



TERM 3, 2022

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



Photo credit - Melinda Reed

CELEBRATION OF THE OKINES WINTER SOLSTICE LANTERN PARADE - 2022



After crossing fingers for a few days and hoping the weather would fine up, the sunset broke through the clouds, just in time for the beginning of the Winter Solstice Lantern Parade. We had a wonderful turnout with hundreds of people enjoying the School Choir songs, followed by the trusty caterpillar lantern, leading the parade. Rhythm and Beaches Singing Group sang a few songs for us followed by Ben Cooper with his live music in the Garden and hot soup to warm us up. The sweet treats and hot drinks from the Okines Food Co-op were a real hit with items provided by our Co-op members selling out and raising important funds for the Co-op. Dodges Ferry Primary School teachers helped children create their own lanterns and with excitement and anticipation we had many shining faces taking part in the parade.

**Is there a moment quite
as keen
Or memory as bright
As light and fire and
music (sweet)
To warm the winter's
night?**

Adam
Christianson

Okines is extremely grateful to our sponsors John Tucker, Jane Howlett, Rebecca White, Brian Mitchell, Sorell Fine Meats, Dodges Ferry Meats, Banjo's Sorell and Park Beach Cafe (who not only cooked soup for us, served and cleaned up also!) and for their kind donations towards the event.

Of course the evening would not be possible without all of the amazing volunteers who worked so hard to make it happen. We had approximately 25 volunteers as soup makers, soup servers, lantern makers, lantern decorators, lights crew, set up and pack down helpers. Thanks to everyone involved in helping to make this event happen.

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.

Okines Trailer Hire

MINIMAL FEE

Need to do a quick trip to the tip or pick up a delivery but you don't have a trailer? Okines has 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

OKINES BIKE REPAIR SHED:



Have you checked out the Okines Bike Repair Shed yet? The bike shed has a variety of bikes available including children's, men's and women's.

Currently open two days a week, the bike repair shed also hosts workshops and special events throughout the year.

The bike shed are currently in need of some more volunteers, if you are interested please contact staff at Okines by phoning 6265 7016 or emailing info@okinescommunityhouse.com.au

BIKE SHED OPENING HOURS

Monday	11am to 3pm
Thursday	11am to 3pm



DODGES FERRY FILM SOCIETY (D'FERRY FLICKS)

The Dodges Ferry Film Society (D'Ferry Flicks) brings cinema to you, so we hope you will join us for these films:

- July 16 - Penguin Bloom (2021) Australian biography/ drama
- August 20 - 9 Days (2020) Fantasy /drama
- September 18 - The eternal sunshine of the spotless night (2004) Romance/Sci- fi
- October 16 -The Merger (2018) Comedy/drama - Aussie rules football club
- November 20- Batoor (2017) Documentary - An Afghani refugee story.
- December 18 - Respect Aretha Franklin (2021) Musical bio- pic/ drama

***The films selected for Sept - December are subject to us securing the screening rights.**

Where: Currently @ Dodges Ferry Primary School GP room on the 3rd Saturday @ 7 pm and soup & drinks from 6.30 pm.

New members and guests are welcome and can join at a screening.

Annual membership is \$35 or Concession \$25.

OKINES BOARD UPDATE



Ya/hello. The first full week of July each year is NAIDOC Week, a national celebration of Aboriginal and Islander identity and culture. It's an important mark of respect that all year round Okines board meetings and official Okines events begin by acknowledging the First People of our local area, the Mumirimina of the Oyster Bay nation, and all palawa/pakana (Tasmanian Aboriginal) people. We recognise and continue to learn about this unique and enduring connection to the land, waters and culture of lutruwita/Tasmania.

It was a delight to be part of the crowd of around 500 people who came together in the damp winter twilight on 17 June, to once again enjoy our Winter Solstice Lantern Parade. The singing and parade, the bonfire and lanterns, home-made soups and hot chocolate with sweet treats, have all become an annual Southern Beaches tradition. Congratulations everyone on another terrific team effort led by Okines in conjunction with Dodges Ferry Primary School.

Principal Matt Kenny was our guest when the Okines Board met in June, sharing an update on the steadily growing student enrolments through the year. Two more temporary classrooms will be installed on the edge of Lagoon Park ready for students in 2023. We are working with Matt and the School Association to support upgrading school infrastructure longer term and maintain the school's caring learning environment and strong community connections.

By community, for community

Community led governance is at the heart of all we do. The role of the Okines Board is to set priorities that are implemented in line with Okines values and resources, always making choices in the best interests of our community. We look at the big picture, choose short and long term goals and agree on steps to reach those goals. We work together, following the rules in our Constitution, supporting a sustainable future for our community.



Earlier in the year we introduced our board members Bill Thomas, Judith Knowles and Glenn Millar; and now here's a little about Marty, Moya and Denise.

Martin Bishop serves as Okines treasurer, working with Nat and Karen to ensure our finances are always well managed and reported. A treasurer for several community groups and sporting clubs since 1987, Marty stepped into the Okines role in April 2015 as a way of contributing to his new community not long after moving from Queensland. Marty's varied career as a cabinetmaker, mechanic, farm hand, steel fabricator, mine plant operator and ICT business owner, is evident in all the valuable skills and life experience he volunteers at Okines – thank you Marty!

OKINES BOARD UPDATE



Moya Sharpe joined the Okines Board in 2021 after a 50-year teaching career.



Moya Sharpe

Well known for founding and running the Pioneer Village at Sorell School, many of Moya's former students also fondly recall cumbungi busting at Blue Lagoon, boneseed busting at Park Beach and other hands-on learning over the years. In 2019 Moya was inducted onto the Tasmanian Honour Roll of Women for inspiring generations of students. Moya is co-founder of Southern Beaches Historical Society, runs the annual Jazz by the Sea event and supports Cambodian students through CamKids. Through Okines, Moya has again brought history and community together by establishing the community memorial on the edge of Lagoon Park and hosting our inaugural ANZAC Day this year – thank you Moya!

Denise Lynch is a long-time member and past president of the Okines Management Committee, and a passionate founding member of the Food Co-op, Okines Market, Okines Book Club, DIGnity supported gardening and Dodges Ferry Film Society. A proud grandmother, former infant school teacher and Sydney restaurateur, Denise brings a wealth of life experience working with children and their families, speaks Arabic, used to belly dance and in the 1990s ran a belly dancing agency through her restaurant El Mich. Denise loves tennis, is an expert knitter, a member of Dodges Ferry School Association and hosts our Biggest Morning Tea fundraiser for the Cancer Council at Okines in May—thank you Denise!



