



TERM 2, 2021

OKINES COMMUNITY HOUSE



Funded by the Crown through the DEPARTMENT of COMMUNITIES TASMANIA

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



PHIL SMITH AND
BAND. Americana-
inspired rock tunes

SOIREE SEASON: OVER FOR ANOTHER YEAR

As the days draw in and the weather has become noticeably cooler another successful season of soirees held in the Okines Community Garden has come to an end.

After many years in the Friday time slot, new hosts Amelie Fuller and Madeleine Laing trialled holding the event on Saturdays. What initially seemed like a risky decision, has proved a winner with overwhelming support from the community and Okines would like to congratulate and thank them both for their fabulous efforts.

At the last event held in March, guests were treated to some Americana-inspired rock tunes from Phil Smith and band, supported by violinist extraordinaire Hannah Morrell from the Dead Maggies.

Assisted by a group of dedicated volunteers, Amelie and Madeleine offered delicious food from the pizza oven to keep guests well fed. Soirees are in hibernation over the winter months but rest assured they will be starting back up later in the year.

Term 2, 2021
21 April - 19 July
Find events &
activities inside
this newsletter

**“Thanks to all our
volunteers and the
support we received
from the community,
we are looking
forward to our next
season of soirees
starting in October”**

Acknowledgement of Country

In the spirit of reconciliation Okines Community House Inc. acknowledges the Traditional Custodians of the land on which we work and meet, the Mumirimina people and their connections to land, sea and community. We pay our respect to elders past and present and emerging and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

Trailer Hire

MINIMAL FEE

Need to do a quick trip to the tip or pick up delivery but you don't have a trailer? Look no further. A welcome donation from the Lewisham Tavern Social Club, has enabled Okines to purchase a trailer for the community to hire. Some basic conditions do apply.

For bookings and hire fee information please contact Okines office on 6265 7016 or email us via: info@okinescommunityhouse.com.au



FOOD CO-OP : HERE IN YOUR COMMUNITY

The Okines Food Coop is open on Sundays from 9.30am-12.30pm, Tuesdays from 2-5pm and the first Monday of the month during Garden Tucker lunches.

We are short on Sunday cashiers and Sunday shop assistants. If you are able to give 4hrs per month to this vital task please let us know. Assistants do not need IT skills, but assist with customers and restocking the bins. By volunteering you can enjoy, not only the friendly Okines atmosphere, but also a 15% discount when purchasing your food and bulk products. We love our volunteers!

Please contact Okines if you're interested at okines.food.coop@gmail.com or check us out at: <http://okinescommunityhouse.com.au/wpms/foodcoop/>

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

PRESERVE MAKERS



These always seem to sell well. Marmalade has been requested lately. We are happy to act as a conduit for preserves (small amounts due to space restrictions).

You can use cash in a jar system for occasional stock or invoice us and we will add to our regular items if you have constant supplies.



OKINES COMMUNITY GARDEN

The last moments of summer have been glorious with calm sunny days - perfect for extending the growing season and giving a last little injection of heat before plant growth grinds to a halt as the shorter and cooler days start. Winter gardens of kale, cabbage, greens, beets, carrots and more should now be well established and be ready to harvest by mid-winter. Now is the time to plant broad beans, garlic and onions.

At Okines Garden, some dedicated volunteers have been busy planting out a cabbage patch behind the outdoor kitchen. Cabbage moth (the white butterfly) has been controlled using fine netting to stop the moths getting on the leaves and laying their eggs, and 'dipel', a natural product to stop brassica crops from being demolished by these hungry caterpillars. We're looking forward to some serious sauerkraut making sessions once they're ready for harvest!

We've been enjoying having DIGnity back every Thursday. This supported gardening program is a great way to get involved in garden activities, volunteer and gather together for a weekly meal fresh from the garden. If you'd like to get involved with volunteering opportunities, we welcome you along to see what this rewarding program is about, and how you can contribute.



Okines are super excited to be partnering with Goodlife Permaculture to bring you some fabulous courses designed to get you growing great veggies, making your own herbal products or keeping bees. If you live locally, you are eligible for a discount to support you to join in these excellent workshops. There are six Saturday workshops running throughout May to July. For more info, head to www.goodlifepermaculture.com.au/events

July 5th - Garden Tucker

Make your own pasta from scratch using fresh ingredients from the garden. From 11am. Free (unlimited numbers, no need to book).

Winter School Holidays Activity:

- July 8th - NAIDOC WEEK - Painting workshop with Takira from Palawa Artz
- July 12th - Make a design and screen print your own T-shirt. BYO t-shirt. \$5, 10am-12pm. (limit of 10 kids, please book through the House on 6265 7016)

Gardeners are onsite on Monday, Wednesday and Friday from 9-2 should you wish to drop in and say 'hi'.

A GUIDE TO ACTIVITIES AND SERVICES AT OKINES

As part of the Okines Community House ongoing support of the COVID-19 contact tracing efforts visitors will now be able to check in using the Check in TAS app. Use of the app is **not** mandatory and a pen and paper option will still be available. Upon arrival we ask that you please check in by your preferred method. You will find the Okines QR code easily visible at all points of entry. If you have difficulty scanning the QR code you will see a six-digit number which can be entered manually into the app instead.

