

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
2018

Okines Community House is celebrating Neighbourhood House Week from 30 April through to 6 May 2018. Neighbourhood House Week is a time to celebrate the important role that houses such as Okines perform in the local community. This year's theme is 'Belonging' not only to your local community but also to the network of thirty five other houses around Tasmania.

As part of Neighbourhood House Week, Okines extends an invitation for people to visit the house and explore the types of activities & services that are available. On offer will be a composting workshop in the garden, a food co-op info session, DigKNITTY knitting workshop, as well as a community breakfast and chat.

We encourage you to take advantage of this great opportunity to find out how Okines operates and what we can provide for you.



Neighbourhood House Week

Belonging

...to your local community

...to a network of 35 neighbourhood houses across Tasmania.

CELEBRATE THE ROLE OF NEIGHBOURHOOD HOUSES IN YOUR COMMUNITY.

- **Monday 30 April 2018 : Composting Workshop in the Okines Garden from 10am -12 noon**
Learn how to make your own compost with Gabe Gartrell & become a 'No Waste Warrior'. Participants will also learn about the benefits of composting on a community level - small donation appreciated.
- **Monday 30 April 2018 : Get to know the Okines Food Co-op from 11am - 1pm**
The Okines Food Co-op will be open with friendly people available to answer your questions about products on offer, becoming a member, ordering options and opportunities to volunteer.
- **Wednesday 2 May 2018 : Community Breakfast & Chat from 8am - 10am**
Join us for a FREE community breakfast and have a chat about what we currently do at the house, garden & food co-op. We would love to hear your ideas on the types of things that interest you.
- **Wednesday 2 May 2018 : DigKNITTY from 10.30am - 1.30pm**
Come along for some knitting in the garden. If you don't know how we can teach you to knit or crochet followed by a yummy lunch. This is a FREE activity, some materials are provided however; please bring your own wool if you have any.

PROUDLY
PART OF THE
South East Tasmania
COMMUNITY

Okines Community House Inc.
540 Old Forcett Rd,
DODGES FERRY 7173
Phone: (03) 6265 7016
email: 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 Manager and Board of Management who reserve the right to edit the material to suit presentation and available space.

**Contributions can be submitted via email to
info@okinescommunityhouse.com.au.**

**Closing date for the next issue is
Friday 29th of June, 2018**

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

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



DIGNITY

GARDENING WEAVING TOGETHERNESS COMMUNITY



Okines Community Garden • Dunalley Neighbourhood House • Tasman Community House
Every Thursday Every Second Wednesday Every Second Friday



Come plant, potter, pick or prune,
weave baskets and friendships –
or just come and sit amongst it.

We welcome all people to this
supported gardening program.

Enjoy a free shared lunch

Creative activities are lead by a local fibre artist and gardening activities by garden coordinators. An Occupational Therapist and a Social Worker will be there to provide support and advice if you need it.

For more information:
(03) 6265 7016

admin@growoccupationaltherapy.com.au

<https://www.facebook.com/DIGNITYgardening>

<http://www.growoccupationaltherapy.com.au/dignity-gardening/>



This is a project funded by the Tasmanian Community Fund in partnership with the Centre for Rural Health, University of Tasmania.

Food Co-op



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, and Tracy Duggan's Clean Conscious cleaning products. You will also find local olive oil & Tassie butter.

Opening hours:

Sunday 9.30am – noon

Tuesday 2pm – 5pm

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

Try our Pre-order System

A great idea for convenience is the Food Co-op's pre-order & pre pack option. This is an awesome alternative for those that can't make it to the Co-op during opening hours. It is also a great option if you are in a bit of a hurry. Just let us know your order by noon on Monday and we will have it ready for you to pick up from the Co-op either the next trading day or arrange a time to collect from Okines office during normal House opening hours - no wait no fuss.

See our website for all details:

<http://okinescommunityhouse.com.au/wpms/foodcoop/>

or you can either email: okines.food.co-op@gmail.com

or phone the Community House on 62625 7016

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



Events and activities term 2, 2018

MONDAY

FROM WITHIN PILATES - Tutor Salomé Rosa

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

Monday 9am to 10am

Commencing 23rd April '18 for 10 weeks \$150 (This is a slower class).

