

OKINES

Community House

Funded by the DEPARTMENT of HEALTH and HUMAN SERVICES

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

NEWSLETTER
TERM TWO
2017

Recently, Dodges Ferry Football Club and Okines Community House hosted Mitch McPherson from the suicide awareness and prevention charity, Speak Up Stay ChatTY.

Despite technological hiccups, he captivated the room. His story is relevant to anyone, but it was especially wonderful to see a room of lads young and old, fully appreciating the message that it's ok to not be ok, and to look after your mates.



Harmony Day

- a feast for the senses -

On Friday 24th March, Okines hosted a Harmony Day celebration for the first time. The colourful flag display with greetings, decorations, multi-cultural music and board games added a party atmosphere to the Orange Room (which happens to be the colour associated with Harmony Day).

Four eager Grade 6 students from our local school came ready to help in the kitchen and to play games from various countries with everyone who attended. The highlight for one of the attendees in particular, was tasting food from different lands. "Oh boy, I loved the kumara slices from New Zealand, steamed pork buns (China), stunning cheese pie (Switzerland) and (Italian) basil pesto with cheesy toasted flat bread and finally, wow, coconut pie from Thailand. A feast of food and good company. I'm looking forward to next year's celebration!"

COMMUNITY ADVISORY GROUP (CAG)

Okines Community House hosted a Community Advisory Group on Wednesday 8th March. Local organisations and individuals were represented and provided a wonderful insight into how Okines is operating within the community, what we do well and what we can work on in the near future and beyond.

The questions posed were "In what ways are Okines currently supporting and celebrating community strengths and achievements?", "In the next 5 years, what ways might OCH support and strengthen people and families in our community?" and "How might you and/or your organisation contribute to OCH?".

It finished with probably everyone's favourite bit "Collective Insights and Big Ideas!".

The brainstorming and notes are on display in the House and will be used by the staff, board and volunteers at Okines for future planning.

UPCOMING EVENTS

Over the next few months we are lining up activities with state and national recognition weeks such as Men's Health Week (12-18 June), Neighbourhood Houses Week (1-8 May), and NAIDOC Week (2-9 July).

The behind-the-scenes planning is furiously happening, so please keep an eye out for information and fliers online and in the local hot spots.

Okines is also working with Sorell Council for a possible project at the Dodges Ferry Skate Park - so, once again, watch this space!

We need your help!

Okines is a Second Bite point, where donated produce is provided to community members in need, at no cost. We are in need of a volunteer driver who can drive

to Midway Point / Sorell of a Wednesday morning to collect the food boxes. Please note you will need space for what can be a lot of food. Travel costs will be reimbursed. If you are able to assist on a weekly/

fortnightly or even monthly basis we would love to hear from you. Please contact Okines either on 6265 7016 or info@okinescommunityhouse.com.au



ABOUT THE NEWSLETTER

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

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

Contributions can be submitted via email to
info@okinescommunityhouse.com.au.
Closing date for the next issue is
Friday 30th of June, 2017

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

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

OUR AMAZING FOOD CO-OP - by a grateful customer -

I love to shop at the Co-op. The greetings and smiles are welcoming, the food is labelled clearly and there's always someone helpful to undo those tough bucket lids. You buy the quantity you need and don't pay for packaging. You can try to restrain yourself from too much dried mango, choc bits and dates as well as take in the sight and smell of the honey, spices and tahini. And who knew you could spend so long pondering over your choice of flour and rice? The Sign, the smiles, the tucker and the friendly crowd, "What more do you want?!" I think to myself as I walk the joyously short distance home.

No wonder my children think I live in Heaven.



Okines Food Co-op has become a feature in the Community Garden & a source of food & nourishment for our Community.

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

The Food Co-op offers a pre-order & pre pack option if you can't get here during opening hours.

See our website for all details:

okinescommunityhouse.com.au/wpms/foodcoop

Or you can:

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

Phone: Community House 62625 7016

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

Opening hours:

Sunday 9.30am – noon

Tuesday 2pm – 5pm

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

BREAKFAST CLUB

The Okines Breakfast Club in partnership with Dodges Ferry Primary School will re-commence in term two on **Tuesday 2nd May 2017**. Breakfast is offered Tuesday and Thursday mornings from **8am**.



