



TERM 1, 2023

OKINES COMMUNITY HOUSE



Funded by the Crown through the DEPARTMENT of PREMIER AND CABINET

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



LOCAL GROWERS MARKET AT OKINES COMMUNITY GARDEN!

We have some very exciting news in the Garden for 2023! We are launching a Local Growers Market (formerly referred to as a Local Produce Co-Op) at the Okines Community Garden. The Local Growers Market will source local, spray free/organic produce from local farmers and growers and sell it direct to the community. It will be open every Tuesday 1pm-5pm, Friday 10am-1pm and Sunday 9:30am-12:30pm. If you would like to sell your produce, whether you are a large-scale farm, or a backyard grower please contact us on ochigarden@gmail.com. We will be offering a limited delivery service for people who struggle to attend in person. Keep an eye out for more details in the near future!

*What happens
at Okines?*



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

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

WE ARE VERY PROUD TO ANNOUNCE THAT THE COMMUNITY BIKE REPAIR SHED WON COMMUNITY GROUP OF THE YEAR AT THE RECENT SORELL COUNCIL AUSTRALIA DAY AWARDS. CONGRATULATIONS TO GLENN, JOHN AND THEIR VOLUNTEERS. A FANTASTIC ACKNOWLEDGEMENT



BOARD UPDATE

There have been some changes to the make-up of the Okines Board of Management this term. Some stalwarts have left, but some remain and we have some new members, and some ex-members have returned to the Board.

At the AGM on 13th October we welcomed Beth Nichols and Carol Chapman as new members and Christine Woodcock returned to the Board. Thankfully, Martin Bishop will remain as Treasurer (and IT guru), Moya Sharpe and Glenn Millar remain Vice-Presidents, and Bill Thomas is Public Officer. Cheryl Bolch has since had to retire due to her planned relocation, and Kerry Gunson has returned to the Board. Denise Lynch has retired from the Board itself but will continue her valuable assistance in a less formal role.

After seven years of leading the Board, Melinda Reed has stepped down from her role as President and passed the baton to Judith Knowles.

Melinda is widely commended for her significant contribution in leading the wonderful Staff and Volunteers of Okines to achieve the development of the House over time into the vibrant Association it is

today - a significant asset and benefit to the community. Since we were anxious not to lose her vast experience and encyclopaedic knowledge of Okines when she retired, we were pleased when Melinda agreed to take on the honorary role of 'Consultant to the Board'. As Melinda is now Vice-President and Public Officer to the board of Neighbourhood Houses Tasmania, we will maintain our connection with her through that office as well.

Despite the continuing difficulties inflicted by the Covid Pandemic, Okines Staff and Volunteers have managed to host the NHT annual conference to general acclaim, as well as run the Programs and Services for which Okines is renowned.

With assistance from NHT, the Okines Board has been reviewing the Governance procedures and Policies of the Association to ensure we are working efficiently and productively. Recommendations from this review will begin to be implemented in 2023. One of these recommendations is the formation of a "Community Voice," a



Pictured: Incoming President
Judith Knowles

community advisory group to engage the local community in planning and providing our services. We will also start planning an 'Okines Awareness Day' in May to publicise the work of the House and hopefully attract new volunteers. Watch this space!!

The amendments to the Constitution which were passed in 2022 will mean some changes to the rules of membership of the Association so we will all have to complete the new and altered Membership Application forms to maintain the required Membership Register.

I close with best wishes for the New Year – may it be kind to us all.

Judith Knowles.

**Staff and
volunteers would
like to extend
their Thanks to all
incoming and
outgoing board
members**



OKINES COMMUNITY GARDEN

At the garden, we have enjoyed flourishing crops with all this warmer weather. We had a bumper crop of cherries and our boysenberries were delicious. We have harvested our garlic, which are now drying ready to be cooked with to make that special meal (these will be available in our local growers market very soon!). We have Zucchini's that are popping up everywhere, pumpkins starting, potatoes on their way, newly planted beans coming up and corn and tomatoes which are getting ever so close to being ready to pick. Our biggest challenge is keeping up the water with all these hot days.

Remember if you harvest from the garden, please drop a few dollars off in the donation bin if you can afford it, to help us continue to provide beautiful fresh produce for the community.

We would like to thank our amazing volunteers for their efforts, especially during those hot days. None of this would be possible without them! Community members and local businesses have also stepped in to provide us with materials and services.

A big thankyou to Jay Marsh from Tree Tek (providing much needed mulch), Ray from Lewisham for the Pigeon manure that we needed for our compost and Ron from Primrose Sands for creating that beautiful memorial for David's much loved dog Oscar, who recently passed away.

We are going to give Garden Tucker a break for this year and put our heads together for some exciting new activities. If you have some ideas you would like to put forward, they are very much welcomed.

The next **Soiree** is on Friday the 24th of Feb, 6pm - 9pm at the garden.

Join us for live music, food and our lovely community during these warm summer evenings! It's free and everyone is welcome!

Happy Gardening

Donna and Kristian



OUR GARDEN WORKING BEE 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.

**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.**



The children loved their pancakes for the last day of breakfast club for the year! Thank you to our Volunteers Claudia, Lynne, Reegan, and Nicole for putting a smile on everyone's faces!



Alex and Jenny from Parrot Flats Farm set up for our first local growers market.