Tuesday No Tuesday class this term

Thursday 9am to 10am

Commencing 26th April for 9 weeks \$135 (A foam roller class). (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 there will no Body Rolling Class on Saturdays this term.



From Within Pilates

YOGA FLOW - Tutor Jackie Graham

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



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

Venue: Okines Community House

Day: Mondays

Time: 6.30pm to 8.00pm

Fee: \$15 per session

Contact: Jackie on 6265 7716

CRAFT CLUB

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

Venue: Okines Community House

Day: Monday **Starts:** ongoing

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

• Upcoming Craft Club event - Biggest Morning TEA

Is being held on Monday 21st May 2018 - 10.30am to 12pm

Tea, coffee and yummy treats will be available as well as a raffle, FUN QUIZ, lucky door prize and a "Most Amazing Hat Award." The ladies of the Craft Club look forward to your company at this event.

TUESDAY

RHYTHM & BEACHES COMMUNITY SINGING GROUP

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



Day: Tuesdays

Time: 7pm to 9pm

Fee: \$5 per week

Venue: Okines Community House

Contact: M Haynes 0417 462 310

FIZZICAL FUSION FITNESS CLASSES

Want to stay strong and add some punch to your fitness routine? Come along to kick butt Tuesdays and do one or both classes. Classes are 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



Events and activities term 2, 2018

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

Gabe is a highly trained Iyengar Yoga teacher. Iyengar yoga is known as a physical practice, with precision on the alignment of the body. Iyengar yoga poses once mastered are meditative automatically. Gabe teaches in Hobart & in Dodges Ferry, she was recently invited to teach workshops for Yoga Teachers by Yoga Australia. She has conducted other workshops for students and professionals around the State. Gabe has written pieces on yoga for several publications..



Venue: Okines Community House

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

Day: *multiple classes

Tuesday 6.15am to 7.30am (progressive class, not suitable for beginners)

*Wednesday 6pm to 7.15pm (general class, suitable for beginners)

Saturday 8.30-10am (Restorative, gentle and mindful class) Saturday restorative classes are once a month in the first Saturday of each month (price \$20)

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

\$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

WEDNESDAY



PAINTING

The Shoreline Art Group meet at Okines Community House every Wednesday from 10.30am to 1.30pm. Anyone who is interested in joining us are invited to simply come along

Venue: Okines Community House

Date: Wednesday ongoing

Time: 10.30am to 1.30pm

Cost: \$5 includes morning tea

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

TAI CHI - Sue Duffy

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



Venue: Okines Community House

Day: Wednesday during school terms

***NOTE:** NO classes 2/4, 16/4 & 23/4

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

Contact: 6265 7016

info@okinescommunityhouse.com.au

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 - 10/5, 14/6 & 12/7/18

Time: 12.00pm to 2.30pm

BYO plate of food to share

Contact: 6265 7016

Events and activities term 2, 2018

THURSDAY

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!

Time: 10.30am –1.30pm **Fee:** no cost

Contact: 6265 7016 or

email: jessie@growoccupationaltherapy.com.au

FIZZICAL FUSION FITNESS CLASSES

Want to stay strong and add some balance to your fitness routine? Come along on Super Tone Thursdays for one or both classes. Classes are 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 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



INTRODUCTION TO COMPUTERS

You've been asking, so we're putting on more "how to" computer classes! If you find computers frustrating or simply want a refresher these sessions are for you. Join us for any or all of the 8 sessions covering everything from the basics, to email, Word, internet, Pinterest and setting up to sell online.

Venue: Okines Community House

Starts: Sessions re-scheduled to commence in May (8 weeks) - date to be confirmed

Time: 1pm to 3pm **Fee:** \$5 per session

Contact: 6265 7016 or

info@okinescommunityhouse.com.au



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: 27/4, 25/5. 29/6 & 27/7/2018

Time: 12pm to 2pm

Fee: \$7 for 2 course meal **Contact:** 6265 7016 or

info@okinescommunityhouse.com.au

Bookings are essential

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

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 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

Events and activities term 2, 2018

WEEKEND WORKSHOPS

MOSAICS (one day workshop) - Kerry Howlett

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



Venue: Okines Community House

Date: Saturday 16th June 2018

Time: 10am to 2pm

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

The Sorell Council Mayor, Councillors and General Manager will be available at the Sea Rescue Headquarters, 4 Tiger Head Rd on 28 June 2018 between 6pm and 7.30pm.