We kindly request that you continue to follow all social distancing requests and maintain good hygiene habits when attending activities at Okines. When using the Okines space, your support in following the guidelines as instructed by your group leader is greatly appreciated. You will also find guidelines indicated on the signage around the house.

If you are showing signs of flu like symptoms such as a fever, coughing, or shortness of breath it is imperative that you not enter the building or attend activities. Prior to attending an activity we strongly recommend that you make contact with either the staff at Okines or the group leader of your activity to allow them to confirm numbers.

MONDAY - 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 - GARDEN TUCKER

Cooking in the garden every first Monday of the month.

Venue: Okines Community Garden

Day: 1st Monday of the month Fee: No cost

Next date: 3/5/2021 Time: 11am to 1pm

Contact: dig@okinescommunityhouse.com.au

MONDAY- YOGA FLOW WITH 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.

Day: Mondays

Time: 6.30pm to 7.30pm, Fee: \$18 per week

Venue: Okines Community House

Contact: Jackie on 0467 197 499

MONDAY - COUNSELLING

Free counselling sessions are available. Sessions can be over the phone or face to face, whichever you prefer. **Bookings are essential.**

Day: Mondays

Time: 10am to 3pm - 1hr free sessions

Venue: Okines Community House

Contact: 6265 7016 or email:

info@okinescommunityhouse.com.au

TUESDAY - FROM WITHIN PILATES - Tutor Salomé Rosa

This class focuses on recovering mobility, strength, and balance. Participants will use a dowel, small ball, and other props.

Day: Tuesday (Thursday class also available)

Starts: (Tues) 21/4/2021 Time: 9am to 10am,

Fee: Contact Salomé for upfront payment rates.

Casual rate \$20 per class

Venue: Okines Community House

Contact: Salome 0437 405 213

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

*Please bring an exercise mat

TUESDAY - CARD GROUP

This group meets every Tuesday to play cards, come along to meet new people and enjoy a laugh and a chat.

Day: Tuesdays

Time: 1pm to 3pm, Fee: \$2

Venue: Okines Community House

Contact: info@okinescommunityhouse.com.au

A GUIDE TO ACTIVITIES AND SERVICES AT OKINES

TUESDAY - DODGES FERRY PLAYGROUP

Join your local playgroup and meet new parents navigating their way through the passage to parenthood. Each session will embed practical guidance on communication, interactions, behaviour, and give you a chance to breathe, all the while enjoying some morning tea.

Day: Tuesdays Starts: 4/5/2021

Venue: Okines Community House

Time: 11.30am to 1pm (6 weeks to 12 mths)

For the infant session please go to:

<https://events.humanitix.com/infant-playgroup-dodgesferry>

Expressions of interest in a toddler session from 9.30am to 11am (12mths to 24mths) go to:

<https://events.humanitix.com/toddler-playgroup-dodges-ferry>

TUESDAY - FIZZICAL FUSION FITNESS CLASSES - TUTOR KARYL MICHAELS

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 low impact, suitable for all women and need no prior experience. Wear comfortable clothing. Bring towel or mat, and water.

STAYSTRONG

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.

Day: Tuesdays ongoing

Time: 6.15pm to 6.55pm, Cost: \$5

Venue: Okines Community House

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

STRIKE

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.

Day: Tuesdays ongoing

Time: 7pm to 7.20pm, Cost: \$5 per week

Venue: Okines Community House

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

TUESDAY - RHYTHM & BEACHES COMMUNITY SINGING GROUP

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

Day: Tuesdays Starts: 20/4/2021

Time: 7pm to 9pm, Cost: \$5

Venue: Okines Community House

Contact: M Haynes 0417 462 310

WEDNESDAY - TAI CHI

Tai Chi is an effective exercise for health and wellbeing. 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.

Day: Wednesday

Start: 29/4/2021 Time: 10am to 11am Cost: \$5

Venue: Okines Community House

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

THURSDAY - FROM WITHIN PILATES - Tutor Salomé Rosa

This class will include moves that will strengthen and tone your entire body; using the soft foam rollers, band, and a few other props as Salomé sees fit.

Day: Thursday (Tuesday class also available)

Starts: (Thurs) 22/4/2021 Time: 9am to 10am,

Fee: Contact Salomé for upfront payment rates.

Casual rate \$20 per class

Venue: Okines Community House

Contact: Salome 0437 405 213

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

THURSDAY - DIGnity GARDENING PROGRAM

DIGnity supported gardening is on again in the Community Garden Thursday (fortnightly) from 10.30am - 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.

Day: Thursdays

Starts: Up until 27th May 2021

Time: 10.30am to 1.30pm

Venue: Okines Garden Contact: Hannah via email
dignity.garden@gmail.com

THURSDAY - 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.