The Local Growers Market is opening soon to the public, please join us at Okines Community Garden every:

**Tuesday 1pm - 5pm
Friday 10am - 1pm
Sunday 9.30am - 12.30pm**

Support your local growers, reduce food miles and indulge in nutrient dense - fresh produce!

COMMUNITY NEWS

A SNAP SHOT OF OTHER BITS AND PEICES HAPPENING IN THE COMMUNITY



We love this artwork of the Garden and Food Co-op! Natalie Murden is one of the wonderful artists who comes to the painting group at Okines on Wednesdays. She has been generous enough to allow us to use this image to make cards for sale. These cards will be for sale from the office and the Food Co-op for \$4.

All proceeds will go towards funding activities at Okines.



OKINES Community House Inc.

'All welcome' by Natalie Murden

Do you or someone you know have MS?

Expressions of interest sought for a friendly and casual, social support group to meet and inspire each other. Please contact Okines or Sufiyo on 0411626015 or masufiyo@gmail.com for more info

Roadside Litter Alert!

The southern beaches area is lucky to have dedicated volunteers that are committed to keeping our area clean and tidy. Unfortunately with the increased traffic during the warmer weather, they have noticed a significant increase in roadside litter. They have asked us to remind the community that it's a group effort to keep our streets tidy and to please carry a paper bag in your car for responsible waste disposal. Thank you to everyone who is doing their bit to keep the Southern Beaches beautiful!

Carlton Neighbourhood Picnic

In December, the residents around Luke, Joel Ave and Terry St came together to enjoy snacks and drinks at a locally organised, neighbourhood get together. Many neighbours who passed each other on the street a few times got to get to know each other and become friends. A small table and marquee was setup in a little cul-de-sac, flyers delivered to letter boxes and a whole bunch of neighbours from different walks of life attended. Forging positive relationships with your neighbours can help local streets become more resilient in times of natural disasters and in times of need. Keep an eye out for the next Carlton Neighbourhood Picnic. Everyone is of course very welcome to attend. If you have any other local community stories please send them to info@okinescommunityhouse.com.au

Kristian



Meet Mara

*Early Childhood Educator,
Counsellor, Mental Health
Practitioner, and Community
Care Advisor*

"My practice philosophy is to seek to create a safe nurturing place for people to explore being 'experts' in their own lives and to connect with their own truth whilst fostering healthy connections to significant others including community.

The premise being that everyone needs to have a sense of 'place'. A place to belong!"

CONTACT ME

 6265 7016

 info@okinescommunityhouse.com.au

 540 Old Forcett Road, Dodges Ferry

Since 2019 I have provided effective, comprehensive, high quality support to families and individual community members across Community Houses in Southern Tasmania. The demographic of the Community Houses could not be more diverse but what I love about my role is that each Community House provides a safe place that is respectful, inclusive and responsive to individual and community needs. I have always seen my role within each house as a reflection of my practice philosophy 'that each person is an expert in their own life and that I respond in a way that best suits each individual clients needs to move towards their strengths rather than weaknesses. (Strength-Based Approach). Within each Community House, I provide a number of support programs including; Counselling, Mental Health Support, Case Management, Advocacy, Parenting Programs, Music Therapy, Mindfulness and Diversionary Group work. I am so happy to be back at Okines and to reconnect with the local community.

Mara is available free of charge by appointment every Monday and Tuesday between 9am and 3pm at Okines Community House.

OPEN TIMES

- FRIDAY 10AM-1PM
- TUESDAY 1-5PM
- SUNDAY 9.30AM-12.30PM

CO-OP NEWS

A snap shot

Farewell to 2022

The co-op finished 2022 with busy days in the lead up to Xmas. We started opening on Fridays in Oct 2022 and this has been a great success with positive feedback and something we will continue. The following roles are some of the tasks volunteers took on throughout 2022: cashiering/assistant, bottling food products, sterilising jars, leading smaller teams, newsletter book reviews and ingredient spotlights, shop maintenance and cleaning, collecting/delivering/unpacking stock, making signage and cooking/baking... we would like to acknowledge the enormous efforts contributed by volunteers and extend a very huge thank you to all for their time and commitment in 2022. The co-op would not be an ongoing success without your **dedication, generosity and inspiration!!**

Hello 2023, the present and future

The co-op is proud to operate with strong values of community, ethically sourced products and collective learning. We strongly value our members and encourage ideas and feedback anytime. If you are a current member we have a short anonymous survey available to complete via email or in store, this closes on January 31st. We thank you for sharing and look forward to reading feedback.

Please get in touch if you would like to request a specific product stocked! We encourage requests for products you would regularly purchase.

New members are always welcome. Please drop in store when we are open to find out how to become a member or volunteer. Volunteer 4-6 hrs per month and receive a 15% discount!

Member's recipe: Chewy Dried Fruit, Puffed Rice + Nut/Seed Bars

A chewy no bake snack that can be adjusted to suit your favourite flavours or dietary requirements. Makes approximately 14 pieces.

Ingredients

- 2 ½ cups puffed rice
- ½ cup dried fruit
- ¼ cup chopped nuts or seeds
- ½ cup syrup of choice or ⅓ cup runny honey
- ½ cup tahini
- 3 tablespoons coconut oil
- 1 teaspoon vanilla extract

Step 1

Grease and line a slice tin. Place rice, dried fruit and nuts in a bowl and give it a good mix.

