

OKINES



TERM 2, 2023

COMMUNITY HOUSE

Funded by the Crown through the DEPARTMENT of PREMIER & CABINET Servicing the Southern Beaches including Lewisham - Forcett - Carlton - Dodges Ferry - Primrose Sands



INSECT HOTELS, FRESHLY GROWN PRODUCE, HOT FOOD FOR THE COMMUNITY & WORKSHOPS GALORE



Free veggies, groceries and hot meals

The Okines Community Kitchen is an inclusive space where anyone can pick up free veggies and groceries, enjoy a hot meal and a chat.

OPEN every Wednesday
5:30pm - 7pm
Delivery of food may be available
Call/text 0431 123 486
or email ochigarden@gmail.com
Located at 540 Old Forcett Road

Dodges Ferry

Okines Community House 540 Old Forcett Road, Dodges Ferry (03) 6265 7016 The Okines Community Space has been busy with various activities, programs, and events throughout Term 1.

During the school holidays, a sewing workshop was held for young learners while volunteers baked delicious ANZAC biscuits in time for the morning tea following the ANZAC Day Service. The DIGnity program has been serving hot soup and other treats to garden visitors every Thursday throughout the warmer months. The Bike Shed was also popular with children learning how to repair their bikes.

I could either watch it happen, or be a part of it

Elon Musk

Other events included a Build Your Own Insect Hotel Workshop held in the garden, multiple Ceramics and Sip workshops, and an Outside Broadcast from the ABC. It has been an exciting time for the community, allowing locals to come together, learn new skills, and make new friends. Don't forget to check out pages 6 & 7 of the newsletter for photos of these activities!

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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 Library

You will find books in 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 COMMUNITY GARDEN

Hello,

I hope everyone has enjoyed their summer crops and are readying their plots for the colder months.

We have been busy at the garden with our local growers market program. We have just launched a veggie box program where we sell \$25 boxes full of local, spray free produce direct to the community. This has been so popular that our orders to local producers have almost doubled. Thank you to everyone that has supported our program.

In the garden we are preparing our beds for the cooler months. We have the last of our tomatoes ripening so get in quick! We have a whole new crop of lettuce and silverbeet coming up that are delicious and broad beans are on their way.



Local grower Alex

Vegie Box available to order \$25



The Okines community kitchen provides veggies, groceries and a hot meal on Wednesday evenings

Over the summer months we have received a huge amount of donations of all sorts of produce from the community. We gave it out to volunteers, used them in our food relief program, cooked them up and made meals for the community and gave them away in our veggie boxes. Thank you!

Local volunteers have also launched an expansion of the food relief program called "Okines Community Kitchen" where the House is opened on Wednesday evenings from 5:30pm - 7pm to give out free veggies and groceries and serve up hot meals. This is in addition to the existing food relief program which is open at the Community House 1pm to 3pm every Wednesday.

Finally, thank you to Conrad who has supplied woodchips for our garden to help keep the moisture in and weeds down. If you are looking for an arborist, contact Conrad from CDV Trees & Gardens.

OKINES

FOOD 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 - 1:30pm (extended opening hours)
Tuesdays from 1pm - 5pm

Fridays from 9.30am - 1.30pm (extended opening hours)

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 S20 (S15 concession) or join as lifetime members for S100.

CO-OP COFFEE SHOP DISCUSSION FORUM

Uluru Statement from the Heart

Tuesday May 2nd, 2-4pm @ Co-op Garden Kitchen

The Co-op will provide complimentary tea and coffee. BYO afternoon tea to share

THE UPCOMING
REFERENDUM ON THE
VOICE TO PARLIAMENT
WILL BE A HISTORIC
MOMENT FOR
AUSTRALIA. COME
ALONG AND JOIN IN ON
THE DISCUSSION!



2022 MEMBER SURVEY

During December 2022 & January 2023, the Food Co-op undertook a member survey to seek feedback about the holistic operation of the shop. Thank you to all who provided feedback.

Overall, members choose to shop with us because they value the concept of the Co-op, from buying in bulk & organic as well as reducing waste, to connecting with community.

