



TERM 4, 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*



## ALL ABOUT SUSTAINABLE LIVING AT THIS YEAR'S NEIGHBOURHOOD HOUSES TASMANIA ANNUAL CONFERENCE 2022



It was with great pleasure that Okines Community House Inc. welcomed delegates from around the state to this year's Neighbourhood Houses Tasmania (NHT) Annual Conference for 2022. The event was held at the local Iron Creek Bay Farm Stay accommodation venue as well as the Okines Community Garden from the 21st to the 23rd of September.

As host, Okines Community House and Garden chose the theme of Sustainable Living for this year's event. Participants were treated to a plethora of informative talks and workshops conducted by a range of talented guest speakers over the three days. Okines would particularly like to acknowledge John Tucker who generously provided support from the Premier's Discretionary Fund towards assisting with conference expenses.

**The greatest threat to our planet is the belief that someone else will save it.**

Robert Swan

Likewise Okines would like to thank the wonderful volunteers who helped with conference preparations both leading up to and during the event itself. It was a magnificent effort by all involved and the feedback from participants was overwhelmingly positive. We will be hosting a thank you morning tea in early November to acknowledge the wonderful efforts.

Along with photos and updates from the conference you will find included in this newsletter a variety of activities and events that will bring us through to the end of 2022. If something interests you, please book early to avoid disappointment as many of sessions fill up quickly.



# Acknowledgement of Country

*Okines Community House Inc. acknowledges that as a community, it is a privilege to live, work and meet on the land, sea and waterways of the Mumirimina people. We pay deep respect to the traditional owners of these places, to the many Aboriginal people who did not make elder status due to the impacts of invasion and colonisation and to those that continue to care for Country. We 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 [info@okinescommunityhouse.com.au](mailto: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](mailto:info@okinescommunityhouse.com.au)

## BIKE SHED OPENING HOURS

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



# Merry Christmas

And Happy New Year

Okines Community House will be closed over the Christmas period from 12 noon on Friday 23rd December and will return 9am on Monday 9th January 2023.

The Board & Staff of Okines wish everyone an enjoyable & safe Christmas and a very Happy New Year.





# Look what's been happening at Okines lately.



Local food security and sustainable food support systems are an important part of day to day life at Okines. Donated / rescued food from Loaves and Fishes is used at Okines for emergency food relief available every Wednesday. This service is free for all who need it and helps keep our community resilient, fed, and healthy. Pictured above are UTAS Nutrition Science Students Kim and Narelle, who were recently on placement at Okines researching healthy eating knowledge in rural communities. Thanks Narelle & Kim, we loved having you here.

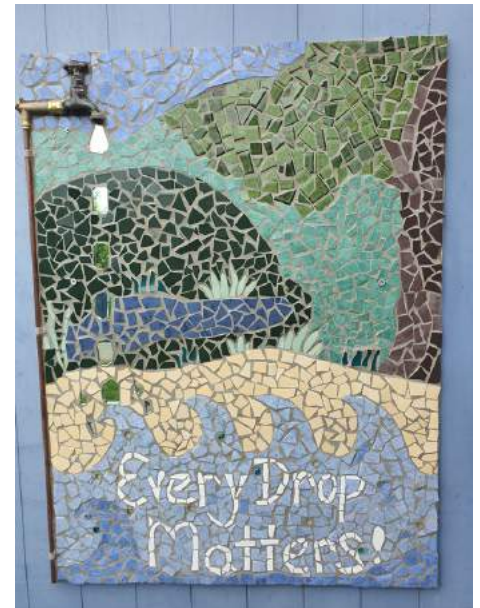


Pictured, is long time Okines volunteer Linly Wiggins with the new Okines ride on mower. The mower and other essential gardening equipment were made possible via funding kindly provided by Jane Howlett from the Premier's Discretionary Fund along with support from Kerry Vincent and Clennetts Mitre 10 in Sorell. Thank you very much for the assistance, your generosity enables Okines to continue the important work that we do.



Lots of fun for everyone during the school holidays with a scarecrow making workshop in the Okines Garden. Welcome to "Luca", our new addition to the garden.

Also providing much enjoyment through the school break was a make your own pizza from scratch event, a bike maintenance workshop and a sew your own tote bag session. Thanks to all who participated.



Check out this wonderful mosaic created at the NHT Conference 2022 in line with the theme of sustainability. Under the expert guidance of local mosaic legend Kerry Howlett, conference participants took turns to add their own touch to this wonderful piece. We think it looks amazing! If you are interested in seeing the finished piece it is located on the terrapin wall at the beach end of the Okines Community House building.



# BOARD UPDATE



L-R: Deloraine House garden co-ordinator Tanya King, Okines Community House president Melinda Reed, Good Life Permaculture's Hannah Moloney



(left) Dunalley Tasman Neighbourhood House manager Jeddah Barwick talking about what leadership means to her, (front right) the Neighbourhood Houses logo worn creatively by Tomas Passeggi of Neighbourhood Centres Queensland



Music by Ben from Warrane Mornington Neighbourhood Centre at Okines welcome to conference pizza & music evening



Tania Brookes, President of CWA in Tasmania Online Branch spoke about the synergies of volunteering with organisations with shared values

Like all Neighbourhood Houses, the Okines Community House team helps local people find the support, belonging and sense of purpose that makes a real difference in all our lives. Our board, staff, and volunteers work together with our members, community partners, suppliers, funders and supporters to make the magic happen in all sorts of ways. Thank you all.

One of 35 Neighbourhood Houses around Tasmania, we are proud to be part of a network of more than 1000 neighbourhood houses and community centres across Australia where community led governance is at the heart of all we do – we are run by community, for community.

The Okines team did a brilliant job co-hosting the 2022 Neighbourhood Houses Tasmania conference, held last month at Iron Creek Bay Farm Stay and Okines Community Garden. Thank you all for the wonderful ideas and hard work that came together so well.

As you can see from all the wonderful photos in this newsletter, we enjoyed top notch sessions including:

- Cultural awareness with Theresa Sainty and Zoe Rimmer
- Minister Nic Street's official opening and strong endorsement of our work
- 'Powerful Together' with changemaker and author Melinda Maddock
- Hannah Moloney of Good Life Permaculture and ABC TV's Gardening Australia

- Russ Grayson and Fiona Campbell of Community Gardens Australia
- Tomas Passeggi and Em James of Neighbourhood Centres Queensland on the vital role neighbourhood centres have in disaster resilience
- Digby Hall, Climatewise Design founder and director of Sydney's Pocket City Farms
- Visits to nearby community gardens, an Okines soiree-style pizza and music evening, and a very colourful 'Flower Power' themed dinner
- The conference resolution that NHT look at adopting permaculture principles across the network – 'earth care, people care and fair share' already seem a fabulous fit

We learned about the terrific work being done across the state in our community gardens, by the new Community Care Advisors, and ways to work together more effectively.

