



TERM 4, 2023

# O K I N E S

## COMMUNITY HOUSE



Funded by the Crown through the DEPARTMENT of PREMIER & CABINET

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



## A MEMORABLE SPRING SCHOOL HOLIDAY PROGRAM: ART, GARDENS, AND ABORIGINAL STORIES



The Spring School Holiday of this year brought joy and creativity to kids and parents alike, as various activities and events left lasting memories for all. Local artist Kerry Howlett, known for her creative flair, hosted her renowned Kids Mosaic class, resulting in the creation of stunning art pieces by young talents. One of the highlights of the holiday was the enchanting Garden Art and Story Time, which drew families from near and far. Even Gumnuts Daycare joined in for a delightful morning in the garden, making it a truly community-centered experience.

Some beautiful signage was crafted to complement the Bush Tucker Garden established during NAIDOC Week earlier in the year.

This garden not only showcases native plants but also serves as a tribute to Indigenous culture and heritage. Speaking of Indigenous culture, Brooke, a Tasmanian Aboriginal knowledge sharer, played a pivotal role in making this holiday unforgettable. She once again graced the event with her presence, captivating the children with mesmerizing Aboriginal stories during story time. The kids were not only entertained but also enriched with a deeper understanding of Australia's rich Indigenous heritage.

As we bid farewell to this year's Spring School Holiday, we look forward to future opportunities for kids and families to come together, create, and celebrate the beauty of our world, both natural and cultural.



# CONTENTS

## 2

CHRISTMAS CLOSING TIMES

## 3-5

OKINES FOOD CO-OP NEWS

## 6

OKINES COMMUNITY GARDEN

## 7-12

UPCOMING ACTIVITIES & EVENTS

## 13

SB NEIGHBOURHOOD WATCH

## 14

SENIOR WEEKS PROGRAM

## 15

DODGES FERRY FILM SOCIETY

## 16-23

WHAT'S ON

# 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.*





## WHAT'S HAPPENING THIS MONTH...

### Welcome to our new Food Co-op Volunteer Coordinators!

As we say farewell to the lovely Danae and wish her all the best in her overseas adventures, we welcome two Volunteer Coordinators who have stepped up to share the role.

Michelle is coordinating our amazing cashiers and cashier assistants, which includes the massive job of creating and refining the cashier roster, as well as some admin work on the backend. Michelle is excited to be moving to Carlton in November and she tells us a little bit about herself:

"I am a yoga and qigong teacher. I like to support local suppliers as much as possible and I also enjoy the social connections in community groups. I have previously volunteered in another food co-op. I enjoy bushwalking, yoga, qigong and meditation and eating healthy delicious food."



Dawn is the welcome person for new volunteers to the co-op, helping them get their paperwork completed and aligning with Jill to ensure their onboarding journey is as smooth as possible. She is also helping with admin work in the backend to ensure our systems are running smoothly. Dawn has lived in Dodges for the past two and a half years and she tells us a little bit about herself:



"When I first sighted the Okines Community Garden and Food Co-op, I knew this was a community which resonated with me. Since then, I have forged friendships and met many incredible people through my involvement with Okines. Having this opportunity to meet and greet new volunteers who are joining the Food Co-op community is super exciting to me. I am passionate about writing, healthy living, bushwalking and conservation issues."

### INTERESTED IN VOLUNTEERING?

Volunteers are essential for the Co-op to operate! Active members contribute to the Food Co-op by regularly volunteering 4-6 hours per month and receive a discount of 10%. Please get in touch by dropping into the co-op during opening hours or emailing Dawn via [okines.coop.volunteers@gmail.com](mailto:okines.coop.volunteers@gmail.com)

Currently we need volunteers for the below:

- Cashiers for Tuesdays and Sundays
- Shops Assistants for Sundays





## WHAT'S HAPPENING THIS MONTH...

**CO-OP COFFEE SHOP**

Tuesdays 1-4pm

Volunteer Brendan Fuller is at the Co-op on Tuesdays offering free coffee to shoppers.

Come along to relax and enjoy a game of **Scrabble!** We know you're out there Scrabble addicts!

Brandan also organises the Co-op supported forums, tea parties and live music, more details below!

**MONTHLY FORUMS****WHEN: Tuesday, October 17th 2-4pm****WHERE: Okines Community Garden****TOPIC: Music**

Thank you to everyone who participated in **August's forum** presented by Reconciliation Tasmania. The information sharing session on the up coming referendum was an informative workshop that generated much discussion.

**September's Forum** celebrated music. We discussed how music is universal and touched on how the physics of pitch shapes harmony and the building of scales.

**October's Forum** will expand on music, focusing on indigenous music from around the world and how it resonates with people, even if they don't know anything about the people who made the music.