Step 2

Combine syrup/honey, tahini, coconut oil and a pinch of salt in a saucepan, bring to boil. Stir once boiling for 45 seconds, remove from heat and add vanilla and stir.

Step 3

Pour over millet/rice mixture and combine. Transfer to the tin and press down evenly with the back of an oiled spoon to compact.

Step 4

Set aside on a bench until cold and chill in fridge for 1-2 hours until set. Slice into pieces and store in fridge for up to a week.



FOR MORE INFO, CONTACT US AT

OKINES.FOOD.COOP@GMAIL.COM
03 6265 7016



OKINESCOMMUNITYHOUSE.COM.AU
/WPMS/FOODCOOP/



@OKINESFOOD COOP

OR DROP IN STORE DURING OPEN TIMES!

SAVE THE DATE



SOUTHERN BEACHES LANDCARE COASTCARE

AUTUMN NATIVE PLANT SALE

Sunday 30 April from 9.30am- NOON

At Okines Community Garden

Autumn is the best time to plant native plants.
A great selection of plants will be offered, chosen because
they are easy to grow and hardy.
Better still they are perfectly suited to the
Southern Beaches area.

Not sure what plants to select?

Whether plants for small gardens, creating an urban refuge or
regenerating a paddock, our friendly and knowledgeable members
from the SBLC group will be on hand to share their know how and
answer your questions.

Visit us on Facebook @sbcoastcare for updates.

Help care for our natural environment plant a native plant!



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- 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@iinet.net.au

*Please bring your own yoga mat.

MONDAY & TUESDAYS - FREE COUNSELLOR/ COMMUNITY CARE ADVISOR

Free 1hr support sessions or just a quick chat, over the phone or face to face. Professional, compassionate & discreet Counsellor. Can assist with a range of support services.

Day: Mondays & Tuesdays (appointments)

Time: 9am to 3pm **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 21/02/2023

Time: 9am to 10am,

Cost: \$140 for 7 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 7 Feb 2023

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

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

TUESDAY -ARTventure! KIDS AND YOUTH, AFTER SCHOOL ART CLASSES WITH NICOLA HOLLAND

Learn painting and drawing techniques in a fun and relaxed environment. This series will focus on famous artists as inspiration to create masterpieces each week.

Kids class - ages 8 to 12

Day: Tuesday 28/2/2023 to 28/3/2023

Time: 3pm to 4pm

Youth class - ages 13 to 17

Day: Tuesday 28/2/2023 to 28/3/2023

Time: 5pm to 6pm

Fee: \$80 for 5 week block

Venue: Okines Community Garden

Bookings essential by phoning 6265 7016 or email info@okinescommunityhouse.com.au

TUESDAY - DRUMMING CIRCLE

Drums have been used in ancient culture to build resilience and foster connection. The health benefits of drumming are numerous.

Come and try session:

Day: Tuesday 21st Feb 2023

Time: 11am - 12.30 **Cost:** Free

Bring a shared lunch

Classes start:

Day: Tuesdays 1st May 23

Time: 6.30pm - 8pm **Cost:** \$80

Venue: GP Room Dodges Ferry Primary School

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 commencing 8 Feb 23

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

Venue: Okines Community House

Contact: 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 ongoing

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 1pm to 3pm, no cost

Venue: Okines Community House

If you would like further information please phone 6265 7016

WEDNESDAY - COOKING WITH CONFIDENCE

Learn the basics of cooking using seasonal produce and healthy, delicious, cost efficient recipes. Philippe will take you on a diverse kitchen journey from one pot wonders, different national cuisines, simple staples like eggs, rice and pasta, delicious afternoon teas and the great roast dinner.

Day: Wednesday 1, 8, 15, 22 March

Time: 6.30pm - 8.30pm

Cost: \$45 for all 4 classes

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) 23 Feb 23

Time: 9am to 10am

Cost: \$160 for 8 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 - SACRED SEEDS - PARENT-TODDLER CLASS

Sacred Seeds Parent-Toddler classes are a place for parents of Toddlers, 13 months - 24 months, to come together weekly in a calm, beautiful environment that supports your baby's natural development. The term is guided by a weekly rhythm in which we view Toddlers as capable and competent from birth, where we offer developmentally age-appropriate resources to allow for multiple play manipulations, where the hum of love and song permeates the class, and a delicious morning tea is shared.

Day: Thursday (8 classes commencing 9th February)

Time: 9am to 10.30am **Cost:** \$240 + bf

<https://events.humanitix.com/copy-parent-toddler-class>

Venue: Okines Community House

Contact: hello.sacredseeds@gmail.com

THURSDAY - SACRED SEEDS - PARENT INFANT CLASS

Our Parent-Infant classes are a place for parents of Infants, 6 weeks - 12 months, to come together weekly in a calm, beautiful environment that supports your baby's natural development. The term is guided by a weekly rhythm in which we view infants as capable and competent from birth, where we offer developmentally age-appropriate resources to allow for multiple play manipulations, where the hum of love and song permeates the class, and a delicious morning tea is shared.