Don't miss this great opportunity to chat with Council members about what's happening in your local area.

Community

Conversation

Come and Join us in the Launching of the
LITTLE GREEN TRAILER
in Tasmania

MEDICINAL CANNABIS
& HEMP EDUCATION

SUNDAY 29TH APRIL 2018

Where: Okines Community House,
510 Forcett Road, Dodges Ferry
Time: 10.00am - 2.00pm



Picture above from left:

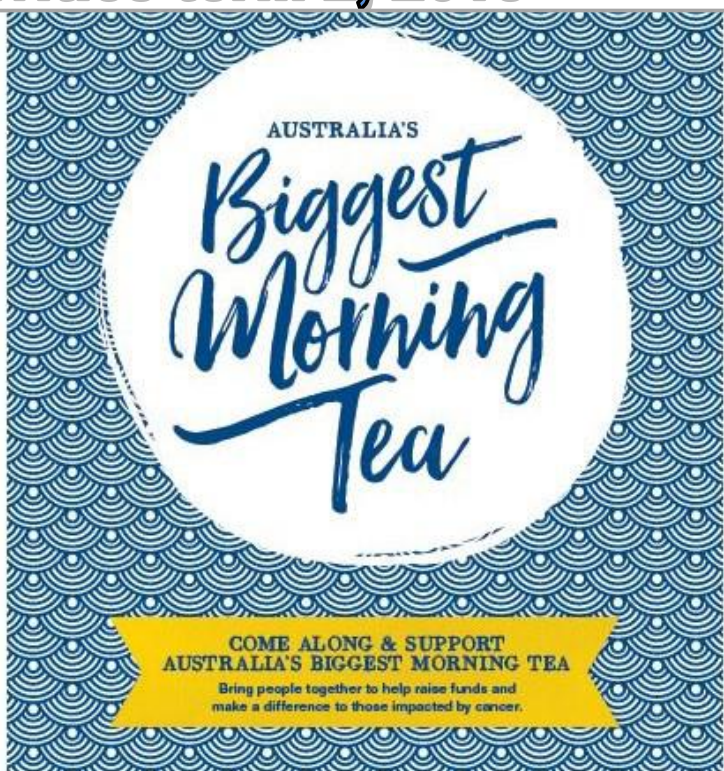
Marilyn Irving, Libby Wiggins & Natalie Daley

(Medicinal Cannabis assisted them all in their various health problems)

Rebecca White will be in attendance.

Food and Drinks available and speeches start at 11.00

All welcome.



HOST Okines Community House

DATE Monday 21st May 2018

TIME 10am - 12pm

WHERE 540 Old Forcett Rd, Dodges Ferry

DETAILS \$5 entry, raffle, BYO plate to share, plenty of prizes & 'Best Hat Competition'.

biggestmorningtea.com.au



Become Bloodwise.

Health information for neighbourhood house staff, volunteers and community members, who want to learn about **blood borne viruses.**

Okines Community House

Monday 4 June 2018

1:30pm-2:30pm

Proudly presented by

tasCAHRD



Meals on Wheels Tasmania

Would you like to help your community once a month for a few hours?

You will experience the satisfaction of knowing you are providing a vital service to the community. You will make new friends, learn new skills, and probably grow in self-esteem and confidence. Many organisations and communities hold social and civic events to recognise the valuable contribution of volunteers.

Drivers are needed to deliver meals to clients in the Southern Beaches area. Meals for Dodges Ferry are delivered on a Wednesday.

If interested, please contact:

- Christine on 0434 248 690 or
- Judy on 6265 8096

BREAKFAST CLUB

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



Tuesday 1st May 2018.