Denise Lynch

We welcome Franny Dorney as an observer at our July meeting and potential board member with professional skills and fresh perspectives – thank you Franny! And thanks to all Okines board members, staff and volunteers for sharing your much appreciated time and talents supporting our community. It's a team effort!

We will soon be calling for nominations for the 2022/23 Okines Board, elected at the Annual General Meeting of Okines members in September or appointed by the Board if there are casual vacancies in between. If you or someone you know is thinking about nominating for the Board, please get in touch.

If you have any questions about Okines, what we do or ideas for the future, please email info@okinescommunityhouse.com.au or call the office on 62657016.

Yours in community,

Melinda Reed
President,
Board of Management
Okines Community House
M: 0408 554 934



OKINES COMMUNITY GARDEN

Hello to all our fellow gardeners,

Here we are in the middle of winter and hope you are enjoying hearty, home cooked comfort food to keep us well nourished during this season. Due to the much needed rain, frosts have been at a minimum here in the garden.

We are lucky to have some valuable new volunteers who have recently joined us. Even an hour or two of your time can make a difference in a garden as we all know. Through one of these volunteers we have been fortunate to have had all our fruit trees pruned, which was greatly appreciated. We are here every Monday and Wednesday if you would like to join us. A variety of jobs are available according to your capabilities.



All our produce is organically grown. As we are aware, our gardens thrive with the added benefit of compost, which thanks to our wonderful volunteer David, we have ample helpings to supply and feed our vegetables, herbs and fruit trees. The majority of our garden beds have produce ready for harvest now and in the upcoming months.

Together with the help of our volunteers we have completed our signage project, so it will be easier for the community to find what they are looking for in the various garden beds. It was fun to do and enjoyed by all who participated. Our next project will be doing some mosaic signs for our Worm Farm, our Book & Seed Library & our Donations Box, so they can be easily found. The Book & Seed Library are free to all the community. The seed is sourced from our own vegies, herbs & flowers grown here at Okines.



We have been busy propagating our seedlings in the hothouse in preparation for spring planting. As the weather warms up, we will be propagating various shrubs & flowers for sale in the future. We have planted out some flowers also around the garden for a touch of colour. Don't forget Garden Tucker is held on the first Monday of the Month, where, after our garden activities we sit together for a prepared meal & if we are lucky, some dessert. Everyone is welcome.

Until next time, stay safe & healthy.
Happy gardening

Donna

Are you interested in volunteering in the Garden but don't know how to JUMP IN?

We have many opportunities for skill sharing and learning:

Weeding, planting, seed raising, pruning, composting, mulching, fertilising, seed collection and storing. Come and learn and share with our team.

OKINES FOOD CO-OP

The Okines Food Co-operative (Co-op) at Dodges Ferry is a not-for-profit group giving members access to bulk, largely organic, wholefoods at affordable prices with reduced packaging and without the need to travel to Hobart. We are open on Sundays from 9:30 am - 12:30pm, Tuesdays from 1pm - 5pm & the first Monday of the month from 11am - 1pm. We are located in the community garden space at Okines Community House, 540 Old Forcett Rd, adjacent to the Dodges Ferry Primary school. To shop at the Co-op, you need to join as a member. All members pay an annual membership fee of \$20 (\$15 concession) or join as lifetime members for \$100. If you want to become a member, come to the Co-op shop during opening hours and our friendly cashiers will sign you up. Some of our members volunteer with us 4-6 hrs per month. Contact us if you want to find out more about membership, volunteering, or any of our products via email: okines.food.coop@gmail.com or phone: (03) 6265 7016. You can also find more info on our website: <http://okinescommunityhouse.com.au/wpms/foodcoop/>

New products in our shop:

- Spiced Chai Tea mix (with tea leaves), roasted cocoa powder, organic (an alternative to raw cacao), stabilised oats, organic, red rice, black barley, burghul, fine, molasses, dried veggies: tomato, carrot, sweetcorn (great for bushwalkers!)

An ingredient at the Co-op that you might not have used before that is not only useful in the kitchen, but also can be useful in the garden: molasses! Known as a sweetener in treats like gingerbread or on porridge – or in sticky sweet BBQ sauces – molasses has a couple of lesser-known uses in the garden. Gardening Australia suggests one tablespoon of molasses to one litre of water, added to the compost or directly to the garden to add minerals to the soil and promote growth. They also recommend the same recipe plus a tablespoon of dish soap as a spray to deter caterpillars off brassicas. Looking for a delicious recipe using molasses? Peanut butter and chocolate is a classic combination, but the addition of blackstrap molasses adds a slightly smoky, savoury element that takes these moist vegan muffins to a new level.

VEGAN BLACKSTRAP MOLASSES AND PEANUT BUTTER MUFFINS

Ingredients

- 2 cups spelt (or wheat) flour
- 3 tablespoons coconut or brown sugar
- 1 tablespoon baking powder
- 2 teaspoons ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- ½ teaspoon salt
- 1 ½ cup non-dairy milk
- ½ cup peanut butter
- ¼ cup blackstrap molasses
- ¼ cup coconut oil, melted
- 1 ½ teaspoons vanilla extract
- 1 ¼ cups vegan chocolate chips



Method:

1. Preheat oven to 180°C and line a 12 cup muffin tin with muffin papers. You can also just heavily grease the tin, but as these muffins are vegan they may not hold together particularly well when coming out of the tin.
2. In a medium mixing bowl, stir together flour, sugar, baking powder, cinnamon, nutmeg, cloves and salt.
3. In a separate bowl, stir together milk, peanut butter, molasses, coconut oil, and vanilla extract. Pour the wet mixture into the bowl with the dry ingredients and stir just until blended. Fold in chocolate chips.
4. Divide batter into muffin cups evenly using a tablespoon.
5. Bake 20 to 22 minutes, until tops spring back when lightly touched. Allow to cool in the tin for five minutes before removing, to help stop them falling apart. Transfer to a cooling rack – or just eat warm straight from the tin.

MAKE YOUR MARK



VOTE LOCAL

2022 Local government elections

Reminder that voting is now compulsory for local council elections...

Local Government elections for Mayor, Deputy Mayor and Councillor positions are held every four years. The current Councillors were all elected in November 2018 for a four year term. The next election will take place in 2022.

Recent amendments made to the Act mean that local government elections are now compulsory for electors enrolled on the State roll.

You are eligible to vote in Sorell Council elections if you are:

- An owner or occupier of land in the Sorell Municipal area;
- Over the age of 18 years;
- Not serving a term of imprisonment;
- Not subject to an order under the Mental Health Act 1963.

