

# OKINES

## Community House

NEWSLETTER  
TERM TWO  
2016

Funded by the DEPARTMENT of HEALTH and HUMAN SERVICES

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

### Something for everyone *at your local* Okines Community House

The Okines Arts & Crafts Group have been busy with a project close to home. During term one they created vibrant banners for the Dodges Ferry Primary School sporting houses Pagari, Mungara and Loatta which were put to good use at the recent athletics carnival. The ladies received a fabulous thank you card which included photos of children smiling and cheering on their friends.



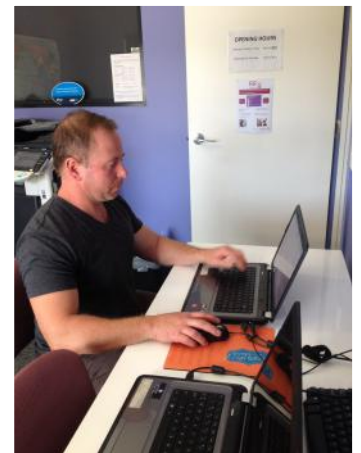
The banners are a wonderful example of some of the projects undertaken by the craft group. Other projects have included Trauma Teddies for the Ambulance Service, comfort dolls for disadvantaged children, handmade breast prosthesis for women who have undergone procedures such as mastectomies and knitted rugs as a fund raiser for the Cancer Council. If you are looking for a social outing on Monday mornings with people who share a love of arts and crafts, you might consider coming along.

In other Okines news, member Kyle Atkinson recently featured as part of a Mercury article highlighting the challenges facing unemployed Tasmanians. Since 2009

Kyle, has been persistently searching for an electrical apprenticeship but has found it tough going. Although only in his early 40's, Kyle believes this may deter potential employers from considering him as a likely candidate but he is quick to point out that his age actually brings a great many benefits and he isn't planning on giving up his goal anytime soon.

In a situation which will be familiar to many job seekers, Kyle describes his attempts to gain an apprenticeship have included further study, casual work as a trade assistant, dozens of phone calls and mailing of resumes, signing up with various recruitment agencies, ads on Gumtree and offering to work for no payment.

Despite some setbacks Kyle is determined to achieve a career in the electrical industry and regularly utilises the various job seeker services available at Okines such as free internet, computers with Microsoft Office, resume writing tips and tricks as well as printing, scanning, emailing and photocopying facilities.



Additionally Okines assists jobseekers through various training opportunities such as Certificate II in Community Services currently being offered by Avidity training. Students can undertake their practical component by becoming involved with Okines projects like the upcoming Youth Market (see pg 3 for more info about this event).

## ABOUT THE NEWSLETTER

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

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

**Contributions can be submitted via email to  
[admin@okinescommunityhouse.com.au](mailto:admin@okinescommunityhouse.com.au).  
Closing date for the next issue is  
**Tuesday 14th of June, 2016.****

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

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

## FOOD CO-OP

For anyone who may not have heard of Okines Food Co-op, we provide community members with a local outlet for purchasing bulk, organic/ethical wholefoods & other products at affordable prices. We stock a range of dry foods including flours, rice, nuts, fruits, butter plus local honey, olive oil, freshly baked bread & bulk cleaning products. New members are always welcome so come and see what else we sell and see what your local Food Co-op is all about. We are situated in Okines Community Garden just behind the Community House (adjacent to the Dodges Primary School).

### When are we open?:

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

### How to become a member?:

Membership is \$20 per year (\$5 a quarter). If you are interested in joining you can find out more phone : (03) 6265 7016 or check us out on our link at the Okines Community House website OR Facebook with price and stock lists

or email: [foodco-op@okinescommunityhouse.com.au](mailto:foodco-op@okinescommunityhouse.com.au)

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

## Black Tahini Biscuits

### Ingredients

130g sugar (rapadura or coconut)  
150g butter (softened)  
110g black tahini  
250g almond meal (or spelt flour)  
½ teaspoon vanilla essence  
Cinnamon powder & sesame seeds for sprinkling

### Method

Line a baking dish with baking paper & pre heat oven to 180 degrees.  
Gently cream butter & sugar for 1 minute  
Mix in vanilla & almond meal until well combined  
Form into small balls  
Place on the baking tray & flatten slightly with fingers or back of a fork  
Sprinkle with cinnamon & sesame seeds  
Bake 15-17 minutes. Cool well before serving

Nutritional Information: Black sesame seeds, though similar to their white counterparts, have a richer flavour and stronger aroma. Black sesame seed tahini is slightly higher in calcium than white sesame seed tahini & contains high levels of copper, essential for building collagen & elastin plus zinc which promotes the immune system & helps reduce the risk of osteoporosis.