**November's forum** topic will be decided at the end of October's discussion.

Please bring something for afternoon tea to share, the Co-op will provide complimentary tea and coffee.

**INAUGURAL MAD HATTER'S TEA PARTY**

Tuesday October 10th 2-4pm

An afternoon of fun and frivolity. Hats, cakes, cups of tea. Does this sound like you? The Co-op has a wide range of specialty teas that are waiting to be sampled!



If you would like to be involved in helping make the Mad Hatter's Tea Party come to fruition send us an email and you can chat details with Brendan

## Inaugural Mad Hatters Tea Party

Tuesday October 10th  
2-4pm



The Food Co-op would like to invite you to the Inaugural Mad Hatters Tea Party. Come along and enjoy our extensive range of specialty teas. BYO something to share for afternoon tea. BYO a hat.



## LIVE MUSIC

**Music Blackboard is every 4th Tuesday from 2-4pm**

**Next sessions:  
24th October  
28th November**

September's blackboard went off! Steve opened with a set of his Spanish inspired songs. After his set he was joined by Dave on harmonica and Brendan on guitar. The trio played some blues and jazz tinged instrumentals, with a touch of vocals, that were well received by the audience.

If you or someone you know would like to play, come on down.



## INGREDIENT SPOTLIGHT: HEMP SEED

Each month in the newsletter we want to spotlight an ingredient in the co-op that you might not have used before. This month it's hemp – specifically, **hulled hemp seed** (sometimes called hemp heart), which the co-op is now able to source from a Tasmanian supplier; The Tassie Hemp Shop, with farms located in Northern Tassie. Check out their website for more about their farm and story: [thetassiehempshop.com.au](http://thetassiehempshop.com.au)



**Characteristics:** Hemp is native to China, and its cultivation has been traced back at least five thousand years. It's been used to make cloth, rope, paper, as well as, of course, food and oil. Shelled hemp seed is high in protein (about the same as soy) and essential fatty acids (much more than soy), vitamin E, B vitamins and potassium. Shelled or ground hemp seeds or hemp oil are the easiest way to absorb all those nutrients.

Hemp oil also makes a great salad dressing, and it's good for the skin. The recipe below shows an easy way to incorporate hemp seeds in a seasonal meal to welcome spring, but you can add hemp seeds to anything where you might be using grains, seeds or nuts; porridge, cakes, falafel – follow your (hemp) hearts!

**Madeleine Laing, Co-op Recipe Manager**





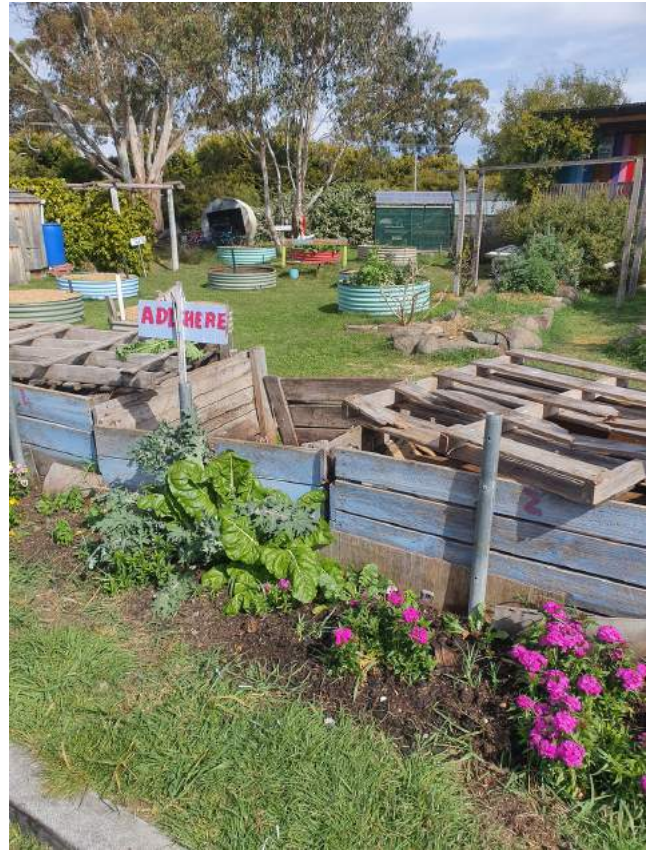
## OKINES COMMUNITY GARDEN

Hello fellow gardeners & welcome to Spring! As you would be aware this is a very busy time in the garden. A huge thank you to Tony and Ken Wiggins for pruning our fruit trees which have fertilised and mulched. I would like to also like to acknowledge and thank all our Garden Volunteers who each bring their own knowledge & expertise & enable us to keep on top of the many jobs required here. As you know, it is never ending & without their hard work & dedication, none of this would be possible.