Okines would like to gratefully acknowledge the support of Richmond Bakery & Betta Milk who donate food each week to breakfast club. If you would like to help out please phone 6265 7016 or forward an email to:

info@okinescommunityhouse.com.au.

Events and activities term 2, 2017

MONDAY

FROM WITHIN PILATES - Tutor Salomé Rosa

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

Monday 8.50am to 9.50am

Commencing 1st May for 10 weeks \$150 (**includes Queens Birthday Public Holiday - 12th June 2017*)

Tuesday 8.50am to 9.50am

Commencing 2nd May for 10 weeks \$150

Thursday: 8.50am to 9.50am

Commencing 4th May for 10 weeks \$150
(casual rate \$20 per class)

Venue: Okines Community House

Contact: Salomé on 0437 405 213 for more information.

***Please bring an exercise mat**

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

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



From Within Pilates

YOGA FLOW - Tutor Jackie Graham

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



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

Venue: Okines Community House

Day: Monday 1 May 2017

Time: 6.30pm to 8.00pm

Fee: \$15 per session

Contact: Jackie on 6265 7716

CRAFT CLUB

For the last couple of months, the group has been very busy knitting and crocheting items for the "Giant Raffle" being held as part of our Biggest Morning Tea on 29th May 2017, so please come along to see them, as well as enjoy a lovely cake or two. All welcome on Mondays 10.30am to 12.30 for coffee, chats & craft.

Venue: Okines Community House

Day: Monday **Starts:** ongoing

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

TUESDAY

RHYTHM & BEACHES COMMUNITY SINGING GROUP

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



Ongoing: Tuesdays

Time: 7pm to 9pm

Fee: \$5 per week

Venue: Okines Community House

Contact: Diane Hansen Phone 0408 328 132

FIZZICAL FUSION FITNESS CLASSES

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

STAYSTRONG - Tutor - Karyl Michaels

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

Venue: Okines Community House

Day: Tuesday:

Starts: ongoing

Time: 6.15pm to 6.45pm

Fee: \$5

Contact: Karyl on 0468 389 659

fizzicalfusion@gmail.com



continued next page

Events and activities term 2, 2017

TUESDAY

STRIKE - Tutor Karyl Michaels

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

Venue: Okines Community House

Day: Tuesday: **Starts:** ongoing

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

Contact: Karyl on 0468 389 659

fizzicalfusion@gmail.com



WEDNESDAY

IYENGAR YOGA - Tutor 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: *multiple classes

Tuesday 6.15am to 7.30am (intro to 2, progression into the introduction of inversions inc. head stand)

Wednesday 6pm to 7.15pm (basics, an ideal way to start yoga, no previous experience required)

Saturday 8.30-10am (Restorative ***1st Saturday every month, open to all, simple & gentle yoga poses for relaxation, with attention to breath & simple pranayama techniques**)

\$18 casual attendance or \$160 for a 10 class pass.

Private tuition \$75, \$20 for the Saturday Restorative class.

Contact: Gabe on 0457 024 267 or visit the website

theyogaeffect.com.au for more information.



the yoga effect

be well, give back

TAI CHI - Sue Duffy

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

Venue: Okines Community House

Day: Wednesday during school terms

Time: 10am to 11am **Fee:** \$4

Contact: 6265 7016



WEDNESDAY

PAINTING

The Shoreline Art Group meet at Okines Community House every Wednesday from 10am to 1pm. Anyone interested in joining us are invited to simply come along.



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

THURSDAY

OKINES BOOK CLUB

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



Venue: Okines Community House

Day: Second Thursday of the month - 11/5, 8/6, 13/7/2017

Time: 12.00pm to 2.30pm

BYO plate of food to share **Contact:** 6265 7016

DIGNITY SUPPORTED GARDENING

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

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

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

DIGNITY
SUPPORTED GARDENING



Day: Every Thursday **Time:** 10.30am - 1.30pm

Fee: no cost **Contact:** 6265 7016 or email:

jessie@growoccupationaltherapy.com.au

Events and activities term 2, 2017

THURSDAY

FIZZICAL FUSION FITNESS CLASSES

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

Fizzical Fusion STAYSTRONG- Tutor Karyl Michaels

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



Venue: Okines Community House

Day: Thursday: ongoing **Time:** 6.15pm to 6.45pm **Fee:** \$5

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

Fizzical Fusion STRETCH- Tutor Karyl Michaels

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



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

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

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

SPINNING GROUP

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



Venue: Okines Community House

EVERY Friday of the month **Time:** 10am to 3pm **Fee:** \$5

Contact: Eileen 6265 8472 or Karen 0415 416 266

EATING WITH FRIENDS

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



Venue: Okines Community House

Day: 28/4, 26/5 & 30/6 **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.