Day: Thursday (8 classes commencing 9 Feb)

Time: 11am to 12.30pm

Cost: \$240 + bf

<https://events.humanitix.com/paren-infant-class>

Venue: Okines Community House

Contact: hello.sacredseeds@gmail.com

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 ongoing

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 STRETCH

STRETCH is a low impact full body workout using a mix of dynamic and static stretching to enhance your balance, core strength, mobility, and flexibility.

Day: Thursdays ongoing

Time: 7pm to 7.20pm,

Cost: STRETCH 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

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 16 Feb 23 to 27 April 23

Time: 10.30am to 1.30pm

Venue: Okines Garden

Contact: Hannah via email

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 9 February 2023

Time: 12pm to 2.30pm

Venue: Okines Community House

Contact: 6265 7016

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

24 February, 31 March, 28 April, 26 May

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

Venue: Okines Community House

Contact: 6265 7016

FRIDAY - SOUTHERN BEACHES SPINNERS & FIBRE GROUP

The spinning group is a wonderful social activity. The group meet every second Friday. Bring along your spinning wheel and wool and whatever piece you are currently working on.

Day: Every second Friday starting 10 Feb 2023

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

Venue: Okines Community House

Contact: Eileen 6265 8472 or Brian 0487 380 296

FRIDAY- SHARING SACRED SPACE - YOGA AND MEDITATION WITH ANGE AND GEMMA

Angela Willson and Gemma O'Rouke have come together to each offer bi-weekly Meditation and Yoga session, each bringing their own unique style and qualities. Join Ange from Friday the 10th of February focussing on Restorative Yoga and Meditation and Gemma from the 17th with Yoga, Meditation, and Teaching, including expanded Chakras and Metaphysics.

ANGELA WILLSON

Day: Fridays (Fortnightly from 10th February)

Time: 6.30pm to 8pm

Fee: \$20 per session

Venue: Okines Community House

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

GEMMA O'ROUKE

Day: Fridays (Fortnightly from 17th February)

Time: 6.30pm to 8pm

Fee: \$30 per session

Venue: Okines Community House

Contact: For bookings call Gemma on 0417 598 797

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.

-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. There are exciting books for all ages and abilities! There are children's books to engage your Grandkids, or a great range of gardening and cooking books to get you inspired! 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 1, 2023

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, \$2, contact: 6265 7016

YOGA FLOW

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

FREE COUNSELLING

9am-3pm Monday and Tuesday by appointment 62657016

TUESDAY

STRENGTH & MOBILITY

9am to 10am, starts 21/02/2023, \$140 for 7 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 7/02/23, contact: M Haynes: 0417 462 310

FIZZICAL FUSION STAYSTRONG

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

FIZZICAL FUSION STRIKE

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

AFTER SCHOOL ART

Kids: 3pm to 4pm
Youth: 5pm to 6pm
28/2 to 28/3/2023, \$80 for 5 weeks, book by phoning 6265 7016

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

AFTER SCHOOL CERAMICS

3pm to 4pm Wednesdays from 26/4/2023 till 31/5/2023 \$120

COOKING WITH CONFIDENCE

6.30pm - 8.30pm \$45 for block of 4 classes commencing 01/03/2023

THURSDAY

OKINES BOOK CLUB

12pm to 2.30pm, 2nd Thursday of the month, next is 9/02/23 contact: 6265 7016

DIGNITY GARDENING

10.30am to 1.30pm, 16/2 to 27/4/2023, free, contact Hannah via dignity.garden@gmail.com

EASE & REBALANCE

9am to 10am, commencing 23/02/2023, \$160 for 8 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 STRETCH

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

SACRED SEEDS

PARENT-TODDLER CLASS

9am to 10.30am Thursdays 8 x classes from 09/02/2023.

\$240+bf

<https://events.humanitix.com/copy-parent-toddler-class>

PARENT-INFANT CLASS

11am to 12.30pm Thursdays 8 x classes from 09/02/2023.

\$240+bf

<https://events.humanitix.com/parent-infant-class>

FRIDAY

EATING WITH FRIENDS

12pm to 2pm, last Friday of the month, 24 Feb, 31 March, 28 April, \$7 for 2 courses contact: 6265 7016

SOUTHERN BEACHES SPINNERS & FIBRE GROUP

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

SHARING SACRED SPACE

6.30pm to 8pm, 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

OTHER

KOKEDAMA WORKSHOP

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

CERAMICS WORKSHOPS

3pm to 5pm, Saturday 11/2/2023 & 1/4/2023 \$35 per person, phone 6265 7016.



Neighbourhood Watch Tasmania

The Southern Beaches 7173 area has been a hive of activity with holiday makers and tourists enjoying our beautiful surroundings during the Festive Season. Over the holiday period many Street Parties were held in the community having fun and showing friendship to neighbours and friends alike. Neighbourhoods that have a close community spirit are neighbourhoods that have little crime.

From Relationships Australia:
"Research shows that when people connect with their communities, they have a greater sense of belonging, which leads to improved mental well-being and a reduction in loneliness. It also contributes to strength and resilience in face of external pressures."

Do you have some time on your hands? Are you lonely? Would you like to make a difference in our community? Or would you just like to join a group for stimulating discussions on how to improve our society? You are most welcome to join us and share your ideas. Contact Southern Beaches Neighbourhood Watch sbnhwa@gmail.com or call 0418124804 and leave a message. 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.

"Police are investigating a number of stealings from motor vehicles that occurred in the Southern Beaches area during November and December 2022.