We ended with powerful and deeply personal reflections on leadership from four leading women: Dunalley Tasman Neighbourhood House manager Jeddah Barwick, gardening journalist Jennifer Stackhouse, Water for a Village founder Dr Catherine Wheatley and Tania Brookes of the Country Women's Association Online Branch.

continued

# Board Update continued

## Vale Joy

In sad but not unexpected news, Okines life member Joy Gough passed away last month in her 95th year. Joy had moved from England to Australia in 1952 and lived at Dodges Ferry from the early 1980s until 2018 when Alzheimer's disease started to take hold. A founding member of Southern Beaches Landcare Coastcare and long-time member of Okines Community House plus several other local organisations, Joy continued to attend Okines management committee meetings until around 2012 and lived independently until 2018. Thank you to Joy's friend and fellow committee/board member Glenn Millar who wrote about Joy's life for the Sorell History Society's Pitt Water Chronicle Vol 3 in June 2021 – If you are interested in reading this entertaining piece on Joy you can purchase a copy of the Pitt Water Chronicle by visiting <http://sorellhistory.org/publications/pitt-water-chronicles/> or emailing [info@sorellhistory.org](mailto:info@sorellhistory.org).

## AGMs

At the Neighbourhood Houses Tasmania AGM last month, I was honoured to be nominated by Okines and elected to the NHT Board serving as Vice President and Public Officer. It's a terrific way to learn about and represent all the wonderful work Houses do around the state and to advocate for the network – most recently NHT secured an additional \$50,000 for each House in state government funding for this year for food security and countering cost of living pressures. And all NH Managers are now officially Commissioners for Declaration who support local people needing documents witnessed or certified.

At the Okines Annual General Meeting on 13 October members of Okines Community House Inc voted to elect the Board of Management for 2022/23 and received reports on Okines finances, community priorities and the fabulous contributions of our staff, volunteers and partner organisations.

Thank you to everyone who has played a part in the Okines journey this past year, our wonderful community and colleagues in other Neighbourhood Houses, at Neighbourhood Houses Tasmania and in government. It's been a tumultuous time navigating COVID, several staff changes and a board review, the new Community Care program, the extra work preparing for conference and much more. The skills, time and care people give is very precious and much appreciated.

After seven years serving as Okines president, it was high time for me to take a break – I look forward to supporting the board in other ways and I was delighted to nominate experienced administrator Judith Knowles for the role. The Okines Board elected by members for 2022/23 is: Judith Knowles (president), Glenn Millar (senior vice president), Moya Sharpe (vice president), Marty Bishop (treasurer), members Carol Chapman, Beth Nichols and Bill Thomas was appointed Public Officer. Many thanks to 2021/22 Board members Denise Lynch, Cheryl Bolch, Anita Nutting and Robert Hughes for their many valuable contributions.



Okines Life Member Joy Gough 1926 - 2022

With continued support from Neighbourhood Houses Tasmania, the Okines Board has been doing a strategic review which will be put into practice over the next few months. Okines is also making membership simpler for local people to join and get involved – after all, by community for community is at the heart of what we do. If any changes to the Okines constitution are needed a Special General Meeting can be held early 2023.

Looking to the year ahead Okines will be:

- engaging our local community in future planning, setting up a community advisory group
- adapting to community needs, including at Primrose Sands and elsewhere, with more food resilience activities and continuing the community care adviser role
- working as one organisation, following through on the Board review and membership update

We always welcome expressions of interest from local people who support Okines aims and would like to join as a member, and perhaps consider nominating for the Okines Board. If you are interested in either, please email [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au) or call the office on 62657016.

Yours in community,

Melinda Reed  
President, Okines Board  
M: 0408 554 934

### **Message from the Editor:**

*Thank you Melinda for the significant contribution you have made towards the growth of Okines in your role as president. We look forward to seeing what great things you achieve next. Along with Melinda, we would also like to express our appreciation and best wishes to each of the other outgoing members of the board, Denise, Cheryl, Anita & Robert, thank you for the dedication, skills, time, and guidance you have given.*





# Neighbourhood Houses Tasmania Conference 2022





# Neighbourhood Houses Tasmania Conference 2022





# OKINES COMMUNITY GARDEN

Hello,

My name is Kristian and I would like to introduce myself as the new Garden Co-ordinator. I will be working alongside our amazing gardener, Donna, to keep our beautiful garden and community thriving.

Spring is here and the garden has really taken off in the past few weeks. We have a whole lot of snap peas, spinach, silver beet, lettuce, parsley and comfrey ready to pick. Soon we will see carrots, beetroot and celery. Before we know it we will be picking fresh fruit and perfectly ripe tomatoes!

We recently had our hugely successful native plant giveaway. With help from the community and Southern Beaches Landcare/Coastcare we have planted 600 natives in and around the local area. Thank you to G.J. Gardener Homes, Fifteen Trees, Wildseed Nuresry and Southern Beaches Landcare/Coastcare for helping us to make this happen. Watch this space for future native plant sales and giveaways.



Pictured left - Garden Coordinator Kristian Horvath with volunteer Carlos

With summer fast approaching, we will be commencing our Soirees on the last Friday evening of the month from November. This is a beautiful event where all community members are welcome to come and enjoy music, eat freshly made wood fired pizza and relax. It's the perfect way to finish off a week. Stay tuned!

Garden tucker, as always, is on the first Monday of the month from 9:30am to 1pm. Join us as we have lunch together in the garden, participate in activities and help out in the garden. All welcome. Our new garden working bees hours are now 9am-1pm Monday, Wednesday and Friday. However the garden is always open to wander through and enjoy as well as pick a few herbs or veggies.

But we couldn't do all this without our amazing volunteers. Thank you to everyone that has contributed to our garden and community. All contributions no matter the size are greatly appreciated.



Native plant giveaway day

We at the garden would especially like to say a big thank you to a few volunteers that have gone above and beyond recently. Karl from Primrose Sands in helping us with our new deck, Torenius Timber for donating timber, Ray from Lewisham for donating pigeon manure, Margaret from Dodges Ferry donating firewood, and Martin from Forcett for donating alpaca manure. Lastly a massive thank you to all the community members that have donated, plants, pots, timbers, bricks and assorted items. Your donations are much appreciated.