Current communications via email, Facebook & the newsletter, are enjoyed by members and there was strong interest expressed for a member and volunteer social activity.

Many highlighted the issue of lack of space at the Co-op, this is something we are aware of and continue to take into consideration for the long term.

We enjoyed reading your positive and constructive feedback and are in the process of taking action on several of the suggestions including increasing cashiers to two per shift to streamline checkout & removing the credit card surcharge when purchasing via EFTPOS.

CONTACT US

Contact us if you want to find out more about membership, volunteering, or any of our products via email:

okines.food.coop@gmail.com or phone: (03) 6265 7016. You can also find more info on our website: http://okinescommunityhouse.com. au/wpms/foodcoop/



JAZZ BY THE SEA 2023

HELD THIS YEAR AT THE DODGES FERRY PRIMARY SCHOOL GYM

The weather was not kind for Jazz by the Sea 2023 but that did not dampen the enjoyment by all who attended this event in the Dodges Ferry Primary School Gym. Thank you to all who came along.

For the first time the Southern Lights Big Band performed Jazz and Blues music for the enthusiastic audience and they have agreed to return next year.

Much needed funds for students at Chbar Chros Cambodia were raised through the sale of the delicious hamburgers and sausages provided by the Sorell Lions Club and the raffle. funds raised ensure that students can continue their education for another year. We look forward to Okines Community House Inc. and the Sorell Council supporting this event in 2024.







TERM 1, 2023 AT OKINES













TERM 1, 2023 AT OKINES

It is wonderful to look back at some of the fabulous indoor/outdoor activities that people enjoyed during Term one of 2023. Thank you to everyone who volunteered or participated. The Soiree Season has come to an end for this summer but will be back towards the end of 2023. A special thank you to Matt Bayes for all of his help organising this season's musicians. There are lots of activities and events coming up in Terms 2 including the Biggest Morning Tea raising funds for the Cancer Council, the Winter Solstice Lantern Parade towards the end of June and also some delicious food on the menu at Eating with Friends on the last Friday of each month. Also, the Quilters group would love to have more sew-ers join them, the Dodges Ferry Film Society have some fabulous films coming up, counselling commences again from the 1st of May and some amazing painting workshops with Nicola are just some more of the many activities you will find at Okines. If you would like further information please see the back cover of the newsletter for contact information.













D'Ferry Flicks presents:

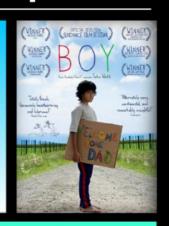
Screenings on the 3rd Saturday of the month
At: Dodges Ferry Primary School
6.30pm for 7pm start

May 20: Boy

M / Drama/Comedy / 2010 / 87 mins

An 11 year old New Zealand youth finds that his father is a far cry from the heroic adventurer he imagines him to be...

Director: Taika Waititi **Starring**; James Rolleston, Te Aho Eketone-Whitu, Taika Waititi





June 17: The Unbearable Weight of Massive Talent

M / Action/Comedy / 2022 / 105 mins

Things take a wildly unexpected turn for unfulfilled actor Nicolas Cage when he is recruited by the CIA. He soon finds himself channelling his most iconic characters to save himself and his loved ones.

Director: Tom Gormican Starring: Nicolas Cage, Pedro Pascal

July 15: Chocolat



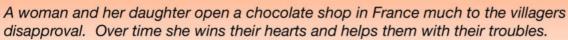
Christmas in July

M / Drama/Romance / 2000 / 121 mins



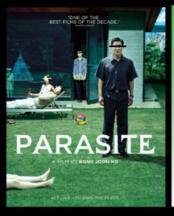






Director: Lasse Hallstrom Starring: Juliette Binoche, Johnny Depp, Lena Olin





Aug 19: Parasite

MA15+ / Thriller/Drama / 2019 / 132 mins

An award winning black comedy about a struggling family who seizes an opportunity when a family member starts working for a wealthy family.