FELDENKRAIS MINDFUL MOVEMENT FOR YOUR PELVIS, HIPS AND PELVIC FLOOR - Tutor Wendy Leewood

These classes further develop the themes introduced in Joanna's "A Better Functioning Pelvic Floor" Workshop last month, but are open to anyone, with or without previous experience.

The muscles of the pelvic floor contribute to our breathing, balance, and posture. Our pelvis is central to all movement, and is connected to all the largest, most powerful muscles in the body. Free, fluent movement of the pelvis and hips allows the structures above and below to happily move in all planes.



These gentle lessons develop our awareness of our body moving, and will help unravel the patterns of tension that contribute to stiff hips, sore knees, low back strain and issues with incontinence.

Venue: Okines Community House

Day: Friday 5th May 2017 for 8 weeks.

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

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

email: unfurlyourself@gmail.com

web: www.feldenkraishobart.com.au

*** BOOKINGS ARE ESSENTIAL, AS SPACE IS LIMITED**

Please note if you miss the first week you can still book in just speak to Wendy.

- Beginners Welcome -

Events and activities term 2, 2017

WEEKEND WORKSHOPS

YAMUNA BALL ROLLING - Tutor Salomé Rosa

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

Venue: Okines Community House

Last Saturday of the month:

- **Dates:** 29 April 2017
- 27 May 2017
- 24 June 2017

Time: 9am to 10.15am **Fee:** \$20 per class

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

Contact: Salomé on 0437 405 213 for more info



MOSAICS (one day workshop) - Kerry Howlett

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

Venue: Okines Community House

Date: Saturday 17th June 2017

Time: 10am to 2pm

Fee: \$40 & BYO lunch to share

Contact: 6265 7016



FELDENKRAIS (Weekend workshops) - Wendy Leewood

Workshop 1: Happier Hip Joints

Our Hip Joints are the largest joints in the body and are the key to easy, comfortable, buoyant and grounded movement. Frequently, we have only a vague idea of their location in our body or of their function. When your hips don't function optimally, movement becomes more difficult, inefficient and even painful. In this workshop, gentle movements from the Feldenkrais Method will help you discover your hip joints and explore their potential for movement. The positive effects will flow on to many daily activities, like sitting, standing, walking, running, cycling, practicing yoga and dancing.

Venue: Okines Community House

Date: Saturday 20th May 2017

Time: 10.30am to 1pm

Fee: \$45 (early bird or pre-paid \$40)

Please contact Wendy Leewood directly on 0447 120 688 or email unfurlyourself@gmail.com to register

WEEKEND WORKSHOPS

FELDENKRAIS (Weekend workshops) - Wendy Leewood

Workshop 2: Movement as a Tonic for your Neck and Shoulders

Through the gentle movement sequences you experience in this workshop, you will learn to recognise habits of holding tension, and feel a new ease in your neck and shoulders. You will go home with a grab bag of skills in the form of gentle movements that you can use to help ease a stiff, sore neck and shoulders.



Whether you are a hairdresser, a paddler, in front of your computer a lot, a golfer or a violinist, this work offers new ways of understanding yourself and your movement. It can help you find new, more effective ways to move. With practice you will develop sustainable patterns of movement and more freedom in your neck and shoulders.

