



TERM 3, 2023

OKINES

COMMUNITY HOUSE



Funded by the Crown through the DEPARTMENT of PREMIER & CABINET

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



COMMUNITY SPIRIT SHINES BRIGHT AT OKINES WINTER SOLSTICE LANTERN PARADE IN 2023



Okines was ablaze with community spirit during the Winter Solstice Lantern Parade 2023. The event, now a cherished tradition, brought together many residents and visitors to celebrate the longest night of the year. The parade, although beginning a bit earlier than planned, didn't dampen the spirits of all those who attended. Participants proudly displayed their handcrafted lanterns, a lovely testament to their creativity and imagination. Attendees were treated to a delightful feast of hot soup, hearty curries, and delicious slices. The highlight of the evening was undoubtedly the bonfire, its crackling flames drawing the crowd together and embodying the spirit of the Okines community.

Okines would like to acknowledge the generous contribution of the Sorell Council towards this event. Likewise, thank you to John Tucker, Brian Mitchell, Mark Shelton, Rebecca White, Raine & Horne & Aurora all of whom contributed towards the night. Thank you to Park Beach Café for making and donating a beautiful batch of soup, and to the Dodges Ferry Primary School for their ongoing support of our event. Ben Cooper was a great addition to the night providing some smooth tunes. A heartfelt thanks to the dedicated volunteers and community members who assisted with making this event a resounding success.

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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.



ANZAC DAY CEREMONY LAGOON PARK 2023

**THEY SHALL GROW NOT OLD, AS WE THAT ARE LEFT GROW OLD;
AGE SHALL NOT WEARY THEM, NOR THE YEARS CONDEMN.
AT THE GOING DOWN OF THE SUN AND IN THE MORNING
WE WILL REMEMBER THEM.**

To the sound of water lapping onto the Okines Beach foreshore people gathered for our second Anzac Day service. The service was well attended by members of the community who gathered together to remember those who have served and continue to serve our country in times of war, conflict & peace keeping missions.

Thankyou to all who contributed to this very moving ceremony it was certainly a community effort. This year it was pleasing to welcome students Eden Hollands and Winnie Quigley representing Dodges Ferry Primary School who read a poem to mark the solemn occasion.

A special thankyou to the Okines knitting group for their hand knitted poppies and to Barb and Kylie for cooking the Anzac biscuits. The feedback at the cuppa in the Okines garden after the ceremony was very positive so the service will become an annual event. LEST WE FORGET.



MEET THE CO-OP COMMUNITY

Here is a snapshot of the tasks and activities our volunteers and members have been engaged with over the past 6 months....

Below we see a few of the many tasks our volunteers complete from sterilising jars for recycle, cashiering, mixing spices for sale to updating product labels with nutrition information for our shoppers!



Connecting with the June Volunteer Connect Lunch where we had local suppliers come along and share.



Catching up at the Tuesday Co-op Coffee Shop with a warm brew, live music and scrabble! Engaging in monthly discussion forums and of course cooking together...



HIGHLIGHTS

CO-OP COFFEE SHOP - Life in the slow lane

Late last year we started the Tuesday Coffee Shop, serving free espresso and offering people a relaxed atmosphere to sit, chat, and enjoy life in the slow lane. From these humble beginnings it has grown and now encompasses **Monthly Forums, Live Music, and Scrabble.**

If you would like to get involved in running the Coffee Shop or have some ideas for further development we would love to hear from you. Training on how to use the espresso machine can be provided. It's easier than it looks.

A huge thank you to Brendan for facilitating these wonderful additions to the co-op.



NEW BENCHES!!

Late last year the co-op received grant funds to build two more benches for the food bins in the back room of the co-op.

We put out an expression of interest to our community for anyone able and interested to take on the job! We were overwhelmed by the response and thank you for the generous offers. We would like to extend a huge thank you to Ben Stacey for completing the job! A further thank you to our amazing co-op coordinator, Jill Vaughan who contributed many hours to the job.

We hope you enjoy the new and improved upgrade to the co-op.



FOR MORE INFO, CONTACT US AT
OKINES.FOOD.COOP@GMAIL.COM
03 6265 7016

 OKINESCOMMUNITYHOUSE.COM.AU
/WPMS/FOODCOOP/

 @OKINESFOODCOOP

OR DROP IN STORE DURING OPEN TIMES!



