



OKINES



Community House

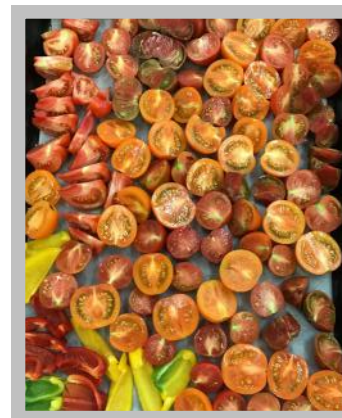
Funded by the DEPARTMENT of COMMUNITIES TASMANIA

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

Activities at Okines reap the benefits of a bountiful harvest

Conditions have been perfect for growing tomatoes and this year's harvest from the garden at Okines was certainly bountiful. The photo on the right captures the beautiful colours of the different varieties of tomatoes that have been planted this year. The warm weather has meant that the bushes are still continuing to produce fruit.

Okines has incorporated this crop of tomatoes and other fresh produce from the garden into activities such as the Preserving Workshop with jars of chutney sold to visitors to the house. Thursday mornings at Okines are set aside for volunteers such as the amazing Barb Gardam, to cook up left over produce which is then distributed via the weekly food assistance program. Okines would gladly accept any donations of surplus produce to supplement their food production activities.



More hands make light work at Breakfast Club

The Breakfast Club partnership between Okines Community House and the Dodges Ferry Primary School has had a wonderful influx of volunteers helping out this term. Okines would like to thank all the new parents that have come on board, it is wonderful to have their assistance.



Okines would also like to make a special mention of D.F.P.S students Ava Deegan and Chloe Forward whose dedication towards consistently volunteering each week is greatly appreciated.

International Women's Day hits the right note

It was a very noisy celebration for the lucky people who attended International Women's Day held recently at Okines Community House. Those who came along to this free event were treated to an hour long drumming circle, expertly guided by Nelle Degrassi.



Spontaneous, dynamic, emotional and fun are a few words that aptly describe the session, as participants were encouraged to let go of their stress by creating rhythmic drum beats in time with the group.

The workshop was followed up by a delicious shared lunch during which films from the award winning "Women Of The Island" series of documentaries were shown much to the enjoyment of all.

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 28th of June, 2019**

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

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, seed, spices, dried fruits and sweeteners. We support local producers as much as possible with more offered every year. Some of the local produce we carry includes preserves, honey, *Platypus Olive Oil* and *Clean Conscious* cleaning products. Our very popular coffee, *South Roast Coffee*, is roasted down the Tasman Peninsula.

Opening hours:

Tuesday 2pm – 5pm

Sunday 9.30am – noon

First Monday of each month (with Garden tucker)

A great idea for convenience is the Food Co-op's pre-order online option. This is a great alternative for those that can't make it to the co-op during opening hours. Just let us know 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 a pre-arranged time from the office in the Community House during opening hours.

See the Okines Food Co-op website for all details:

<http://okinescommunityhouse.com.au/wpms/foodcoop/>
or email: okines.food.co-op@gmail.com or phone the Community House on 6265 7016

Look here for more on the Food Co-op

New Members are always welcome.

Membership is \$20/\$15 concession per year. Active members receive an extra discount on all goods in exchange for about 4 hours/month volunteer work for the co-op, garden or house.

PLEASE NOTE: 2019 Membership is currently due for renewal so please pay (if you haven't already) next time you are shopping at the co-op. THANKYOU to all members who have paid their annual membership fee, if you are one of the few that hasn't yet please do so ASAP. When you shop next or you can deposit direct into the co-op bank account.

NEW IN THE SHOP IN 2019

New stock: Organic chocolate raspberry licorice!

Marisol from Green Greens Microgreens is offering co-op members to grow microgreens by order.

- This month she is producing \$5 punnets (600ml) of daikon, peas, and salad mix of daikon and peas.
- Place your order by Sunday via email through our *contact us* page <https://thechangemakers.com.au/contact-us> and she will deliver them to the food co-op two weeks after, also on a Sunday at 9:30 am.
- Seeds are certified organic, grown locally in soil, spray free, with organic compost, packaged in compostable corn-based punnets, and harvest is the same day of delivery.
- The microgreens will last a full week if stored in the fridge.
- Get in touch with her if you have questions, feedback, or just want to know more.