Day: Thursdays ongoing

Time: 6.15pm to 6.55pm, Fee: \$5

Venue: Okines Community House

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

THURSDAY - FIZZICAL FUSION STRETCH - TUTOR KARYL MICHAELS

Improve flexibility, balance and coordination. 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.

Day: Thursdays ongoing

Time: 7pm to 7.20pm, Fee: \$5

Venue: Okines Community House

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

THURSDAY - OKINES BOOK CLUB

Share your passion for reading, meet some new people, share a meal and discover new books.

There is no membership fee, and books are organised through the LINC (State Library).

Day: Every 2nd Thursday Time: 12pm to 2.30pm

Venue: Okines Community House

Contact: 6265 7016

THURSDAY - NAIDOC WEEK EVENT, ART WORKSHOP IN THE OKINES GARDEN KITCHEN

The NAIDOC 2021 theme – Heal Country! – calls for all of us to continue to seek greater protections for our lands, our waters, our sacred sites and our cultural heritage from exploitation, desecration, and destruction. To celebrate NAIDOC week and in keeping with the theme Okines is excited to welcome Takira Simon-Brown who will be facilitating a mural workshop in the new kitchen area in the community garden.

Day: Thursday 8th July 2021 (school holidays)

Time: 10am to 3pm

Venue: Okines Community House/Garden

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

FRIDAY - EATING WITH FRIENDS

Eating with Friends brings together people for a social occasion to enjoy a nutritious two course meal with friends – Bookings essential. Please advise of any special requirements at time of booking.

Day: last Friday of the month

28/5, 25/6 and 30/7/2021

Time: 12pm to 2pm

Cost: \$7 for a 2 course meal

Venue: Okines Community House

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

Day: Every Friday of the month

Time: 10am to 3pm Fee: \$3

Venue: Okines Community House

Contact: Eileen 6265 8472 or Brian 0487 380 296

A GUIDE TO ACTIVITIES AND SERVICES AT OKINES

FRIDAY - FOOD FOR THOUGHT

A monthly series of thought provoking evenings which aims to nourish bellies and minds with local food and local speakers - focused on mental well-being, local food security and community connections. The upcoming evening in May features Ronnie from Natural Beekeeping Tasmania. Ronnie will chat about how to keep your own bees, things you can do to make your garden bee friendly and much more.

Date: 7th May, 4th June, 2nd July

Time: 5.30pm to 8pm Cost: \$15 includes dinner

Venue: Okines Community House

Contact: 6265 7016 or email

info@okinescommunityhouse.com.au

FRIDAY - MEDITATION CLASSES

As the days get shorter, the weather shifting into our cooler seasons, now is the perfect time to go within the meditation. In this meditation series we will explore how our thoughts can either effect or support our mental and physical well being.

Workshop tutor Lisa shares the following:

Did you know that people of today are living in the bodies of their ancestors? What does that mean for you? It means that we have the same "Fight or Flight" reaction as our ancestors. Their bodies were programmed to react to actual threats; if a wild animal was chasing them they had to be able to react quickly. However people today suffer from more psychological stress than our ancestors did, leading to a range of complex physiological disorders.

Meditation will support you in understanding how your mind thoughts are causing distress within your body and support you in making positive changes. It all starts with your mind!

Day: Commences Friday 30th April (5 week course)

Time: 6.30pm

Cost: \$50 if paid on or before 30 April for all 5 classes, \$15 casual

Call or message Lisa on 0410 057 887 to secure your place.

FRIDAY - PRESERVING WORKSHOP

This workshop will give you the confidence to turn fruit and vegetables into jars of wonderful product that you can store in the pantry to be used at a later date. Workshop will cover Chutneys, Pickles and Marmalades. Please bring along an apron and 4 Small cleaned/ lidded jars approximately 250g each.

Day: Friday 6th August 2021

Time: 9.30am to 2.30pm

Cost: \$30 (light lunch included)

Venue: Okines Community House

Contact: 6265 7016 or email

info@okinescommunityhouse.com.au

SATURDAY/SUNDAY- SOURDOUGH BREADMAKING WITH SUE METZLER

Join Sue to learn the art of making sourdough. In this 2 day workshop you will learn leaven and starter culture basics as well as take home a starter culture and loaf.

Day 1: Saturday 3rd July 2pm to 4pm

Day 2: Sunday 4th July 9am to 2pm

Cost: \$40 (includes lunch on day 2)

Venue: Okines Community House

Contact: 6265 7016 or

info@okinescommunityhouse.com.au

GOODLIFE PERMACULTURE

Goodlife Permaculture & Okines Community House are partnering to provide an opportunity for the South East Tasmanian region to learn the incredible life changing principles and practice of Permaculture. Immerse yourself in 1 or all 6 sessions. Learn and explore avenues to respond to some of the biggest social, environmental and economic challenges of our time in a proactive and positive way. Learn the basics in how you can apply permaculture to everything from house design, food production, energy systems and community development, all with a distinct Tasmanian flavour and focus.