# OKINES FOOD COOP

WE HAVE ADDED  
FRIDAY TO OUR  
OPENING HOURS!

## NEW OPENING HOURS

TUESDAY 1.00PM - 5.00PM  
FRIDAY 10.00AM - 1.00PM  
SUNDAY 9:30AM - 12.30PM

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.

# ShareWaste

Did you know that Okines is an official ShareWaste recipient? This means that you can bring your compostables (food scraps, grass clippings, shredded paper etc) to Okines Garden to put in our compost. We then use the compost to make more soil and grow produce which can be distributed to the community.

You can find out more about how ShareWaste connects people who want to recycle their food scraps with neighbours by visiting <https://sharewaste.com/>.

OKINES  
COMMUNITY  
GARDEN



# GARDEN SOIREES

Good news - it's Soiree season again.

Returning to the last Friday evening of the month, the first Soiree will be held in November.

Watch the Okines Facebook page and local noticeboards for advertising for this event.

# DON'T THROW IT. GROW IT!



JOIN  
**SHAREWASTE.COM**  
FOR FREE!

MEET YOUR NEIGHBOURS  
RECYCLE YOUR ORGANIC WASTE  
GROW PLANTS AND VEGGIES

[sharewaste.com](https://sharewaste.com)

[facebook.com/sharewaste](https://facebook.com/sharewaste) [instagram.com/sharewaste](https://instagram.com/sharewaste)





# CO-OP NEWS

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:

- Sundays from 9:30 am - 12:30pm,
- Tuesdays from 1pm - 5pm
- Fridays from 10am - 1pm & 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.

Contact us if you want to find out more about membership, volunteering, or any of our products via email: [okines.food.coop@gmail.com](mailto: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/>

## INGREDIENT SPOTLIGHT

### Dried Bush Foods

As the days get longer with daylight savings kicking October 2nd and the weather warming up, bush walking is a favourite!

The Food Co-op now stock dried bush walking foods to take on your adventures. Foods include dried carrot, onion, tomato, sweet corn and mushrooms. These dried vegetables can be soaked for 20 minutes in hot water prior to cooking, or thrown straight into the pot! There is also stock powder, nutritional yeast, nuts, dried grains, fruit, legumes and herbs and spices that are great for well rounded nutrition and flavour. These foods are great because they are light, non perishable and can easily be made into nutritious meals with the addition of water while taking in the most remote walk in Tassie.

### RECIPE: BUSHWALKING LENTIL DHAL

This is a bushwalking version of a red lentil dhal. This recipe serves one and requires the ability to boil water.

Ingredients:

1.5 cups of boiling water  
1/4 cup combination of dried onion, carrot and tomato  
1/4 cup dried red lentils  
3 tbsp rice  
1/2 tsp vegetable stock  
1 tsp curry powder or to taste

Optional: 1 tbsp coconut milk powder for a creamier flavour. This may require slightly more water.



I. Add 1.5 cups of water, stock, lentils, rice and dried vegetables to a pot over medium heat. Bring to boil then reduce to a simmer for ten minutes or until rice and lentils are tender. If the mixture starts to become too dry add more water.

II. Stir through curry powder to taste.



# CO-OP NEWS

## Opening on Fridays!

We took on your feedback for opening the Co-op on another day and will be opening on Fridays from 10am - 1pm commencing October 7th. Thank you to all who provided feedback. **Please let your friends know!!!**

## Book Library

There will be a space on the shelf near the book library in the co-op for newly donated books. If you would like to donate any books to share food, cooking and nutrition information please leave in this space and our library manager Tim will organise into the library. Thank you for your generous donations and happy reading!

## Neighbourhood Houses Tasmania Conference 'Sustainable Living': THANK YOU!

The Okines House and Food Co-op would like to extend a thank you to all of the wonderful volunteers who helped for the Conference hosted by Okines. The pizza night was a great gathering and we thank all volunteers for producing, cooking and presenting delicious food from the garden and Food Co-op! Volunteers also helped pack gift bags, cleaned and sorted the community spaces and made flower garlands for the conference dinner table decorations. We were able to share the incredible work our volunteers do and had great feedback on the Food Co-op and Garden.

At the conference, it was inspiring to hear the holistic views on sustainable living with the underlying themes of motivation and awareness of the importance of community, listening to everyone and giving time, space and acceptance of all. Tania Brooks shared the magic of volunteering as part of a community for what we are passionate about. When we come together connection is created and we nourish our mind, body and spirit. Great ideas flowed from Kirby Curwin (The Van Dieman Project) on how to promote Okines/the Co-op to the local community. We were encouraged to think about the future by Hannah Maloney who referenced the book 'The Good Ancestor' by Roman Krznaric and and to think broadly about our actions now and how they are contributing to the world well beyond our years. Hannah provided a powerful concept to leave an empty chair at every gathering to symbolise that the children of the future are always part of the discussion.

## Product update: Liquid Concentrate

The liquid concentrate is an all-in-one cleaning base that will replace any conventional cleaning product! The concentrate and recipes are kindly supplied by Tracey who previously made her Clean Conscience products. By using this concentrate, you can make products yourself when needed, reduce waste and increase storage in your cleaning cupboard.

The recipes are available in the Co-op and include multi-purpose cleaner and spray, dishwashing, floor and windows, heavy duty cleanser (e.g. ovens), laundry, veggie wash and hand and body wash. Very versatile stuff! We encourage you to give the recipes a go!

Some of the recipes require other ingredients that are available in the Co-op:

- Bicarb soda
- Vinegar
- Soda ash
- Optional essential oils (not available in the shop)

## Ho Ho Ho...

Christmas is around the corner... there are Christmas pudding cloths for sale in the Co-op for \$4 each. Please send us your favourite Christmas recipes to share on our website!





# 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. If you are unwell, showing signs of flu like symptoms such as a fever, coughing, or shortness of breath please consider others and do 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. Wool and needles can be provided.

**Venue:** Okines Community House

**Day:** Monday ongoing

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

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

## MONDAY - GARDEN TUCKER

Join us as we have lunch together in the garden, participate in activities and help out in the garden.