Salad with microgreens – delicious with anything!

For the Salad:

- 1 cup of microgreens
- 1 blood orange, peeled and cubed
- 1/2 avocado, peeled and cubed
- 1/2 cup of shredded carrot or daikon radish
- 1/4 cup chopped walnuts

For the Dressing:

- 1 Tbsp. cold-pressed olive oil
- 1 Tbsp. lemon juice
- 1 clove chopped garlic (optional)
- A dash of salt and pepper

Directions:

Place ingredients in a bowl.

Stir up your vinaigrette in a little jar and pour on top of the salad.

Events and activities term 2, 2019

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 29th April '19 (9 wks \$135 no class 10/6/19).

***Tuesday:** 6.30pm to 7.30pm (A foam roller class)

Commences 3th April 2019 (10 wks \$150, casual \$20)

(*Note: Tuesday Class held in GP room at Dodges Ferry Primary School)

Thursday: 9am to 10am (A foam roller class)

Commences 2nd May 2019 (10 wks \$150)

(casual rate \$20 per class)

Venue: Okines Community House (*except Tuesday evening)

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

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 or info@okinescommunityhouse.com.au

MONDAY

BIGGEST MORNING TEA

Did you know that 1 in 2 Australians are diagnosed with cancer before the age of 85. By joining in with Australia's Biggest Morning Tea you can help change that statistic. Funds raised from this event go towards valuable research, prevention and support programs that help save people's lives.



Please bring along a plate and a gold coin donation. There will be a raffle, quiz, lucky door prize and a prize for the "Most Unusual Hat".

Day: Monday 20th May 2019

Time: 10am to 12pm,

Fee: Gold coin donation **Venue:** Okines Community House

Contact: info@okinescommunityhouse.com.au

TUESDAY

RHYTHYM & 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, 2019

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

Time: 6.50pm to 7.20pm

Fee: \$5

Contact: Karyl on 0468 389 659

fizzicalfusion@gmail.com



WEDNESDAY

PAINTING

The Shoreline Art Group meet every Wednesday from 10.30am to 1.30pm

Please note:
This activity is currently filled to capacity and is unable to accept new members at this time.

10.30am to 1.30pm

Cost: \$5 includes morning tea



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 - 11/4, 9/5, 13/6 & 11/7/19

Time: 12.00pm to 2.30pm, BYO plate of food to share

Contact: 6265 7016 or info@okinescommunityhouse.com.au



WEDNESDAY

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,

Time: 10am to 11am

Fee: \$4 **Contact:** 6265 7016

info@okinescommunityhouse.com.au



5RHYTHMS DANCE - Deva O'Wheel

5Rhythms is a dynamic movement practice that provides an opportunity to both workout and meditate in the same breath.

This is an invitation to join us in a weekly dance facilitated by Deva O'Wheel (5Rhythms Spaceholder). Deva participated in her first 5Rhythms workshop with Gabrielle Roth in 1990 and has been dancing ever since with many teachers from all over the world. There are no steps to learn just a willingness to be present. All welcome.



Venue: Okines Community House

Day: Wednesday (not over school holidays)

Time: 11.30am to 1pm

Fee: \$10 casual or 1/2 price when you pay for 4 weeks or more.

Contact: Deva 0402 228 321 or devaowheel@hotmail.com
www.5rhythms.com

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



Events and activities term 2, 2019

THURSDAY

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 ongoing

Time: 6.50pm to 7.20pm

Fee: \$5

Contact: Karyl on 0468 389 659

fizzicalfusion@gmail.com



DIGNity SUPPORTED GARDENING

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

Gwen has a bundle of great ideas for weaving and other craft activities. Andrew, our resident good guy returns to provide emotional support where needed. Jessie, our ostentatious occupational therapist ensures everyone is safe, engaged and smiling, and Sonja, our garden girl will introduce keen gardeners to the chickens, the worms and opportunities to get our hands dirty.