Venue: Okines Community House

Date: Sunday 25th June 2017

Time: 10.30am to 1pm

Fee: \$45 (early bird or pre-paid \$40)

To register, contact Wendy Leewood

e: unfurlyourself@gmail.com m: 0447 120 688

www.feldenkraishobart.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
1pm - 4pm

Events & Activities Calendar Term 2 - 2017

MONDAY

FROM WITHIN PILATES

8.50am to 9.50am, 1/5/17, 10 weeks \$150, casual \$20, contact: Salome on 0437 405 213

CRAFT CLUB

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

VOLLEYBALL

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

YOGA FLOW

6.30pm to 8pm, starts 1st May 2017, cost \$15 per session, contact: Jackie Graham 6265 7716

GARDEN TUCKER

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

THURSDAY

FROM WITHIN PILATES

8.50am to 9.50am, 4/5/17, 10 weeks \$150, casual \$20, contact: Salome on 0437 405 213

OKINES BOOK CLUB

12pm to 2.30pm, 2nd Thursday of month, next is 9th March 2017, Contact:6265 7016

FIZZICAL FUSION STAYSTRONG

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

FIZZICAL FUSION – STRETCH

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

DIGNITY SUPPORTED GARDENING

Thursday 10.30am-1.30pm Free program, shared lunch provided

TUESDAY

IYENGAR YOGA

6.15am to 7.30am, Intro to 2, \$18 per session or \$160 for a 10 class pass, Contact: Gabe 6265 7907 or 0457 024 267

FROM WITHIN PILATES

8.50am to 9.50am, 2/5/17, 10 weeks \$150, casual \$20, contact: Salome on 0437 405 213

FIZZICAL FUSION STAYSTRONG

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

FIZZICAL FUSION STRIKE

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

RHYTHM & BEACHES COMMUNITY SINGING GROUP

7pm to 9pm, starting back 2 May 2017 \$5, Contact: Di Hansen on 0408 328 132

FRIDAY

EATING WITH FRIENDS

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

SPINNING GROUP

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

OKINES COMMITTEE MEETINGS

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

FELDENKRAIS

3.30pm to 4.30pm, from 5th May 2017, \$160 or \$22 casual for 8 weeks, contact: Wendy to reserve a place on 0447 120 688 or email: unfurlyourself@gmail.com

WINTER SOLSTICE LANTERN PARADE
5.30pm start, 16th June 2017.

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

SECOND BITE FOOD ASSISTANCE

1pm to 4pm, every Wednesday

IYENGAR YOGA

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

WEEKEND WORKSHOPS

MOSAICS

10am to 2pm, one day workshop Saturday 17/6/17, **Cost:** \$40, BYO lunch to share, contact: 6265 7016

IYENGAR YOGA

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

YAMUNA BALLS WORKSHOPS

9am to 10.15am,

- Saturday 29/4/ 2017
- Saturday 27/5/2017
- Saturday 24/6/2017

Cost: \$20, Contact: 0437 405 213

FELDENKRAIS WORKSHOP

Workshop 1: Saturday 20 May 2017

10.30am to 1pm, cost \$45 (early bird or prepaid price \$40) contact Wendy to reserve a place on 0447 120 688 or email:unfurlyourself@gmail.com

Workshop 2: Sunday 25 June 2017

10.30am to 1pm, cost \$45 (early bird or prepaid price \$40) contact Wendy to reserve a place on 0447 120 688 or email:unfurlyourself@gmail.com

FULL MOON WEAVING

6-8pm at the Community Garden , by donation:

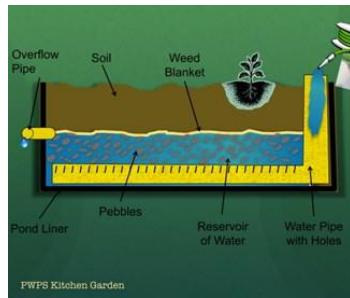
- 11/5/2017
- 9/06/2017

Okines Community Garden

The Garden has had a busy start to the year and term one has disappeared. The dry weather has been a challenge for us all but we've still managed to grow a good crop of beans, cherry tomatoes, apples and of course zucchinis!

The newly installed wicking beds have been our saviour keeping the ground moist enough through the driest of days. These garden beds have a water reservoir in the bottom, water is poured into this through a pipe at the top once per week and they water the plants from the bottom up through an osmotic effect.

Wicking beds save lots of water as none is lost to evaporation, spray drift or draining out the bottom and the plants take up just what they need. There are a few tricks to ensure their success, so if you are interested come along and see how they're built on a Monday, a great solution to gardening in drought prone areas.