**Venue:** Okines Community Garden

**Day:** First Monday of the month

**Time:** 9.30am to 1pm

**Fee:** No Fee, lunch provided - All Welcome

## MONDAY - ART THERAPY WITH ANGELA

Angela will guide you in the creative process of making art as a way to explore yourself. Art & creative expression can help people explore emotions, develop self-awareness, boost self-esteem, and may even increase one's ability to cope with stress. Creative expression can foster healing and mental well-being. You do not need to have artistic ability or special talent to participate in this workshop series.

**Venue:** Okines Community House

**Day:** Monday 7/11/2022 to 12/12/2022

**Time:** 11am to 12pm **Fee:** Free

Bookings Essential: Phone (03) 6265 7016 or  
info@okinescommunityhouse.com.au

## MONDAY - COOK, EAT, REPEAT

Join Jen & Danae for this free cooking program. Be educated, learn new skills, and socialise over a meal together. We cook, we eat and YOU take to repEAT. Book for one or all of the dates. Everyone welcome, different menu each week.

**Venue:** Okines Community House

**Day:** 24/10, 31/10, 7/11 & 14/11/2022

**Time:** 10.30am to 1.30pm **Fee:** No Fee

Bookings required 7 days prior, please email  
info@okinescommunityhouse.com.au or phone  
6265 7016.

## 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

**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 - QUILTERS & SEW-ERS

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:** 10.30am to 2pm, **Fee:** \$2

**Venue:** Okines Community House

**Contact:** 6265 7016 \*Bring own lunch



## **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 18/10/2022

**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](mailto:info@fromwithin.com.au) or visit the website: [www.fromwithin.com.au](http://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](mailto: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 18/10/2022

**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

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

**Venue:** Okines Community House

**Contact:** Karyl on 0468 389 659 or email [fizzicalfusion@gmail.com](mailto:fizzicalfusion@gmail.com)

### **FIZZICAL FUSION STRIKE**

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

**Day:** Tuesdays

**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](mailto: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

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

**Venue:** Okines Community House

**Contact:** 6265 7016

## **WEDNESDAY - AFTER SCHOOL CERAMICS CLASSES WITH OCHRE BOHDI**

Learn how to use tools to sculpt clay, and paint, glaze and fire ceramics. Take home your work! Ages 8 to 13 years old. This term will be focused on making things for the festive season such as bells, candelabra's and animals - take home your work!

**Day:** Wednesdays 6 sessions 26/10 to 30/11/2022

**Time:** 3pm to 4pm **Cost:** \$120 for 6 sessions

**Venue:** Okines Community Garden

\*Bookings essential, phone 6265 7016 or email [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au).



### WEDNESDAY - DIGITAL LITERACY

Thanks to NBN we are able to provide digital literacy workshops free of charge. At these sessions you can learn how to use your smart device or computer, find out about scams and security measures you can put in place. You also have the opportunity to ask lots of questions.

**Day:** Wednesday 19/10, 9/11 & 7/12/2022

**Fee:** Free      **Time:** 1pm to 2pm

**Venue:** Okines Community House

Please let us know you are coming either by emailing [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au) or phoning 6265 7016.

### WEDNESDAY - PAINTING GROUP

The Shoreline Art Group meet at Okines Community House every Wednesday. This class is very popular however a limited number of spaces have recently become available.

**Day:** Wednesdays

**Time:** 10.30am to 1.30pm, **Fee:** \$5 per week

**Venue:** Okines Community House

**Contact:** Cherie on 0488139742

### 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 - ALIGN YOUR CHAKRAS WITH CRYSTALS 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 19/10/2022

**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 - 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) 27/10/2022

**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](mailto:info@fromwithin.com.au) or visit the website: [www.fromwithin.com.au](http://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](mailto: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](mailto:fizzicalfusion@gmail.com)



### THURSDAY - DIGnity Supported GARDENING PROGRAM

Get connected with nature and with each other at DIGnity Gardening. Come and help out in the Community Garden, join in with the art activities, or simply share a meal and take advantage of the casual but professional support from our Occupational Therapist and Counsellor, Artist and Garden Coordinator. All ages and abilities welcome, this is a free weekly event.

Day: Every Thursday 27/10 to 15/12/2022

Time: 10.30am to 1.30pm

Venue: Okines Garden Contact: Hannah via email [dignity.garden@gmail.com](mailto:dignity.garden@gmail.com) or 0434 298 445

### 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 10/11/2022

Time: 12pm to 2.30pm

Venue: Okines Community House

Contact: 6265 7016

### THURSDAY - AFTER SCHOOL ART CLASSES WITH NICOLA HOLLAND

We will use a variety of mediums including watercolour pencils, watercolour paints, acrylic paints and nature's gifts from the garden to create art as gifts, Christmas cards & gift wrapping paper. Work on a different project each of the 5 weeks. Suitable for children from grades 3-6.

Day: Thursday 17/11/2022 to 15/12/2022

Time: 3pm to 4pm

Fee: \$80 for 5 week block

Venue: Okines Community Garden

Bookings essential by phoning 6265 7016 or email [info@okinescommunityhouse.com.au](mailto: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

28/10, 25/11, & (9/12/2022 - Christmas Lunch)

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

Venue: Okines Contact: 6265 7016

### 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- YIN YOGA AND MEDITATION WITH ANGELA WILSON

Yoga is not just a practice of attaining idealised physical postures but a process of self exploration, self-acceptance and self transformation. Join Angela trained in Hatha Vinyasa Yoga for a gentle style floor base rejuvenation Yin Yoga and meditation.

Day: Fridays

Time: 6.30pm to 8pm

Fee: Casual rate is \$15

Venue: Okines Community House

Spaces are limited, please phone 6265 7016 or email [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au).

### SATURDAY - CERAMICS WITH RED OCHRE STUDIO

Join Ochre in the garden for some clay play. Take some time out to feel the earth between your fingers and be inspired by the garden space. In November, we will be creating Christmas decorations just in time for the festive season & delightful Tealight Holders on Feb 11th. Work will be fired in the kiln and available for pickup in approx. 2 weeks after class. Suitable for beginners.

Dates: 26/11/2022 & 11/2/2023

Time: 3pm to 5pm Cost: \$35 per person

Venue: Okines Community Garden

Contact: Bookings essential, phone 6265 7016 or email [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au).

### SATURDAY - KOKEDAMA WORKSHOP WITH GIFTS FROM GAIA

This extremely popular workshop includes everything you will need to make & take home your own Kokedama. There will also be the opportunity to purchase professional Kokedamas at a heavily discounted rate for attendees.

Dates: 18/2/2023

Time: 1.30pm to 3.30pm Fee: \$70 per person

Venue: Okines Community House

Bookings essential, phone 6265 7016 or email [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au).