Many green vegetables are available for our community to harvest. Spinach, silverbeet, spring onions, broad beans are among them. We have planted a variety of herbs & flowers for pollination & a splash of colour. Our carrots, garlic, leeks & peas are coming along nicely. We have a variety of brassicas in our greenhouse, reading for planting out, along with tomatoes, capsicums & celery. We have seedlings of zucchini, cucumber & pumpkins in our propagation house. We endeavour to produce vegetables from our own seed where possible. We have packaged seed available from the Food Co-op and our Book Library fridge.

Ongoing thanks to Ray for donating pigeon manure also Martin for alpaca manure & to the many community members who also donate coffee grounds, plants, seeds, pots etc. Likewise thank you to the those people who leave scraps in the communal compost. Everything is appreciated Enjoy this spring in your own veggie patches & happy gardening.

Donna 



Okines Communal Compost - adjacent to the carpark



Spring has arrived in the Okines Garden space.

# 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

## 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 - CONTEMPORARY PILATES CLASS - Tutor Salomé Rosa (accredited Pilates Practitioner, Rehab and Fasc - Tutor Salomé Rosa (accredited Pilates Practitioner, Rehab and Fascial Fitness Trainer)ial Fitness Trainer)**

These classes work your whole body, from head to toe, connecting, mobilising, and lengthening different myofascial structures to improve your strength and flexibility. Innovative cues will guide your awareness to your quality of movement and strengthen the connection of your mind to your body with fun but challenging sequences throughout the class.

**Day:** Tuesday (Thursday class also available)

**Starts:** 7/11/2023 (no class 21 November)

**Time:** 9am to 10am,

**Cost:** \$120 for 6 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](mailto:info@fromwithin.com.au) or visit the website: [www.fromwithin.com.au](http://www.fromwithin.com.au)

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



## **TUESDAY - CARD GROUP**

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

**Day:** Tuesdays ongoing

**Time:** 1pm to 3pm, **Cost:** \$2

**Venue:** Okines Community House

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

## **TUESDAY - RHYTHM & BEACHES COMMUNITY SINGING GROUP**

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

**Day:** Tuesdays

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

**Venue:** Okines Community House

**Contact:** M Haynes 0417 462 310

## **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 6 week course.

**Day:** Starts Tuesday 7/11 to 19/12/23 (6 weeks)

**Time:** 6.30pm - 8pm **Cost:** \$90

**Venue:** GP Room Dodges Ferry Primary School

## **TUESDAY - FIZZICAL FUSION FITNESS CLASSES - TUTOR KARYL MICHAELS**

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

### **FIZZICAL FUSION STAYSTRONG**

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

**Day:** Tuesdays

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

**Venue:** Okines Community House

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

### **FIZZICAL FUSION STRIKE**

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

**Day:** Tuesdays

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

**Time:** 7pm to 7.20pm

**Venue:** Okines Community House

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



### WEDNESDAY - TAI CHI WITH SUE DUFFY

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

**Day:** Wednesdays

**Time:** 10am to 11am

**Cost:** \$5

**Venue:** Okines Community House

**Contact:** 6265 7016 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) 19/10/2023

**Time:** 9am to 10am,

**Cost:** \$160 for 8 weeks (no class 26/10 & 23/11)

**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 12/10/2023

**Time:** 12pm to 2.30pm

**Venue:** Okines Community House

**Contact:** 6265 7016



## THURSDAY - DIGnity Supported GARDENING PROGRAM

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

**Day:** Thursday 9/11 to 14/12/2023

**Time:** 10.30am to 1.30pm

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

## THURSDAY - 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](mailto:fizzicalfusion@gmail.com)

### FIZZICAL FUSION SHIMMY

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

**Day:** Thursdays **Time:** 7pm to 7.20pm,

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

**Venue:** Okines Community House

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

## 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

27/10, 24/11, & 15/12/2023 (Christmas Lunch)

**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. Last class 15/12 & back 19/1/24

**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](http://www.breathingtreeyoga.com.au) or contact Elana Rose on 0412 451 192 or

[elanaroseyoga@gmail.com](mailto: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 22/10 to 10/12/2023

**Time:** 11am to 1pm (last 4 classes go to 2pm)

**Fee:** \$320+bf (inc. all materials + 20 hrs tuition)

**Venue:** Okines Community Garden

\*Bookings essential as numbers are limited, email [nicolahollandart@gmail.com](mailto:nicolahollandart@gmail.com)



# OKINES ACTIVITIES TERM 4, 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

### 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

## TUESDAY

### CONTEMPORARY PILATES

9am to 10am, starts 7/11/2023, \$120 for 6 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