OKINES COMMUNITY GARDEN

Hello,
I hope everyone is staying warm this winter. Did you know the winter months are a great time to plant natives and fruit trees? We are running a native plant sale to help green our neighbourhoods but also to raise money for the Okines Community Kitchen Program. The program provides free veggies and groceries to families in need.

The native plant sale is on Friday the 28th of July 2:30-5:30 pm at the garden, however you can pre-purchase plants via <https://openfoodnetwork.org.au/okines-community-house/shop> or use the QR code below.



We could not exist without the support of the community and our amazing volunteers. We would like to especially thank Sue for donating seeds, the Sorell Council for donating woodships, Imbree from Primrose Sands for donating horse manure, Torenus for donating saw dust and timber for the Bike Shed, Ray for donating pigeon manure and Donna for donating sea grass. A special thank you to all our volunteers that make all this possible.

In solidarity,
Kristian



The Okines community kitchen has provided 200 packs to the community, assisting people and families in need.



"I'm Passionate about spray free, chemical free local produce. I'm a volunteer because being part of a community is really important to me."

Sophie is one of the many volunteers that help out with the local growers market and veggie box program.

Term 2, 2023 at Okines

Term 2 at Okines was filled with a range of engaging activities and initiatives bringing the community together while providing support to those in need. From cultural workshops to school holiday barbecues, Okines demonstrated its commitment to fostering inclusivity, creating opportunities and addressing the challenges faced by its local community.

In a heart-warming display of community support, Okines hosted another highly successful Biggest Morning Tea event. Locals enjoyed a delightful quiz, delicious food, and great company, raising an impressive \$482 which goes towards the Cancer Council's life-saving research, prevention, support programs, and information. A very big thank you to Footright Sorell and local community members who donated prizes for the event.

During NAIDOC week a Tasmanian Aboriginal Knowledge Sharer joined workshop participants in the Okines Community Garden to speak about the cultural importance of Elders and the knowledge passed down through generations. Attendees were thrilled to gain knowledge of native Tasmanian bush tucker and their uses as well as planting a bush tucker garden. A bunting dedicated to the Elders to be displayed above the new garden was a wonderful addition to the day.

The Bike Shed Monday Barbecues provided a popular space for young people over the school holidays. Along with the Southern Beaches Neighbourhood Watch Group, volunteers at the Bike Shed hosted a BBQ to promote physical activity, safety in the community and positive social interaction during the school break. These gatherings provided an opportunity for young people to ride their bikes, learn basic maintenance skills, and connect with others in a supportive environment. Thanks also to the Youth Matters Team (an initiative between YWAM Tasmania and South East Tasmania Salvos) who came along to hang out and have fun with some of our local youth.

Recognising the financial pressures faced by some in our local community, efforts have been made to provide additional food assistance for those finding the cost of living challenging. Through community-led initiatives, partnerships, food drives and donation centres the Okines Community Kitchen was established as an addition to the current food assistance program to ensure that no one went hungry. This program provides immediate food relief for those in need and is made possible through the compassion and fellowship of the volunteers who contribute their time and skills each week to keep it operating.



Will from Park Beach Cafe with volunteers at the Lantern Parade



Some of the beautiful lanterns on display at the recent parade.



A much appreciated donation of "Blessing Bags" for the Okines Community Kitchen from KidsPlus - South East Anglican

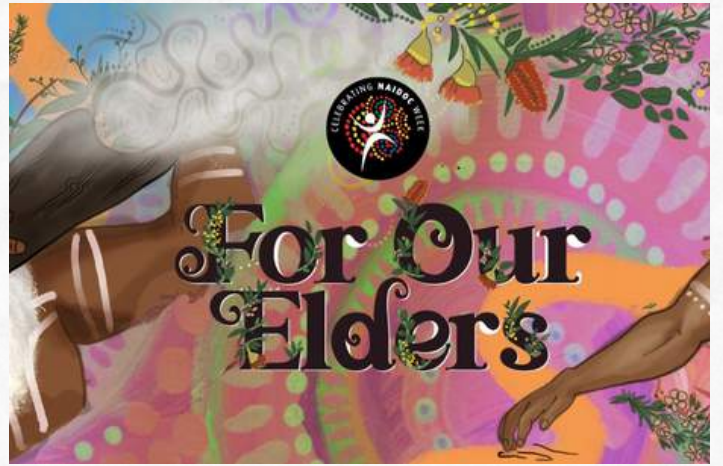
Term 2, 2023 at Okines



Okines Winter Solstice Lantern Parade 2023



NAIDOC WEEK 2023



Term 2, 2023 at Okines



School Holiday
Bike Shed BBQs



Biggest Morning
Tea



Okines Community
Kitchen Volunteers



FLICKS

D'Ferry



Enjoy a night at the movies? You are welcome to join us every 3rd Saturday of every month at the Dodges Ferry Primary School. A complimentary drink and food is available from 6.30 pm with the film starting at 7 pm.