In all of these cases the vehicles had been left unlocked overnight. In one case, vehicle keys had been left in the ignition. Items stolen included coins, a wallet, credit cards, sunglasses, an iPad, and power tools. Stealing from a motor vehicle is a crime of opportunity. Offenders look for an easy target. Basic security precautions can reduce the opportunity for theft. Simply ensuring your vehicle is locked, and valuables removed, can be enough for a thief to move on to an easy target. Do not make yourself an easy target. Lock it or Lose it." Quote: Insp. Gavin Hallett

Crime Stoppers Launch: " On 14th December 2022 Crime Stoppers launched their new on-line portal for members of the public to report information

about crime and criminals. As always, reports to Crime Stoppers guarantee the confidentiality of the person reporting. However, the benefit of this new portal is that media files, such as videos or photos captured on smartphones can now be easily attached to a Crime Stoppers report to go to police. The Crime Stoppers phone number remains unchanged. The online portal is accessed through the Crime Stoppers link whenever you want to provide information (a tip) - <https://crimestoppers.com.au/>"

Last year we had several functions to draw awareness of our existence and commitment to keeping our community safe. The latest being a Bike Safety Session at the Okines Bike Shop. We also presented a Community Awareness Award at the Dodges Ferry School final Assembly, which will be an annual award.

This year we will be focussing on Dog Management in our community as well as our general crime updates and attendance at all community functions. More details will be seen on Facebook where we have a page you may follow.

Have a great Year! Look out for your neighbours! Stay safe! Meet a new person in your street! Keep our community clean, tidy and free of crime!

WHAT'S ON AT OKINES

COMMUNITY

OKINES

Community Garden

GARDEN WORKSHOP SERIES

Building safe insect hotels

Monday 27th March 10am - 12pm
Encourage beneficial insects into your garden to create a biodiverse and abundant safe haven for our important pollinating species to ensure their future.

Hot Composting Success

Monday 8th May 10am - 12pm
Reduce your household waste to lower your carbon footprint and create an amazing resource for your own garden.

Soil Health / Planet Health

Saturday 10th June 10am - 12pm
Learn about the soil web beneath your feet and what creates healthy soil for healthy plants the planet and us humans

Backyard biodiversity & pest control

Saturday July 22nd 10am - 12pm
Create a biodiverse wonderland in your back yard. Attract beneficial insects and wildlife to your garden to help control the pests and insects you dont want in your garden.

Sow your own / grow your own

Monday 11th Sept 10am - 12pm
Learn seasonal sowing of seeds, companion planting for disease prevention and create your own seed raising mix from scratch.

Water Wise Gardening

Saturday 28th Oct 10am - 12pm
Water Wise Gardening - Planting provenance species that are specific to our local area to creating a beautiful garden with low water needs.

This series is free for those who need it , if you have the capacity to make a donation to the office, that is greatly appreciated.

BOOKINGS:

(03) 6265 7016

info@okinescommunityhouse.com.au

540 Old Forcett Rd
DODGES FERRY
TAS 7173

WHAT'S ON AT OKINES



Artventure! kids art classes with Nicola

Learn painting and drawing techniques in a fun and relaxed environment. This series will focus on famous artists as inspiration to create masterpieces each week.

Nicola Holland has a degree in Visual Arts and has been teaching art classes at Okines for some time.

Tuesdays
5 weeks from 28th Feb- 2023
3pm- 4pm
(suggested ages 8 - 12)

\$80 total paid when booking
Price includes all materials
Limited places and bookings:
6265 7016
info@okinescommunityhouse.com.au



Okines Community Garden
540 Old Forcett Rd



Artventure! YOUTH art classes with Nicola

Discover and learn painting and drawing techniques. In this series you will learn about famous artists through history and create your own masterpieces inspired by a different artist each week.

Nicola Holland has a degree in Visual Arts and has been teaching art classes at Okines for some time.

Tuesdays
5 weeks from 28th Feb- 2023
5pm- 6pm
(suggested ages 13-17)

\$80 total paid when booking
Price includes all materials
Limited places and bookings:
6265 7016
info@okinescommunityhouse.com.au



Okines Community Garden
540 Old Forcett Rd

OKINES COMMUNITY HOUSE
PRESENTS:

CERAMICS WITH RED OCHRE STUDIO

Saturday 11th February 3pm - 5pm

Okines Community Garden:

Make a Tea Light Holder

\$35

Join Ochre in the garden for some clay play.

Take some time out to feel the earth between your fingers.

We will be creating delightful Tealight Holders. 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

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



WHAT'S ON AT OKINES

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 1031 4265 7016



OKINES COMMUNITY HOUSE

GARDEN SOIRÉE SUMMER SERIES

FEATURING LOCAL MUSICIANS

**DATES COMING UP:
24TH FEB & 31ST MARCH
6PM - 8PMish
Keep an eye on facebook for
updates**

**FAMILY FRIENDLY EVENT - BYO FOOD & DRINKS
DONATIONS FOR MUSICIANS APPRECIATED**

[facebook.com/okinescommunityhouse](https://www.facebook.com/okinescommunityhouse)



KNIT & NATTER



Okines
Community
House



\$2 per visit



10:30AM -
12:30PM



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

*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:

infosokinescommunityhouse.com.au

Art Fundamentals Course

In this beginners art course for adults, you'll learn how to implement the elements and principles of art and design in your drawings and paintings, culminating in your own final acrylic painting on canvas. Each class will build on the previous one, including a balanced mix of both theory and practice to build your skills and understanding.