## THANK YOU

Okines would like to extend a sincere thank you to Goods Landscaping & Water Deliveries in Lewisham for a much needed donation of water for the community garden and to the Richmond Bakery for their ongoing support of the Breakfast Club Program.

# Southern Beaches Youth Market & Expo 16

Building on from the success of last years' Youth Fiesta at which over 400 people attended, Okines Community House will be host to the "Southern Beaches Youth Market and Expo '16" where we are supporting 12-25 year olds in the local community and surrounding areas to showcase their skills, talents and ideas on Sunday 17th April from 10-2pm.



Visit [dpac.tas.gov.au/nyw](http://dpac.tas.gov.au/nyw) or [facebook.com/nywtas](https://www.facebook.com/nywtas)  
 #NYWTAS2016

As a registered National Youth Week event it is partly funded by the Department of Premier and cabinet's Communities, Sport and Recreation and will be a day filled with performances, workshops, demonstrations, market stalls, youth services information and food. It's an event for the whole community to come and meet young people and community groups, to encourage our local young people and see what they are getting involved in.

What's on offer on the day? There will be the Sands Family Circus, a free photo booth, open mic sessions, south east

## 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 .



cheer and dance, face painting; plenty of market stalls and workshops with much more to come.

We are still taking expressions of interests for the day for market stalls, workshops, food vans, singers or volunteers on the day. For any enquires please contact the Okines community House on 62657016, or Jess and Anita at [sbyme16@gmail.com](mailto:sbyme16@gmail.com) .

## Cooking up lots of fun

Have you been to an Okines' Cooking Workshop yet? Many people have, and it is certainly one of our most popular activities. This past term participants enjoyed making chutneys, pickles, jams, jellies and cordials as well as exploring other preserving methods. The excess produce is typically available for sale to visitors to the house and some weeks



the jars have been snapped up before they have even had time to cool down.

This term an old familiar is returning to the kitchen with Basic Bread Making. This workshop covers recipes for daily use but also introduces some ideas that are more than a little bit "fancy" which you are sure to love. If you are interested in this workshop please sign up early to secure your place by either phoning 6265 7016 or emailing:

[admin@okinescommunityhouse.com.au](mailto:admin@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, strength and flexibility. One hour mat class, in a relaxed friendly environment, suitable for beginners or those with previous experience. Movement from within will help you find elegance and ease in everyday life.

**Venue:** Okines Community House

**Monday** 8.50am to 9.50am

**\*Thursday:** 8.50am to 9.50am - (\*new to Thursdays)

(casual rate \$20 per session)

**Fee:** \$120 (8 weeks) commencing Monday 2 May 2016

**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

### BUDAREE PLAYGROUP

A community playgroup with each week focusing on our unique environment. This is a Steiner influenced playgroup where children will explore either the beach, garden, or craft. A place for children to feel safe and parents to explore play through natural materials.



**Venue:** Okines Community House

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

**Contact:** For more info phone Danika on 0467 673 211

### FIZZICAL FUSION FITNESS CLASSES

Love moving to music? Want to shake up your exercise routine and shimmy into shape. Come along to Shimmy-Shake Mondays and do one or both classes. Classes are 30 minutes, low impact, suitable for all women and no prior experience is needed. Wear comfortable clothing and bring water.

#### Fizzical Fusion SHAKE - Tutor - Karyl Michaels

Shake up your exercise routine. Fizzical Fusion Shake is a low impact, full body workout that combines Latino and tribal - infused moves and rhythms that will get you dancing and maraca-like weighted toning sticks. Shake your body and the rhythm sticks to tone target zones, improve coordination and strength and have fun. (Zumba©) weighted toning sticks provided.