If you are on the House of the Assembly electoral roll for an address in the Sorell Council Municipal area you are automatically enrolled.

General Managers Electoral Roll

If you are not on the House of Assembly electoral roll for an address in the Sorell Council Municipal area, but you own or occupy land in the Sorell Municipal area, you may apply to be included on the General Managers Electoral Roll by completing a Local Government Electoral Enrolment form. This will then enable you to vote at Sorell Council elections.

Likewise, if you are the nominated representative of a corporate body which owns or occupies land in the Sorell Municipal area you may apply to be included on the General Managers Electoral Roll by completing a Local Government Electoral Enrolment form.

Providing you meet the eligibility requirements, your name will be placed on the General Managers Electoral Roll.

Enquiries about the General Managers Electoral Roll should be directed to the Council Office on (03) 6269 0000.

A new close of poll time

For the first time at state-wide local government elections, the voting period will close at 2.00pm on closing day. This provides more time for the Tuesday morning delivery from Australia Post and enables electors more time on the last day to be able to drop their completed postal vote into council offices so they can be included in the count.

Electoral rolls will close at 6.00pm Thursday 8 September.

The nomination period is 5 September to 19 September.

Nominations close at 12 noon on Monday 19 September.

Nominations will be announced at 12 noon on Tuesday 20 September.

Ballot material will be delivered to electors by post during the period 3 October through to 7 October. The polling period is 3 October to 25 October.

Close of poll is 2.00pm Tuesday 25 October and counting will commence at 9.00am Wednesday 26 October

A GUIDE TO ACTIVITIES AND SERVICES AT OKINES

When attending activities at the Okines space We kindly request that you continue to follow all social distancing requests and maintain good hygiene habits when attending activities. Stay at least 1.5 metres away from others whenever practical. The more space there is between you and other people, the harder it is for the virus, and germs generally, to move from one person to another. Please use the hand sanitiser available at each entrance to 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. Please remember Okines is a shared space. These rules are for the health and wellbeing of everyone.

MONDAY - KNIT & NATTER

Knit and Natter is a weekly group open to all community members, where you can learn to knit or crochet from scratch, improve your skills or teach others what you know. Everybody is welcome! Wool and needles can be provided.

Venue: Okines Community House

Day: Monday ongoing

Time: 10.30am to 12.30,
tea and coffee provided.

Fee: \$2 **Contact:** 6265 7016 for more info

MONDAY - PILATES & MINDFUL MOVEMENT WITH LAUREN O'KEEFE

Pilates can support and enhance the health and wellbeing of everyone; regardless of age or body type. With Lauren, each class incorporates an enjoyable balance of strengthening & stretching; of challenging the body and enhancing the mind/body connection. Come along and be empowered to engage in your own wellbeing journey in an inclusive, supportive environment.

*Please bring your own mat.

Day: Ongoing

Time: 9am to 10am

Venue: Okines Community House

Cost: Casual rate \$15 per person

Contact: Lauren on 0434 000 687

MONDAY - DYING TO KNOW

An opportunity to feel more comfortable talking about death, to normalise how we all approach end-of-life and to have the most important conversations you've never had. Various guest speakers attending.

Venue: Okines Community House

Day: Monday 8/8/2022 **Time:** 12pm to 2.30pm
Soup & sandwiches provided.

Fee: Free **Contact:** hannah.butler@pct.org.au or call 0447 240 846

MONDAY- YOGA FLOW WITH JACKIE GRAHAM

This term we will be delving into strategies for managing fear in times of uncertainty from a yogic perspective. These classes are back friendly. Class sizes are limited so people are given individual attention. Jackie Graham is a qualified and experienced Yoga and Pilates instructor.

Day: Mondays (*starts back late August*)

Time: 6.30pm to 7.30pm

*Contact Jackie for dates and upfront payment rate - casual rate is \$20

Venue: Okines Community House

Bookings are required, please contact Jackie on 0467 197 499, email jackiegraham@inet.net.au

***Please bring your own yoga mat.**

MONDAY & TUESDAYS - COMMUNITY CARE ADVISOR

Free 50 min support sessions or just a quick chat, over the phone or face to face. Professional, compassionate & discreet social worker. Can assist with a range of support services.

Day: Mondays & Tuesdays (appointments)

Time: 9am to 1pm **Cost:** Free

Venue: Okines Community House

Contact: 6265 7016

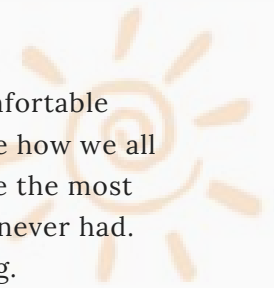
TUESDAY - QUILTING GROUP

This is a wonderful group of people who meet every Tuesday to share in their love of quilting. If you sew and would like to join a quilting group please come along. We are not a teaching group but we do enjoy sharing ideas.

Day: Tuesdays **Time:** 10am to 2pm, **Fee:** \$2

Venue: Okines Community House

Contact: 6265 7016 *Bring own lunch



TUESDAY- BEGINNER YOGA WITH GEMMA O'ROURKE

Would you love to start a yoga practice or recommence after a long absence, injury or illness? This gentle session is designed for all.

Day: Tuesdays ongoing

Time: 10.30am to 11.30am

Cost: \$180 for 10 sessions or \$22 casual rate

Venue: Okines Community House

Contact: Gemma on 0417 598 797 or email healing.gemma@gmail.com

TUESDAY - STRENGTH and MOBILITY - Tutor Salomé Rosa (accredited Pilates Practitioner, Rehab and Fascial Fitness Trainer)

This program caters to all levels of fitness, it is low impact, yet challenging and aims to maintain your mobility and develop greater strength. Practice a range of motions on the mat, standing and with supporting props to explore how your body moves, increasing your awareness so you can move efficiently and reduce the risk of injury.

Day: Tuesday (Thursday class also available)

Starts: (Tues) starts 26/7/2022

Time: 9am to 10am,

Cost: \$200 for 10 weeks

Venue: Okines Community House

Please note spaces are limited for these classes and priority will be given to full term bookings. Contact: Salomé 0437 405 213 or email info@fromwithin.com.au or visit the website: www.fromwithin.com.au

*Please bring own mat, elastic band and a little ball. For all equipment used in class I ask for assistance to disinfect at the end of class.

TUESDAY - CARD GROUP

This is a fun and vibrant group of people who meet every Tuesday to play cards. New members are very welcome. Feel free to pop in and enjoy a laugh and a chat over a game of cards.