Your teacher Nicola has a degree in Visual Arts (painting) and is keen to pass on the skills that she has learnt over the years. She also teaches children's art classes at Okines as well as the Grow and Learn program for students at Dodges Ferry Primary.


When: 8 weeks from 14 Feb - 5 Apr
Choose either Tuesdays 12:30pm - 2pm
Or Wednesdays 6pm - 7:30pm

Cost: \$37 per class (\$296 total to be paid when booking)
Price includes all materials.

Where: Okines Community Garden, Dodges Ferry

Booking is essential
email: nicolahollandart@gmail.com


WHAT'S ON AT OKINES



FREE COUNSELLING FOR OUR COMMUNITY

- Free 1 hour sessions or just a quick chat
- Over the phone or face to face appointments available
- Conducted by an experienced community care advisor / counsellor
- 9am-3pm Mondays and Tuesdays each week

No referral necessary

Okines Community House 

Phone: 03 6265 7016 or info@okinescommunityhouse.com.au
 540 OLD FORCETT RD, DODGES FERRY TAS 7173

The Sea is for Me Photography by Lucy Bradshaw



DRUMMING CIRCLE

WITH MARA LOVRIN
 DRUM BEAT ACCREDITED & KIRTAN PRACTITIONER

Drums have been used in ancient culture to build resilience and foster connection. The health benefits of drumming are numerous

COME AND TRY: TUESDAY 21ST FEB
 OKINES COMMUNITY GARDEN
 11AM - 12:30
 BRING A SHARED LUNCH
 EVERYONE WELCOME - FREE

BOOKINGS:
 6265 7016
info@okinescommunityhouse.com.au
 Please note this class will be held in the GP room at Dodges Ferry Primary

Classes start:
 TUESDAYS FROM 1ST MAY FOR 10 WEEKS 6:30 - 8PM
 \$80

Sacred Seeds Parent-Child classes

We're back!




Our Parent-Infant and Parent-Toddler classes offer a calm and intentionally respectful environment where

- children are viewed as capable from birth,
- they are free to explore their surroundings and guide their own learning;
- Are offered sustainable and developmentally age-appropriate resources to allow for multiple play manipulations to occur;
- The hum of love and song permeates the class.
- Exploring discussions on child-led play, freedom of movement, positive guidance, boundaries, communication, holistic development, co-regulation, and building resilience are welcomed, assumed
- A nourishing morning tea is provided



For more information and to secure your tickets Scan the QR code below

Parent-Infant  Parent-Toddler 

@sacred_seeds | hello.sacredseeds@gmail.com



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



WHAT'S ON AT OKINES



OKINES COMMUNITY GARDEN
AFTER SCHOOL
CERAMIC CLASSES
WITH OCHRE BODHI FROM
RED OCHRE STUDIO

WEDNESDAYS 3.00-4.00
APRIL 26- MAY 31 2023
LEARN HOW TO USE TOOLS TO SCULPT CLAY,
AND PAINT, GLAZE AND FIRE CERAMICS.

LEARN CERAMICS AFTER SCHOOL WITH OCHRE FROM RED OCHRE STUDIO
THIS TERM WE WILL BE CREATING FUNCTIONAL WARE;
CUPS, MUGS, SMALL BOWLS AND TEAPOTS!
CHILDREN WILL LEARN HANDBUILDING TECHNIQUES TO
CREATE FUNCTIONAL CERAMICS THEY CAN USE AT HOME AS
WELL AS DECORATIVE TECHNIQUES TO FINISH THEIR PIECES.
ALL WORK WILL BE GLAZED AND FIRED IN THE KILN AND
AVAILABLE TO PICK UP (APPROX 2-4 WEEKS AFTER CLASSES).

\$120 FOR 6 WEEK TERM // AGES 7 +
ALL SUPPLIES INCLUDED
BOOKINGS: 6265 7016
INFO@OKINESCOMMUNITYHOUSE.COM.AU



**COOKING WITH
CONFIDENCE CLASSES
AT OKINES**

JOIN PHILIPPE PASCAL
TO LEARN THE BASICS OF COOKING
USING SEASONAL PRODUCE AND
HEALTHY, DELICIOUS, COST
EFFICIENT RECIPES

PHILIPPE WILL TAKE YOU ON A DIVERSE KITCHEN
JOURNEY FROM ONE POT WONDERS, DIFFERENT
NATIONAL CUISINES, SIMPLE STAPLES LIKE EGGS, RICE
AND PASTA, DELICIOUS AFTERNOON TEAS AND THE
GREAT ROAST DINNER.

WEDNESDAY EVENINGS: MARCH 1ST, 8TH, 15TH & 22ND
\$45 IN TOTAL FOR 4 CLASSES

Bookings and more information:
info@okinescommunityhouse.com.au / 62657016



CERAMICS & SIP
IN THE GARDEN

WITH OCHRE
FROM RED OCHRE STUDIO

Join Ochre for a relaxing afternoon of ceramics.
BYO drink and enjoy the calming nature of clay.
Ochre will guide you through the basics of handbuilding and help
you to create a small ceramic piece of your choosing.
There will be some example pieces for you to try if you are feeling
stuck.
Suitable for beginners or those with some experience.