**Venue:** Okines Community House

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

**Time:** 5.00pm to 5.30pm

**Fee:** \$5

**Contact:** Karyl on 0468389659 fizzicalfusion@gmail.com



#### Fizzical Fusion SHIMMY - Tutor - Karyl Michaels

Shimmy into shape and free your inner goddess. Fizzical Fusion Shimmy is a low impact, full body fitness class using belly dance moves and music. Belly dancing can help increase overall flexibility and body tone. Have fun get fit put a smile on your lips and more wiggle on your hips. Bring hips (Hip scarves provided OR bring own).

**Venue:** Okines Community House

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

**Time:** 5.35pm to 6.05pm

**Fee:** \$5

**Contact:** Karyl on 0468389659 fizzicalfusion@gmail.com



### WILLS and ESTATES - Public Trustee

The Public Trustee will be holding a free seminar on **Monday 23 May 2016**. Please come along and find out how you can plan ahead to protect your family and loved ones; as well as more information on Wills and Enduring Powers of Attorney and Estate Administration. For further information please go to our website [www.publictrustee.tas.gov.au](http://www.publictrustee.tas.gov.au) Cannot make it that day? Please call our Hobart office on 6235 5200, they will be happy to help you.



**Venue:** Okines Community House

**Day:** Monday 23 May 2016 (once off event)

**Time:** 10.30am to 11.30am **Fee:** no charge

**Contact:** to register for this seminar phone (03) 6265 7016 or email: admin@okinescommunityhouse.com.au

# Term 2 Program - book early places are limited

## MONDAY

### YOGA FLOW - Tutor Jackie Graham

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

**Venue:** Okines Community House

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

**Fee:** \$15 per session

**Contact:** Jackie on 6265 7716



## TUESDAY

### RHYTHM & BEACHES COMMUNITY SINGING GROUP

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

**Ongoing:** Tuesdays

**Time:** 7pm to 9pm

**Fee:** \$5 per week

**Venue:** Okines Community House

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



### FIZZICAL FUSION FITNESS CLASSES

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

### STAYSTRONG - Tutor - Karyl Michaels

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



### EURYTHMY

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



**Venue:** Okines Community House

**Starts:** Continuing 2nd term 2016

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

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

**Venue:** Okines Community House

**Day:** Tuesday:

**Time:** 6.15pm to 6.45pm

**Contact:** Karyl on 0468389659

**Starts:** ongoing

**Fee:** \$5

fizzicalfusion@gmail.com

### BUS TRIP - Australian Antarctic Division Visitor Centre & Channel Heritage Centre

This term the bus tour heads to the south with a visit to the Australian Antarctic Division Visitor Centre at Kingston, followed by a visit to the nearby garden centre and then on to the Channel Heritage Centre at Margate. Bookings are essential for this trip and please let us know one week prior to the day if you are cancelling your spot.



**Day:** Tuesday 7th June 2016

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

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

\*You are welcome to BYO packed lunch or there will be available places to purchase.

### STRIKE - Tutor Karyl Michaels

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



**Venue:** Okines Community House

**Day:** Tuesday:

**Time:** 6.50pm to 7.20pm

**Contact:** Karyl on 0468389659

**Starts:** ongoing

**Fee:** \$5

fizzicalfusion@gmail.com

**\* Please note back up childcare available for some on-site activities depending on level of demand - please enquire when booking.**

# Term 2 Program - book early places are limited

## WEDNESDAY

**IYENGAR** YOGA - Tu-

**tor Gabe Gartrell**

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:** \*Wednesday 6pm to 7.15pm (Beginners)

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

Private tuition \$70

**Contact:** Gabe on 0457 024 267 or visit the website [theyogaeffect.com.au](http://theyogaeffect.com.au) for more information.

*\*Please note Gabe teaches a full time-table of regular classes at The Boatshed in Lewisham. For more info visit website [theyogaeffect.com.au](http://theyogaeffect.com.au) or phone 0457 024 267*



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

### TAI CHI - Sue Duffy

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



**Venue:** Okines Community House **Day:** ongoing

**Time:** 10am to 11am **Fee:** \$4 **Contact:** 6265 7016

### PAINTING

The Shoreline Art Group meet at Okines Community House every Wednesday from 10am to 1pm. Anyone interested in joining us may simply come along or for further info phone Cherie on 0488 139 742 or Natalie & John on 6265 7443.