### RHYTHM & BEACHES SINGING GROUP

7pm to 9pm \$5, info: M Haynes: 0417 462 310

### DRUMMING WORKSHOP

6.30pm to 8pm, \$90 FOR 6 sessions, 7/11 to 19/12/2023, contact 6265 7016

### 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, Karyl on 0468 389 659 or fizzicalfusion@gmail.com

## 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

## THURSDAY

### OKINES BOOK CLUB

12pm to 2.30pm, 2nd Thursday of the month, next is 12/10/2023 contact: 6265 7016

### DIGNITY GARDENING

10.30am to 1.30pm, 9/11 to 14/12/2023, free, contact Hannah via dignity.garden@gmail.com

### MELT METHOD CLASS

9am to 10am, commencing 19/10/2023, \$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

### 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

## FRIDAY

### EATING WITH FRIENDS

12pm to 2pm, last Friday of the month, 27/10, 24/11, & 15/12/2023, \$7, PH: 6265 7016

### CHAIR YOGA

1.30pm to 2.30pm, every Friday, \$15 per class or \$60 for 6 class pass, Last class 15/12 & back 19/1/24 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

## OTHER

### ART FUNDAMENTALS

Sundays 22/10 to 10/12/2023, 11am to 1pm, \$320 + bf (includes materials + 20hrs tuition), bookings essential as numbers are limited. Email nicolahollandart@gmail.com

### \*\*\*GARDEN SOIREES\*\*\*

Monthly at the Okines Community House & Garden space, BYO Food & Drinks, a chair or blanket & some change for donation to the talented musicians. First event for the season is Friday 27/10/2023 - 6pm to 8pm.

Please note a food van will not be available on the 27th Oct but will be onsite for the remainder of the Soiree season



# COMMUNITY WASTE SURVEY SUMMARY OF RESULTS

Community Action on Waste's (CAW) survey of Sorell Council's proposed waste strategy  
**1,728 surveys received (13% of voters)**

## CONSULTATION

**68%** were **not** aware of Council's proposed changes and **90%** do **not** feel adequately consulted.

## HARD WASTE

**86%** do not support stopping hard waste collection and **54%** were OK with collection once a year.

**77%** do not have the financial and/or physical means to take hard waste to Mornington WTS.

## GREEN WASTE

**67%** still need bulk green waste collections after green waste wheelie bins are introduced.

**79%** do not have financial and/or physical means to take remaining green waste to Mornington WTS.

**53%** use the existing bulk green waste collection for fuel reduction.

**56%** would use a pre-booked chipper truck service as a replacement for bulk green waste collection.

**42%** would purchase subsidised compost bins.

## GARBAGE COLLECTION

**73%** do not support fortnightly garbage collection when green waste / FOGO wheelie bin is provided.

**65%** said if renters need a larger wheelie bin but landlord won't pay, Council should offer this free.

To see full results including a summary of the most popular written comments scan the QR code or:

<https://tinyurl.com/communitywastesurvey>



This survey is organised by Community Action on Waste (CAW), a group of concerned community members in the Sorell Municipality. Any questions or comments please email [CommunityActionOnWaste@gmail.com](mailto:CommunityActionOnWaste@gmail.com)

# COMMUNITY WASTE SURVEY RECOMMENDATIONS FOR COUNCIL

## CONSULTATION

1. Develop and implement a consultation a plan to allow residents to have a meaningful say.

## HARD WASTE

2. Keep hard waste collection but reduce to once per year given Council's need to cut costs.

3. Explore using Council employees to handle hard waste collection if suitable contractors are not found (as per some other Councils in Tasmania).

4. Setup a depot that sorts hard rubbish before entering landfill.

5. Ensure any changes do not negatively impact people who are financially struggling and the elderly.

## GREEN WASTE

6. Maintain bulk green waste collection at least twice per year, given the majority of people use this for fuel reduction.

7. Provide a free pre-booked chipper service for those with large branches, then place chips in local area for residents to take.

8. Provide subsidised compost bins (e.g. through Compost Revolution).

## GARBAGE COLLECTION

9. Initiate a community wide consultation process for the implementation of FOGO.

10. Provide larger bins to renters for free if the landlord refuses to pay.

11. Track the cost of picking up illegally dumped waste.

12. Ensure future unit/townhouse building applications include provision for a 3rd bin.

This survey is organised by Community Action on Waste (CAW), a group of concerned community members in the Sorell Municipality. Any questions or comments please email [CommunityActionOnWaste@gmail.com](mailto:CommunityActionOnWaste@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.*

**Okines Community House**, Project Officer, Claire Scolyer organised a BBQ at the Bike Shed for both Mondays in the July School Holidays, Southern Beaches NHW Members were invited to assist. The event was well attended by many interested and excited children and parents and a number of Bicycles were test driven and went to new homes during the day, The free BBQ Sausage Sizzle was enjoyed by all present, with several hungry children returning for seconds or even thirds.

