGAR YOGA

6pm to 7.15pm, Beginners, \$16 per session or \$145 for a 10 class pass, Contact: Gabe 6265 7907 or 0457 024 267

BIGGEST MORNING TEA

10am to 12pm, Wed 27th May 2015, orange room @ Okines, BYO spare change & a plate to share

WEEKEND WORKSHOPS

T-SHIRT PRINTING FOR ADULTS

10am to 12pm, one day workshop 23 May 2015, **Cost: \$40**, BYO lunch to share, contact: 6265 7016

MOSAICS

10am to 3pm, one day workshop 30 May 2015, **Cost: \$40**, BYO lunch to share, contact: 6265 7016

ARM BALM: A TONIC FOR YOUR NECK & SHOULDERS

10am to 3.30pm, 23rd May 2015, \$90 for the day, Contact: Wendy Leewood on 0447 120 688 or e:unfurlyourself@gmail.com

BREATH & VOICE

10am to 3.30pm, 20th June 2015, \$90 for the day, Contact: Wendy Leewood on 0447 120 688 or e:unfurlyourself@gmail.com

GARDEN GATHERINGS

First Monday of the Month: GARDEN TUCKER 11-1pm

Third Sunday of the Month: GARDEN GATHERINGS pizza for sale 11-1pm

OKINES COMMITTEE MEETINGS

Meetings will alternate monthly between every 3rd Friday & every 3rd Wednesday. Next meeting will be held:

Friday 17th April 2015 at 10 am
Wednesday 20th May at 7pm

Okines Community Garden

COMMUNITY GARDEN GOODNESS

Harvest Feast for Solstice, Saturday June 20th. It looks a little bit like this, the lantern parade will begin at 5.15pm, led by community singers, and lit by lanterns made with the help of local school teacher Ange Buckley. After a moment at the ocean, we will return to the garden shed to feast on locally grown and cooked soups, with warm freshly baked bread rolls straight from the pizza oven and, smothered in hot butter. Music will fill the crisp night air, as milling around the fire drums (awesome drums Rich) sipping chai tea (that's the only thing that costs, \$2.50 a cup) is the order of the night. Thanks to a friendly community that continues to support, volunteer, attend, inspire and share with us at the garden, creating the momentum so these community garden events continue to be so fun.



after school from 3-4pm (kids welcome) throughout May and June.

Thanks muchly to Antony who has made the garden shed look so organic and comfortable with his random wood panelling over the tin panels. We particularly love the quirky little tea pot which has been installed into the wall, as an ode to the garden philosophy. Slow down, drink tea and connect. Connect to yourself, each other, and (insert your word for the bigger picture here!).



Lets hope those passionfruits ripen, anyone with any tips? Come let us know.

*Yours organically
Gabe & Claire*

Our First Monday of the Month Garden Tucker sessions will be focused on honing our soup making skills, and flat out cooking for the upcoming free family friendly feast, on Saturday June 20th. For all those volunteers who have made soup for the Feast in the past, please feel free to make some more and come drop it in to Claire or I at the Garden on Mondays 10-4pm, or Wednesday and Thursdays 1-3pm.

Lanterns can be made on the night, we will be at the garden on Saturday June 20th, from 4.30pm. Or, for those more adventurous souls, come and help us make big, big lanterns, every Monday

BREAKFAST CLUB



The Okines Breakfast Club in partnership with Dodges Ferry Primary School will re-commence in term two on **Tuesday 21st April 2015.**

Breakfast is offered Tuesday and Thursday mornings from 8am. If you would like to help out please phone 6265 7016 or forward an email to: admin@okinescommunityhouse.com.au.

Food Assistance

- available at Okines on Wednesday afternoons -



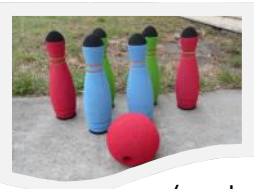
SecondBite redistributes surplus fresh food to community food programs around Australia. Food is donated by farmers, wholesalers, markets, supermarkets, caterers and events. This high-quality surplus food is redistributed to community food programs that support people who are homeless, women and families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

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

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

Wednesdays between 1pm - 4pm

TOY & BOOK LIBRARY



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

(see back page for opening hours).

For information about how to use the library please contact the office on 6265 7016 or email: admin@okinescommunityhouse.com.au.

Southern Beaches Regional Arts

Show and Tell Meets

Every second Tuesday in the month from February –December, at the Lewisham Tavern!

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

Feature artist every month!

Bring your art to show!

Contact 0407 851 706



AUSTRALIA'S BIGGEST MORNING TEA

GET TOGETHER TO HELP BEAT CANCER

COME ALONG AND MAKE YOUR CUP COUNT

HOST Okines Community House

DATE Wednesday, 27 May 2015

WHERE Orange room @ Okines

TIME 10am to 12 noon

DETAILS Bring your spare change & a plate to share. There will be raffles, lucky door prizes, games & more.

biggestmorningtea.com.au



Expressions of Interest in Term 3 Workshop

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

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

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

Register your interest now by phoning 6265 7016.....