**Venue:** Okines Community House **Date:** Wednesday ongoing

**Time:** 10am to 1pm **Cost:** \$5 includes morning tea

**Contact:** Natalie & John on 6265 7443 or Cherie on 0488139742

## WEDNESDAY

### BASIC BREAD MAKING - Sue Metzler

Courtesy of funding from FRRR (Foundation for Rural & Regional Renewal) we are continuing our popular series of cooking classes. This term we are pleased to be able to offer an old favourite of ours - basic bread making (we just love the smell of baking bread in the Okines kitchen). These workshops provide a fabulous opportunity to gain hands on experience with basic bread recipes for daily use as well as other baking tips and ideas. Making your own bread is an excellent way to save money and is a nutritional option. The aim of the course is to take the mystery out of bread making. Numbers are limited for these workshops so we advise you to book early to avoid missing out.



**Venue:** Okines Community House

**Day:** 4th May to 1 June 2016 (5 WEEKS)

**Time:** 9.30am to 2pm **Fee:** \$5 per class

**Contact:** 6265 7016

### FiF FILLING IN FORMS WORKSHOP

These short workshops cover make filling in forms easy:

- How to make filling in forms easier.
- Sharing your experience of filling in forms with others.
- Tips & hints on how to be more confident with forms.
- Where can I get help filling forms?
- And answers questions such as does block letters mean the same thing as capital letters.

**Venue:** Okines Community House

**Day:** 11th May & 18th May 2016

**Time:** 10.30am to 12.30pm **Fee:** No charge

**Contact:** 6265 7016



## THURSDAY

### FROM WITHIN PILATES - Tutor Salomé Rosa

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

**Venue:** Okines Community House

**\*Thursday:** 8.50am to 9.50am - (\*new to Thursdays)

(casual rate \$20 per session)

**Fee:** \$135 (9 weeks) commencing Thursday 5 May 2016

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

**\*Please bring an exercise mat**



# Term 2 Program - book early places are limited

## THURSDAY

### OKINES BOOK CLUB

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



**Venue:** Okines Community House  
**Day:** Every second Thursday of the month  
**Time:** 12.30pm to 2.30pm  
BYO plate of food to share  
**Contact:** 6265 7016

### FIZZICAL FUSION FITNESS CLASSES

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

#### Fizzical Fusion STAYSTRONG- Tutor Karyl Michaels

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



**Dumbbells provided.**

**Venue:** Okines Community House  
**Day:** Thursday: ongoing **Time:** 6.15pm to 6.45pm **Fee:** \$5  
**Contact:** Karyl on 0468389659 fizzicalfusion@gmail.com

#### Fizzical Fusion STETCH- Tutor Karyl Michaels

Improve flexibility, balance and coordination and feel good.

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



**Venue:** Okines Community House **Day:** Thursday:  
**Starts:** Ongoing **Time:** 6.50pm to 7.20pm **Fee:** \$5  
**Contact:** Karyl on 0468389659 fizzicalfusion@gmail.com

## FRIDAY

### SPINNING GROUP

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



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

### EATING WITH FRIENDS

Come along to our very successful Eating with Friends Program held on the last Friday of each month. Eating with Friends brings together people to enjoy a nutritious two course meal with friends.



**Venue:** Okines Community House  
**Day:** last Friday of the month - upcoming one is Friday 29th April 2016  
**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.

## WEEKEND WORKSHOPS

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

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

**Venue:** Okines Community House  
**Date:** Saturday 18th June 2016  
**Time:** 10am to 2pm  
**Fee:** \$40 & BYO lunch to share  
**Contact:** 6265 7016



# Term 2 - 2016 Program

## MONDAY

### FROM WITHIN PILATES

**8.50am to 9.50am**, weekly from Monday 2 May 16 \$120 for the term (8 weeks), casual \$20, contact: Salome on 0437 405 213

### WILLS & ESTATES SEMINAR

**10.30am to 11.30am**, Monday 23 May 2016, no charge, contact: 6265 7016

### BUDAREE PLAYGROUP

**10am to 12pm**, \$3 plus bring a piece of fruit, Contact: Danika on 0467673211

### CRAFT CLUB

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

### FIZZICAL FUSION SHAKE

**5pm to 5.30pm**, \$5 casual, contact Karyl on 0468 389 659

### FIZZICAL FUSION SHIMMY

**5.35pm to 6.05pm**, \$5 casual, contact Karyl on 0468 389 659

### VOLLEYBALL

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

### YOGA FLOW

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

## THURSDAY

### FROM WITHIN PILATES

**8.50am to 9.50am**, weekly from Thursday 5 May '16 \$135 per term (9 weeks), casual \$20, contact: Salome on 0437 405 213