## SATURDAY - PAINT YOUR PET PROJECT

This workshop is offered by the School of Creative Arts and Media (University of Tasmania) in partnership with local artists Penny Burnett & Louise Harding. This is a free hands-on painting workshop to capture a charismatic portrait of your much loved pet. No experience is necessary other than an appetite for creative expression & a willingness to share stories of the special relationship that you have with your pet.

**Day:** Saturday 22/10/2022

**Time:** 10am to 4pm, **Fee:** Free

**Venue:** Okines Community House

\*Spaces are limited and you must register for this workshop by visiting <https://www.thepetproject.com/workshops>

## SATURDAY - Traditional Weaving, culture & connecting through story with first nations weaver Jaye Clair

Join Saltwater Woman Jaye Clair; (Koorabubba), Yanyuwa, Garawa, Gangalidda, for a journey into learning the practice of traditional weaving whilst sharing story & conversations around First Nations people, culture, history and connecting to Country. Enjoy an easy walk on Country to gather materials and inspiration.

**Day:** Saturday 19/11/2022

**Time:** 10am to 3pm

**Fee:** \$50 BYO lunch

**Venue:** Okines Community Garden

Bookings essential, phone 6265 7016 or email [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

## 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 23/10/2022

**Time:** 3pm to 4pm

**Fee:** \$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>

## SENIORS WEEK EVENTS

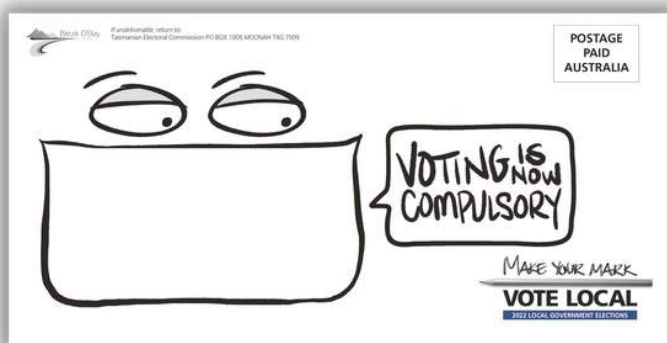
- 17/10/22 - 10.30am to 12.30pm - Knit & Natter, no cost
- 17/10/22 - 11am to 1pm - Potted Herbs in the Garden, no cost (lunch included).
- 17/10/22 - 1pm to 2.30pm - Benefits of Meditation \$10
- 18/10/22 - 10.30am to 1.30pm - DiGnity Supported Gardening, no cost
- 19/10/22 - 10am to 11am - Tai Chi, \$5
- 21/10/22 - 10.30am to 12.30pm - Create a Mandala

## - Okines Library -

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.





# OKINES ACTIVITIES TERM 4, 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, contact: Jackie for more information on 0467 197 499

### GARDEN TUCKER

9.30am to 1pm, free, First Monday of the month, lunch provided.

### ART THERAPY

11am to 12pm, free, 7/11 to 12/12/2022, bookings essential 6265 7016

### COOK, EAT, REPEAT

10.30am to 1.30pm, free, 24/10, 31/10, 7/11 & 14/11/2022, bookings essential phone 6265 7016

## THURSDAY

### OKINES BOOK CLUB

12pm to 2.30pm, 2nd Thursday of the month, next is 10/11/2022 contact: 6265 7016

### DIGNITY GARDENING

10.30am to 1.30pm, 27/10 to 15/12/2022, free, contact Hannah via dignity.garden@gmail.com

### AFTER SCHOOL ART

3pm to 4pm, 17/11 to 15/12/2022, \$80 for 5 weeks, book by phoning 6265 7016

### EASE & REBALANCE

9am to 10am, commencing 27/10/2022, \$180 for 9 weeks, contact: Salomé 0437 405 213 or email info@fromwithin.com.au

### FIZZICAL FUSION STAYSTRONG

6.15pm to 6.55pm, ongoing, \$10 casual, contact Karyl on 0468 389 659

### FIZZICAL FUSION SHIMMY

7pm to 7.20pm, ongoing, 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 18/10/2022, \$200 for 10 weeks, contact: Salomé 0437 405 213 or email info@fromwithin.com.au

### QUILTERS & SEW-ERS

10.30am 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, 28/10, 25/11 & 9/12/2022, \$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

### YIN YOGA & MEDITATION

6.30pm to 8pm, \$15 casual rate, contact: 6265 7016

### 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

### PAINTING GROUP

10.30am to 1.30pm, \$5 per session, phone Cherie on 0488 139 742

### DIGITAL LITERACY

19/10 to 9/11 & 7/12/2022, 1pm to 2pm, free, bookings via 6265 7016

### CERAMICS CLASSES

8-13yrs of age, 26/10 to 30/11/2022, 3pm to 4pm, \$120 for 6 sessions, contact 6265 7016

### CHAKRA MEDITATION

6pm to 7pm, start 19/10/22 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

### CERAMICS WITH RED OCHRE STUDIO

3pm to 5pm, Saturday 26/11/2022 & 11/2/2023, \$35 per person, phone 6265 7016

### KOKEDAMA WORKSHOP

1.30pm to 3.30pm, Saturday 18/2/2023, \$70 per person, phone 6265 7016

### WEAVING WITH JAYE CLAIR

3pm to 5pm, Saturday 19/11/2022, \$50, BYO lunch, phone 6265 7016

### PAINT YOUR PET PROJECT

10am to 4pm, Saturday 22/10/2022, free, register <https://www.the-petproject.com/workshops>

### MEDITATE AT OKINES

3pm to 4pm, starts Sunday 23/10/2022 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

17-23 OCTOBER 2022

17 OCTOBER  
10:30AM - 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 - 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 - 2:30PM

## **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

18 OCTOBER  
10:30AM - 1:30PM

## **TUESDAY - DIGNITY SUPPORTED GARDENING**

Join us for a morning of gardening, art activities and food. Our professional team (incl. Occupational Therapist and Mental Health Counsellor) is there to support people from all walks of life and with all levels of ability/mobility to get stuck into the garden. Free

19 OCTOBER  
10AM - 11AM

## **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  
10:30AM - 12:30PM

## **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](mailto:info@okinescommunityhouse.com.au)





# **Cook Eat RepEAT**

JOIN JEN & DANAE AT OKINES IN THE KITCHEN FOR A  
FREE COOKING PROGRAM

Come join us in being  
educated, learn new  
skills and socialise over  
a meal together.