Day: Tuesdays ongoing

Time: 1pm to 3pm,

Cost: \$2

Venue: Okines Community House

Contact: info@okinescommunityhouse.com.au

TUESDAY - RHYTHM & BEACHES COMMUNITY SINGING GROUP

This is a group of enthusiastic men and women who have great fun singing together on Tuesday evenings. Explore your passion for singing in a fun and friendly environment.

Day: Tuesdays from 26/7/2022

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

Venue: Okines Community House

Contact: M Haynes 0417 462 310

TUESDAY - FIZZICAL FUSION FITNESS CLASSES - TUTOR KARYL MICHAELS

Classes are low impact, suitable for all women and need no prior experience. Wear comfortable clothing. Bring towel or mat, and water. Do one or both classes

FIZZICAL FUSION STAYSTRONG

STAYSTRONG is a full body, low impact, strength training workout using dumbbells and choreographed to music.

Day: Tuesdays from 9/8/2022

Time: 6.15pm to 6.55pm, **Cost:** \$10

Venue: Okines Community House

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

FIZZICAL FUSION STRIKE

STRIKE is a low impact, full body kickboxing workout choreographed to music.

Day: Tuesdays from 9/8/2022

Cost: STRIKE is a free bonus class if you do the STAYSTRONG class first, otherwise \$5 per class

Time: 7pm to 7.20pm

Venue: Okines Community House

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

WEDNESDAY - TAI CHI WITH SUE DUFFY

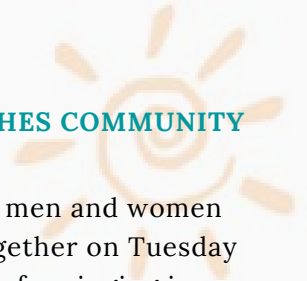
Tai Chi is an effective exercise for health and wellbeing. People of any age and fitness level can enjoy Tai Chi and gain positive health benefits. No special equipment is required and please wear comfortable clothing.

Day: Wednesdays from 10/8/2022

Time: 10am to 11am **Cost:** \$5

Venue: Okines Community House

Contact: 6265 7016



WEDNESDAY - FOOD ASSISTANCE

Thanks to the excellent work from Loaves & Fishes Tasmania Okines Community House provides access to food such as bread, vegetables and fruit. Items differ week to week, available to those in need, at no cost.

Day: Every Wednesday, no cost **Time:** 1pm to 3pm
Venue: Okines Community House
If you would like further information please phone 6265 7016

WEDNESDAY - CHAKRA MEDITATION WITH LISA KINGSTON

There are 7 major chakras that energetically influence a certain region of the body and its related glands & organs, your consciousness and several distinct emotional, mental and spiritual aspects. Each week we will journey with one specific chakra, its role and how it can support you in your life. This class is for moderate to advanced mediators.

Day: Starting on Wednesday 3/8/2022
Time: 6pm to 7pm
Cost: \$15 casual or \$80 for the term (8 weeks)
Venue: Okines Community House
Contact: Lisa on 0410 057 887 or visit <http://www.lisakingston.com.au/meditation-classes> (to secure your place).

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 Libraries Tasmania.

Day: The 2nd Thursday of each month
Next book club is Thursday 11/8/2022
Time: 12pm to 2.30pm
Venue: Okines Community House
Contact: 6265 7016

THURSDAY - DIGNITY GARDENING PROGRAM

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 (*currently on winter break -starts back in October*)
Time: 10.30am onwards
Venue: Okines Garden **Contact:** Hannah via email dignity.garden@gmail.com

THURSDAY - EASE and REBALANCE, THE MELT METHOD - Tutor Salomé Rosa

In this class you will learn self care treatment techniques from the Melt Method using soft rollers and balls. You will explore techniques that ease physical tension, rehydrate your connective tissue and rebalance your nervous system. The Melt method was developed with the aim of reducing chronic pain. Stay healthy, improve posture and core strength as you reduce everyday aches and pains in this group class.

Starts: (Thurs) 4/8/2022
Time: 9am to 10am, **Cost:** \$180 for 9 weeks
Venue: Okines Community House
Please note spaces are limited for these classes and priority will be given to full term bookings.
Contact: Salomé 0437 405 213 or email info@fromwithin.com.au or visit the website: www.fromwithin.com.au

***Please bring own mat, elastic band and a little ball.*

THURSDAY - FIZZICAL FUSION FITNESS CLASSES - TUTOR KARYL MICHAELS

Classes are low impact, suitable for all women and need no prior experience. Wear comfortable clothing. Bring towel or mat, and water. Do one or both classes.

FIZZICAL FUSION STAYSTRONG

STAYSTRONG is a full body, low impact, strength training workout using dumbbells and choreographed to music.

Day: Thursdays from 11/8/2022
Time: 6.15pm to 6.55pm, **Cost:** \$10
Venue: Okines Community House
Contact: Karyl on 0468 389 659 or email fizzicalfusion@gmail.com

FIZZICAL FUSION SHIMMY

SHIMMY is a full body workout using belly dance moves and music to free your inner goddess as you improve co-ordination, flexibility and body tone.

Day: Thursdays from 11/8/2022
Time: 7pm to 7.20pm,
Cost: SHIMMY is a free bonus class if you do STAYSTRONG first, otherwise \$5 per class
Venue: Okines Community House
Contact: Karyl on 0468 389 659 or email fizzicalfusion@gmail.com



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.

Day: Every Friday of the month

Time: 10am to 1pm, **Cost:** \$3

Venue: Okines Community House

Contact: Eileen 6265 8472 or Brian 0487 380 296

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

26/8, 30/9, 28/10/2022

Time: 12pm to 2pm **Cost:** \$7 for a 2 course meal

Venue: Okines **Contact:** 6265 7016

SATURDAY - CHINESE COOKING CLASS

Join us for this exciting, traditional Chinese cooking class & reward your efforts with a delicious meal at the end of the class.

Day: 3/9/2022

Time: 10am to 1pm, **Cost:** \$45

Venue: Okines Community House

Contact: (03) 6265 7016

SUNDAY - MEDITATION CLASSES WITH LISA KINGSTON

Connect with your Breath. When you consciously breathe, your breath does incredible things, from alleviating physical, emotional & spiritual symptoms of stress, anxiety and overwhelm. Over 8 weeks you will learn how to Connect with your Breath, calm your sympathetic nervous system, create a more positive, happy and joyful life plus a deeper connection with your spirit. This class is suitable for all levels.