On **Monday 17<sup>th</sup>** the Tasmanian Governor, Barbara Baker, was visiting the area and arrived with the Sorell Mayor, Kerry Vincent and several Councillors, to visit the Bike Shed where they spend time chatting with John Chapman and his fellow Volunteers. The Bike Shed received recognition recently from the Sorell Council when it won the Community Group Award for 2023.

**Climate Change** is affecting many countries in the Northern Hemisphere, heat waves and wildfires are causing death and destruction. The BoM has recorded the high temperatures over recent months, affecting the Eastern Borders of Australia, already Tassie has had several outbreaks of bush fires - so will this be a forecast of what we must expect for our Southern Hemisphere come Spring and Summer?

**Now** is time to prepare. **African Bone Seed bushes** are scattered throughout the Southern Beaches area, this is a noxious weed and extremely inflammable – it burns very quickly, it is extremely hot, (as per Rachael Lakey from Property Solutions). Ensure all of the plant is successfully destroyed so it does not regrow. For more information - Contact **Landcare – Chris Ross** on **0419 575 017**.

### **Tips to prepare for Bushfires**

Keep backyards neat and tidy and lawns cut short – Keep the roof and gutters free from leaves – Cut back any overhanging trees and shrubs – Ensure hoses will reach all parts of your home – Store inflammable materials & wood heaps safely.

If you have found **African Bone Seed** on or near your property – it needs to be eradicated - but with great care so as to not spread it anywhere else. When cut back, dab the stump immediately with poison but leave the roots in-situ to prevent disturbing the soil, (advice from Landcare).

### **Stay safe this Bushfire Season.**

**Saturday 27<sup>th</sup> July, a Cuppa with a Cop** saw Southern Beaches and Midway Point NHW members at the Primrose Market, local I/C Constable Shane Etherington, attended and answered many questions as he circulated through the crowd at the well attended event

**September 10<sup>th</sup> “Hallo Day”** held at the Sorell Memorial Hall, was organised by Sarah Pienig of the **Sorell NHW** and assisted on the day by members from **Southern Beaches** and **Midway Point Watches**, at the Sorell Market, with “Pop up Stalls” provided by a number of local Groups.

**Christmas** is fast approaching and often expensive gifts are purchased which come in brightly marked packing, always dispose of this packaging discreetly, do not leave out in the open to provide the opportunist thief a chance to target your home and relieve you of your expensive purchases.

Further, be warned - that same thieving rascal is now aware that any stolen item must be replaced, so the need to dispose of any and all wrappings should again, be carefully done.

**Reporting Suspicious Behaviour.** (From the NHW Pamphlet) “Community safety and crime prevention is everyone's responsibility. You can assist the Police by providing a good description of anyone you see committing a crime or is acting suspiciously. If you observe a vehicle being used during a crime it is important to note the following details” – Vehicle registration, colour, make and model – damage or rust – driver/occupants – direction of travel.

In both the above events it is important to “keep calm - record date, time and location of event – report where and what is happening – take a photo ... only if it is safe to do so – do not approach the person directly.”





# 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](mailto: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

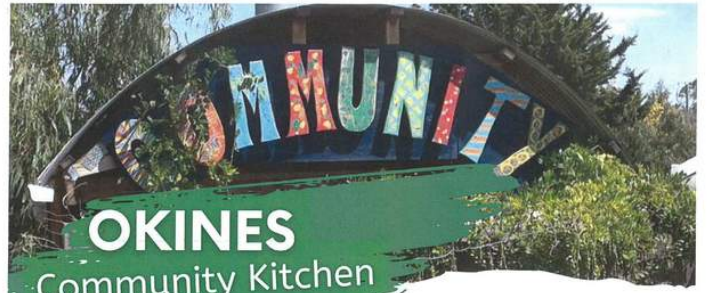
*No referral necessary*

Okines Community House

Phone: 03 6265 7016 or [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

540 OLD FORCETT RD, DODGES FERRY TAS 7173

*The Sea is for Me Photography by Lucy Bradshaw*



## 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

## 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 17 October 2023**, toast with a variety of spreads at no cost will be available.

A very big thank you to Jen Butler MP for the 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](mailto:info@okinescommunityhouse.com.au)

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



## MACRAME TWO TIER PLANT HANGER WORKSHOP

x x x x  
x x x x  
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)

## 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



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

## DRUMMING CIRCLE

*With Mara Lovrin -  
drum beat accredited &  
kirtan practitioner*

In ancient cultures, drums  
served as tools to cultivate  
resilience and nurture  
connections among people.  
Engaging in drumming has been  
associated with numerous health  
advantages, such as stress reduction,  
relaxation, and enhancement of the immune  
system. This class is open to individuals of all skill  
levels, from beginners to those with more experience.  
Everyone is encouraged to join!