**YOU cook, WE eat and YOU take to repEAT**

**Book for one or book  
for all dates**

**Everyone  
welcome**

**Different menu each week**

## **DATES**

**24th October 10:30-1:30**  
**31st October 10:30-1:30**  
**7th November 10:30-1:30**  
**14th November 10:30-1:30**

**Bookings required 7 days prior. please call  
6265 7016 or email  
[info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)**



Background image:  
Jennifer  
*Remy & Louis*, 2021  
Acrylic paint on canvas  
Participant of The Pet Project

# FREE WORKSHOP paint your pet

**Saturday 22nd October 2022**  
**10am – 4.00pm**  
**Okines Community House**  
**540 Old Forcett Road**  
**Dodges Ferry TAS 7173**

This project was made possible by the Australian Government's Regional Arts Fund, which supports the arts in regional and remote Australia

*The School of Creative Arts and Media—University of Tasmania in partnership with local artists Penny Burnett and Louisa Harding, are offering you a free hands-on painting workshop to capture a charismatic portrait of your much loved pet.*

No experience is necessary other than an appetite for creative expression and a willingness to share stories of the special relationship that you have with your pet.

Spaces are limited.  
To register your interest:  
[the-petproject.com/workshops](https://the-petproject.com/workshops)



Australian Government  
Regional Arts Fund

UNIVERSITY of  
TASMANIA 



# WHAT'S ON AT OKINES



## Art Therapy

FREE WORKSHOP WITH ANGELA PANARETOS

Monday's 11.00am - 12.00pm  
7th November - 12th December 2022

Angela will guide you in the creative process of making art as a way to explore yourself.

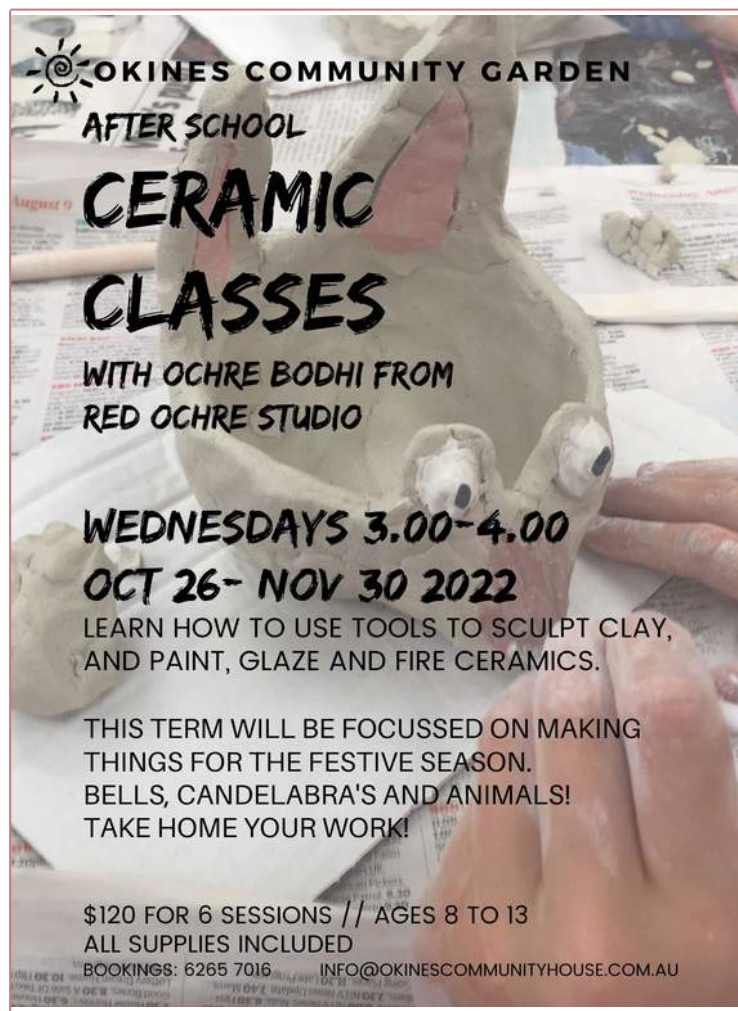
Art & creative expression can help people explore emotions, develop self-awareness, boost self-esteem, and may even increase one's ability to cope with stress.  
Creative expression can foster healing and mental well-being.

You do not need to have artistic ability or special talent to participate in this workshop series.

*Okines Community House* 

Bookings Essential: Phone (03) 6265 7016 or  
info@okinescommunityhouse.com.au

Funding provided by NHT Community Care Pilot Program



## OKINES COMMUNITY GARDEN

### AFTER SCHOOL

# CERAMIC CLASSES

WITH OCHRE BODHI FROM RED OCHRE STUDIO

**WEDNESDAYS 3.00-4.00**  
**OCT 26- NOV 30 2022**

LEARN HOW TO USE TOOLS TO SCULPT CLAY, AND PAINT, GLAZE AND FIRE CERAMICS.

THIS TERM WILL BE FOCUSED ON MAKING THINGS FOR THE FESTIVE SEASON. BELLS, CANDELABRAS AND ANIMALS! TAKE HOME YOUR WORK!

\$120 FOR 6 SESSIONS // AGES 8 TO 13  
ALL SUPPLIES INCLUDED  
BOOKINGS: 6265 7016 INFO@OKINESCOMMUNITYHOUSE.COM.AU



## TRADITIONAL WEAVING, CULTURE AND CONNECTING THROUGH STORY

*with first nations weaver Jaye Clair*

Join Saltwater Woman Jaye Clair; (Koorabubba), Yanyuwa, Garawa, Gangalidda, for a journey into learning the practice of traditional weaving whilst sharing story & conversations around First Nations people, culture, history and connecting to Country.

Enjoy an easy walk on Country to gather materials and inspiration.

Saturday 19th November // 10am - 3pm  
Okines Community Garden // \$50 // BYO Lunch  
Bookings: 6265 7016  
info@okinescommunityhouse.com.au



## OKINES COMMUNITY HOUSE PRESENTS:

# CERAMICS WITH RED OCHRE STUDIO

**Saturday 26th November 3pm - 5pm:**  
**Xmas decorations**

**Saturday 11th February 3pm - 5pm:**  
**Tea Light Holders**

**\$35 per class**

Join Ochre in the garden for some clay play. Take some time out to feel the earth between your fingers.

On the 26th of Nov - we will be creating Christmas decorations just in time for the festive season, and delightful Tealight Holders on Feb 11th.