A host of volunteers tend to everyone's needs and help keep everything running smoothly. Every week we prepare and share a healthy meal using fresh ingredients from the garden. EVERYONE is welcome to this inclusive, heartwarming garden gathering. Come plant potter, pick or prune, weave baskets and friendships - or just come and sit amongst it.

Time: Thursdays 10.30am –1.30pm

Contact: 6265 7016 or

email: jessie@growoccupationaltherapy.com.au



FIND CANCER EARLY INFO SESSION

Learn about the early signs and symptoms of cancer, when to seek medical help, and the latest information about the national cancer screening programs.

Venue: Okines Community House

Day: Thursday 16th May 2019

Time: 10.30am to 12pm **Fee:** free

Contact: info@okinescommunityhouse.com.au



AGED CARE KNOW HOW

A free and friendly community service to help you navigate the aged care system. Do you need information about your options for aged care services at home? Do you want to know about residential aged care services? Do you care for an older person who might need aged care services? COTA (Council of the Ageing) Tasmania is offering an introductory session on how the aged care system works and how you can find your way to services you might need.

Venue: Okines Community House

Day: Thursday 6th June 2019

Time: 10am to 12pm

Fee: free, morning tea is provided so for catering purposes please let us know if you are intending to be there.

Contact: 6265 7016 or info@okinescommunityhouse.com.au



The Aged Care Navigator's Trial is delivered as part of a consortium led by COTA Australia and funded by the Australian Government. www.AgedCareNavigators.org.au

FRIDAY

SOUTHERN BEACHES SPINNERS & FIBRE GROUP

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



Venue: Okines Community House

EVERY Friday of the month

Time: 10am to 3pm

Fee: \$3,

Contact: Eileen 6265 8472 or Brian 0487 380 296

Events and activities term 2, 2019

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: 26/4, 31/5, 28/6 & 26/7/19

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.

MIDDLE EASTERN DESSERT WORKSHOP

Book early for this fantastic opportunity. This is a 3hr session with the wonderful Ayelet Anush who will show you how to make mouthwateringly delicious desserts such as Turkish Delight, Baklava and Mamul. Bring own containers to take away your desserts at the end of session.



Venue: Okines Community House

Day: Friday 7th June 2019 **Time:** 1.30pm to 4.30pm **Fee:** \$40

Contact: info@okinescommunityhouse.com.au or 6265 7016

BREAD MAKING WORKSHOP

Back by popular demand, Okines is pleased to offer a bread making workshop with Sue Metzler. At this session you will be able to learn the foundation methods of creating different styles of artisan breads and baked treats.



Venue: Okines Community House

Day: Friday 14th June 2019 **Time:** 9am to 2.30pm

Fee: \$15 and bring a plate to share

Contact: info@okinescommunityhouse.com.au or 6265 7016

WEEKEND WORKSHOPS

MOSAIC WORKSHOP

Help finish the whale project, located outside the Dodges Ferry Recreation Hall. Drop in and do a little or stay for the whole session.



Venue: Dodges Ferry Recreation Hall (School Gym)

Day: Sunday 14th April 2019

Time: 11am to 3pm **Fee:** Free

Contact: 6265 7016 or info@okinescommunityhouse.com.au

WEEKEND WORKSHOPS

DRUMBEAT OF PACIFICA

Dance and rhythm workshop on Pacific Islander styles with Hula dancer and vibrant community member Ve Strickland. This is a one-off taster workshop to introduce newcomers to the exotic movements of hula. Grab a group of friends and book a spot today.



Venue: Okines Community House

Day: Saturday 4th May 2019, **Time:** 11am to 1pm, **Fee:** \$10

Contact: 6265 7016 or info@okinescommunityhouse.com.au

CHEESE MAKING WORKSHOP - Ayelet Anush

A 4 hr beginners class on the basics of making fresh ricotta, haloumi and labne. Included is a light Mediterranean lunch of homemade sourdough, dips and cheeses. Places are limited to 10 participants, so book early to avoid disappointment.