### CLASS DETAILS:

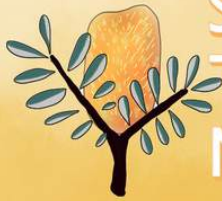
Tuesdays from 7th November to 19th  
December 6:30pm - 8pm  
6 sessions / \$90pp

### BOOKINGS:

6265 7016  
info@okinescommunityhouse.com.au

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





# SMALL TOWN MARKET

SUMMER EDITION

SUNDAY DECEMBER 17TH | 10AM - 3PM

GROUNDS OF OKINES COMMUNITY HOUSE DODGES FERRY

On the land of the mumirimina people, lutruwita

ARTISAN- MADE GOODS | FRESH PRODUCE | LIVE MUSIC  
NATIVE PLANT SALE | FOOD VANS | KIDS ACTIVITIES  
PRE-LOVED CLOTHES | WELLNESS WORKSHOPS  
CRAFTS & GARDEN DEMONSTRATIONS  
& MUCH MORE...

Family friendly | Wheelchair-accessible  
Bring your own rug & keep cup  
All communities are welcome to attend

SPONSORED BY:



Okines Community House

@SMALLTOWN.MARKET

WWW.SMALLTOWNMARKET.COM.AU



# OKINES COMMUNITY HOUSE

## GARDEN SOIREE

FEATURING LOCAL MUSICIANS  
THIS MONTH'S ENTERTAINMENT

**FRIDAY**  
**27TH OCTOBER**  
**STEVE BOND**  
**MISS JONES PLAYS**  
**6PM TIL 8PM**

A FAMILY FRIENDLY EVENT RUN MONTHLY AT THE OKINES COMMUNITY HOUSE LAWNS BYO FOOD AND DRINKS, A CHAIR OR BLANKET & SOME CHANGE FOR OUR TALENTED MUSICIANS FOOD VAN ONSITE PROVIDING YUMMY FOOD OPTIONS

Cultivating Energetic Depth for our Bodies and Minds

## Restorative Qigong Classes @Okines Community House

Mondays  
1115 - 1230

No experience needed  
Casual attendance welcome

donnedreaming.com or 0499 221 622  
to book your spot



## Art Fundamentals with Nicola

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.

You'll get to take time out for yourself, nurture your creativity, learn new skills, and connect with others who value doing the same.

We'll start with the absolute basics and each class will build on the skills learnt the week before. You'll finish with your own acrylic painting on stretched canvas of a scene that has meaning for you.



Sundays 11am - 1pm  
(last 4 classes go until 2pm)  
22 October - 10 December 2023  
\$320 +bf (includes all materials & 20 hours of tuition)  
@ Okines, Dodges Ferry, Tas

Questions:  
nicolahollandart@gmail.com  
facebook: Paint with Nicola



Nicola Holland  
Bachelor of Visual Arts  
(acrylic painting)



Paint with Nicola

For more details or to book, scan the code or go to the url below



www.eventbookings.com/b/event/art-fundamentals-with-nicola-oct-2023





# Dodge's Ferry Primary School Community Fair

Celebrating outdoor learning,  
nature play, and our school's  
35th anniversary

**Crazy Bikes  
Dunk Tank  
Face Painting  
Tea Cup Ride  
Rotary Train**

## ACTIVITIES



## FOOD

**BBQ, Curries,  
Nachos, Sushi,  
Jacket Potatoes,  
Waffles,  
Milkshakes, Ice  
Cream, Fairy  
Floss**



## DISPLAYS

**Emergency  
Services,  
Community  
Groups, Sorell  
CFLC Pop-up**



## STALLS

**Cake Stall,  
White Elephant,  
Books, Photo  
Booth, Carrot  
Stick Lotto**

**Friday 3rd November  
4pm to 7pm**

Thanks to proud major sponsors

All enquiries to [dfpsassociation@gmail.com](mailto:dfpsassociation@gmail.com)

**Raine&Horne.**  
Sorell, Tasman & East Coast

# 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 Dodge's Ferry Primary School  
Terrapin Room

For more information, please go to

[www.breathingtreeyoga.com.au](http://www.breathingtreeyoga.com.au)

contact **Elana Rose** on 0412 451 192  
[elanaRoseyoga@gmail.com](mailto:elanaRoseyoga@gmail.com)

**IKE**  
world is what you think it is  
**KALA**  
there are no limits  
**MAKIA**  
energy flows where attention goes  
**MANAWA**  
now is the moment of power