Director: Bong Joon-Ho Starring: Cho Yeo-Jeong, Choi Woo-shik

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 jackiegrahameiinet.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

PAPER ARCHITECTURE FOR KIDS (4 TO 6 YEAR OLD) - MARISOL MIRÓ QUESADA

Have fun creating and building little paper houses. Every session you and your child will learn super simple techniques you can use to create little houses with everyday materials like paper and cardboard. Together we will aim to create a tiny town and give our children a sense of community in creating something together.

Venue: Okines Community House Terrapin outdoor room.

When: Mondays 9:30am to 10:30 am

Cost: \$5 per session to cover materials and room hire

Facilitator: Marisol is an architect and artist from Dodges Ferry who's part of the homeedu local community.

What to bring: scissors for you and for your child, pencils and colour pencils, glue, tape. Don't worry if you don't have any of this, we will have plenty to share. And don't forget to bring food and water for your child.

**What not to bring: no mobile phones (leave in car or house please).

Covid safe: we will take distance and wear masks so feel free to do so if you'd like. This is a parent/carer-child facilitated session in which children must be accompanied and supported by their legal guardian or carer who must be responsible for them at all times. Marisol will guide you so you can guide your child in crafting the little houses.

Bookings essential: only four families per session: send an email to Marisol Miró Quesada to hello@marisol.com.au

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 2/5/2023

Time: 9am to 10am, Cost: \$180 for 9 weeks

Venue: Okines Community House

*Please note spaces are limited for these classes and priority will be given to full term bookings.

Contact: Salomé 0437 405 213 or email info@fromwithin.com.au or visit the website: www.fromwithin.com.au

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

TUESDAY - QUILTERS & SEW-ERS

This is a wonderful group of people who meet every Tuesday to share in their love of sewing and quilting.

If you sew and would like to join a quilting/sewing group you are most welcome to come along. We are a friendly group who enjoy sharing ideas with others.

Day: Tuesdays

Time: 10.30am to 2pm,

Fee: \$2

Venue: Okines Community House

Contact: 6265 7016

*Please bring your own lunch

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: lpm 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

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

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 - DRUMMING CIRCLE

Drums have been used in ancient culture to build resilience and foster connection. The health benefits of drumming are numerous. This is a 10 week course.

Day: Starts Tuesday 2nd May 2023 (10 weeks)

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 **Time:** 10am to 11am

Cost: \$5

Venue: Okines Community House

Contact: 6265 7016 or

info@okinescommunityhouse.com.au

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 26/4 to 31/5/2023 (6 wks)

Time: 3pm to 4pm

Cost: \$120 for 6 sessions

Venue: Okines Community Garden

*Bookings essential, phone 6265 7016 or email info@okinescommunityhouse.com.au.

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 or info@okinescommunityhouse.com.au

*NEW SERVICE (on a trial basis): Following on from the afternoon food assistance program, the Okines Community Kitchen provides free veggies, groceries and a hot meal in the evening.

Open to everyone from 5:30pm to 7pm. Need some food and can't leave the house? We can also deliver food packs and leave it at your door!

We are looking for more volunteers for the Okines Community Kitchen to ensure we can keep up our good work!

Can you spare an hour or two on Wednesday evenings to:

- Set up/pack up and put together food packs
- Serve up meals and make tea/coffee for our lovely guests
- Drop off food packs in and around the local community

We are also looking for cooks to pre-prepare a pot of delicious food to serve up on the night If you can help out please email ochigarden@gmail.com or text 0431 123 486

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

In this class you will learn self care treatment techniques from the Melt Method using soft rollers and balls. You will explore techniques that ease physical tension, rehydrate your connective tissue and rebalance your nervous system.

The Melt method was developed with the aim of reducing chronic pain. Stay healthy, improve posture and core strength as you reduce everyday aches and pains in this group class.

Starts: (Thurs) 4/5/2023

Time: 9am to 10am, Cost: \$200 for 10 weeks

Venue: Okines Community House

Please note spaces are limited for these classes and priority will be given to full term bookings.