Breakfast is offered Tuesday and Thursday mornings from **8.15am**.

Okines would like to gratefully acknowledge the support of the local **Richmond Bakery** who donate bread each week to breakfast club.

We would also like to acknowledge the great work of the team from **Raine & Horne Sorell Office** in volunteering on our Breakfast Club roster as well as providing fresh fruit platters each week. We encourage you to support these businesses by choosing local whenever possible.



D'FERRY FLICKS Presents:

Screenings 3rd Saturday of the month at
Dodges Ferry Primary School
6:30pm for 7pm start

Brought to you by
the Dodges Ferry Film Society



May 19 - How I ended this Summer (2010)
PG | Drama | 2h 10min

Two men at a remote Arctic base begin mistrusting each other after an important radio message.

Director: Aleksey Popogrebskiy
Stars: Grigoriy Dobrygin, Sergey Puskepalis



June 16 - The Lady in the Van (2015)
PG-13 | Biography, Comedy, Drama | 1h 44min

A man forms an unexpected bond with a transient woman living in her van that's parked in his driveway.

Director: Nicholas Hytner
Stars: Maggie Smith, Alex Jennings, Jim Broadbent



July 21 - Lars and the real girl (2007)
M | Comedy, Drama, Romance | 1h 46min

A delusional young man strikes up an unconventional relationship with a doll he finds on the Internet.

Director: Craig Gillespie
Stars: Ryan Gosling, Emily Mortimer, Paul Schneider



August 18 - Mustang (2015)
PG | Drama | 1h 37min

In a Turkish village, five orphaned sisters live under strict rule while members of their family prepare their arranged marriages.

Director: Deniz Gamze Ergüven
Stars: Günes Sensoy, Doga Zeynep Doguslu, Tugba Sunguroglu

Tea, coffee, supper & snacks available for sale
Annual Membership \$35/ \$25 Conc.
Please join on the night

BRING A SOFT CUSHION FOR MORE COMFORT
An initiative of Okines Community House Inc



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



Events & Activities Calendar Term 2 - 2018

MONDAY

FROM WITHIN PILATES

9am to 10am, starts 23rd April 2018, 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, cost \$15 per session, contact: Jackie Graham 6265 7716

BECOME BLOODWISE

1.30pm to 2.30pm, Monday 4 June 2018, cost FREE, contact: 6265 7016

BIGGEST MORNING TEA

10am to 12pm, Monday 21 May 2018, cost \$5, BYO plate to share.

COMPOSTING WORKSHOP

11am to 1pm, Monday 30 April 2018.

GET TO KNOW THE FOOD CO-OP

10am to 12pm, Monday 30 April 2018, cost \$5, BYO plate to share.

GARDEN TUCKER

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

THURSDAY

FROM WITHIN PILATES

9am to 10am, starts 26th April 2018, 9 weeks \$135, casual \$20, contact: Salome on 0437 405 213

OKINES BOOK CLUB

12pm to 2.30pm, 2nd Thursday of month, next is 10/5/18, Contact: 6265 7016

INTRO TO COMPUTERS

1pm to 3pm, 8 weeks commencing May '18, 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

Re-commencing Thursdays, 10.30am-1.30pm Free program, shared lunch provided

TUESDAY

IYENGAR YOGA

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

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, \$5, Contact: M Haynes 0417 462 310

COMMUNITY BREAKFAST

8am to 10am, Wednesday 2 May 2018, cost FREE, contact: 6265 7016

DigKNITTY

10.30am to 1.30pm, Wed 2 May 2018, cost FREE, contact: 6265 7016

FRIDAY

EATING WITH FRIENDS

12pm to 2pm, 27/4, 25/5 & 29/6, \$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 BOARD MEETINGS

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

WEDNESDAY

PAINTING

10.30am to 1.30pm, 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, General class, \$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 16th June '18, 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

MEDICINAL CANNABIS & HEMP EDUCATION EVENT

10am to 2pm, Sunday 29th April 2018, Food & drinks available for purchase, speeches start at 11am.