Upcoming films in 2023

- AUGUST 19 - "Parasite" (2019) a South Korean crime and black comedy film.
* Please note the following films are subject to us obtaining screening rights and may be substituted for alternate dates or film titles.
- SEPTEMBER 16 - "Audrey Napanangka" (2023) Central western desert aboriginal woman OR "Ablaze" (2022) (about Bill Onus an aboriginal entrepreneur, activist and probably first aboriginal filmmaker.)
- OCTOBER 14 "Grit - Tasmanian spirit on screen" a mini film festival featuring a selection of short films by Tasmanian filmmakers.
- NOVEMBER 18 " Citizen Kane" (1941) a classic drama/ mystery OR " The King " (2019) a drama based on Shakespeare's royal Henry series.
- DECEMBER 16 "Sunjat" a Bollywood musical drama.

You can find D'Ferry Flicks on FACEBOOK and INSTAGRAM where our forthcoming films are posted about a week in advance. Film screenings are for members only, new members are always welcome! We would love you to come along. Memberships are \$35/\$25 for 12 months or one month casual \$5.



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 - COMMUNITY CONNECTOR

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 home-edu 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)

Lifting an apple from the table to our mouths involves a series of spirals, from within the wrist, elbow and arm...it didn't simply flex like a bicep curl in a linear fashion. Our structure informs function. Our bones are twisted from the forces they receive and the muscles don't follow straight line, so why should we? The action in our joints when walking is multidirectional, so training for healthy joints and tissues needs to be seen in the same manner. This term we are focusing on strengthening our spirals.

Day: Tuesday (Thursday class also available)

Starts: 25/7/2023 (no class 8 Aug)

Time: 9am to 10am,

Cost: \$180 for 9 weeks or \$25 casual

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.

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 1pm,

Fee: \$2

Venue: Okines Community House

Contact: 6265 7016

*Please bring your own lunch

TUESDAY - MACRAME TWO TIER PLANT HANGAR WORKSHOP

If you have always wanted to get tied up in macrame knots, this course is for you! This 2 hour beginners course is held 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 includes jute material for the hanger. Limit of 10 ppl per class so booking early is recommended.

Day: Tuesdays

Starts: 17/10/2023

Time: 9.30am to 11.30am,

Fee: \$40 per person (includes jute material)

Venue: Okines Community House

Contact: 6265 7016 or

info@okinescommunityhouse.com.au

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

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

Venue: Okines Community House

Contact: M Haynes 0417 462 310

TUESDAY - FIZZICAL FUSION FITNESS CLASSES - TUTOR KARYL MICHAELS

***PLEASE NOTE THERE WILL BE NO FIZZICAL FUSION CLASSES FROM 8/8/2023 TO 21/9/2023 INCLUSIVE CLASSES WILL RECOMMENCE ON 26/9/2023**

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

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 (starts back 9th August)

Time: 10am to 11am

Cost: \$5

Venue: Okines Community House

Contact: 6265 7016 or 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

***Okines Community Kitchen** provides free veggies, groceries and a hot meal on Wednesday evenings.

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! For information on deliveries please email ochigarden@gmail.com or text 0431 123 486

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

Come and experience the power of this hands off bodywork with its NeuroStrength moves. Increase resiliency in your whole body and improve your overall stability. Using special soft rollers, balls and bands.

Starts: (Thurs) 27/7/2023

Time: 9am to 10am,

Cost: \$180 for 9 weeks (no class 10 August)

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



I'm a movement therapist passionate about educating and integrating exercise into everyday life. Knowledge is the first step to healing. When we understand how the body is meant to move we make better movement choices and incorporate these into our daily lives. My background of study started with a Pilates Diploma in 2007, since then I've studied many other modalities that have supported my journey towards an holistic approach to movement.