Contact: Salomé 0437 405 213 or email info@fromwithin.com.au or visit the website: www.fromwithin.com.au

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

THURSDAY - 90 minute MELT Intro workshop - Tutor Salomé Rosa

Come into a MELT intro workshop and experience changes in how your body looks and feels. Learn simple self treatments you can do at home to remain active, healthy, and painfree for life. This all-levels workshop will use a specialised soft roller and a small MELT Hand and Foot Ball to stimulate the results of manual therapy. Learn to eliminate stuck stress before it accumulates causing chronic aches, pains, and unwanted signs of ageing. Reduce inflammation, ease chronic neck and low back strain, improve alignment, enhance athletic performance at, and keep your whole body feeling great at any age. In this workshop you will need to be able to get up and down from the floor.

When: Thursday 27/7/2023 (Intro session) Time: 9am to 10.30am, Cost: \$25 for Intro Session Venue: Okines Community House

For questions & to reserve a spot contact Salomé via info@fromwithin.com.au or 0437 405 213

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

Time: 6.15pm to 6.55pm

Cost: \$10

Venue: Okines Community House

Contact: Karyl on 0468 389 659 or email

fizzicalfusion@gmail.com

FIZZICAL FUSION SHIMMY

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

Day: Thursdays

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

THURSDAY - BIGGEST MORNING TEA

Come along and join in with the fun and raise some money for a great cause. At this year's event we will be enjoying some delicious food, prizes, a raffle, and a quiz so get your thinking caps on. If you can't make the morning tea you can still donate by scanning the code on page 19 of this newsletter.

Day: Thursday 25/5/2023 (annual event)

Time: 10.30am to 12pm

Venue: Okines Community House

Contact: 6265 7016 or

info@okinescommunityhouse.com.au

THURSDAY - OKINES BOOK CLUB

Share your passion for reading, meet some new people, share a meal and discover new books. There is no membership fee, and books are organised through the Libraries Tasmania.

Day: The 2nd Thursday of each month Next book club is Thursday 11/5/2023

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. Vegetarian option is available, please advise when booking.

Day: last Friday of the month 28/4, 26/5, 30/6 & 28/7/2023

Time: 12pm to 2pm

Cost: \$7 for a 2 course meal

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

FRIDAY-HOME SCHOOL KIDS ART CLASSES WITH NICOLA HOLLAND

Learn about a different famous artist each week. Create your own masterpieces inspired by those artist's techniques. Kids class - ages 7 to 12

Day: Fridays 12/5/2023 to 9/6/2023

Time: 1.15pm to 2.15pm Fee: \$80 for 5 week block

Venue: Okines Community Garden

Bookings essential by phoning 6265 7016 or

email nicolahollandart@gmail.com

FRIDAY - SOUTHERN BEACHES SPINNERS & **FIBRE GROUP**

The spinning group is a wonderful social activity. The group meet every 2nd & 4th Friday of the month. Bring along your spinning wheel and wool and whatever piece you are currently working on.

Day: 2nd and 4th Friday of the month

Time: 10am to 1pm, Cost: \$3 Venue: Okines Community House

Contact: Eileen 6265 8472 or Brian 0487 380

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FRIDAY - ARTventure! KIDS AFTER SCHOOL **GRAPHITE DRAWING CLASSES WITH NICOLA HOLLAND**

A 5 week series of fun, engaging drawing activities for kids to explore and develop graphite pencil techniques. We will start with the basics and each lesson build towards real life observational sketching and tonal drawing skills. Kids class - ages 8 to 12

Day: Fridays 2/6/2023 to 7/7/2023 (there is no class on 23/6/2023)

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

FRIDAY- YIN YOGA AND MEDITATION WITH **ANGELA WILLSON**

A quiet practice, working deeply in the body with longer-held poses.

It targets the deepest tissues of the body, connective tissues - ligaments, joints, bones, the deep fascia of the body and meridians. Energetically, it improves energy flow, enhancing the flow of Chi to the organs. Improving organ function and keeping muscles healthy. It also offers emotional and mental health benefits.

Day: Fridays

Time: 6.30pm to 8pm

Fee: For Yin Yoga, Meditation & Sound Bowl

casual rate is \$15

Venue: Okines Community House Spaces are limited, please phone Angela Willson 0415 781 616 or Okines on 6265 7016 or email info@okinescommunityhouse.com.au.