Okines Community Garden

Physically, the garden is an open public space. It is safe space, creativity marks this. It is also a place where stories are shared and people are held. At the garden people are heard, nature is celebrated and knowledge is built upon, and embodied. Ultimately at the garden we grow food, but like any holistic approach, we can't grow food unless we embrace the other components of life, or living. This synergy of social justice and environmental protection has been beautifully captured in a recent statement by The Hon. Lily D'Ambrosio MP (Minister for Energy, Environment and Climate Change) *"There is a strong connection between the health of the natural environment and human wellbeing"*. In what we do, we are guided by the principles of sustainable development. As a garden community we lean towards gaining intuitive knowledge, growing this as a new sense of normal whilst allowing for every fluctuating change. Humour and slowing down time are our biggest allies, although we certainly haven't mastered the later!

As we finish planting out our garlic crop to see the Winter through, and sieve the potting mix in anticipation of mid winter seed raising we gently rest on the back of another successful season of SOIREES, ahh, a moment to pause and reflect. So, in reflection, we are sending a big thank you to Jess Smith and Rosella Mausz who have so beautifully claimed and continue the SOIREES over the last 2 years. The energy and motivation that these girls access to put on the SOIREES for the community is inspiring. Please give them a high five or a healthy smile when you see them next in the street.

SUSTAINABILITY – refers to the concept of maintaining the functioning of the natural environment, and the ecosystem services it provides, in order to meet the needs of present and future generations. At a recent conference called BIOTA, the garden was asked to present a session on sustainable education. On talking about the concept of sustainability, it became clear, through the presentation, that a fundamental part of sustainability is the shift we must take from doing something purely for our own good, to doing something for the benefit of others. Sustainability requires the move from an egocentric viewpoint to a more ecocentric place. There's no doubt that human influence impacts on ecosystem services, we co-exist, we share this planet together. Our influence can be both positive and negative. At the garden we adhere to the principles of sustainability as a guide to lessen our impact on the natural environment, but also recognise that this requires acknowledging our personal impact on each other, not only through self awareness of our own behaviours, but also through extending ourselves to care for the well being of us humans, all of us. This is a much truer representation of the word sustainability.

This term there will be a bit of action around the garden. There will be progress on a new Okines sign which is being built at the entrance into the school. The sign will be a creative sculpture itself, and hopefully a shelter from the rain. Come along and help out if that's your thing. A permanent toilet will be built over by the chook pen. It will be a composting toilet within an earth built structure. There will be a community workshop on cob building and low energy designs around the time of the build, stay peeled to Facebook for upcoming dates. The shipping container will also be retro fitted to sport a neat little office for Claire and I to reside in. This will leave the rest of the container open and accessible as a 'less cluttered' workshop space. Ideas and help always welcome.

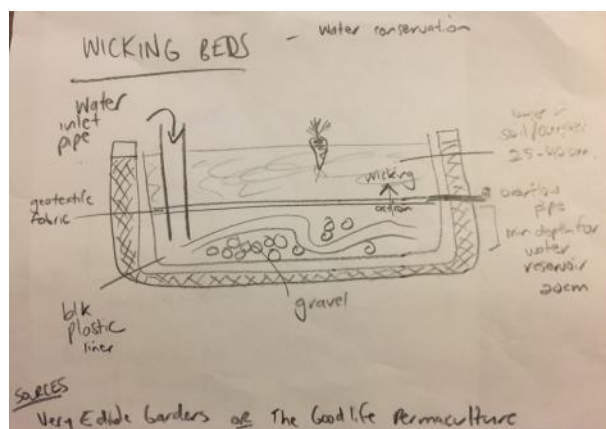
During Neighbourhood House week we will be running a composting workshop at the Garden. There are plenty of examples of different ways to compost your waste which can be seen in action at the garden. We will also give you ideas on trouble shooting a stinky compost and teach you how to speed up the decomposition process. Come along, **MONDAY 30th APRIL 10-12pm** and explore All Things Compost. Following this we will be co-hosting "In my backyard", a collaborative native tree education day event with the local Southern Beaches Coastcare and Landcare group. This event will be held on Monday June 4th from 2-6pm. An organisation called '15 Trees' offer businesses the opportunity to offset their carbon emissions (through tree planting). We are grateful to GJ Gardener Homes for gifting us 450 trees as they offset their emissions and work towards becoming carbon neutral. This is a great example of businesses taking a step towards mitigating climate change.