Work will be fired in the kiln and available for pickup approx. 2 weeks after class. Suitable for beginners.

Bookings: info@okinescommunityhouse.com.au 6265 7016



# WHAT'S ON AT OKINES



## After School Art Classes

with Nicola Holland -  
Okines Community Garden

We will use a variety of mediums including

- Watercolour pencils
- Watercolor paints
- Acrylic paints and
- Nature's gifts from the garden

to create art as gifts, Christmas cards and design your own gift wrapping paper with a different project each of the 5 weeks.

Suitable for children from grades 3 - 6  
\$80 for 5 week block  
Thursday's 17/11 - 15/12 - 3pm - 4pm

Bookings Essential  
(03) 6265 7016  
INFO@OKINESCOMMUNITYHOUSE.COM.AU

## OKINES COMMUNITY HOUSE

### NBN DIGITAL LITERACY PROGRAM


TECHNOLOGY ASSISTANCE

**19TH OCTOBER 1.00PM - 2.00PM**  
GET ONLINE- LETS GET ORGANISED  
AND LEARN ABOUT APPS

**9TH NOVEMBER 1.00 - 2.00PM**  
SCAMS AND DEVICE SECURITY  
AWARENESS

**7TH DECEMBER 1.00 - 2.00PM**  
PREPARATION FOR EMERGENCIES, POWER  
OUTAGES & BUSHFIRE SEASON

We are very lucky to offer these FREE sessions with the support of the NBN



BOOKINGS (03) 62657016  
INFO@OKINESCOMMUNITYHOUSE.COM.AU  
540 OLD FORCETT ROAD, DODGES FERRY

## GIFTS FROM GAIA

# Kokedama Workshop



OKINES COMMUNITY HOUSE  
SATURDAY 18th Feb 2023  
1:30 - 3:30

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 \$70 per person  
Bookings: Call 62657016 or email  
info@okinescommunityhouse.com.au  
540 Old Forcett Rd, Dodges Ferry



## OKINES Community House Inc.

### HOT COMPOST WORKSHOP WITH DONNA AT OKINES COMMUNITY GARDEN

Monday 12th December  
10am - 11am  
Free

Learn how to:

- Process bulk organic matter to create a quick resource for your garden.
- Reduce Landfill
- Learn the importance of carbon, nitrogen, water & air ratios



BOOKINGS: (03) 6265 7016  
info@okinescommunityhouse.com.au

540 Old Forcett Rd  
DODGES FERRY  
TAS 7173



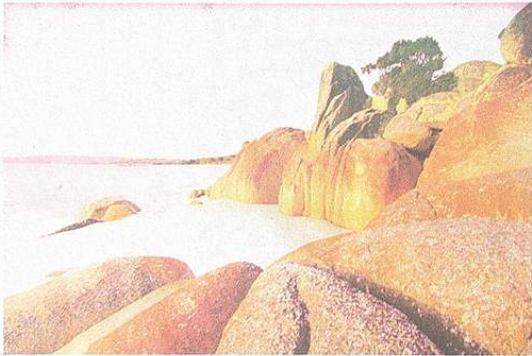
# WHAT'S ON IN YOUR COMMUNITY

## Yoga with Angela Willson Yoga Teacher Okines Community House Friday Nights 6.30pm - 8.00pm

### Yin Yoga and Meditation

Yoga is not just a practice of attaining idealised physical postures, but a process of self-exploration, self-acceptance and self transformation.

Join Angela trained in Hatha Vinyasa Yoga for a gentle style floor base rejuvenation yin yoga and meditation.



\$15 per class – limited class spaces

Bookings: 62657016

info@okinescommunityhouse.com.au

## Meditation classes at Okines

### Align Your Chakras with Crystals

Chakras operate just in between the physical and the spiritual.

Starts Wednesday  
19th October  
6 - 7PM  
Okines Community House

\$80 for the 8 week term



### Connect with Your Breath

Learn how your breath can alleviate symptoms of stress, anxiety & overwhelm.

Starts Sunday  
23rd October  
3 - 4PM

Okines Community House

\$15 Casually or \$80 for the 8 week term.



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



Okines Community Garden → Dodges Ferry

### Upcoming dates:

TUESDAY 18TH OCT  
AND  
EVERY THURSDAY  
STARTING 27TH OCT  
UNTIL 15TH DEC

10.30am - 1.30pm

Get connected with nature and with each other at DIGNITY gardening. Come and help out in the Community Garden, join in with the art activities or simply share a meal and take advantage of the casual but professional support from our Occupational Therapist and Counsellor. All ages and abilities welcome. This is a free event.



Email: [dignity.garden@gmail.com](mailto:dignity.garden@gmail.com)  
Phone: 0434298445  
Website: [www.dignitygardening.com](http://www.dignitygardening.com)



## Seniors Week 2022 Movie Matinée

In partnership with Sorell Council, South East Tasmania Salvos are holding a free movie event including a complimentary afternoon tea and drinks.

When: Friday 21st October

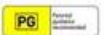
Where: Sorell Memorial Hall  
(47 Cole Street, Sorell)

Time: 2:00pm  
(doors open from 1:30pm)

Cost: FREE



Screening:  
'Poms'



POMS is a comedy about a group of women who form a cheer leading squad at their retirement community, proving that you're never too old to 'bring it!'

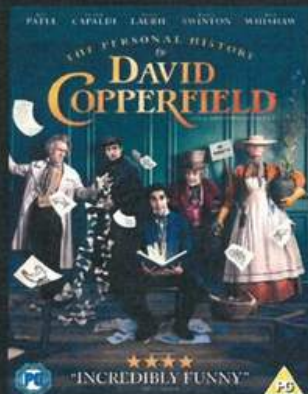
Please RSVP to Jess via email [jessica.ffrost-boyd@salvationarmy.org.au](mailto:jessica.ffrost-boyd@salvationarmy.org.au) or text/phone 0419 897 080





# D'Ferry Flicks presents:

Screenings 3rd Saturday of the month at the Dodges Ferry Primary School  
6.30pm for 7pm start



## Oct 15: The Personal History of David Copperfield

PG / Adventure, Comedy, Drama / 2019 / 119 mins

*David Copperfield is a 2019 is comedy-drama written and directed by Armando Lannucci, based on the novel by Charles Dickens. The film is set in the 1840s, chronicles the life of its' iconic title character as he navigates a chaotic world to find his elusive place within it.*