SUNDAY -ART FUNDAMENTALS COURSE WITH **NICOLA HOLLAND**

An 8 week beginners art course for adults, where you will learn how to draw & paint what you see in a relaxed, friendly environment. Each class builds on skills learnt from the previous and you will finish with your own, original, acrylic painting on stretched canvas.

Day: Sundays 7/5 to 25/6/2023

Time: 1pm to 3pm

Fee: \$296 (includes all materials) **Venue:** Okines Community Garden

*Bookings essential as numbers are limited,

email nicolahollandartegmail.com

OKINES ACTIVITIES TERM 2, 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, gold coin, contact: 6265 7016

PAPER ARCHITECTURE FOR KIDS 4-6

9.30am to 10.30am, \$5, bookings essential, contact Marisol via hello@marisol.com.au

COUNSELLING

50 min appts from 9am to 1pm, Mon & Tuesdays, free, contact: 6265 7016.

YOGA FLOW

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

THURSDAY

OKINES BOOK CLUB

12pm to 2.30pm, 2nd Thursday of the month, next is 11/5/2023 contact: 6265 7016

EASE & REBALANCE

9am to 10am, commencing 4/5/2023, \$200 for 10 weeks, contact: Salomé 0437 405 213 or email info@fromwithin.com.au

90 Min MELT INTRO

9am to 10.30am, 27/7/2023, \$25, 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

BIGGEST MORNING TEA

10.30am to 12pm, 25/5/2023, phone 6265 7016 or info@okinescommunityhouse.c om.au

TUESDAY

STRENGTH & MOBILITY

9am to 10am, starts 2/5/2023, \$180 for 9 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, \$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

FRIDAY

EATING WITH FRIENDS

12pm to 2pm, last Friday of the month, 28/4,26/5, 30/6 & 28/7/2023, \$7, PH: 6265 7016

HOME SCHOOL ART

1.15pm to 2.15pm, 12/5 to 9/6/2023, \$80 for 5 weeks, book by phoning 6265 7016

SOUTHERN BEACHES SPINNERS & FIBRE GROUP

10am to 1pm, 2nd & 4th Friday, \$3 per session. Contact: Eileen on 6265 8472 or Brian 0487 380 296

YIN YOGA & MEDITATION

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

AFTER SCHOOL ART

3pm to 4pm, 2/6 to 7/7/2023, \$80 for 5 weeks, book by phoning 6265 7016

WEDNESDAY

FOOD ASSISTANCE

1pm to 3pm and Community Kitchen from 5.30 to 7pm 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

CERAMICS CLASSES

8-13yrs of age, 26/4 to 31/5/2023, 3pm to 4pm, \$120 for 6 sessions, contact 6265 7016

OTHER

ARTFUNDAMENTALS

Sundays 7/5 to 25/6/2023, 1pm to 3pm, \$296 (includes materials), bookings essential as numbers are limited. Email nicolahollandart@gmail.com





SOUTHERN BEACHES NEIGHBOURHOOD WATCH

The Mission Statement of the Southern Beaches Neighbourhood Watch.

To strengthen the Southern Beaches as a well-connected and inclusive community in which there is little crime.

From the Neighbourhood Watch Information site:-

"The NHW Program relies on the Community and the Police, working together in a partner-ship, to achieve the aims of the program ... by simply getting to know their neighbours, looking out for each other and reporting suspicious activities to the Police"

Emergency Hub and TasPol..

The recent opening of the Emergency Hub, saw the State President of NHW Tas, Peter Edwards attend. As a follow-on, Inspector Gavin Hallett has invited the Southern Beaches Neighbourhood Watch to hold the May meeting at the facility and to also offered a tour of the new offices. Invitations have been extended to the Midway Point NHW and the recently formed Sorell Watch.

Sorell Reads

Early in March, the Sorell Library held a successful literacy event. A number of "pop up" stalls were set up outside the Library and the animal enclosure from the Sorell School Farm, attracted the young children, all added to the festive event. While, inside saw programs related to literacy, and books, also the recently appointed Deputy Mayor of Sorell, Charles Woolley entertained the audience with interesting anecdotes. Several members of the Southern Beaches Neighbourhood Watch also visited on the day and consideration is to be given to the SB NHW involvement in 2024 should the Library plan to hold the event again.