Last month Hobart hosted a conference called Climate Justice. On behalf of the community garden I was asked to present on the topic, 'a community approach to creating a fair, food secure future'. It was very rewarding to feel the appreciation for grass roots community gigs, like ours. After the presentation, and with Tony Shearer (from Sprout), we facilitated a workshop with attendees about food security. For any budding, established or blooming small scale farmers, Sprout is a philanthropic organisation that offers small funds, and expert support to keep growers growing. If this interests you, google Sprout for more information or come talk to Claire or I at the garden for more details.

Summer was thirsty, and because of this water conservation is always on our radar at the garden. We have a small catchment area (the shed roof), for harvesting water, anything extra we have to fundraise the bucks to buy some more. Did you know you can calculate how

Okines Community Garden cont.

much water you can harvest with a simple equation? 1 mm of rain equals 1 Litre of water. If you work out the footprint of your roof (in meters squared) then times this by the annual rainfall, (I think from memory Sorell sits at about 330mm per year) you can work out how much rain you can catch in a year. At the garden we buy 155,000L of water on average over Summer, from our calculations the Okines car park can harvest 350,000L of water a year. This amount of water will allow us not only to water the current garden, but to expand the garden to include a future orchard. Ideas so far for cleaning the storm water from the car park are by using biological filters, (ie. water gardens and compost stacks), and then to pump the water (with a solar driven pump) up to a header tank which can then gravity feed back down into the orchard. I can feel a crowd funding campaign on the lurk for this one. We have changed many of our beds to the wicking bed system as a more water wise way of gardening. Image below.



This term we continued the Grow and Learn program in the garden on Tuesdays. We wrote Haiku based on sensory exploration of the garden, with the Dodges Ferry grade 5's, we danced our responses to emotional health, worked out through a gym like circuit of garden jobs (promoting healthy body, healthy mind healthy planet) and had a heap of fun. We planted and nurtured patches with the grade 3's making scarecrows to boot, and cooked soup and hot cross buns with the grade 4's. We used the pizza oven, and the rocket stove to do some outdoor cooking. The rocket stove is a simple wood fuelled device which heats and cooks food. In parts of the world with less privilege than us, this is a common method of cooking. The kids loved it.

A new Little Library is hiding behind the Banksias at the garden. It's still in its former role as a fridge, but will soon be transformed and painted as a book (shelf). The little library is a book exchange, if you see a book you like at the Little Library, take it, read it, enjoy it, bring it back or add another. We hope to grow a few more locations throughout the community where we can put a few more

Little Libraries around, with a map inside each, identifying the others, and hopefully they will all be bike path accessible.

Talking bikes, we are on the scout for a grant to design and build a trailer that will fit a couple of wheelie bins on it, and be pulled by a bike. Our community composting program is underway with weekly collection of food waste from the Hill Street grocer. We have a few volunteers picking up the bins, but we need more. Let us know if you would like to become a NO WASTE WARRIOR. We are hoping to get a bike trailer set up so that volunteers and community folk can pick up food waste from around the community (on a bike), bring it back to the garden for composting, and get a bit of physical action in for good health on the way. If you have a spare, working, bike horse, please talk to Claire or I about it, we will suss out if it's sturdy enough for the job.



Claire and I are at the garden every Monday, come see us, check out the notice board for upcoming events or stay on for the action, feed the chooks, water, weed, dig. There's always something to do. For more details about our events, programs and regular projects keep an eye on our Facebook page, Okines Community Garden, or shoot us an email saying you would like to be on our mailing list.

UP COMING REGULARS:

- DIGNITY continues every Thursday 10.30-1.30pm. Lunch, gardening, talking, weaving and support provided.
- FULLMOON weaving dates, check the posters around town or email gwen.egg@gmail.com
- GARDEN TUCKER is well established in the garden and community calendar. The first Monday of the month we cook, garden and enjoy live music thanks to Steve Bond and his crew, come along from 11-1pm, all welcome.