Day: Starting on Sunday 7/8/2022

Time: 3.30pm to 4.30pm

Cost: \$15 casually or \$80 for the 8 week term

Venue: Okines Community House

Contact: Lisa on 0410 057 887 or visit

<http://www.lisakingston.com.au/meditation-classes>

NEIGHBOURHOOD HOUSES TASMANIA CONFERENCE 2022

Sustainable Living

We are excited to let you know about the upcoming Neighbourhood Houses Tasmania Conference for 2022.

This year, Okines Community House in the role of host house, is pleased to be working with Neighbourhood Houses Tasmania and Community Gardens Australia to present an exciting conference line up in the theme of "Sustainable Living". The conference is being held at the newly opened Iron Creek Farm Stay from 21 to 23 September.



Exploring the NHT Conference venue at the fabulous Iron Creek Bay Farmstay

The formal program will be out shortly so keep an eye out for that. In the meantime we are calling for volunteers who would be willing to assist us with a variety of admin and catering tasks during the Wednesday and Thursday of the conference.

If you are interested in volunteering or require further information please contact the office via info@okinescommunityhouse.com.au or phone (03) 6265 7016.

OKINES ACTIVITIES TERM 3, 2022

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

KNIT & NATTER

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

YOGA FLOW

6.30pm to 7.30pm (*starts back late August*), contact: Jackie for more information on 0467 197 499

PILATES

9am to 10am, \$15 casual rate, Bookings essential contact: Lauren 0434 000 687

DYING TO KNOW

12pm to 2.30pm, 8/8/2022, free, light lunch included, contact: Hannah 0447 240 846

GARDEN TUCKER

11am to 1pm, free.
First Monday of the month.

THURSDAY

OKINES BOOK CLUB

12pm to 2.30pm, 2nd Thursday of the month, next is 11/8/2022 contact: 6265 7016

EASE & REBALANCE

9am to 10am, commencing 4/8/2022, \$180 for 9 weeks, contact: Salomé 0437 405 213 or email info@fromwithin.com.au

FIZZICAL FUSION STAYSTRONG

6.15pm to 6.55pm, from 11/8/22, \$10 casual, contact Karyl on 0468 389 659

FIZZICAL FUSION SHIMMY

7pm to 7.20pm, from 11/8/22, free bonus class if you do STAYSTRONG first, otherwise \$5 per class, contact Karyl on 0468 389 659 or fizzicalfusion@gmail.com

TUESDAY

STRENGTH & MOBILITY

9am to 10am, starts 26/7/2022, \$200 for 10 weeks, contact: Salomé 0437 405 213 or email info@fromwithin.com.au

BEGINNER YOGA

10.30am to 11.30am weekly, \$180 for 10 sessions or \$22 casual, Phone:0417 598 797

QUILTING GROUP

10am to 2pm weekly, \$2, Phone: 6265 7016

CARD GROUP

Weekly card group, \$2, 1pm to 3pm, Phone 6265 7016

RHYTHM & BEACHES SINGING GROUP

7pm to 9pm \$5, from 3/5/2022, contact: M Haynes: 0417 462 310

FIZZICAL FUSION STAYSTRONG

6.15pm to 6.55pm, from 9/8/22, \$10 casual, contact Karyl on 0468 389 659

FIZZICAL FUSION STRIKE

7pm to 7.20pm, from 9/8/22, free bonus class if you do STAYSTRONG first otherwise \$5, ph: Karyl on 0468 389 659 or fizzicalfusion@gmail.com

FRIDAY

EATING WITH FRIENDS

12pm to 2pm, last Friday of the month, 26/8, 30/9 & 28/10/2022, \$7 for 2 courses contact: 6265 7016

SOUTHERN BEACHES SPINNERS & FIBRE GROUP

10am to 1pm, every Friday, \$3 per session. Bring along spinning wheel & wool. Contact: Eileen on 6265 8472 or Brian 0487 380 296

SING - COMMUNITY SINGING

4.30pm to 5.30pm, first Friday of the month, ph: Renee on 0428 798 646 or Angela on 0415 910 377

WEDNESDAY

FOOD ASSISTANCE

1pm to 3pm on Wednesdays

TAI CHI

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

CHAKRA MEDITATION

6pm to 7pm, start 3/8/2022 for 8 weeks, \$80 for the term, \$15 casual contact: Lisa on 0410 057 887 or visit <http://www.lisakingston.com.au/meditation-classes>

OTHER

CHINESE COOKING CLASS

10.30am to 12.30pm, Saturday 3/9/2022, \$45, bookings via 6265 7016

MEDITATE AT OKINES

3pm to 4pm, starts Sunday 7/8/2022 for 8 weeks, \$80 for the term or \$15 casual call Lisa on 0410 057 887 or visit <http://www.lisakingston.com.au/meditation-classes>

SENIORS WEEK

17/10/22 - 10.30am to 12.30pm Knit & Natter

17/10/22 - 11am to 1pm - Potted Herbs in the Garden

17/10/22 - 1pm to 2.30pm - Benefits of Meditation \$10

19/10/22 - 10am to 11am - Tai Chi, \$5

21/10/22 - 10.30am to 12.30pm - Create a Mandala

SENIORS WEEK

17-23 OCTOBER 2022

17 OCTOBER

10.30AM TO 12.30PM

MONDAY - KNIT & NATTER

Come along & learn to knit or crochet from scratch, improve your skills or teach others what you know, by donation.

17 OCTOBER

11AM TO 1PM

MONDAY - POTTED HERBS IN THE GARDEN

Come and join our community garden team and learn about herbs, their culinary and nutritional uses and benefits and how to pot them up to take home. Enjoy fabulous garden vegetable soup for lunch, no cost.

17 OCTOBER

1PM TO 2:30 PM

MONDAY - THE BENEFITS OF MEDITATION

Learn how your breath can alleviate feelings of stress, anxiety and overwhelm. Join Lisa Kingston and relax into the practice of Meditation. \$10 per person

19 OCTOBER

10 AM TO 11 AM

WEDNESDAY - TAI CHI

Come and experience the mental and physical benefits of Tai Chi in this taster class. People of any age and fitness level can enjoy this practice to help with stress, anxiety, physical pain, joint stiffness and mental wellbeing. \$5 per person

21 OCTOBER

10:30 AM TO 12:30 PM

FRIDAY - CREATE A MANDALA

Mandalas create peace and calmness, a sense of balance, help with concentration and mindfulness. Learn how to create your own mandala with Tom Tenneswood. Class by donation. Bring an open mind.