Day: Saturday for 6 weeks

Date: 1/5, 29/5, 12/6, 26/6, 10/7 & 24/7/2021

Venue: Okines Community space

South East Tasmanian coastal residents receive a significant subsidy for this course. For more information and bookings go to www.goodlifepermaculture.com.au



NO INTEREST LOANS:

Appointments are available at Okines for assistance with NILS loan applications. Please contact NILS directly on 1300 301 650 or via the website www.nilstasmania.org.au to register in the first instance.

When attending NILS appointments, please **bring with you original quotes and 3 months of bank statements.**

No Interest Essentials Loans

- ▶ Car repairs
- ▶ Fridges & freezers
- ▶ Computers & tablets
- ▶ Home furniture
- ▶ Medical & dental services
- ▶ Ask us!

No interest loans up to \$1500

No credit checks

Minimum repayment \$20 per fortnight

Call 1300 301 650
www.nilstasmania.org.au

SHAREWASTE AT OKINES COMMUNITY GARDEN

Okines is an official ShareWaste recipient, this means that you can bring your compostables (food scraps, animal manures, grass clippings, shredded paper etc) to the compost bays at the garden.





South East Employment Hub

colony47

WHO ARE WE?

The South East Employment Hub is a pilot project delivering **FREE** employment services across the four council areas of Clarence, Sorell, Tasman and Glamorgan Spring Bay.

WHO DO WE SUPPORT?

- All local individuals
- All local employers

We are not a compulsory service, completely voluntary.

WHAT DO WE DO?

1. Support local people on their own individual journey into employment or training; with advice, application support, job search, interview tips, connect to community services and other support required.
2. Support local employers with recruitment services & training needs.

HOW TO CONTACT US?

Looking for employees?
Call Emma on 0491 225 701

Looking for work or training?
Call Nicki on 0409 501 157
Or Jill on 0459 897 566

For more information on the SEE Hub Mentoring Project
Call Sam on 0476 820 762
seehub@colony47.com.au

VISIT OUR WEBSITE

www.seehub.com.au

 Like us on Facebook
South East Employment Hub - Tasmania

Kindly funded by:


Tasmanian Government

Area Connect

Is transport stopping you from working or training? Not anymore! Area Connect is here! Area Connect is a free bus service (a pilot project) to support locals of the South East with transport to and from work or a training course! Elaine is the Coordinator/Driver for the South East region and will get you to where you need to be. This is a great short term solution for those who need it, Talk to Elaine on 0439038114 if you need to book in transport.

OKINES ACTIVITIES TERM 2, 2021

PLEASE ADVISE US IF YOU ARE UNABLE TO ATTEND AN ACTIVITY THAT YOU HAVE BOOKED IN FOR AS WE HAVE PEOPLE ON WAITING LISTS ABLE TO TAKE YOUR PLACE.

MONDAY

CRAFT CLUB

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

COUNSELLING

10am to 3pm on Mondays only. Sessions are free, bookings essential, contact: 6265 7016

YOGA FLOW

6.30pm to 7.30pm, please contact: Jackie for more information on 0467 197 499

GARDEN TUCKER

Cooking in the garden every first Monday of the month, contact: dig@okinescommunityhouse.com.au

TUESDAY

FROM WITHIN PILATES

9am to 10am, commencing 20 April 2021, contact: Salomé on 0437 405 213 or motionfromwithin@gmail.com

PLAYGROUP

11am to 1pm, 6weeks to 18mths

CARD GROUP

Weekly card group, 1pm to 3pm, info@okinescommunityhouse.com.au

RHYTHM & BEACHES SINGING GROUP

7pm to 9pm \$5, contact: M Haynes: 0417 462 310

FIZZICAL FUSION STAYSTRONG

6.15pm to 6.55pm, \$5 casual, contact Karyl on 0468 389 659

FIZZICAL FUSION STRIKE

7pm to 7.20pm, \$5 casual, contact Karyl on 0468 389 659

WEDNESDAY

PAINTING GROUP

10.30am to 1.30pm - APOLOGIES NO SPACES CURRENTLY AVAILABLE

FOOD ASSISTANCE

1pm to 3pm on Wednesdays

TAI CHI

10am to 11am, \$5 per class, contact: 6265 7016

ORANGE SKY LAUNDRY IS NOT AVAILABLE UNTIL FURTHER NOTICE

THURSDAY

OKINES BOOK CLUB

12pm to 2.30pm, 2nd Thursday of the month, next is 13/5/21 contact: 6265 7016

BIGGEST MORNING TEA

10am to 12pm, 27/5/2021, gold coin donation, contact: 6265 7016

DIGNITY GARDENING

10.30am to 1.30pm Thursdays, shared lunch provided.