Venue: Okines Community House

Day: Saturday 8th June 2019 **Time:** 10am to 2pm **Fee:** \$40

Contact: 6265 7016 or info@okinescommunityhouse.com.au

DO YOU UNDERSTAND WHAT YOUR CUSTOMERS AND STAKEHOLDERS REALLY WANT?- Marisol Miró Quesada

Do you understand what your customers and stakeholders really want? Having a product or service nobody wants is one of the main causes of business failure.

In this hands-on fun session you will learn practical tools to critically assess your products or services, and create better value for your customers and stakeholders. You will use the value proposition canvas, learn interviewing techniques, and learn how to effectively use the information you gather.

This workshop is delivered by Marisol Miró Quesada, Partner at Coinventa, a research and strategy consulting firm based in Dodges Ferry.

***No mobile phones please:** Coinventa's workshops are strictly device-free environments. We disconnect to reconnect and get creative so please don't bring cell phones, smartwatches, Fitbits, Bluetooth devices, tablets, laptops, etc.

Venue: Okines Community House

Date: Saturday 1st June 2019 **Time:** 10am to 12pm **Fee:** \$10

To register: send Marisol an email via the contact form at www.coinventa.com/en/events and pay \$10 on the day.



Events & Activities Calendar Term 2 - 2019

MONDAY

FROM WITHIN PILATES

9am to 10am, starts 29th April 2019, 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

BIGGEST MORNING TEA

10am to 12pm, 20th May 2019, gold coin donation.

GARDEN TUCKER

Cooking from the garden every first Monday of the Month 11-1pm.

THURSDAY

FROM WITHIN PILATES

9am to 10am, starts 2nd May 2019, casual \$20, contact: Salome on 0437 405 213

OKINES BOOK CLUB

12pm to 2.30pm, 2nd Thursday of month, 11/4, 9/5, 13/6 & 11/7/2019 Co ntact: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

Thursdays, 10.30am-1.30pm shared lunch provided (Finishes end of May returning September 2019).

AGED CARE KNOW HOW TALK

10am to 12pm, 6th June 2019, no cost, morning tea included, contact 62657016 to confirm place.

FIND CANCER EARLY INFO SESSION

10.30am to 12pm, 16th May 2019, no cost, contact 6265 7016

TUESDAY

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

FRIDAY

EATING WITH FRIENDS

12pm to 2pm, 26/4, 31/5 & 26/7/2019, \$7 for 2 courses, Bookings essential: Contact: 62657016

SOUTHERN BEACHES SPINNERS & FIBRE GROUP

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

MIDDLE EASTERN DESSERT WORKSHOP

1.30pm to 4.30pm, 7th June 2019, cost is \$40, Contact:6265 7016

BREAD MAKING WORKSHOP

9am to 2.30pm, 14th June 2019, cost is \$15 , bring a small plate to share, Contact:6265 7016

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 – ***Currently unable to take new members as filled to capacity.**

TAI CHI

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

LOAVES & FISHES FOOD ASSISTANCE
1pm to 3pm, every Wednesday

ORANGESKY FREE LAUNDRY SERVICE
11.30am to 1.30pm, Wednesdays.

5RHYTHMS DANCE

11.30am to 1pm, \$10 casual or ½ price when you pay for 4 weeks or more, Contact: Deva 0402 228 321 or devaowheel@hotmail.com

WEEKEND WORKSHOPS

MOSAICS WORKSHOP

11am to 3pm, one day workshop to finish the whale on the Dodges Ferry Recreation Hall, Sunday 14th April 2019, **Cost:** free

DRUMBEAT OF PACIFICA

11am to 1pm, dance workshop Saturday 4th May 2019, **Cost:** \$10, book on 6265 7016

CHEESE MAKING WORKSHOP

10am to 2pm, basics of making fresh ricotta, haloumi and labne, light lunch included, Saturday 8th June 2019, **Cost:** \$40, book on 6265 7016

DO YOU UNDERSTAND WHAT YOUR CUSTOMERS AND STAKEHOLDERS REALLY WANT?

10am to 12pm, Saturday 1st June 2019, To register: send Marisol an email via the contact form at www.coinventa.com/en/events and pay \$10 on the day.