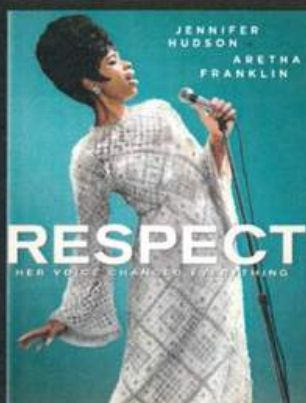
**Director:** Armando Lannucci **Starring:** Dev Patel, Tilda Swinton, Hugh Laurie and Ben Whishaw

## Nov 19: Batoor: A refugee story

PG / Documentary / 2017 / 137 mins

*Batoor tells the harrowing story of one persons' struggle to find freedom and safety whilst also probing moral issues around human displacement, the struggles of people and migration policy.*

**Director:** Ali Barak Baroot. **Starring:** Ali Barak Baroot



## Dec 17: Respect

PG / Drama Musical / 2021 / 145 mins

*Following the rise of Aretha Franklin's career from the child singing in her father's church choir to her international superstardom. Respect is the remarkable true story of the music icon's journey to find her voice.*

**Director:** Liesl Tommy **Starring** Jennifer Hudson, Forest Whittaker and Marlon Wayans

The Dodges Ferry Film Society (D'Ferry Flicks) brings cinema to you, so we hope you will join us for one of these great films to round out 2022.

- Films are currently @ Dodges Ferry Primary School GP room on the 3rd Saturday @ 7 pm start (arrive at 6.30pm). - complimentary drink on arrival /soup available for purchase.
- New members and guests are welcome and can join at a screening time.
- Annual membership is \$35 or Concession \$25.



## Neighbourhood Watch Tasmania

The Southern Beaches Neighbourhood Watch was established a few years ago to help keep our community safe and free of crime. 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. We would like to see more people, especially young people, join our group. You can join us and make a valuable contribution to society. If you wish to do so or wish to make contact for another reason, you may find us on Facebook, email us at: [southernbeachesnhwa@gmail.com](mailto:southernbeachesnhwa@gmail.com) or by phone on 0418 124 804.

### **A Ready Reference from Crime Stoppers.**

#### **Who do I report what to?**

#### **What do I do in an emergency?**

If there is a life-threatening emergency or a crime happening now – Triple Zero (000).

#### **What do I do if I am a victim of a crime?**

Non-urgent matters or a crime has happened to you – 131 444 or your local police station.

#### **I think I know something about a crime but don't want to get involved?**

If you have information about unsolved crime or suspicious activity, contact Crime Stoppers online or at 1800 333 000.

#### **Where can I report cybercrime?**

The use of computers or online networks to commit crimes such as fraud, online image abuse, identity theft or threats to intimidate should be reported to Australian Cyber Security Centre (ACSC).

#### **Where can I report a scam?**

Scams should be reported to Scamwatch which is run by the Australian Competition and Consumer Commission.

#### **Where can I report online abuse?**

Report cyberbullying, image based and illegal or harmful content for children or adults to the Australian Government's eSafety Commissioner.

#### **Where can I report Centrelink or Medicare fraud?**

Call the Australian Government Fraud Tip-off line 131 524 or report it to Centrelink or Medicare via the Services Australia website.

#### **Help, I've had a traffic accident?**

If you have had a minor traffic accident where you have swapped details, report online at Tasmania Police Traffic Crash Reporting.

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 & bakery in Dodges Ferry & at the shop and community centre in Primrose Sands.

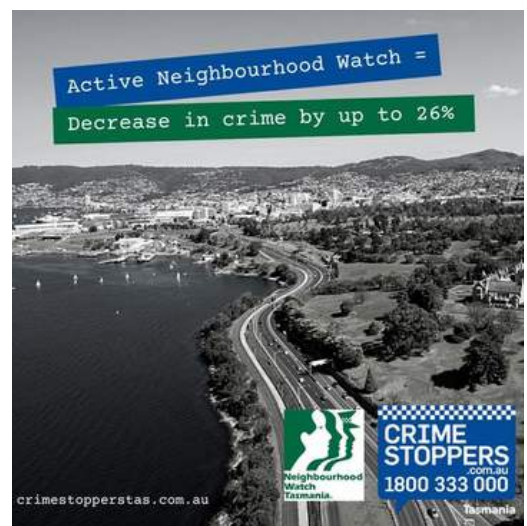
#### **Events for your diary!**

At 10.30 on November 7th we are holding a 'Cuppa with a Cop' at the Community Centre in Primrose Sands. Everyone is most welcome. It is an opportunity for you to personally ask your local policeman about any issues in your community that concern you.

As part of Neighbourhood Watch Week, we will also be holding a session on "Bike Safety" for children with some students from Dodges Primary School and John Chapman from the Bike Repair Shop This will be at 12.00. You are welcome to attend.

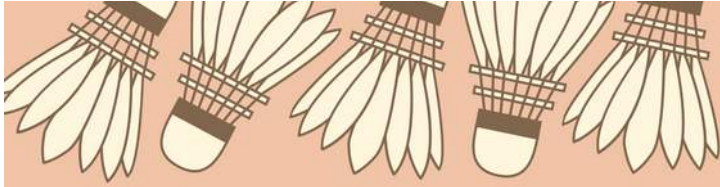
In a well-connected community where residents know each other, there is little crime. Over the festive season is a great time to get to know your neighbours. Welcome new residents in your area. Have a street party or a get together of some sort.

Stay safe! Look out for each other!  
Be vigilant but not a vigilante!





# 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

## Cuppa with a Cop



SOUTHERN BEACHES NEIGHBOURHOOD WATCH

INVITE YOU TO:

Come and discuss any community issues that are of concern with a

'Cop' over a cup of tea/coffee.

Monday November 7<sup>th</sup> @ 10.30am

PRIMROSE SANDS COMMUNITY HALL

For more information contact

Email: [southernbeachesnhwa@gmail.com](mailto:southernbeachesnhwa@gmail.com)

Phone: Valerie 0418124804



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

## 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](mailto: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](mailto: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](mailto: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 18th October 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 for their generous donation of 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? <sup>+</sup>

## 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



*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](mailto: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](mailto: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](mailto: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](mailto:dig@okinescommunityhouse.com.au)

Instagram: Okines Community Garden

### OKINES FOOD CO-OP:

Sunday - 9.30am to 12.30pm

Tuesday - 1pm to 5pm

Friday - 10am to 1pm

email: [okines.food.co-op@gmail.com](mailto: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](mailto: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](mailto:info@okinescommunityhouse.com.au) or call the office on 62657016.