**ALOHA**  
to love is to be happy with  
**MANA**  
all power comes from within  
**PONO**  
effectiveness is the measure of truth



## Huna and the Mystic Wisdom of Hawaii What is Huna?

Join me, Judy Ke Kai Suchting, on a 2 day introductory course exploring the origins and  
power of this beautiful Hawaiian Philosophy. Taught to me by Serge Kahili King and  
following the traditions of the Kahili Ohana

**LEARN THE 7 PRINCIPLES OF HUNA** and explore ways to create a fulfilling  
happy and healthy life

**DISCOVER THE 3 SELVES AND THE 4 LEVELS OF REALITY** - powerful  
knowledge for making the changes you want.

**EXPLORE THE TRUE MEANING OF ALOHA**  
**PRACTICE KAHI LOA**- a shamanic bodywork favoured by the Hawaiian Kupua

When: **18-19th November 2023**

Where: Okines Community Centre Dodge's Ferry

Cost: \$450

Deposit of \$200 to be paid by the 4th November 2023

To book or find out more please phone me on 0406495178 or email [hunagirl@live.com](mailto:hunagirl@live.com)

Artistic Credit: Eve Inksane [www.inksanetattooandart.com.au](http://www.inksanetattooandart.com.au)



**SIMPLE  
& EASY**



**FUN WITH  
OTHERS**



**HI, IM ANNIE**



*Create and inspire yourself*

## Lampshade Workshops with Annie

For 5 years & Tasman based we  
love to run workshops for fabric  
and creative enthusiasts. Isn't it  
time to spruce up your homes  
lighting? or gift a new shade.  
Save \$\$\$\$ and upcycle what you  
have at hand. You will make a  
new "unique as you are" shade on  
the day. And have sooooo much  
fun

## @ Okines House

Learn how to make a new shade and to  
refurbish all your shabby shades. Raid  
your stash or select from our amazing  
fabrics. Grab a friend and build your  
skills. Bookings, reviews and inspirations  
[www.shadesofdistinction.com.au](http://www.shadesofdistinction.com.au)

Here:  
**Saturday  
2 DEC  
2023**





Waxing by Aurie  
mondays  
8:30am-1pm  
@Okines

"pay what you can" waxing to  
raise funds for Okines Community  
Kitchen. \$20, \$2, 20c perfectly  
acceptable. Concession card  
holders especially welcome ✨

mondays 8:30am-1pm  
in Terrapin Room, Okines  
All-inclusive, equally accessible  
beauty treatments ✨  
enquiries:  
countryaurelie1111@gmail.com  
0418957802

## FLICKS

*D'Ferry*

D'Ferry Flicks committee warmly welcomes you to join us at our monthly screenings of eclectic films at the Dodges Ferry Primary on the 3rd Saturday of the month at 6.30 pm for 7pm.

On Saturday 21st of October - we are delighted to show a 2 hour selection from the "Grit - Tasmanian Spirit on screen, short film festival." This is a great opportunity to see our own Tasmanian filmmakers documenting the lives of Tasmanians.

Come along and celebrate the festive season at our Indian Bollywood musical in December. It is sure to inspire some dress ups as we share festive food and drinks.

Our film calendar for January - April 2024 will be available at our December film as well as posted around the community and on Instagram.



# Southern Beaches SPRING SING!

SATURDAY 21 OCTOBER

10.30AM - 1.00PM

DODGES FERRY PRIMARY SCHOOL

BOOKINGS ESSENTIAL: [WWW.TRYBOOKING.COM/CLTPT](http://WWW.TRYBOOKING.COM/CLTPT)

WITH JANE CHRISTIE-JOHNSTON





# D'Ferry Flicks presents:

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



## Sep 16: Citizen Kane

G / Drama/Mystery / 1941 / 119mins

*A famous tycoon utters a mysterious word before dying leading a journalist to embark on a journey to uncover its secret.*

**Director:** Orson Welles **Starring:** Orson Welles, Herman J Mankiewicz

## Oct 21: Grit - Tasmanian Spirit on Screen Short Films

M / Documentary/Comedy/Drama/ 2023 / 120 mins

*A series of short films made by Tasmanians about Tasmanians. Inspired by stories of grit and courage, these award winning film makers share funny, poignant and inspiring local stories.*

**Directors:** Dylan Hesp, Vivien Mason, Ben Winspear, Bree Sanders, Troy Melville, Jillian Mundy, Lara van Ray.

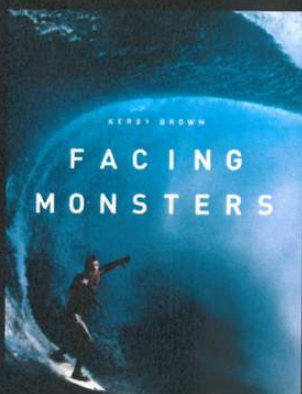


## Nov 18: Facing Monsters

M / Documentary / 2021 / 90 mins

*A trip into the mind of West Australian slab wave surfer Kerby Brown, whose connection with the ocean runs as deep as the love for his family.*