Garden news



A lot has been happening in the garden over the past few months. We've had some fantastic volunteer action which has enabled two new large wicking beds to be built (thank you Greg, Linly, Ann and David for your many hours of labour!). Nelle Degrassi, currently working part time at the community house (amongst other things), has joined the gardening team on Mondays. She has a strong background in horticulture and can be found tending to the worm farm, planting and weeding at the gardens – so come and say 'hi'!

As I write this, the shipping container is being battered by gusts of cold wind, a timely reminder of the changing season. Winter is definitely on its way and, for the garden that means a quieter time. Today Nelle is planting a blanket of green manure to cover the soil for the next few months. Not only does a green manure protect the bare soil from being washed away in the rains (if it did rain!), but green manures add vital nutrients to the soil and improve soil structure. They allow the soil to rest and rejuvenate after a season of growing – ready for the spring.

We've had our last Soiree for the season which was a wonderful evening of music and pizza, but there are still plenty of events to look forward to.

Upcoming events at the gardens:

Garden Tucker: Monday 6th May, 3rd June and 1st July; 11am-1pm; lunch from garden produce; free!

Full Moon Weaving: April 17th and May 19th; 6-8pm with Gwen Egg; \$10-20 by donation

DIGnity: Thursdays, 11am-1.30pm; supported gardening and woodfired pizza; free for anyone!



WE WASH HERE



DAY: Wednesdays

TIME: 11.30am to 1.30pm

OrangeSky
Australia

orangesky.org.au/locations

Breakfast Club

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



Tuesday 30th April 2019.

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 to buy local whenever possible.

Australia's Biggest Morning Tea

Every dollar raised helps support those impacted by cancer.

When: Monday 20th May 2019

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

Time: 10am - 12noon

Details: Come along and support the Cancer Council by giving a donation on entry. There will be raffles, lucky door prizes, lots of yummy food, and

great company. Wear a hat if you dare - there will be a prize for the most

unusual hat. Please bring a plate of food to share

biggestmorningtea.com.au



5Rhythms Dance



5Rhythms is a dynamic movement practice that provides an opportunity to both workout and meditate in the same breath.

This is an invitation to join us in a weekly dance facilitated by Deva O'Wheel (5Rhythms Spaceholder)

ALL WELCOME NO EXPERIENCE NECESSARY

Wednesday (not over school holidays)

11.30am-1pm

Okines Community House

Cost: \$10 casual or 1/2 price when you pay for 4 or more classes

Contact: Deva O'Wheel 0402 228 321

www.5rhythms.com



Full Moon Weaving

with Gwen Egg

Okines Community Garden

TIME 6 - 8pm

April, Wednesday 17th

May, Sunday 19th

Cost: by donation (\$10 - 20)

Gwen will introduce basket weaving techniques and projects which make use of materials gathered from the garden or the local environment.

Gwen is a fibre and community artist and a long-time local of Dodges Ferry with a passion for working with community care for each other and the local environment.

Find Cancer Early

Signs and symptoms of early cancer
Cancer screening programs
www.findcancerearly.com.au

Learn about the early signs and symptoms of cancer, when to seek medical help, and the latest information about the national cancer screening programs.



Presenter
Jill Pierce

When cancer's found at an early stage, treatment is often easier and more likely to be successful.

To book or enquire please ring 6169 1900, or let the Community House know you're coming.

When? Thursday 16th May
10.30 - 12.00pm

Where?
Okines Community House
540 Old Forcett Rd, Dodges Ferry



Supported by funding from Tasmania PHN (Primary Health Tasmania) through the Australian Government's PHN Program.

Mosaic Workshop

Help finish the whale project



**Sunday the 14th of April @
Dodges Ferry Rec Hall**

11am-3pm Drop in a do a little or stay for
the whole session, wear old comfortable
clothing.

Info@okinescommunityhouse.com.au

Drumbeat of Pacifica



Dance and rhythm workshop on
Pacific Islander styles with Hula
dancer and vibrant pacific
community member
Ve Strickland.

This is a one off taster workshop
to introduce newcomers to the
exotic movements of hula. Grab
a group of friends and book a
spot today.