WORK WILL BE FIRED IN THE KILN AND AVAILABLE
FOR PICKUP IN APPROX 4 WEEKS.
IF YOU WOULD ALSO LIKE YOUR WORK GLAZED
PLEASE BRING \$15 ON THE DAY.

SATURDAY 15TH APRIL
3 - 5 PM
\$35

BOOKINGS:
6265 7016
info@okinescommunityhouse.com.au

Chair Yoga Classes



Chair Yoga will focus on improving your flexibility,
balance, circulation, range of movement, fitness, health and strength.
This yoga class is great for people who find it a challenge
to get down to the floor; have joint issues or
are recovering from illness or injury.

\$15 per class or \$60 for a 6 class pass which you can use anytime

NEW CLASS starting on 10th February - Friday at 1:30 to 2:30pm
Okines Community Centre, 540 Old Forcett Rd, adjacent to Dodges
Ferry Primary School – Terrapin Room

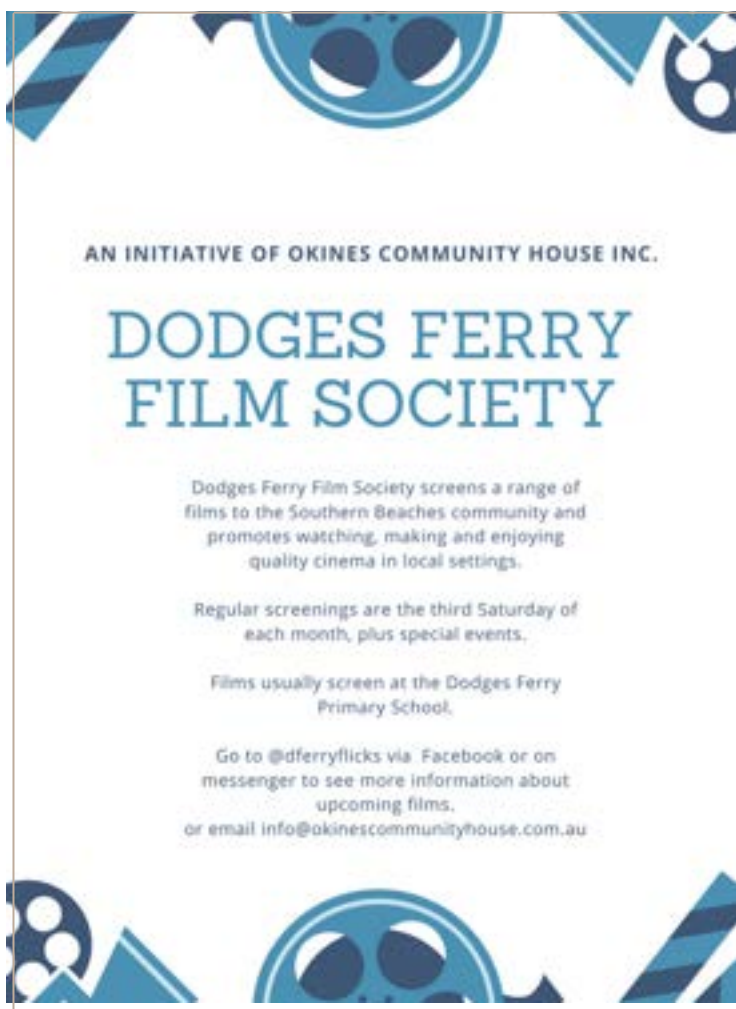
Monday at 10:30am to 11:30am - Sorell Memorial Hall, 47 Cole Street.
In the Supper Room on the left side towards the rear of the building.

For more information, please go to
www.breathingtreeyoga.com.au

contact **Elana Rose** on 0412 451 192
elanaRoseyoga@gmail.com



WHAT'S ON AT OKINES



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



D'Ferry Flicks presents:
Screenings 3rd Saturday of the month at the Dodges Ferry Primary School
6.30pm for 7pm start

Jan 21: Three Thousand years of Longing
M / Fantasy, Drama, Romance / 2022 / 108 mins
Whilst in Istanbul, an academic attends a conference and by chance encounters a Djinn who offers her three wishes. Eventually she is beguiled and makes a wish that surprises them both.
Director: George Miller Starring: Tilda Swinton, Isha Ekka

Feb 18: Six Minutes to Midnight
PG / Drama, Thriller, War / 2020 / 99 mins
British intelligence agent, Thomas Miller, must stop the repatriation of a few students to Germany after he is framed and embroiled in an espionage scheme.
Director: Andy Goddard Starring: Juli Domich, Eddie Izzard, Jim Broadbent

Mar 18: The Commitments
M / Comedy, Music / 1991 / 118 mins
Jimmy Rabbitte, an unemployed Dublin boy, decides to put together a jazz band entirely made up of the Irish working class.
Director: Alan Parker Starring: Robert Arkins, Michael Arons, Angeline Ball

Apr 15: High Ground
MA15+ / Drama, Adventure / 2020 / 104 mins
A former WWII soldier loses control of a police operation, which results in tragedy. Left traumatised, Travis is forced to face his fears.
Director: Stephen Johnson, Stephen Maxwell Johnson Starring: Simon Baker, Caren Pistorius, Sean Munnungur



Angela Willson
Restorative Yoga & Meditation
Commencing 10th Feb, fortnightly
\$20/ session
mob: 0415 781 616

Gemma O' Rourke
Gentle Flow Yoga, Meditation & Teaching
Expanded Chakras and Metaphysics
Commencing 17th Feb, fortnightly
\$30/ session
mob: 0417 598 797

Sharing Sacred Space
Friday evenings from 6:30 - 8pm
Bookings: 62657016 Info@okinescommunityhouse.com



A series of Workshop/Petersons offering practical strategies to align you with your highest potential and move you into the efficient flow that you desire.