### OKINES BOOK CLUB

**12.30pm to 2.30pm**, 2nd Thursday of month, next is 14<sup>th</sup> April 2016, Contact: 6265 7016

### FIZZICAL FUSION STAYSTRONG

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

### FIZZICAL FUSION – STRETCH

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

## TUESDAY

### BUS TRIP – ANTARCTIC DIVISION

**9am to 3pm** on Tuesday 7th June 2016, cost \$10 Contact: 6265 7016

### FIZZICAL FUSION STAYSTRONG

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

### FIZZICAL FUSION STRIKE

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

### EURYTHMY FOR CHILDREN

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

### RHYTHM & BEACHES COMMUNITY SINGING GROUP

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

### BIGGEST MORNING TEA

**10am to 12 noon** at Okines Community House, bring spare change & plate to share.

## 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

### OKINES COMMITTEE MEETINGS

Third Friday of every month starting at 10am, all welcome.

## WEDNESDAY

### PAINTING

**10am to 1pm**, Cost \$5 per class includes morning tea, Contact: 6265 7443 or 0488 139 742

### TAI CHI

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

### FIF FILLING IN FORMS WORKSHOP

**10.30am to 12.30pm**, 11<sup>th</sup> & 18<sup>th</sup> of May 2016, No fee, Contact: 6265 7016

### BASIC BREAD MAKING

**9.30am to 2pm**, 4<sup>th</sup> May to 1<sup>st</sup> June 16, Cost \$5 per class, Contact: 6265 7016

### SECOND BITE FOOD ASSISTANCE

**1pm to 4pm**, every Wednesday

### 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

## WEEKEND WORKSHOPS

### MOSAICS

**10am to 2pm**, one day workshop Saturday 18<sup>th</sup> June 2016, **Cost:** \$40, BYO lunch to share, contact: 6265 7016

### MOVIE – THE DRESSMAKER

**2pm to 4pm**, Gold Coin donation, Saturday 30<sup>th</sup> April 2016, contact: 6265 7016

### SOUTHERN BEACHES YOUTH MARKET & EXPO

**10am to 2pm**, Sunday 17th April 2016, contact: either email: sbyme16@gmail.com or phone 6265 7016

## ONGOING GARDEN EVENTS

**FULL MOON WEAVING** – 6-8pm at the Community Garden on the full moon.

**GARDEN TUCKER** – cooking from the garden with the culinary Claire, every first Monday of the Month 11-1pm.



# BREAKFAST CLUB

The Okines Breakfast Club in partnership with Dodges Ferry Primary School will re-commence in term two on **Tuesday 26th April 2016**. Breakfast is offered Tuesday and Thursday mornings from **8am**.



Okines would like to gratefully acknowledge the support of Richmond Bakery & Betta Milk who donate food each week to breakfast club. If you would like to help out please phone 6265 7016 or forward an email to: [admin@okinescommunityhouse.com.au](mailto:admin@okinescommunityhouse.com.au).



## TAX HELP AT OKINES

It's almost that time of the year again. 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](mailto:admin@okinescommunityhouse.com.au)

## Computer Training - Term 3 -

Are you interested in any of the following?:

- Computer basics
- Accessing the internet
- Email
- Photos and computers
- Shopping online
- Smartphones
- Social Media
- Creating flyers & posters

Depending on numbers we are hoping to offer computer sessions in term 3 which will cover these topics. Register your interest today by phoning 6265 7016

## \*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  
1pm - 4pm**



## 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**

## VOLLEYBALL

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

# Okines Community Garden

Exciting news, please be warned; instantaneous action of jumping off your chair and shouting yippee may happen.

The Walking Each Other Home project, our little weaving project based around discussions of death and dying, has been accepted at the International Congress on Palliative Care in Canada, October this year. Local gardener, Pauline Marsh will be delivering a paper on behalf of the Community Garden.