FIZZICAL FUSION STAYSTRONG

6.15pm to 6.55pm, \$5 casual, contact Karyl on 0468 389 659

FIZZICAL FUSION STRETCH

7pm to 7.20pm, \$5 casual, contact Karyl on 0468 389 659

FROM WITHIN PILATES

9am to 10am, commencing 22 April 2021, contact: Salomé on 0437 405 213

FRIDAY

EATING WITH FRIENDS

12pm to 2pm, last Friday of the month, \$7 for 2 courses contact: 6265 7016

FOOD FOR THOUGHT

6pm to 8pm 7/5, 4/6 & 2/7, \$15 includes dinner, bookings essential contact: 6265 7016

SOUTHERN BEACHES SPINNERS & FIBRE GROUP

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

MEDITATION CLASSES

Starts 6.30pm on 30 April 2021, \$50 for 5 classes up front or \$15 casual

PRESERVING WORKSHOP

9.30am to 2.30pm, 6/8/2021, \$30, includes lunch, contact: 6265 7016

OKINES BOARD OF MANAGEMENT MEETINGS

Third Friday of every month, meeting starts at 9.30am.

OTHER

SOURDOUGH BREADMAKING

2 day workshop, Saturday 3/7 2pm to 4pm & Sunday 4/7, 9am to 2pm, \$40 includes lunch on day 2, bookings essential contact: 6265 7016

PERMACULTURE WORKSHOPS

6 part series, 1/5, 29/5, 12/6, 26/6, 10/7 & 24/7, 2021, bookings essential contact: www.goodlifepermaculture.com.au

WINTER SCHOOL HOLIDAY

T-SHIRT SCREEN PRINT

July 12th – Make a design and screen print your own T-shirt. BYO t-shirt. \$5, 10am-12pm. limit of 10 kids, please book via 6265 7016.

*NAIDOC WEEK MURAL

Winter school holiday activity, Thursday 8th July, 10am to 3pm, Mural workshop in the garden kitchen, contact: 6265 7016



OKINES
COMMUNITY HOUSE

UPCOMING EVENTS

- **Food for Thought** Friday 7th May: 5.30pm - 8pm
Dinner & Speaker evening: "To Bee or not to Bee".
- **Biggest Morning Tea** 27th May: 10am - 12pm
Morning tea, quiz and raffle
- **Neighbourhood House Week** 8th-14th May:
Community Showcase on display 1.30pm to 3.30pm daily.
- **National Volunteer Week** 11th - 23rd May:
Thank you morning tea for our volunteers on 20th May.
- **Winter Solstice Lantern Parade:** Friday 18th June
- **NAIDOC Week** 8th July: 10am - 3pm
Mural Workshop in the garden kitchen

540 Old Forcett Road, Dodges Ferry
(next to the Dodges ferry Primary School).
For more info Ph: 6265 7016 or email:
info@okinescommunityhouse.com.au

2 DAY SOURDOUGH WORKSHOP

Join Sue @
Okines to learn
the art of making **sourdough**

- Learn leaven and starter culture basics
- Take home a starter culture and loaf

JULY 2021

3RD 2PM - 4 PM

4TH 9AM - 2PM

\$45 PP
INCLUDES LUNCH
ON DAY 2

**FOR MORE
INFORMATION AND
BOOKINGS:
CALL 62657016**





OKINES COMMUNITY HOUSE PRESENTS A subsidised 6 PART PERMACULTURE SERIES

Immerse yourself in 1 or all 6 sessions. Learn and explore avenues to respond to some of the biggest social, environmental and economic challenges of our time in a proactive and positive way. Learn the basics in how you can apply permaculture to everything from house design, food production, energy systems and community development, all with a distinct Tasmanian flavour and focus.

- **1/5/21 #1** Introduction to Permaculture - One day of exploration into permaculture. You will gain a solid introduction to permaculture foundations and the framework to design your life in your own home, in the city or out bush.
- **29/5/21 #2** Super Soil Skills for happy veggies - An introduction for growing your own food and refining soil skills. Explore the food web and a range of soil preparation methods for different contexts (take this with #3 to become a gun gardener).
- **12/6/21 #3** Grow Your Own Food (perfect follow up to #2) Join us to learn the foundations as we take you from soil to seeds, poop (manure!) to propagation and get you growing your own food at home – skills that you will have for the rest of your life.
- **26/6/21 #4** Introduction to Smallscale Beekeeping. A one-day introduction to small-scale beekeeping designed for the beginner and novice beekeeper keen to have one (or a few) hives in their homes. We'll guide you through the key foundations of bee theory and action so that by the end of the day you'll be either ready to start on your bee journey, add to it or refine it.
- **10/7/21 #5** Home Herbal Remedies and Soap making. A one-day, hands-on introduction to harnessing the healing, remedial qualities of herbs, and turn them into your own, home-made personal care products, which includes a brief introduction to herbal medicine: dosing, quality, sourcing and safety. Then delve into the complex world of soap making with how to safely make beautiful, economical soap for home use, with cold-press soap methods using natural oils and lye.
- **24/7/21 #6** The Fabulous World of Ferments. A one-day introduction to some excellent fermenting techniques that you can use at home to make kraut to kimchi, sourdough to sparkling kombucha. Join Nico from Culture Club Tasmania for a day to learn about the art of fermentation and get your hands busy making, learning and taking home delicious treats to spark your own fermentation practice.