A gathering every month to translate new knowledge and philosophy (Mind) through the Intellect's path of Experience and Embodiment (Body) to the Wisdom attained in Mystery/Mystery (Soul) of Consciousness Expansion

The Body Mind Spirit is a Creational Technology that we access through specific techniques and practises. From the knowledge and philosophies of the Ancient and indigenous Wise Ones and the Mystery School Teachings we discover exquisite alignment with Quantum Physics and our contemporary Sages who reveal the Science of Alchemical transformation.

Gemma O' Rourke Artist, Healer, Yoga Teacher
Inviting you to step into the Unknown and make it known through biological, chemical, hormonal and epigenetic shift in the body consciousness

Activating your Tools of Multidimensionality

Commencing Sunday Jan 22nd
12.00-4.30 pm
\$100/session. Discount: \$88 with Early Bird and/or Multi-bookings

Okines Community House, 540 Old Forcett Rd, Dodges Ferry, 7173
www.gemmaorourke.com.au
bookings via website & mobile

Facebook: Gemma O' Rourke, Instagram: luminousgemma

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

Try out our brand new carer coaching service and enter draw to win a \$200 petrol voucher (1 Voucher to be won per month Dec to June).



I'd like to make some changes, but I am not sure where to start. If only someone could help me.

Coaching helped me reflect on where I am in my caring role and change a few things.

Coaching has nothing to do with sport. Our coaching is all about you and the changes you want to make.

That's exactly what coaching is for... to help you figure things out... one on one.

Coaching is flexible, you can do it in person, on the phone or video chat.

Book a session with a coach and maybe win a \$200 petrol voucher.

GOAL!

Call - 1800 422 737 (press 1 at the menu)
Email - intake@care2serve.com
Mon-Fri 8 am to 5 pm

carergateway.gov.au
Connecting carers to support services

Carer Gateway
care2serve
Your life. Our goal.



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



The Dunalley Artisan Market

COME SEE THE CREATIVE & TALENTED
AT THE
GATEWAY TO THE PENINSULA
MAKERS. LIVE MUSIC & FOOD STALLS

THIRD SATURDAY
OF EVERY MONTH
10AM - 2 PM

5 FRANKLIN ST, DUNALLEY



Southern Beaches Landcare Coastcare

COMMUNITY CARING FOR COAST AND COUNTRY

OUR VOLUNTEERS MEET MONTHLY TO PLAN PROJECTS, WORKING BEES AND OTHER ACTIVITIES TO PROTECT AND RESTORE THE NATURAL VALUES OF OUR SPECIAL COASTAL NEIGHBOURHOOD.

CHECK OUT OUR WEBSITE
WWW.SOUTHERNBEACHESCOASTCARE.ORG
FIND US ON FACEBOOK.COM/SBCOASTCARE/



EMAIL: SOUTHERNBEACHESLANDCOASTCARE@GMAIL.COM
OR PHONE GWEN ON 0484 417 832
TO JOIN OUR EMAIL STREAM AND RECEIVE NOTICE OF OUR ACTIVITIES



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?

MIDWAY POINT TAVERN
2/6 PENNA RD, MIDWAY POINT

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

Need more info?
Phone Wendy 6265 1156

WHAT'S ON IN YOUR COMMUNITY

Okines Breakfast Club 2023

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 14th February 2023**, 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.



Jazz by the Sea

COME ALONG TO DODGES FERRY LAGOON PARK OKINES
Sunday 26 February 2023 • 2PM-4PM
Featuring: **Southern Lights Big Band**

Join family and friends and enjoy the live music!
Bring a picnic and BYOG BBQ onsite • soft drinks

Hosted by the Lions Club of Sorell

Logos for The Cambodian Children's Charity, Lions Club of Sorell, and other sponsors are visible at the bottom.



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@sorellrh.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



FOR THE
By the community
COMMUNITY

Contact us

LOCATION:

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

OKINES COMMUNITY HOUSE/ADMIN:

ABN: 99 433 272 191

Monday, Tuesday & Friday - 9am to 3pm

Wednesday & Thursday - 9am to 4pm

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

Phone: 03 6265 7016

Mobile: 0438 651 155

email: info@okinescommunityhouse.com.au

Instagram: Okines Community House

OKINES COMMUNITY GARDEN:

Monday - 9am to 2pm

Wednesday - 9am to 2pm

Friday - 9am to 2pm

email: dig@okinescommunityhouse.com.au

Instagram: Okines Community Garden

OKINES FOOD CO-OP:

Sunday - 9.30am to 12.30pm

Tuesday - 1pm to 5pm

Friday - 10am to 1pm

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.