THURSDAY - OKINES BOOK CLUB

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

Day: The 2nd Thursday of each month
Next Book Club is Thursday 10/8/2023

Time: 12pm to 2.30pm

Venue: Okines Community House

Contact: 6265 7016

THURSDAY - FIZZICAL FUSION FITNESS CLASSES - TUTOR KARYL MICHAELS

*PLEASE NOTE THERE WILL BE NO FIZZICAL FUSION CLASSES FROM 8/8/2023 TO 21/9/2023 INCLUSIVE CLASSES WILL RECOMMENCE ON 26/9/2023

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

We Value Your Feedback: Help Us Enhance Your Okines Experience

Your feedback is important to us at Okines. We strive to continuously improve our activities and services to better meet your needs. Whether you've participated in our activities, engaged with our services, or interacted with our team, we value your input. We invite you to share your feedback and ideas by visiting our Facebook page, emailing info@okinescommunityhouse.com.au, phoning 6265 7016 or calling in to the office for a quick chat.

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
28/7, 25/8, 29/9 & 27/10/2023

Time: 12pm to 2pm,

Cost: \$7 for a 2 course meal

Venue: For bookings please phone 6265 7016

FRIDAY-CHAIR YOGA WITH ELANA ROSE

These classes 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.

Day: Fridays **Time:** 1.30pm to 2.30pm

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

Venue: Okines Community House - Terrapin

For more info please go to

www.breathingtreeyoga.com.au or contact Elana Rose on 0412 451 192 or elanaroseyoga@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 380 296

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 13/8 to 1/10/2023

Time: 11am to 1pm (last 3 classes go to 2pm)

Fee: \$296 (includes all materials)

Venue: Okines Community Garden

*Bookings essential as numbers are limited, email nicolahollandart@gmail.com

COMMUNITY ACTION ON WASTE



Did you know that the Sorell Council are proposing significant changes to their waste management strategy?

A local community group (Community Action on Waste) is conducting a 3-min community survey to determine the needs of residents to present to Council's meeting on 19 September.

The changes proposed are:

- Phasing out bulk hard waste collection from 1 July 2024;
- Replacing current bulk green waste collection (from 1 July 2024) with a wheelie bin collected monthly;
- From 2026, your green waste wheelie bin will become a green waste and FOGO (Food Organics Garden Organics) wheelie bin to be collected weekly or fortnightly;
- Reducing wheelie bin garbage collection to fortnightly once FOGO bin is implemented.

To fill out this survey and have your say

Please enter the following link directly into your browser's address bar:

bit.ly/3NLKkOD

Community Action on Waste encourages everyone to forward this survey onto your family and friends. A hard copy of the survey can also be found in local businesses throughout the municipality.

You can find out more about the Sorell Council's waste management strategy on their website at the following address: www.sorell.tas.gov.au/2023/03/waste-management-strategy/

OKINES ACTIVITIES TERM 3, 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 10/8/2023 contact: 6265 7016

EASE & REBALANCE

9am to 10am, commencing 27/7/2023, \$180 for 9 weeks, contact: Salomé 0437 405 213 or email info@fromwithin.com.au

FIZZICAL FUSION STAYSTRONG

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

*No Fizzical Fusion Classes from 8/8/2023 TO 21/9/2023
Classes will recommence on 26/9/2023*

FIZZICAL FUSION SHIMMY

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

PLAY BASED LEARNING WORKSHOP

31/8/2023, day 1pm to 2.30pm AND evening session 7pm to 8.30pm, Entry by donation, RSVP Renee 0428 798 646 or Annie 0417 362 128 or email: annieball55@gmail.com

TUESDAY

STRENGTH & MOBILITY

9am to 10am, starts 25/7/2023, \$180 for 9 weeks, contact: Salomé 0437 405 213 or info@fromwithin.com.au

QUILTERS & SEW-ERS

10.30am to 1pm weekly, \$2,

CARD GROUP

Weekly card group, \$2, 1pm to 3pm

THE VOICE FORUM

8/8/2023 FROM 2pm to 4pm, for info phone 0468 905 340

RHYTHM & BEACHES SINGING GROUP

7pm to 9pm \$5, from 25/7/2023, info: M Haynes: 0417 462 310

FIZZICAL FUSION

STAYSTRONG

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

*No Fizzical Fusion Classes from 8/8/2023 TO 21/9/2023
Classes will recommence on 26/9/2023*

FIZZICAL FUSION STRIKE

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

FRIDAY

EATING WITH FRIENDS

12pm to 2pm, last Friday of the month, 28/7, 25/8, 29/9 & 27/10/2023, \$7, PH: 6265 7016