OKINES COMMUNITY HOUSE/GARDEN 540 OLD FORCETT ROAD,
NEXT TO THE DODGES FERRY PRIMARY SCHOOL

Please book on 6265 7016 or info@okinescommunityhouse.com.au

CHINESE

COOKING CLASS WITH SHARON SOO

SATURDAY 3RD SEPTEMBER
10:30 - 12:30

SWEET AND SOUR CHICKEN OR TOFU DISH
FRIED RICE

CHINESE MUNG BEAN DESSERT

JOIN SHARON FOR AN EXCITING
TRADITIONAL CHINESE COOKING CLASS

\$45 PP

REWARD YOUR EFFORTS WITH A
DELICIOUS MEAL AT THE END
OF THE CLASS

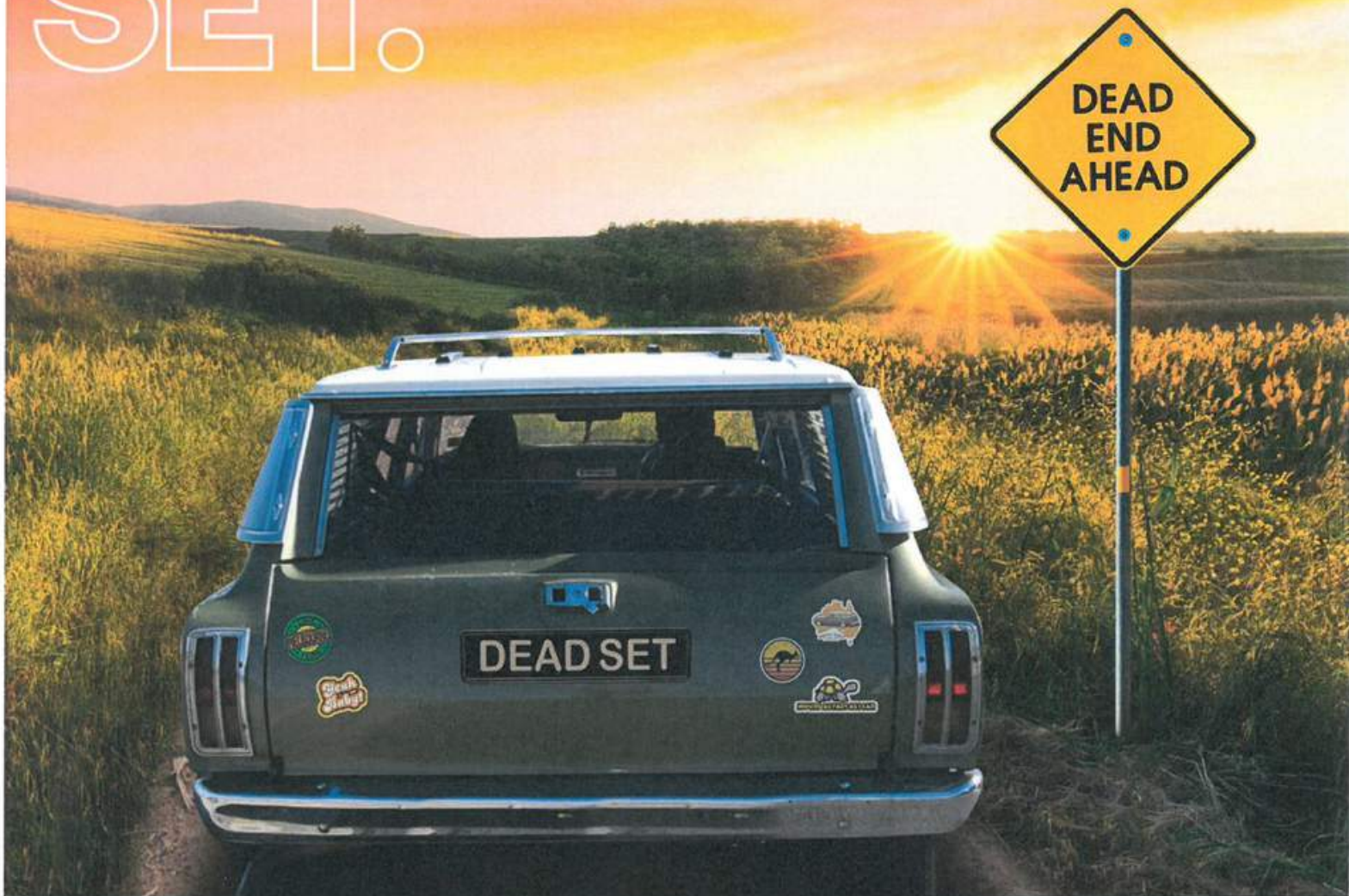
Bookings: 6265 7016

info@okinescommunityhouse.com.au



GET DEAD SET.

*Dying
to Know
Day*
8 August



An opportunity to feel more comfortable talking about death, to normalise how we all approach end-of-life and to have the most important conversations you've never had.

WHEN

- Monday 8th August
- 12:00am – 2:30pm
- FREE event (soup and Sandwiches provided)

WHERE

- Okines Community House,
540 Old Forcett Road,
Dodges Ferry

CONTACT

- hannah.butler@pct.org.au
or call 0447 240846

GUEST SPEAKERS INCLUDE

- Mary Eleanor Family Funerals
(Death Doula/Coffin Display)
- Palliative Care Tasmania
- Plus other guest speakers

REGISTER

- pallcaretas.org.au/event/dying-to-know-day/



 **Okines Community House**
Ph/Fax (03) 52657216 510 Old Forcett Rd Dodges Ferry 7173 ABN 96 433 272 191

 **PalliativeCare**
TASMANIA

GIFTS FROM GAIA

Kokedama Workshop

**OKINES COMMUNITY HOUSE
SATURDAY 27TH AUGUST**

10am - 12pm

1pm - 3pm FULL

LONG OVERDUE FOR A CREATIVE AND FUN FILLED AFTERNOON WITH YOUR FRIENDS OR FAMILY? A LOVER OF INDOOR PLANTS BUT KILL MORE THAN YOUR CARE TO ADMIT?

WORKSHOP INCLUSIONS

- **TWO HOUR BESPOKE WORKSHOP**
- **ALL SUPPLIES TO MAKE YOUR OWN KOKEDAMA TO TAKE HOME**
- **A PRINTED 'HOW TO CARE AND WATERING' INSTRUCTION CARD**
- **A LITTLE EXTRA GOODIE TO TAKE HOME**
- **OPPORTUNITY TO PURCHASE PROFESSIONAL KOKEDAMAS AT A HEAVILY DISCOUNTED RATE FOR WORKSHOP ATTENDEES.**

Cost \$60 per person

Bookings: Call 62657016 or email info@okinescommunityhouse.com.au

540 Old Forcett Rd, Dodges Ferry





Neighbourhood Watch Tasmania

The Southern Beaches is a rapidly growing area, with many people, especially from Hobart and Victoria, choosing to relocate here to enjoy our beautiful environment.