SAT May 4th 11am-1pm

@ Okines community house

info@okinescommunityhouse.com.au 0362657016

\$10

MIDDLE EASTERN DESSERT CLASS \$40

With Ayelet Anush

Turkish delight

Baklava

Mamul

Friday 7th of June 1.30-4.30

info@okinescommunityhouse.com.au

62 657016

Bring containers to take away your desserts.



Classes limited to 10 people
payment when booking preferred



Okines Community House

Cheese Making

With Ayelet Anush

Sat June 8th 10am-2pm

\$40

**A 4 hour beginners class on the basics of
making fresh ricotta, haloumi and Labne.
Including a light Mediterranean lunch of
homemade sourdough, dips and cheeses.**

info@okinescommunityhouse.com.au

03 6265 7016

Strictly limited to 10 people so book early

Payment on booking preferred.

Bread Making

With Sue Metzler

Learn the foundation methods of
creating artisan breads and
baked treats.

Friday 14th of JUNE **\$15**

9am-2.30pm

Bring some lunch to share!

info@okinescommunityhouse.com.au 62657016

JUNE 21st OKINES 5pm

Solstice Festival

Lantern Parade BonFire Harvest Feast

info@okinescommunityhouse.com.au



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, Wed & Fridays
10am to 2pm

Toy & Book Library available

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



ARE YOU
THINKING OF
SELLING? ⁺

REWARD YOUR COMMUNITY

List and Sell your home with Raine & Horne Sorell, or refer
someone and we will donate...

\$500 to the

Okines Community House*

+ Incentives available for Rental Referrals also.
* Conditions Apply

10 Gordon Street, Sorell
sorell@sorell.rh.com.au
(03) 6265 1000

Raine&Horne
Sorell, Tasman & East Coast

Food Assistance

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

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

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

Wednesdays
1pm - 3pm

Please BYO bags



PRIMROSE SANDS Community ACTIVITIES

Playgroup

Mondays 10.30am to 12.30pm

Bingo

Every Wednesday fortnight 10/4, 24/4, 8/5, 22/5,
and 5/6/2019

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

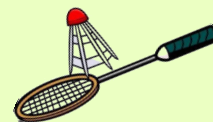
Indoor Carpet Bowling at Dodges Ferry
Recreation Centre

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 COM-
MUNITY CENTRE,

34 Hoffman St, Midway Point 7171

Enquiries Deb Cameron 0417161020



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/](https://www.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



BINGO
@
**Primrose Sands
Community Hall**
**Every Wednesday
Fortnight**

 **eyes down 7pm**
\$\$ Jackpots \$\$



**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



April 20 - Taste of others (2000)

R | Comedy, Drama, Romance | 1h 52min

Three men, three women, opposites, possibilities, and
tastes.

Director: Agnès Jaoui

Stars: Jean-Pierre Bacri, Agnès Jaoui

Complementary drink on arrival
Supper & snacks available for sale

Annual Membership \$35/ \$25 Conc. Please join on the night

BRING A SOFT CUSHION FOR MORE COMFORT



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)

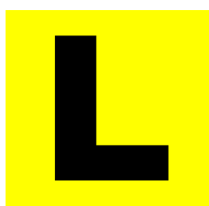
To be eligible for a loan you must:

- * 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.



lincTasmania
learn discover access

GET YOUR L1 Learner Licence @ Okines Community House



Sit the L1 Test for car or motorbike

I will sit with you during the test and
Help to explain the questions in a way that
YOU understand.

Ages 16+ No Income limits

FREE Service

Contact Fiona on 0448 443 686 to book your Test!

www.linc.tas.gov.au



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:
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 - 9am to 2pm

email: dig@okinescommunityhouse.com.au

Food Co-op:

Sunday - 9.30am to 12.00pm

Tuesday - 2pm to 5pm

First Monday of each month 11-1pm

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 Midway Pt 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

PRIMROSE SANDS

Monday 10.30am - 12.30pm

LAUNCH INTO LEARNING

SCHOOL PROGRAM

Contact Dodges Ferry Primary School on 6265 8116 for more information

We are looking for people interested in participating in a Scrabble Group at Okines Community House either during the day or evening. To register your interest please phone 6265 7016

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.