A Warning and Reminder

As we all know, some crimes, like carjacking can be an opportunistic. Recently a SB NHW member witnessed a driver leave his car running with the keys in the ignition, while he popped in to the local Cafe. Not a good idea!

Scams and Hack

I am sure we have all seen the News related to Cyber-attacks on big businesses. In this digital age we must always be alert to criminals who wish to enrich themselves at our expense. There are many and varied scams around. The Nigerian prince who needs you to move his money, the Romance scams, the "Mum/Grandparent" scams where a supposed child claims to be using a friends phone to ask for money as they are in trouble and then there are the Identity scams, where your identity is stolen, resulting in a traumatic impact on your life. If it sounds too good to be true, it most likely is!

New Council Waste Strategy **Community Meeting**

Mon 15th May 6pm-7pm Fri 19th May 1pm-2pm







sharewaste.com



GARDEN WORKSHOP SERIES

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

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







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

540 Old Forcett Rd



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.

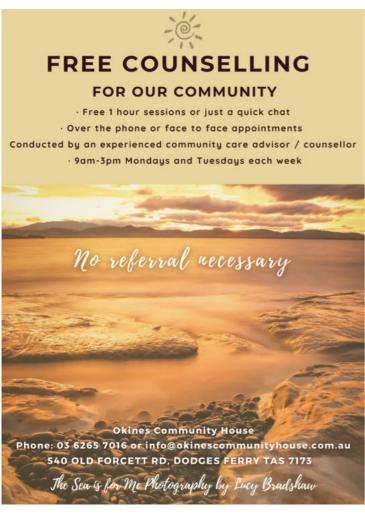
Visit us on Facebook @sbcoastcare for updates.

Help care for our natural environment plant a native plant!















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 2 May 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.



HOME SCHOOL KIDS ART CLASSES

Learn about a different famous artist each week. Create your own masterpieces inspired by those artist's techniques!

Suitable for ages 7-12

Fridays 1:15pm - 2:15pm 12 May - 9 June 2023 \$80 for 5 weeks @Okines Community Garden

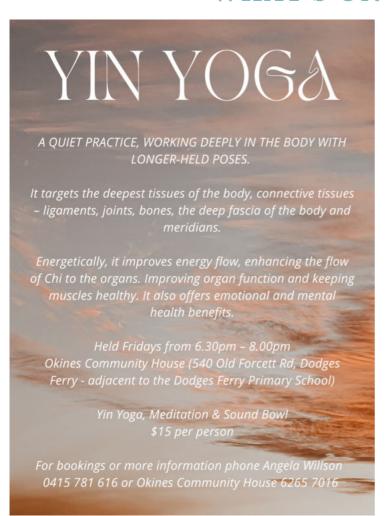
Bookings: 62657016 (Okines) nicolahollandart@gmail.com



Nicola Holland Bachelor of Arts (Visual Arts)

previous student's worl





okines Community House Inc.

QUILTING & SEWING

GROUP



An invitation to all sew-ers and quilters.

This group meets every Tuesday to share in their love of quilting and sewing.

Tuesdays 10.30am to 2pm \$2 each week BYO lunch

Okines is located at 540 Old Forcett Rd, next to the Dodges Ferry Primary School For more info either phone 6265 7016 or email infoeokinescommunityhouse.com.au

Chair Yoga Classes



Chair Yoga will focus on improving your flexibility, balance, circulation, range of movement, fitness, breath 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.