The crime rate in the Southern Beaches is low, but from time to time there is some hooning, speeding, burglary, vandalism and graffiti, so two years ago we established a Neighbourhood Watch.

We are a group of local people who are vigilant, but we are not vigilantes. We would like more people, especially young people, to join our group.

If you are aware of a crime being committed, please ring Tasmania Police on 13 1444; you need to state your name. You may also 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. In May, our Watch participated in Volunteers Week and we are going to give an award each year to a student at the Dodges Ferry Primary School who displays a strong sense of community spirit.

The Okines Community House and the Dodges Ferry Primary School include our newsletter in their respective newsletters at the beginning of each school term. Hard copies can be obtained at the gym and bakery in Dodges Ferry and at the shop and community centre in Primrose Sands. In a well-connected community, there is little crime. Therefore Firstly, let's get to know our neighbours. Secondly, let's welcome newcomers to the area. Thirdly, when the weather warms up, street parties are a great way to meet people.

Okines Library



Winter is coming. My favourite time of the year. I find the sunniest place in my house and snuggle down with a hot drink and get lost in a book. At Okines we have such a wonderful range of books to indulge you. Get lost in a mystery, fly to another world in fantasy or explore our great Aussie writers. And you don't even have to read. Some best moments spent gazing through our great range of gardening and cooking books. Get all inspired for future projects or just enjoy.

Better still spend time with your kids and grandkids reading through our big collection. There are probably a few of your favourites there too. Some fabulous ideas on creative activities to share with them may get your own creative juices flowing...

The books are spread between the activity room and huddled in the corridor. All are free, most available without registration. A few of our precious ones may need your signature. The books are happier when they are open and sharing their stories so drop in and have a look, open them up and take a few home.

Happy Reading

Fiona

Do you want to join a grassroots community organisation seeking to take local action on climate change?



We are everyday people passionate about local action on climate change for a better future. South East Climate Action (SECA) was formed in 2021 and our mantra is to 'think global, act local'. In the past year, we've liaised with other climate action groups, met with the Sorell Mayor, held a stall at the Dodges Ferry Primary School Fair and we've organised a talk on electric cars at Okines Community House.

Our core objectives are:

- To help reduce CO2 emissions throughout the South Eastern region of Tasmania (Sorell, Southern Beaches, the Tasman Peninsula and beyond).
- To promote education and community engagement around the widespread and potential catastrophic impacts of climate change (local and global impacts).
- To develop and support projects that will result in reduced emissions and sustainable practices, through engagement and collaboration with existing community groups, local councils and elected officials.

Find out more and join us:

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



The Southern Beaches Spinning & Fibre Group meet at the Okines Community Centre, 540 Old Forcett Road, Dodges Ferry, next to the local primary school.

Since commencing some 4 years ago, an enthusiastic group of people come along regularly on Fridays to knit, with some using their own hand spun yarn and others using commercial material.

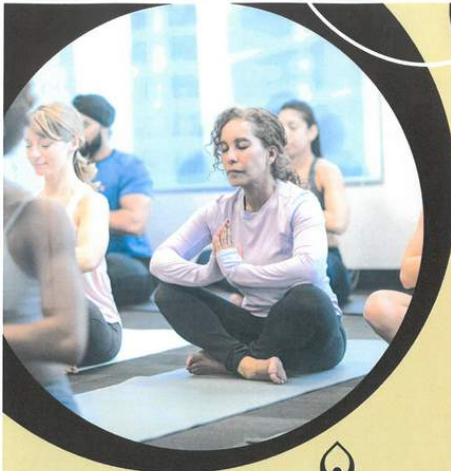
The group have supported the following organisations:-

- Pregnancy Support Service: With small beanies and mittens
- Louie's Van:- With crocheted blankets, beanies, and scarves
- Aborigine community Northern Territory. One of our members was involved in doing the Census in the Northern Territory some 500 Kilometres from Alice Springs and found that the conditions were very poor and when she returned, she asked if the group would be interested in producing some beanies and Scarves and send them to the community. I admit we did have some outside help. The total number of Beanies were 117 and scarves were 52
- Blaze Aid Fire Relief:-With 2 cash donations
- Philip island penguin rescue:- little jumpers for when they get oil on them and they need to be washed and dried.

Southern Beaches Spinning & Fibre Group

New members very welcome.
10am to 1pm, every Friday, \$3 per session.
Bring along spinning wheel & wool.
Contact: Eileen on 6265 8472
or Brian 0487 380 296

WHAT'S ON IN YOUR COMMUNITY



Meditation Classes

Learn how your Breath can alleviate symptoms of Stress, Anxiety & Overwhelm

Starts Sunday 7th August
3:30 - 4:30pm
Okines Community House

\$80 for the 8 week term or
\$15 casually

CALL LISA ON 0410057887 OR
WWW.LISAKINGSTON.COM.AU/MEDITATION-CLASSES

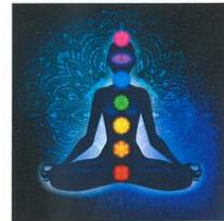
Chakra Meditation

Each week we will meditate on one chakra, connecting + remembering the functions of that chakra.

As a result of your concentrated attention, you begin to stimulate + balance the chakra, releasing its dormant powers + abilities into your conscious mind.

Term 3

Starting 3rd August - 21st September
6 - 7pm
Okines Community House
\$80 for the term



Contact Lisa on 0410057887 to book or visit www.lisakingston.com.au/meditation-classes

Feel Better Now! 90 minute MELT intro workshop

Come into a MELT intro workshop and experience changes in how your body looks and feels.

Learn simple self treatments you can do at home to remain active, healthy, and pain-free for life.



This all-levels workshop will use a specialised soft roller and a small MELT Hand and Foot Ball to stimulate the results of manual therapy.

Learn to eliminate stuck stress before it accumulates causing chronic aches, pains, and unwanted signs of ageing.

Reduce inflammation, ease chronic neck and low back strain, improve alignment, enhance athletic performance, and keep your whole body feeling great at any age.

In this workshop you will need to be able to get up and down from the floor.