South East Tasmanian coastal residents receive a significant subsidy for this course. For more information and bookings go to www.goodlifepermaculture.com.au and type 'OKINES' into the workshop tab



OKINES COMMUNITY HOUSE

540 Old Forcett Rd, Dodges Ferry (next to the primary school)

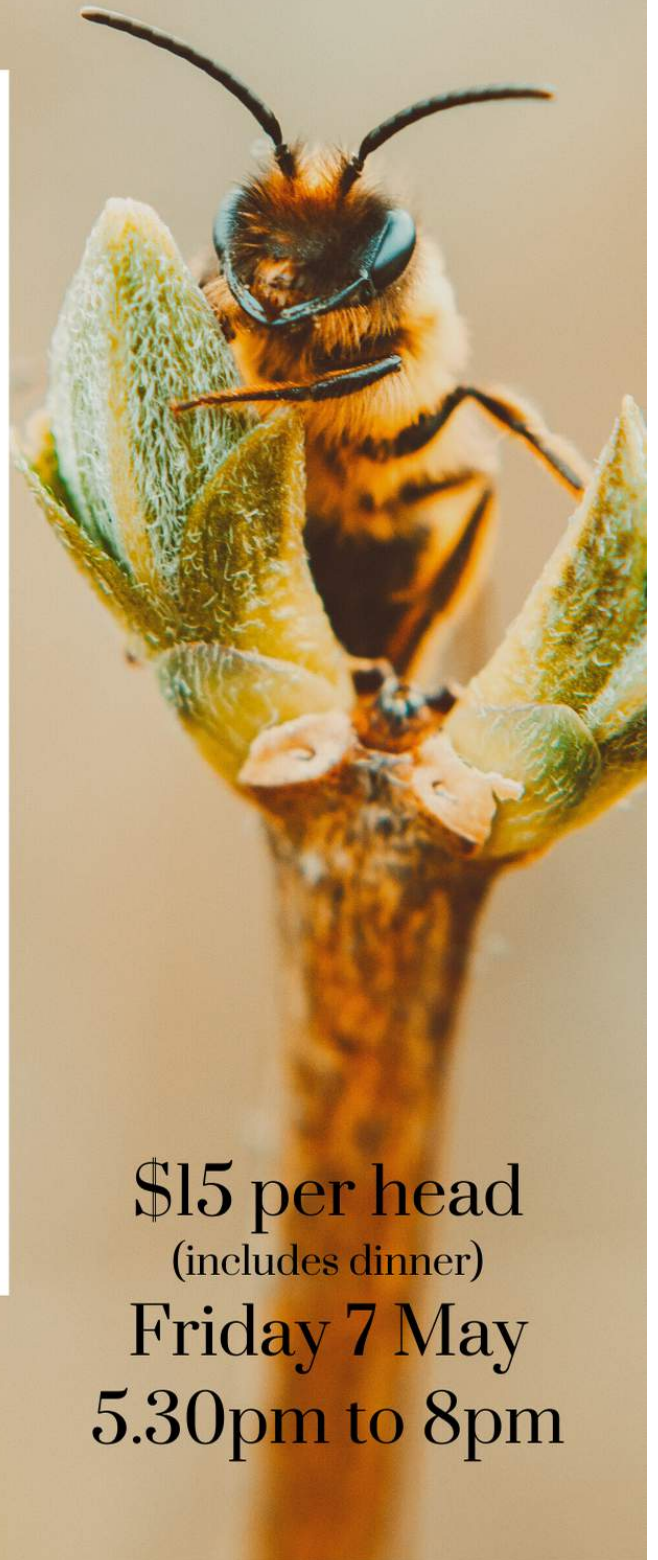
"TO BEE OR NOT TO BEE"

Food for Thought

*Another in the series of Okines
Dinner & Speaker evenings*

**A TALK ALL ABOUT
BEES, BY RONNIE FROM
NATURAL BEE KEEPING
TASMANIA.**

At this event you will find out how to
keep your own bees, make your
garden more bee friendly, plus lots
more useful information.



\$15 per head
(includes dinner)

Friday 7 May
5.30pm to 8pm

For info & bookings call 6265 7016 or email info@okinescommunityhouse.com.au

**\$50 for 5
classes or
\$15 casual**

**Starts Friday
30 April
6.30pm**



Connection with Mind

In this meditation series we will explore how
our thoughts can either effect or support
our mental and physical well being.

**Located at Okines Community House
540 Old Forcett Road
Dodges Ferry (next to Primary School)**

**To secure your place call or
message Lisa on 0410 057 887**



OKINES COMMUNITY HOUSE

540 Old Forcett Rd, Dodges Ferry (next to the Primary School)

Preserving Workshop

6 August 2021

9.30am to 2.30pm

\$30 per head



This workshop will give you the confidence to turn fruit and vegetables into jars of wonderful product that you can store in the pantry to be used at a later date.

We will cover Chutneys, Pickles and Marmalades.

A light lunch will be provided.