Pittwater Photography Group



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

From Beach to Bush to Back Roads...

We carpool and share the petrol cost.

Membership is just \$6 per year through the

PITTWATER COMMUNITY CENTRE

34 Hoffman St, Midway Point 7171

Enquiries michelle.pears@bigpond.com or

0407851706

SORELL ON STAGE!

Interested in Acting? Directing? Back stage
crewing?

Any aspect of theatre?

We are always looking for more people.
Sorell on Stage meets twice a week, Thursday
and Sunday.

Sorell Memorial Hall 7pm.

mid January – November.

Contact 6106 0071

PRIMROSE SANDS - COMMUNITY ACTIVITIES -

Ladies Day

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

Cards

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

Line Dancing

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

Eating with Friends

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

Primrose Sands Sport & Youth Program

Mondays & Wednesdays

4.30—6pm, Ages 8 - 16, \$1 entry

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

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

CLEAN UP SOUTHERN BEACHES

Come along on Clean Up Australia Day

Registration point, in carpark at Dodges Ferry
Primary School. Registrations start at 8.30am

Otherwise meet 4th Sunday of every month in the
car park in front of the Dodges Ferry Tavern 8.30am

Contact Lorraine by email: loron@iinet.net.au



**SOUTHERN BEACHES LANDCARE/
COASTCARE INC.**

C/- Post Office
DODGES FERRY TAS 7173
ABN 59720014733

20+ Years of Community Caring For Coast and Country

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

New, Improved NILS Loans!

- ◆ up to \$1200
- ◆ expanded range of items



NILS Network of Tasmania Inc

The NIL\$ Network provides interest-free loans of up to \$1200 for essential household items, such as fridges, washing machines, beds and hot water systems.



NILS is also now available for:

- Car Registration
- Car Repairs and Car Tyres
- Computers (no restrictions)
- Dentures and Orthodontic Treatment
- Household Repairs and Maintenance
- School trips
- Carpets and curtains (restrictions apply)

Interested in finding out more about NILS?

☎ phone us on **1300 301 650** for the cost of a local call
(or pick up a brochure at Okines Community House)

To be eligible for a loan you must:

- * Have a current Health Care Card or Pension Concession Card
- * Have lived at your current address for at least six months
- * Be able to repay the loan.



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

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

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

Pittwater Community Centre
on 6265 1155 or visit:
www.pittwatercommunitycentre.org



TAX HELP IS BACK AT OKINES

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



This is a **FREE** service sponsored by the Australian Taxation Office. If you would like your taxes done by an accredited volunteer book now to see if you are eligible through Okines Community House on 6265 7016 or email: admin@okinescommunityhouse.com.au

Treasurer

WANTED

Are you interested in working with a great group of people? Okines Community House are in urgent need of a **volunteer** for the role of Treasurer. Accounting experience desirable but not essential. For further information please phone 6265 7016 or email admin@okinescommunityhouse.com.au



OKINES COMMUNITY HOUSE INC

ABN: 99 433 272 191

For the community. By the community

www.okinescommunityhouse.com.au



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

Administration:

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

Community Garden:

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

Food Co-op:

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

Grab a coffee & support Okines Community House

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



OFFICE FACILITIES CHARGES

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

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

Photocopying:

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

Colour Printing:

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

Fax Machine: 30c

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

Scanning Scanning of documents is available at no charge

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

Toy & Book Library:

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

*** OKINES COMMITTEE MEETINGS ***

Okines Community House Management Committee alternate monthly between the third Friday 10 am & third Wednesday 7pm. The Committee is made up of people from the community who make decisions about insurance, staffing, activities and money. You are welcome to attend our meetings at any time to have an input, or perhaps you might also be interested in joining our committee. For further information email admin@okinescommunityhouse.com.au or ph: 6265 7016.

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

LIST OF LOCAL PLAYGROUPS

CARLTON

Carlton Beach Playgroup
Tuesday 10.30am - 12.30pm
\$3 plus a piece of fruit
Held at Salvation Army Complex,
Carlton River Rd
Contact: 0427 553 510

STEINER

Steiner Playgroup
Monday 10.00am - 12.00pm
\$3 plus a piece of fruit
Held at Okines Community House -
510 Old Forcett Road, Dodges Ferry
Contact: Megan on 0429 137 287

DODGES FERRY

Okines Community House
Currently seeking a facilitator this is a
voluntary role for 2-3 hours per week
during school terms.
Contact: 6265 7016

MIDWAY POINT

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

PRIMROSE SANDS

For more information contact
6265 7016

DUNALLEY

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

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