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 (starting March 2018)
- New Stallholders welcome -

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

Toy & Book Library available

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

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

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

Food Assistance

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

Thanks to the excellent work from **Second Bite** Okines Community House are pleased to be able to provide access to 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



PRIMROSE SANDS Community ACTIVITIES

Playgroup

Mondays 9am to 12pm

Cards

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

Staystrong: strength and flexibility fitness classes

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

VOLLEYBALL

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



Dodges Ferry Seniors Citizens

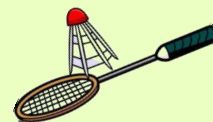
Indoor Carpet Bowling at Dodges Ferry
Recreation Centre

Thursdays
12.45pm - 4pm



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

BADMINTON



Wednesday evenings 7.30pm

Dodges Ferry Primary School Gym

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

www.facebook.com/dodgesferrybadmintonclub

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

Southern Beaches Coastcare

Community Caring for Coast and Country



Check out what we've been doing at:

www.southernbeachescoastcare.org

Find us on facebook.com/sbcoastcare/

We hold monthly working bees to care for the local
environment and meet most months at Okines
Community House to plan our activities.

Contact us, become a member or join our email stream
to receive notice of our activities and minutes of our
meetings at:

southernbeacheslandcoastcare@gmail.com

C/- Post Office Dodges Ferry 7173

Or phone Gwen Egg on 0484 617 832

Full Moon Weaving



Full moon Weaving with Gwen Egg is happening at the Okines
Community Garden on April 30 & May 30, 2018. This workshop is
offered by donation of \$10-\$20.

With all materials provided, Gwen will gently yet expertly guide
you in a weaving project

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.



**WHO WANTS TO PLAY
BASKETBALL IN 2018?!**

WHEN: April - September 2018

(with breaks in school holidays)

Girls: Thursdays 5pm - 9pm

Boys: Fridays 5pm - 9pm

WHERE: Dodges Ferry Primary
School Gym

AGES: 6 YEARS – 18 YEARS



COST: \$130 + BTAS Registration
FOR A WHOLE SEASON OF BASKETBALL!

PICK UP A SEBA REGISTRATION FORM FROM
OKINES COMMUNITY HOUSE, DUNALLEY NEIGHBOURHOOD HOUSE
OR DOWNLOAD ONE FROM THE SEBA FACEBOOK PAGE
AND RETURN ASAP TO SECURE YOUR SPOT FOR 2018.
WANT TO CONTACT SEBA? EMAIL US AT dodgesferryseba@gmail.com

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 communitywww.okinescommunityhouse.com.auFind us on
Facebook

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

Administration:

Monday, Tuesday & Friday - 9am to 3pm

Wednesday & Thursday - 9am to 4pm***House is open after hours for various activities see program for details.**

Phone/Fax: 03 6265 7016

Mobile: 0438 651 155

email: info@okinescommunityhouse.com.au**Community Garden:**

Monday - 9am to 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= \$1.00 each A3= \$2.00 each

Black & White Photocopying/Printing:

Using our paper A4 (1 side) = 20c

A3 (1 side) = 20c

Own paper A4 (1 side) = 10c

A3 (1 side) = 10c

Colour Photocopying/Printing:

Using our paper A4 (1 side) = 50c

A3 (1 side) = \$1.00

Own paper A4 (1 side) = 25c

A3 (1 side) = 50c

Fax Machine: To send a fax is 50c, Our Fax No. is 6265 7016 if you need to have anything faxed to you. The cost will be 20c for each page received.

Scanning To scan a document is a cost of 50c

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

**Please note small
price increase**

*** OKINES BOARD MEETINGS ***

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

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

LIST OF LOCAL PLAYGROUPS**MIDWAY POINT**

Pittwater Playgroup

Tuesday 10am – 12noon

Thursday 10am – 12noon

No joining fee

\$2 plus piece of fruit

Held at 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

Contact Dodges Ferry Primary School on 6265 8116 for more information

Toy & Book Library:

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

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

Grab a coffee & support Okines Community House

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



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