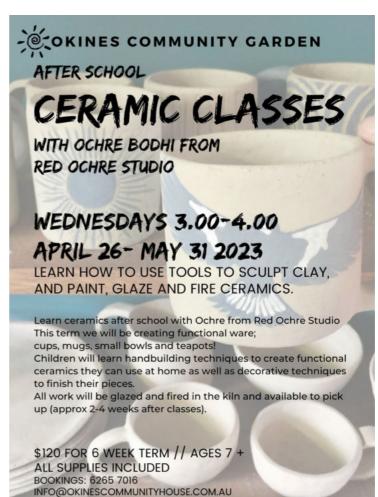


For more information, please go to

www.breathingtreeyoga.com.au

contact Elana Rose on 0412 451 192

elanaroseyoga@gmail.com



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

MACRAME TWO TIER PLANT HANGER WORKSHOP OKINES COMMUNITY HOUSE INC

4 WEEK COURSE TUESDAYS, STARTS OCTOBER 17 2023 9.30am - 11.30am

Bookings (O3) 6265 7016 or info@okinescommunityhouse.com.au

540 Old Forcett Road

Dodges Ferry (next to the Dodges Ferry Primary school) If you've always wanted to get tied up in Macrame knots, this course is for you!

This 2 hour beginners course over 4 weeks, starts with the basics, making a 2 tier plant hanger. If you gain enough confidence then you can endeavour to learn more!

Course is \$40 pp and includes jute material for the hanger.

Limit of 10 ppl only.

Please note the class will be held in the GP room at Dodges Ferry Primary



KNIT & NATTER



Okines Community House



\$2 per visit



10:30AM -12:00PM



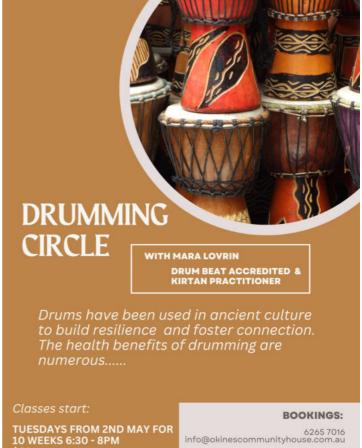
540 Old Forcett Road, next to the Dodges Ferry Primary School.

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:

info@okinescommunityhouse.com.au



WHAT'S ON IN YOUR COMMUNITY









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





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

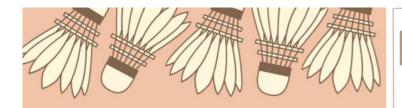
No interest loans up to \$1500

Now up to \$2,000

Minimum repayment \$20 per fortnight

Call 1300 301 650

WHAT'S ON IN YOUR COMMUNITY



Badminton

at the Dodges Ferry
Recreation Centre

Badminton on Wednesday nights at the
Dodges Ferry Recreation Centre (school gym)
from 7.35pm onwards
\$6 includes shuttles, courts & nets (no roster)
2 hrs of great exercise
Come along, have a hit, and some fun
ALL WELCOME

Covid rules apply

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

Check Facebook for weekly updates

SORELL MEMORIAL HALL
49 COLE STREET, SORELL

SORELL COMMUNITY MARKET

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







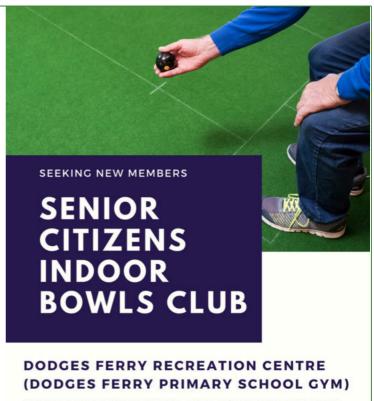
Sundays fortnightly

8 am - 1 pm

IF YOU WOULD LIKE TO BOOK A STALL PLEASE
PHONE PIP ON 0401 584 257.

FOR UPDATES PLEASE VISIT SORELL COMMUNITY
MARKET FACEBOOK PAGE





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



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



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 617 832 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?

SORELL COUMMUNITY HEALTH CENTRE 57 COLE STREET, SORELL.

Come along fortnightly Fridays 10-11.45ish

> Need more info? Phone Wendy 6265 1156



Contactus

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 1.30pm Tuesday - 1pm to 5pm Friday - 9.30am to 1.30pm

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.





Newsletter kindly printed by Jane Howlett's Electorate Office

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 = \$1.00Own 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.

Please submit articles for Term 3 newsletter no later than 28/06/2023.