Please bring along an apron and 4 Small cleaned/ lidded jars approximately 250g each

To book please ph: 6265 7016 or email info@okinescommunityhouse.com.au



Neighbourhood Watch
Tasmania

SOUTHERN BEACHES NEIGHBOURHOOD WATCH

Our Southern Beaches Neighbourhood Watch has now been in operation for about a year. We are a forum of local people which may receive complaints, but we cannot solve them ourselves. We encourage all people in our area to be good neighbours so that our community may be connected, inclusive and harmonious.

If you wish to join our Neighbourhood Watch or make contact for any other reason, you may find us on Facebook, email us: southernbeachesnhwa@gmail.com or phone 0418 124 804.

In March, our Neighbourhood Watch held a stall at the Community Day Event on the Dodges Ferry football oval.

This gave us the opportunity to meet several local people, hear their concerns, invite them to join our Neighbourhood Watch and give out materials.

Reminder: If you are aware of a crime being committed, please ring Tasmania Police on 13 1444; you need to state your name. Alternatively, you may contact Crime Stoppers on 1800 333 000 and you do not need to leave your name.

When you are aware of a crime being committed, it is valuable to the police if you film the incident. If a car is involved, it is useful to the police if you record the registration number and the make and colour of the vehicle.

Hints for safety:

Firstly, some cars speed along the Old Forcett Road. The speed limit is set at 80 kilometres per hour. Speeding is dangerous, especially for people living along the road when they enter or leave their properties.

Secondly, after dusk, it is recommended to drive below 55 kilometres per hour to protect wildlife that wander on to the road.

Thirdly, when walking, we should use footpaths. If it is necessary to walk on a road, it is important to face the oncoming traffic.

OKINES BIKE REPAIR SHED: WELL WORTH THE WAIT

Regular visitors to the Okines Community House would have noticed a recent addition to the space with the completion of the new bike repair shed. Coinciding with the last soiree of the season, the formal opening of the Okines Community Bike Shed was celebrated with a bike auction courtesy of the wonderful Hobart Bike Kitchen.

Since the opening, Okines has received an overwhelming response from the community with many offers to volunteer and provide other types of support. Okines Bike Shed is a workshop space where volunteers are available to help people in the community fix and maintain their bikes. The bike shed will also provide affordable bikes to the community.

The bike repair shed is currently open two days a week however there will also be bike workshops and special events over the coming months.



Current opening hours for the bike shed are:

- Monday 11am to 3pm
- Thursday 2pm to 5pm

Other times available by arrangement please Ph: 6265 7016 or email info@okinescommunityhouse.com.au

WHAT'S ON IN YOUR COMMUNITY

Okines Breakfast Club 2021

The Okines Breakfast Club in partnership with Dodges Ferry Primary School serves breakfast on Tuesday and Thursday mornings from 8.30am to 9.50am during school terms. Commencing **Thursday 22nd April**, toast with a variety of spreads free of charge will be available. The last Thursday of school terms includes pancakes.

Interested in volunteering at Breakfast Club? Please ph: 6265 7016 or email info@okinescommunityhouse.com.au



Okines would like to gratefully acknowledge the support of the the local Richmond Bakery who donate multiple loaves of bread each week.

Food Assistance

Wednesdays 1pm - 3pm

at Okines Community House

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.

PLEASE BYO
BAGS



Australia's Biggest Morning Tea

Every dollar raised helps support those impacted by cancer.

When: Thursday 27 May

Where: Okines Community House

Time: 10am - 12 noon

Details: Enjoy morning tea, a quiz and a raffle to help raise funds for Cancer Council

Cancer



Okines Community House Inc.

FREE PHONE COUNSELLING FOR OUR COMMUNITY

- Free 1 hour sessions or just a quick chat
- In the privacy of your own home
- Conducted by a qualified experienced counsellor
- 10-3 Mondays each week

Bookings essential, no referral necessary

Phone: 03 6265 7016 or info@okinescommunityhouse.com.au



WHAT'S ON IN YOUR COMMUNITY

Sorell Seniors

Are you 50+
Interested to meet others?
Curious about what happens in Hobart & surrounds, history, people, events, books, everything?

**MIDWAY POINT COMMUNITY HALL
34 RAYNORS ROAD
MIDWAY POINT**

**Come along weekly
Fridays 10-11.45ish**

Need more info?
Phone Wendy 6265 1156

**SORELL MEMORIAL HALL
49 COLE STREET, SORELL**

SORELL COMMUNITY MARKET

The Sorell Community Market is back, come along and pick up a bargain. From fruit and vegies to toys and books, fashion and jewellery as well as honey, preserves, plants, succulents and much, much more.



Sunday 2 May, 2021

8 am - 1 pm

**VISIT SORELL COMMUNITY MARKET FACEBOOK PAGE
FOR MORE INFORMATION**

AN INITIATIVE OF OKINES COMMUNITY HOUSE INC.

DODGES FERRY FILM SOCIETY

Dodges Ferry Film Society screens a range of films to the Southern Beaches community and promotes watching, making and enjoying quality cinema in local settings.

Regular screenings are the third Saturday of each month, plus special events.