**Director:** Bentley Dean **Starring:** Kerby Brown, Cortney Brown, Nicole Brown



## Dec 16: Samrat Prithviraj

M / Action/Drama / 2022 / 135mins

*Historical action film based on an epic poem about the life of Prithviraj Chauhan, a Rajput king from the Chahamana dynasty.*

**Director:** Chandraprakash Dwivedi **Starring:** Akshay Kumar, Sanjay Dutt





# 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 12th Oct 10am – 12 Noon  
16th Nov 10am – 12 Noon  
14th Dec 10am – 12 Noon

Please phone 03 6212 6850 or email [NDISLACsoutheast@missionaustralia.com.au](mailto: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

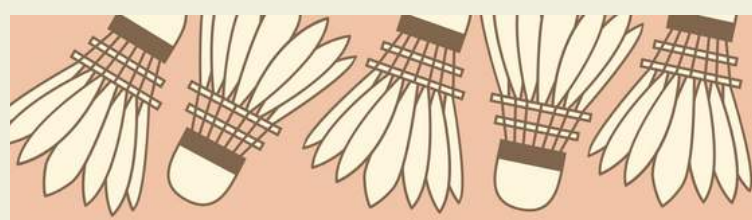
Minimum repayment

\$20 per fortnight

Call 1300 301 650

[www.nilstasmania.org.au](http://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



### SPRING PRE-LOVED CLOTHING SALE

October 28<sup>th</sup> 10 – 2  
Dodges Ferry Rec Centre  
(near the school)

It was to have been at Midway Hall  
now at the above,  
courtesy of

Okines Community House  
Loads of space.

Stall Holders Invited.

To book a space contact  
Cheryle 0438881065



SORELL ON STAGE PRESENTS  
**AN EPIC CHILDREN'S PANTOMIME**

**ROAR ROAR**

**DINOSAUR**

**SHOWS**

THU 2 NOV  
**7PM**

FRI 3 NOV  
**7PM**

SAT 4 NOV  
**11AM**

SAT 4 NOV  
**2PM**

**SORELL MEMORIAL HALL**

**PLUS  
SEE REAL  
DINOSAUR  
BONES ON  
DISPLAY!**

Tickets **AU\$15**

**SORELLONSTAGE.ORG**  
VIA PHONE 0435 36 7172 OR AT THE DOOR

SCAN ME



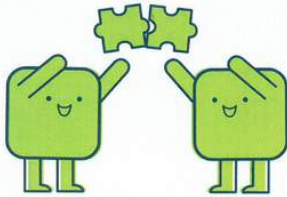


**JOB?  
TRAINING?**

**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](http://www.areaconnect.org.au)  
[info@areaconnect.org.au](mailto: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](http://WWW.SOUTHERNBEACHESCOASTCARE.ORG)  
FIND US ON FACEBOOK.COM/SBCOASTCARE/



EMAIL: [SOUTHERNBEACHESLANDCOASTCARE@GMAIL.COM](mailto: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](mailto:info@okinescommunityhouse.com.au)

Instagram: Okines Community House

## OKINES COMMUNITY GARDEN:

Monday - 9am to 2pm

Wednesday - 9am to 2pm

Friday - 9am to 2pm

email: [ochigarden@gmail.com](mailto: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](mailto:okines.food.co-op@gmail.com)

## OKINES BIKE REPAIR SHED:

Monday - 11am to 3pm

Thursday - 11am to 3pm

Other times by arrangement, Ph: 6265 7016

email: [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

## DODGES FERRY FILM SOCIETY:

An initiative of Okines Community House Regular screenings are the third Saturday of each month, plus special events. Go to @dferryflicks via Facebook or on messenger to see more information about upcoming films.



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:

The Okines trailer has been stolen & is unfortunately now unavailable for hire.

## \*Credit Card facilities now available

## Book Library:

No cost to borrow, books are located both inside the house and in the garden. Seeds are also available at the outdoor library.

## Coffee Machine:

Grab a delicious cappuccino, latte or hot chocolate for only \$2 to support Okines Community House fundraising efforts.

## Information, support & referral services:

Okines has a range of information pamphlets and books and can listen and support you with issues of concern and refer you to other services if required.

## OKINES BOARD MEETINGS

Okines Community House Board of Management meets the third Friday of every month. If you are interested in joining the Board, have any questions about Okines & what we do or ideas for the future, please email [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au) or call the office on 62657016.

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