CHAIR YOGA

1.30pm to 2.30pm, every Friday, \$15 per class or \$60 for 6 class pass, more info at www.breathingtreeyoga.com.au

SOUTHERN BEACHES SPINNERS & FIBRE GROUP

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

WEDNESDAY

FOOD ASSISTANCE

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

TAI CHI

10am to 11am, starts 9/8/23 \$5 per class, contact: 6265 7016

PAINTING GROUP

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

OTHER

ARTFUNDAMENTALS

Sundays 13/8 to 1/10/2023, 11am to 1pm, \$296 (includes materials), bookings essential as numbers are limited. Email nicolahollandart@gmail.com



Neighbourhood watch



NEWSLETTER - June/July 2023

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.

Bikelinc.com.au

Due to the increased number of bikes being stolen, in particular expensive electric Mountain Bikes, Crime Stoppers Tasmania have developed a free, online data-base to assist in tracking stolen bikes. By registering the bikes serial number, Tas Police are more readily able to locate the owners. Should you have your bike attached to a bike rack on your car, ensure both vehicles are securely housed, to prevent any likely thief helping themselves to your property.

Crimestoppers:- 1800 333 000 or crimestoppers.com.au

NHWT Drawing Competition

The State body of NHWT has recently run a competition to find 12 young Artists who will be chosen to have their artwork on the next years NHWT Calendar. Entries closed on June 30th. The winners and their families will be invited to attend the AGM on 28th October '23, at the Country Club at Prospect. The 12 winners are to be presented with a Certificate plus \$100 and a NHW bag. The Principal of the Dodges Ferry Primary School, Mr M Kenny has assured the local Watch there are a number of budding Artists at the school.

Problems or complaints.

The role of NHW is to ensure the safety of the Community, to take note of anything unusual happening, to encourage everyone to be aware of strange activities. We all seem to have mobile phones, use them to safely record anything that seems suspicious and then report concerns to the Police, on **131444**. It may only be a small part in a bigger picture, but like a jigsaw, your information may be the final piece to assist the TasPol with their enquiries.

Should you have a problem with, perhaps - barking dogs, late night noises or even rubbish – it is important to determine who might be able to resolve the issue. Initial discussions should be with whoever you know to have created the problem, but if unable be resolved easily, a phone call to the Sorell Council (**6269 0000**) will put you in touch with the appropriate person. The Council meet on the third Tuesday evening at 6pm each month and problems can be brought to their attention.

Coming Events.

Cuppa with a Cop - Southern Beaches NHW will be at the next **Primrose Market, July 29.**

14th September:- RUOK Day

4 October:- International Coffee with a Cop Day

16-12 October:- Get in Line Week

28 October:- NHWT - AGM and Awards Ceremony, Launceston.



Seniors Week 2023

16th October - 22nd October

Monday 16th October



10:30am - 12:30pm Knit and Natter

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 are available.

Tuesday 17th October



1pm - 3pm Card Group

Join our fun and vibrant group of people that meet each Tuesday to play cards. New members are always welcome, so please come along for an afternoon of good company and laughter.

Wednesday 18th October



10am - 11am Tai Chi

Tai Chi is for people of any age and fitness level to enjoy and gain positive health benefits. No special equipment is required, but please wear comfortable clothing.



1:30pm - 2:30pm Digital Literacy

Join us in a group session to learn more about online safety and how to identify scams. In the digital day and age, this information session is a must!

Thursday 19th October



10am - 1.30pm Paint and Sip \$20pp

Bring a friend, or make some new ones, while our guide takes you through step by step to create your own canvas masterpiece to take home. We will stop and enjoy some Soup and Sandwiches for lunch before completing our finishing touches. All painting equipment is provided, as well as Tea and Coffee, and lunch. Get in quick as spaces are limited!

Friday 20th October



10am - 12pm High Tea

Come along and enjoy musical entertainment from the Dodges Ferry Primary School in our lovely community garden. Afterwards, we will enjoy a High Tea including cakes, slices, and sandwiches. This is a wonderful opportunity not to be missed!

Seniors Week celebrates older Tasmanians and recognises the contributions we make to our communities. It's a week of events for older people, all over Tasmania.

Seniors Week events allow us to connect and share experiences, learn something new or find out useful information.

All activities offered at Okines Community House are free, unless otherwise stated, however spaces are limited. Please call us to book your place on 6265 7016.