Films usually screen at the Dodges Ferry Primary School.

Go to @dferryflicks via Facebook or on messenger to see more information about upcoming films.
or email info@okinescommunityhouse.com.au



DIGNITY SUPPORTED GARDENING



OKINES COMMUNITY GARDEN ✨ DODGES FERRY

DIGNity is a program that supports people to feel safe, welcome and able to participate in activities in their local Community Garden. The program is open to anyone from the community who would like to come along.

Contact:
dignity.garden@gmail.com
0472722118

Website: www.dignitygardening.com

**EVERY THURSDAY FROM
10.30AM TO 1.30PM
MARCH 5TH TO MAY 27TH**



This grant program is supported by Primary Health Tasmania (Tasmania PHN) under the Australian Government's primary health networks program

FIND OUT HOW TO
STAY ON TOP OF
YOUR
WELLBEING
CHECKIN.ORG.AU

WHAT'S ON IN YOUR COMMUNITY



*Lend a hand,
and make a difference.*

SOUTHERN BEACHES CLEAN UP GROUP

**MEETS THE 4TH SUNDAY OF EVERY MONTH
IN THE CAR PARK IN FRONT OF THE
DODGES FERRY TAVERN FROM 8.30AM**

*You are most welcome to work on own but for planning purposes please
register by contacting Lorraine at lorraine.cotter7@gmail.com*



Southern Beaches Landcare Coastcare

Caring for the special habitats and coastal environment from Lewisham, Forcett, Dodges Ferry, Carlton, Primrose Sands and Connelly's Marsh.

Southern Beaches Landcare Coastcare group hold regular working bees, manage local reserves and run projects to restore habitat and protect the natural values of the area.

Working bees are on the third Saturday most months.



For more information, or to confirm dates or venues email
southernbeacheslandcoastcare@gmail.com
or phone Gwen on 0484 617 832



SUPPORTED BY THE ROTARY CLUB OF SORELL

Men's Breakfast

Meets 3rd Wednesday of every month - 7.15 for 7.30am start

Good company, guest speakers

Sorell Memorial Hall Supper Room, behind RSL

\$5 per head, all welcome, first meeting is on 17/2/2021

ENQUIRIES TO IAN - 0419 876 811



FOR THE
By the community
COMMUNITY

Contact us

LOCATION:

540 Old Forcett Road, Dodges Ferry
(adjacent to the Dodges Ferry Primary
School & next to the Okines Community
Garden). PO Box 91, DODGES FERRY 7173

OKINES COMMUNITY HOUSE/ADMIN:

ABN: 99 433 272 191

Monday, Tuesday & Friday - 9am to 3pm

Wednesday & Thursday - 9am to 4pm

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

Phone: 03 6265 7016

Mobile: 0438 651 155

email: info@okinescommunityhouse.com.au

Instagram: Okines Community House

OKINES COMMUNITY GARDEN:

Monday - 9am to 2pm

Wednesday - 9am to 2pm

Friday - 9am to 2pm

email: dig@okinescommunityhouse.com.au

Instagram: Okines Community Garden

OKINES FOOD CO-OP:

Sunday - 9.30am to 12.30pm

Tuesday - 2pm to 5pm

First Monday of each month 11-1pm

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

OKINES BIKE REPAIR SHED:

Monday - 11am - 3pm

Thursday - 2pm to 5pm

Other times by arrangement, Ph: 6265 7016

email: info@okinescommunityhouse.com.au

DODGES FERRY FILM SOCIETY:

An initiative of Okines Community House

Regular screenings are the third Saturday of
each month, plus special events. Films
usually screen at the Dodges Ferry Primary
School. Go to @dferryflicks via Facebook or
on messenger to see more information about
upcoming films.



Internet & Computer access:

Computers are available for internet access during
opening hours. There is NO COST for using the
Internet or scanning however, printing does have a
fee as per the following charges.

Black & White Photocopying/Printing:

Using our paper A4 & A3 = 20c

Using Own paper A4 & A3 = 10c

Colour Photocopying/Printing:

Using our paper A4 = 50c & A3 = \$1.00

Own paper A4 = 25c & A3 = 50c

Laminating: A4= \$1.00 each A3= \$2.00 each

Centre Hire:

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

Trailer Hire:

Okines has a small 7 x 4 box trailer for hire at a
very small cost, some conditions apply. Please
contact 6265 7016

Book Library:

No cost to borrow, books are located both inside
the house and in the garden. Seeds are also
available at the outdoor library.

Coffee Machine:

Grab a delicious cappuccino, latte or hot chocolate
for only \$2 to support Okines Community House
fundraising efforts.

Information, support & referral services:

Okines has a range of information pamphlets and
books and can listen and support you with issues of
concern and refer you to other services if required.

OKINES BOARD MEETINGS

Okines Community House Board of Management
meets the third Friday of every month at 9.30am.

You are most welcome to attend meetings at any
time to have an input, or perhaps you might also be
interested in joining our Board. For further
information please phone 03 6265 7016 or email
info@okinescommunityhouse.com.au