The other gardening challenges we have faced, with trees and plants weakened by the stress of dry soils, have been pear and cherry slug (a regular dusting of ash seems to be doing the trick finally), cabbage white butterfly (a weekly attack on the hungry green caterpillars decimating the leaves of our brassicas is paying off- we just pick them off by hand and feed them to the chooks) and lastly codling moth. For the latter we have applied rings of cardboard around the base of the trunk to lure the caterpillars in looking for a place to pupate instead of within the trees bark. These cardboard collars are regularly removed (every 3 weeks) and burned. The most important time to do this is spring but the collars can be used all year round. The other organic solution for codling moth is to hang traps in the trees. Put a hole into an old plastic milk bottle and fill the bottom with molasses or golden syrup and cover with a layer of vegetable oil. The moths get lured in for the sticky sweetness and then get stuck in the goo. Snails are another ever present garden pest but an occasional snail hunt with the school kids takes care of these and Cheeky Clara and Speckles get a mighty protein hit.

Garden pests aside, we've had some great events. A big thank you goes to Rosella Mausz and Jessie Smith who took on the role of Soiree organisers and did a marvellous job, creating some of the best garden pizzas ever. Lagoon Hill Zydeco had us dancing in the dirt, Bigger than Bill kept us all jiving in the rain and Timothy Slater had us completely engrossed in his stories and beautiful melancholy originals. We are very lucky to have such talented folk in this community. These events will be back next spring so stay tuned.

Garden Tucker remains a favourite on the **first Monday of every month 11-1pm**. Come along to volunteer, help us cook up a feast from seasonal produce, do your co-op shopping or just come to share the food. There is often live music, a lovely way to spend a few hours in the garden.

Thursday is **DIGNity** day, our supported gardening program where we are joined by Gwen Egg (creative genius), Jessie Bynon (Occupational Therapist and social butterfly), Andrew Nolan (caring counsellor) and often Pauline Marsh (general genius and photographer). Together this awesome team create an inspiring, safe and friendly environment to get folk who may need some assistance back into the garden. It's also a great day for our regular volunteers and the garden is always a busy hive of industry topped off by a delicious healthy free lunch. DIGNity runs **every Thursday 10.30-1.30pm**, although there will be a break over the Winter months, so please keep an eye out for further details.

Full Moon Weaving with Gwen continues on **May 11th** and **June 9th** from **6-8pm**. There will be a break over the colder winter months, but we will have you weaving again in spring.

We are collaborating with the School again this year to bring you the **Winter Solstice Lantern Parade**. The date will be **Friday June 16th** with a **5.30pm start**. Lantern Making will begin at the garden closer to the date or talk to your teacher about getting the school kids involved in making lanterns in the classroom. More information will be provided in term 2.

If you feel like you're missing out on something good, get on our mailing list: dig@okinescommunityhouse.com.au

See you in the garden,
Claire and Gabe



Some of the happy faces you see at DIGNity, 10.30-1.30 every Thursday



Salvation Army

223-227 Carlton River Road
CARLTON 7173

Op Shop:

Monday - Saturday
10am - 2pm

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

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

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

Movie is free, BYO dinner, canteen open

Market held every first Saturday of the month
9.30am to 1pm

- New Stallholders welcome -

Doorways Emergency Relief
Monday & Thursday
10am to 3pm

Toy & Book Library available

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



AUSTRALIA'S

Biggest Morning Tea

Gather. Share. Give.
COME ALONG & SUPPORT
AUSTRALIA'S BIGGEST
MORNING TEA

HOST Okines Community House Inc.

DATE Monday 29 May 2017

TIME 10am to 12 noon

WHERE Okines Community House, 510 Old Forcett Road

DETAILS \$2 donation entry, mini art auction, raffles, trade table, lucky door prize. BYO plate of food to share.

biggestmorningtea.com.au



TOY & BOOK LIBRARY

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



DO YOU HAVE A WORKSHOP IDEA?

We know there are many people with hidden talents out there, but that's the problem - we don't know about you! Please contact us on 6265 7016 or at info@okinescommunityhouse.com.au if you are willing and able to run an activity, or you know someone who would.