DATE:

Thurs 28 July

TIME:

9am - 10:30am

LOCATION:

Terrapin Room at Okines Community House

PRICE:

\$25

For questions & to reserve a spot:

contact Salomé
info@fromwithin.com.au
0437 405213

DISCOVER MELT

www.fromwithin.com.au



Pilates & Mindful Movement

@ Okines Community House

Mondays 9am - 10am

\$15 pp casual rate

For all ages and abilities

Strengthen, stretch and enhance your mind/body connection in an inclusive environment.



YOUR TEACHER:
Lauren O'Keefe



Lauren is a qualified Pilates instructor with a special interest in mindfulness-integrated movement.

She lives in Carlton with her partner Tom and their canine child, Winnie

BOOKINGS ESSENTIAL

To book or for more information, contact Lauren on 0434 000 687

WHAT'S ON IN YOUR COMMUNITY

OKINES BIKE SHED

REPAIR - DONATE - VOLUNTEER

MONDAY 11-3

THURSDAY 11-3

Need a bike, spare parts or bike repair?

Come by the Bike Shed for an array of bike styles, sizes, gear and racks. Services and bikes available for a small donation.

Run by a team of friendly volunteers.



540 OLD FORCETT ROAD, DODGES FERRY (03) 6265 7016

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



KNIT & NATTER

*A weekly group open to
all community members*

Learn to knit or crochet from scratch, improve your skills or teach others what you know. From novice to expert, everybody is welcome! Bring a project you are working on or knit for a cause. Wool and needles can be provided.

Drop in anytime on a Monday between 10.30am to 12.30, tea and coffee provided, the nattering is up to you! Phone 6265 7016 for more information or email:

info@okinescommunityhouse.com.au



Okines
Community
House



\$2 per visit



10:30AM -
12:00PM



540 Old Forcett
Road, next to the
Dodges Ferry
Primary School.

Okines Community
House Inc.

FREE SUPPORT SERVICE

Now available:

- 50 min support sessions or just a quick chat
- Over the phone or face to face appointments
- Professional, compassionate & discreet social worker
- Can assist with a range of support services such as self care resources, someone to talk to, health, digital & financial literacy, and NDIS paperwork just to name a few.
- Mondays 9am to 1pm & every second Tuesday 9am-12pm
- No referral necessary

Bookings essential:

Phone (03) 6265 7016 or

info@okinescommunityhouse.com.au



540 Old Forcett Rd, Dodges Ferry TAS 7173
(next to the Dodges Ferry Primary School)

WHAT'S ON IN YOUR COMMUNITY

Okines Breakfast Club 2022

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 **Tuesday 26th July 2022**, toast with a variety of spreads at no cost will be available.

A big thank you to Raine & Horne Sorell Office for their financial contribution towards maintaining the Breakfast Club Program.



Okines would also like to gratefully acknowledge the support of the the local Richmond Bakery who donate many 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



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

No Interest Essentials Loans

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

No interest loans

Now up to \$2,000

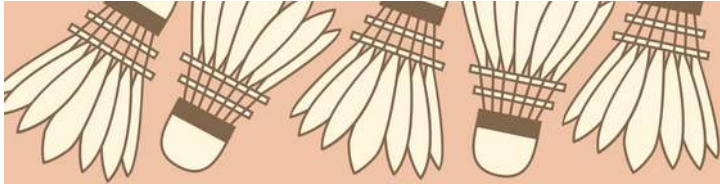
No credit checks

Minimum repayment

\$20 per fortnight

Call 1300 301 650

WHAT'S ON IN YOUR COMMUNITY



Badminton

at the Dodges Ferry
Recreation Centre

Badminton on Wednesday nights at the
Dodges Ferry Recreation Centre (school gym)
from 7.35pm onwards

\$6 includes shuttles, courts & nets (no roster)

2 hrs of great exercise

Come along, have a hit, and some fun

ALL WELCOME

Covid rules apply

For more information see <https://www.facebook.com/dodgesferrybadmintonclub/>
or phone: 0438 520 744

Check Facebook for weekly updates

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.



Sundays fortnightly

8 am - 1 pm

IF YOU WOULD LIKE TO BOOK A STALL PLEASE
PHONE PIP ON 0401 584 257 .
FOR UPDATES PLEASE VISIT SORELL COMMUNITY
MARKET FACEBOOK PAGE

SORELL CHILD AND FAMILY LEARNING CENTRE

Empowering Parents Empowering Communities Being a Parent Course

This FREE 8 week course helps you to learn practical communication skills for everyday life and keys to bringing up confident and happy children. FREE adjunct care is provided .

Come along to our information session to find out more.

- Thursday July 28th
- Midway Point Neighbourhood House
- 9.30am - 11.30am

*Adjunct care will be available on site

Course sessions will continue to be held on Thursdays 9.30am - 12.00pm



*For parents of children 2-11 yrs.

Topics you will learn about

- Understanding children's behaviour
- Accepting and acknowledging feelings
- Play
- Listening and clear communication
- Labels and praise
- Discipline strategies

For more information, or to book a place, please contact Kim on 0467316513 or kim.Overgaauw@education.tas.gov.au



SEEKING NEW MEMBERS

SENIOR CITIZENS INDOOR BOWLS CLUB

DODGES FERRY RECREATION CENTRE (DODGES FERRY PRIMARY SCHOOL GYM)

JOIN THIS FRIENDLY GROUP FOR A FUN & SOCIAL GET TOGETHER

Held on Thursdays, at a cost of \$3 each week

Arrive at 12.45pm for a 1pm start

Sessions run for approximately 2hrs followed by afternoon tea
All very welcome.

For more information phone Marc on 6265 8063

WHAT'S ON IN YOUR COMMUNITY



*Be part of the
solution, not part
of the pollution*

*Lend a hand,
and make a difference.*

SOUTHERN BEACHES CLEAN UP GROUP

For more information about how to become involved please contact
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

ENQUIRIES TO CRAIG - 0418 433 141

Sorell Seniors

Are you 50+

Interested to meet others?

Curious about what happens in Hobart & surrounds, history, people, events, books, everything?

**SORELL COMMUNITY HEALTH CENTRE
57 COLE STREET, SORELL.**

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

Need more info?
Phone Wendy 6265 1156



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

email: dig@okinescommunityhouse.com.au

Instagram: Okines Community Garden

OKINES FOOD CO-OP:

Sunday - 9.30am to 12.30pm

Tuesday - 1pm to 5pm

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

OKINES BIKE REPAIR SHED:

Monday - 11am to 3pm

Thursday - 11am to 3pm

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. 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

***Credit Card facilities now available**

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. If you are interested in joining the Board, have any questions about Okines & what we do or ideas for the future, please email info@okinescommunityhouse.com.au or call the office on 62657016.