Contact us

03) 6265 7016

info@okinescommunityhouse.com.au

540 Old Forcett Road, Dodges Ferry



FREE COUNSELLING FOR OUR COMMUNITY

- Free 1 hour sessions or just a quick chat
- Over the phone or face to face appointments
- Conducted by an experienced 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

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.

The class will include pranayama = breath control & breathwork; reconnecting to the body and yoga nidra = guided relaxation.

Some people may hesitate due to the word 'Yoga'. Yoga just means Union. The unity between movement and breath. We move whilst breathing in and out.

Due to age / chronic illness / pain / stress / anxiety we sometimes breathe shallow and it is really healing to breathe deeply. Breathwork is so good for you. The movement we do is a bonus. It is gentle and will just make you feel better.

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



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

For more information, please go to

www.breathingtreeyoga.com.au

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

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 25 July 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 as well as pastries for the Okines Food Assistance Program.

Let's do

LUNCH



 **EATING WITH FRIENDS (EWF)** at Okines Community House
Held on the last Friday of each month - **\$7** for a delicious 2 course meal
Bookings are essential, please advise if vegetarian option required
Ph. (03) 6265 7016 or email info@okinescommunityhouse.com.au
540 Old Forcett Rd, Dodges Ferry (next to the DF Primary School)

Play Based Learning
Why Imaginative Play is the Work of Childhood

Facilitated by Annie Ball

This is an opportunity to deepen our understanding of early childhood development, and take a look at the vital role that imaginative free play has in building a strong foundation for life long learning - how as parents and educators we can support children into a happy & healthy childhood,

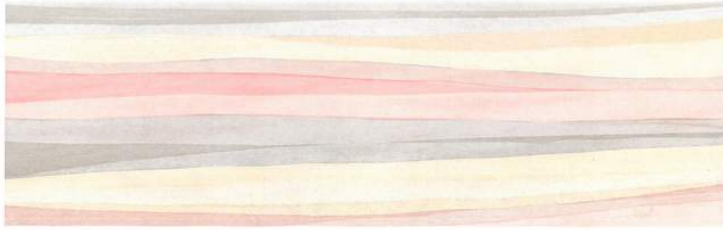


1 pm - 2.30pm Thursday 31st August
Okines Community House Dodges Ferry

Babes in arms are welcome, come with toddlers if other arrangements cannot easily be made, however, it might be nice for you to get some ADULT only time if you can.

Entry by donation

Please RSVP to: PHONE: Renee 0428798646 OR Annie on 0417362128
 EMAIL: annieball55@gmail.com



Wonder Warmth & Wisdom

Engaging children to become Life Long Learners

Facilitated by Annie Ball

We will explore how children's learning and interest in the world is heightened by the engagement of 'Head Heart and Hands' as an integral part of learning across the curriculum.

- ✚ How enthusiasm and anticipation builds warmth and engagement
- ✚ How wonder invites curiosity and deepens observation
- ✚ How wisdom flows out of the full digestion experience & how providing adequate time is vital for this healthy process



7 pm - 8.30pm Thursday 31st August
Okines Community House Dodges Ferry

Babes in arms are welcome, come with toddlers if other arrangements cannot easily be made, however, it might be nice for you to get some ADULT only time if you can.

Entry by donation

Please RSVP to: PHONE: Renee 0428798646 OR Annie on 0417362128
 EMAIL: annieball55@gmail.com



MACRAME
 TWO TIER PLANT
 HANGER
 WORKSHOP

 OKINES COMMUNITY HOUSE INC

X X X X
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 X X X X

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

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

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.

540 Old Forcett Road
 Dodges Ferry (next to the
 Dodges Ferry Primary school)



CHRISTMAS
 IN

July

FRIDAY 28TH JULY AT 12PM


MAIN
 Roast Lamb
 Roast Pork
 Potato Bake
 Roast Pumpkin
 Carrots & Broccoli



DESSERT
 Christmas pudding, Custard, and Ice cream
 Brandy Snaps

RSVP 24th JULY 2023

Come along and join us for our Annual Christmas in July event, as a part of our Monthly Eating with Friends program. Spaces are limited, so please RSVP by phoning 6265 7016 or email info@okinescommunityhouse.com.au 540 Old Forcett Road, Dodges Ferry

 Okines Community House Inc.