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

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

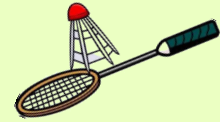
Monday evenings
Dodges Ferry Primary
School Gym
6.30pm - 8pm



Dodges Ferry Seniors Citizens

Indoor Carpet Bowling at Dodges Ferry
Recreation Centre
Thursdays 12.45pm - 4pm
All day bowls every 3rd Thursday in-
cluding 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

BADMINTON



Wednesday evenings 7.30pm

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

www.facebook.com/dodgesferrybadmintonclub

Pittwater Photography Group



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

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 Ma-
ree on 6265 5304

Eating with Friends

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



**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



Individual or small group sessions also available by appointment at the home studio at Dodges Ferry

Ball Rolling

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

Location: Okines Community House

Days: Sat 9:00 - 10:15am

Last Saturday of the month

Dates: 29th April; 27th May; 24th June

\$20 per class

Please bring an exercise mat

Wear tight fitting clothes to avoid clothes getting
caught in the ball whilst rolling

Contact: Salomé on 0437 405 213

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.



Dodges Ferry Primary School
 A PROUD, CARING AND CONNECTED SCHOOL COMMUNITY

Launching into Learning

Belonging, Being, Becoming

We Value:

- parents as teachers
- learning together
- experiences for learning
- opportunities for thinking
- positive relationships

0 to 4 @ Dodges

Day	2017 Programs
Monday	<p style="text-align: center;">9:00 - 10:00 Pre Kinder For children commencing kinder in 2018. Kinder Green/Lil Room Commencing Term 2</p>
Wednesday	<p style="text-align: center;">9:00 - 10:30 Making Music with Wiggling Wombats Enjoy being creative with music, move and get physical @ Dodges GP Room Commenced 28 Feb - Changed to Wednesday on 22 March</p>
Friday	<p style="text-align: center;">9:00 - 10.30 Learning Together Come and join in the fun of play and learning @ Dodges Kinder Green/Lil Room Commenced Friday 3 March</p>

Free Sessions for all children 0-4 and their families or carers at **Dodges Ferry Primary School.**

For further information please contact:
 Megan Woodcock or Melinda Mills-Hope on 6265 8116
 or call in to the school office.

SORELL ON STAGE!

Interested in Acting? Directing? Back stage crewing? Any aspect of theatre?
 We are always looking for more people.
 Sorell on Stage meets twice a week, Thursday and Sunday.
 Sorell Memorial Hall 7pm.
 mid January – November.
 Contact 6106 0071

CLEAN UP SOUTHERN BEACHES

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

MEN'S BREAKFAST

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



OKINES COMMUNITY HOUSE INC

ABN: 99 433 272 191

For the community. By the community

www.okinescommunityhouse.com.au



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

Administration:

Monday, Tuesday & Friday - 9am to 3pm

Wednesday & Thursday - 9am to 4pm

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

Phone/Fax: 03 6265 7016

Mobile: 0438 651 155

email: info@okinescommunityhouse.com.au

Community Garden:

Monday - 9am to 4pm

Thursday - 12.15pm to 2.45pm

Mobile: 0457 024 267

email: dig@okinescommunityhouse.com.au

Food Co-op:

Sunday - 9.30am to 12.00pm

Tuesday - 2pm to 5pm

First Monday of each month 12-2pm

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

OFFICE FACILITIES CHARGES

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

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

Photocopying:

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

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

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

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

Colour Printing:

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

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

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

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

Fax Machine:

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

Scanning

Scanning of documents is available at no charge

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

*** OKINES COMMITTEE MEETINGS ***

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

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

LIST OF LOCAL PLAYGROUPS

MIDWAY POINT

Pittwater Playgroup

Tuesday 10am – 12noon

Thursday 10am – 12noon

No joining fee

\$2 plus piece of fruit

Held at Pittwater Neighbourhood

Centre, Hoffman Street

Contact: 6265 1155

DUNALLEY

Wednesday 9am – 11am

School Terms only

No joining fee

\$1 per child (includes morning tea)

Held at Dunalley Neighbourhood House

Contact: 6253 5579

LAUNCH INTO LEARNING

SCHOOL PROGRAM

Tuesday 9 am to 10 am Wiggling Wombats

Thursday 9am to 10 am Music Making

Friday 9am to 10.15am Learning Together

Friday 10.15am to 11am Chat & Play

Toy & Book Library:

Membership of the library is a one-off payment of \$5.

A selection of toys, books, DVDs are then available for loan for a period of 2 weeks.

Grab a coffee & support Okines Community House

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



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