Change is a slow process, regardless of whether it's a top down or bottom up approach. In the garden we are the grass roots, we work with each other as an example of how a simple, connected, conscientious life can be. The fact that this way has ripples to the international stage is credit to all of us who walk the organic line. We do make a difference. Please feel free to donate money to us at the garden to help send Pauline to Canada!

How can you join in, come and learn the principles of design at the garden.

The Good Life Permaculture mob will be running a 2 week residential course from The Community Garden in late January 2017. You'll leave this course knowing how to build resilient and robust landscapes and people-scapes in a supportive, professional and beautiful learning environment. This course is awesome, book online now at [goodlifepermaculture.com.au](http://goodlifepermaculture.com.au) to secure your place from 21st Jan – 3rdFeb. It will book out fast, it's another opportunity to showcase our beautiful creative town to mainlanders and locals alike.

You may have noticed the lovely scarecrow's adorning the garden-scape. These were created by Petrina Randazzo's, year 3 class. Through the Grow and Learn program, Petrina's class have been growing their own patch; carefully composting, and planting out garden beds. Next term the kids will be harvesting and cooking the produce from their patch.



The Grade 4's have been learning about the water cycle and the wetland in conjunction with social responsibility (keep it clean – the wetlands role as a filter). Their creative collage's of the water cycle were put up on the Okines Community Garden Facebook page and received 1000 hits, nice one Grade 4's.



In our latest grant we articulated the stewardship the community has at the Garden and the significant decrease in vandalism as a result of the Grow and Learn program. We are one of very few gardens that is not fenced in (or maybe the only one). This is a huge tribute to us as a community in extending our sense of responsibility and caring beyond ourselves, and to reach out to a community level. You rock!

Future moves: Look out for the arrival of chooks this Term, a big thanks to Katie for growing them for us, and to Hannah Evans and Sophie Barwick for putting their hands up to co-care for them. Chooks love food and water, please feel free to throw them some grass or fill up their water container if you are wandering by.

## ONGOING GARDEN EVENTS:

FULL MOON WEAVING – 6-8pm at the Community Garden on the full moon.

GARDEN TUCKER – cooking from the garden with the culinary Claire, every first Monday of the Month 11-1pm.

That's it for us, as always come slow us down by sharing a cuppa or a yarn.

Yours organically,

*Gabe & Claire*



#sbyme16



**Following the Future**  
NATIONAL YOUTH WEEK  
8-17 APRIL 2016

**WHAT'S ON?**

**SOUTHERN BEACHES  
YOUTH MARKET & EXPO '16**

**Sunday 17 April 2016**  
10.00am – 2.00pm


**Okines Community House, Dodges Ferry**

Youth market	Live music/open mic	Mental health forum
Sands Family Circus	Karate demonstration	Park Beach Board Riders Club
Free photo booth	South East Cheer	Mosaics... and more!
Workshops	Air brush tattoos	
Food vans	Save a Mate	Enquiries to sbyme16@gmail.com Visit <a href="http://dpac.tas.gov.au/nyw">dpac.tas.gov.au/nyw</a> or <a href="https://www.facebook.com/nywtas">facebook.com/nywtas</a>




**Gather share give**

Come along and be part of  
**AUSTRALIA'S BIGGEST MORNING TEA!**

**HOST** Okines Community House  
**DATE** Tuesday, 31 May 2016  
**WHERE** Orange room @ Okines  
**TIME** 10am to 12 noon  
**DETAILS** Bring spare change & a plate to share.  
Raffles, lucky door prizes, games & more.



**PITTWATER ART GROUP**

- Painting in all mediums -  
**Come visit my Site <http://gailburnart.webs.com/>**

**Tuesdays:** 2hr sessions 10am-12noon  
(\*Plus two x 3hour sessions. 10am - 1pm)  
**Venue:** Supper Room Memorial Hall Cole St. SORELL  
**Enquiries:** Gail 62658775 or Cheryl 0400740148

**MEN'S BREAKFAST**

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



**What:** The Dressmaker  
**When:** Saturday 30th April 2016  
**Where:** Okines Community House  
**Cost:** Gold coin donation  
**Contact:** 6265 7016



**BADMINTON**

Wednesday evenings, 7.30pm  
Dodges Ferry Primary School Gym

Dodges Ferry Badminton Club provides a fun and welcoming environment for players of all levels. For more info visit Facebook page [www.facebook.com/dodgesferrybadmintonclub](http://www.facebook.com/dodgesferrybadmintonclub)



## Salvation Army

### Playgroup:

Wednesday  
10.30am - 12.15pm

### Youth:

Friday night fun  
6.30pm - 9pm each Friday

### Op Shop:

Open Monday - Saturday  
10am - 2pm

## Dodges Ferry Seniors Citizens

Indoor Carpet Bowling at Dodges Ferry Recreation Centre  
Thursdays 12.45pm - 4pm

All day bowls every 3rd Thursday including lunch and regular  
Round Robin bowls competitions.