Art Fundamentals


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

Sundays 11am - 1pm
(last 3 classes go until 2pm)
13 August - 1 October 2023
\$296 (includes all materials)
@ Okines, Dodges Ferry

Bookings and inquiries:
nicolahollandart@gmail.com



Nicola Holland
Degree in Visual Arts
(acrylic painting)

 Paint with Nicola

Sip & Paint with Nicola

Grab a friend (or a few), your drink of choice and enjoy a fun, relaxed Saturday afternoon, painting Raspins Beach in Orford...

Sat 5 August

1:30pm - 4:30pm

Okines House

\$48

Bookings:

62657016



No experience is necessary. Your guide, Nicola, has a degree in Visual Arts and will take you step by step through the process of painting your own canvas to take home and hang on your wall! BYO drinks & nibbles. Everything else is provided.

 Okines Community House Inc.

QUILTING & SEWING GROUP



An invitation to all hand sew-ers and quilters. This group meets every Tuesday to share in their love of quilting and sewing.

Tuesdays 10.30am to 1pm
\$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 info@okinescommunityhouse.com.au

 OKINES COMMUNITY HOUSE INC

2023 ANNUAL GENERAL MEETING



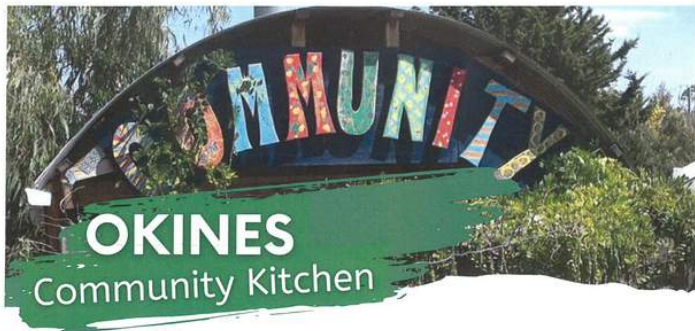
Friday, 15 SEPT 2023 - 9.30am start

If you are passionate about your local community and are seeking opportunities to make a difference we encourage you to nominate for a position on the Okines Board of Management.



**540 OLD FORCETT ROAD
(NEXT TO THE DODGES FERRY PRIMARY SCHOOL)**

You can visit our website and Facebook page or email us at info@okinescommunityhouse.com.au or phone: 6265 7016 for further information.



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



**540 Old Forcett Road
Dodges Ferry**

Okines Community House
540 Old Forcett Road, Dodges Ferry
(03) 6265 7016



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:

info@okinescommunityhouse.com.au



FAMILIES
Tasmania

BABY + CHILD FIRST AID



Date: Wednesday 30th August 2023

Time: 11am - 1pm

Venue: Okines Community House

540 Old Forcett Road, Dodges Ferry

Cost: FREE

To book visit:

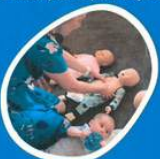
<https://www.eventbrite.com.au/o/families-tasmania-13786015288>

Should you require adjunct care please email hello@families Tasmania.org.au

Our sessions are intended for parents, families and members of the community who live with, or around children, and includes many topics that aren't covered in most first aid courses, but which are a cause for concern for most parents and families.

Topics covered include:

- CPR
- Choking
- Poisoning
- Burns
- Fever management & Febrile Convulsions
- Allergies & Anaphylaxis
- Head Injury & more



Baby + Child
First Aid Tas



Okines Community House inc.

Invitation to the Voice Forum

Where: Okines Community House, 540 Old Forcett Road.

When: 8th August 2023

Time: 2pm-4pm

Hosted by Melinda Reed

The upcoming referendum on the Voice will be one of the most important votes ever to be put to the Australian people.

To help people understand the issues involved, and to make an informed decision, Okines Community House have arranged for Reconciliation Tasmania to present an encompassing session at Okines Community House.

Understanding the Voice, and Conversation Table will be informal presentations where participants can gain information, and ask questions.

Please bring a light morning tea to share.

Tuesday August 8th

2:00 Welcome

2:10 Understanding the Voice Workshop. Presented by Reconciliation Tasmania

2:45 Light afternoon tea (please bring something to share)

3:00 Conversation Table. Presented by Reconciliation Tasmania

3:55 Thankyou to participants, Close.

The Voice Forum is designed to help you gain a clearer understanding of the issues involved, and to help with your decision making.

We look forward to seeing you at the Voice Forum.