Social outings, club lunches, Christmas and New Year lunches and  
activities.

Also provides a support network for members and their families.  
ph. 6265 8208

## Pittwater Photography Group



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

From Beach to Bush to Back Roads...

We carpool and share the petrol cost.

Membership is just \$6 per year through the

**PITTWATER COMMUNITY CENTRE**

**34 Hoffman St, Midway Point 7171**

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

**0407851706**



**SOUTHERN BEACHES LANDCARE/  
COASTCARE INC.**

C/- Post Office  
DODGES FERRY TAS 7173  
ABN 59720014733

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

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

## PRIMROSE SANDS - COMMUNITY ACTIVITIES -

### **Ladies Day**

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

### **Cards**

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

### **Line Dancing**

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

### **Eating with Friends**

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

### **Primrose Sands Sport & Youth Program**

Mondays & Wednesdays

4.30—6pm, Ages 8 - 16, \$1 entry

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

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

## New, Improved NILS Loans!

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



NILS Network of Tasmania Inc

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



### NILS is also now available for:

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

**Interested in finding out more about NILS?**  
 ☎ phone us on **1300 301 650** for the cost of a local call  
 (or pick up a brochure at Okines Community House)

### To be eligible for a loan you must:

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



Would you like to help someone make filling in forms easier?

What exactly does BLOCK letters mean?

We look at different types of forms:



Paper



Online



Email attachments and links

FREE Workshops

Morning/afternoon tea included

How many workshops are there?

2 workshops  
2 hours each

Where are the workshops held?

Okines Community House

Dates: Wed 11th May 2016  
Wed 18th May 2016

Please contact Nat tel: 6265 7016  
natsiggins@okinescommunityhouse.com.au

Time: 10:30am—12:30pm



Simon with his FIF certificate



Kelley and Pam with their FIF certificates



## SORELL ON STAGE!

Interested in Acting? Directing? Back stage crewing?

Any aspect of theatre?

We are always looking for more people.

Sorell on Stage meets twice a week, Thursday and Sunday.

Sorell Memorial Hall 7pm.

mid January – November.

Contact 6106 0071

## CLEAN UP SOUTHERN BEACHES

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

Tavern 8.30am Contact Lorraine by email:

[loron@iinet.net.au](mailto:loron@iinet.net.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 - 12.15pm to 2.45pm  
 Mobile: 0457 024 267  
 email: dig@okinescommunityhouse.com.au

**Food Co-op:**

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

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

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

**OFFICE FACILITIES CHARGES**

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

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

**Photocopying:**

Using our paper	A4 (1 side) = 10c	A4 (2 sides) = 15c
	A3 (1 side) = 20c	A3 (2 sides) = 30c
Own paper	A4 (1 side) = 5c	A4 (2 sides) = 10c
	A3 (1 side) = 10c	A3 (2 sides) = 20c

**Colour Printing:**

Using our paper	A4 (1 side) = 30c	A4 (2 sides) = 60c
	A3 (1 side) = 60c	A3 (2 sides) = \$1.20
Own paper	A4 (1 side) = 15c	A4 (2 sides) = 30c
	A3 (1 side) = 30c	A3 (2 sides) = 60c

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

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

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

**\* OKINES COMMITTEE MEETINGS \***

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

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

**LIST OF LOCAL PLAYGROUPS****CARLTON**

Carlton Beach Playgroup  
 Wednesday 10.30am - 12.15pm  
 No cost - bring something for morning tea  
 Held at Salvation Army Complex,  
 Carlton River Rd  
 Contact: 0427 553 510

**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

**BUDAREE PLAYGROUP**

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

**DUNALLEY**

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

**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.

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.