RSVP 31st July 2023

Ph. Mobile 0468 905 340

For further information on Reconciliation Tasmania go to, <https://rectas.com.au/voice-referendum-programs>

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

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



Delivering the NDIS in your community

Mission Australia is a NDIS Partner delivering the NDIS in the Community

Would you like to know more about the NDIS?



We welcome you to come and have a chat with us at

OKINES Community House– 540 Old Forcett Road
Dodges Ferry

Thursday 13th July 10am – 12 Noon
10th Aug 10am – 12 Noon
14th Sept 10am – 12 Noon

Please phone 03 6212 6850 or email NDISLACsoutheast@missionaustralia.com.au with any enquiries

No Interest Essentials Loans

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

No interest loans

up to \$1500

Now up to \$2,000

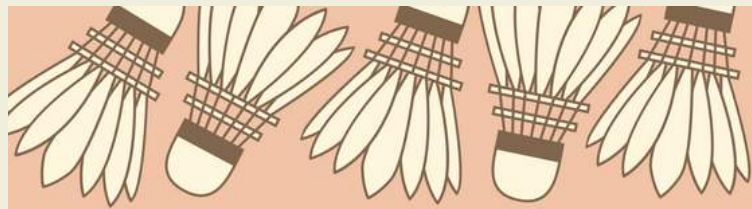
No credit checks

Minimum repayment

\$20 per fortnight

Call 1300 301 650

www.nilstasmania.org.au



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



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

PRIMROSE SANDS COMMUNITY HALL

Indoor Markets

Saturday 29th July 2023

9.30am to 1pm

Homemade Goodies

Bric a Brac

Honey

Greeting Cards & Playing card holders

Lots of Leggo

Handmade Wooden Items

Scented candles

Dressed Teddies, Soft & Sensory Toys

Clothing & gifts

Chocolates

Flavourista spices

Gin & Vodka Distillers

Plants

Jewellery & Handmade beads

Soap & body Products

Treats for Dogs

Macrame Art

Sally Wise will be cooking & also

selling her books

Cuppa with a Cop

Numeracy Tutoring!



**Does your child need learning support with numeracy
and thinking skills?**

Private tutoring and NDIS sessions are now available upon request at
True Trails Learning Assistance, Marion bay !

Monday and Thursday afternoons available.

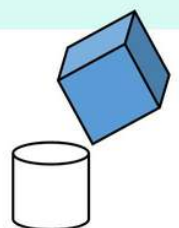
E: truetrails@bigpond.com

T: 0437 818570

$$12 +$$

$$27 =$$

$$\div 5$$





Learning Assistance for **CREATIVE** and **MENTAL** growth!



Art Learn

Contact: Cheri Allanby
0437818570
all.designs@bigpond.com



Would you like an inspiring learning environment for your child?



True Trails

Professional and individualised learning combined with horsemanship in a unique environment. Delivered by a qualified teacher and instructors at scenic Marion Bay.

Read, Write, Ride (literacy) *AWAKE* (learner capacity)
Ride up Add up (numeracy) *Speak* (communication)

Contact: Cheri Allanby 0437818570 truetrails@bigpond.com



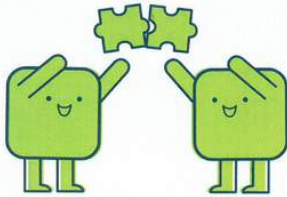


**JOB?
TRAINING?**

**LET'S TALK
TRANSPORT!**



Area Connect is a free and flexible transport option in regional areas to help you get to work or training where access to transport is limited or unavailable.



Get in touch to find out how we can help.



SCAN ME

1300 651 948
www.areaconnect.org.au
info@areaconnect.org.au



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 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 COMMUNITY HEALTH CENTRE
57 COLE STREET, SORELL.**

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

Need more info?
Phone Wendy 6265 1156



FOR THE
By the community
COMMUNITY

Contact us

LOCATION:

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

OKINES COMMUNITY HOUSE/ADMIN:

ABN: 99 433 272 191

Monday, Tuesday & Friday - 9am to 3pm

Wednesday & Thursday - 9am to 4pm

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

Phone: 03 6265 7016

Mobile: 0438 651 155

email: info@okinescommunityhouse.com.au

Instagram: Okines Community House

OKINES COMMUNITY GARDEN:

Monday - 9am to 2pm

Wednesday - 9am to 2pm

Friday - 9am to 2pm

email: ochigarden@gmail.com

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 Rebecca White'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 = \$1.00

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.

*Please submit articles for Term 4 newsletter
no later than 6/10/2023*