



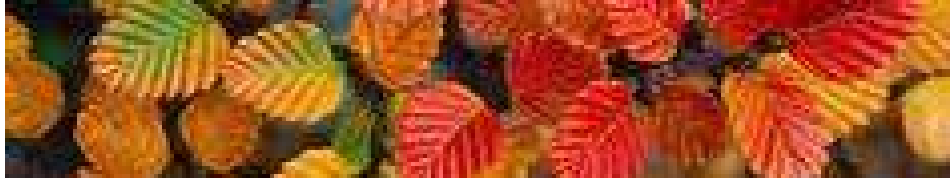
TERM 2, 2024

# OKINES COMMUNITY HOUSE



*Funded by the Crown through the DEPARTMENT of PREMIER AND CABINET TASMANIA*

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



Equinox has passed and the days are getting shorter, the annual turning of the Tasmanian deciduous Fagus suggests that autumn has well and truly arrived and everywhere you look a cacophony of colours from rust red to brilliant gold leaves gather as a gentle reminder of the cooler months ahead.

The Community House has had an exuberant and productive start to the year with the introduction of new staff, additional programs, workshops and community events. Garden Tucker has returned attracting new and old friends for the monthly working bee and homemade pizza, the Co-ops pop up coffee shop on Fridays has been very popular, providing free espresso, music and conversation that coinciding with the new opening hours.

So far this year, Okines Community Kitchen with the support of many volunteers, have packed and delivered over 600 food assistance packs for those in the community who are struggling with the cost of living and needing additional support to help them get by each week. . Please, if you or anyone you know need support, feel free to contact us, send them our way. Wishing everyone a warm and safe start to the winter months



A fabulous day was had in celebration of International Women's Day with guest tutor Edith Perrenot inspiring us to be creative with a fun interactive mask making workshop, Participants learnt an array of design techniques and created their own personal masks.



The highly anticipated Small Town Market returned for yet another successful jam packed day of festivities, with an exciting array of local producers, artisans, musicians and delicious food. The market will be returning June 16 for the Winter edition, look out for the flyer in the newsletter. Big thanks to the Small Towns Market team and volunteers for making this wonderful community event happen. Photos by Coralee Williams



# 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.



Last year, our trailer was unfortunately stolen. However, through the incredible generosity of an anonymous donor and the diligent fundraising efforts led by Sarah at Sirens Coffee, we feel incredibly fortunate to announce that we have successfully acquired a new one.

For bookings and hire fee information please contact Okines office on 6265 7016 or email [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

## OKINES BIKE REPAIR SHED:

Have you checked out the Okines Bike Repair Shed yet? The bike shed has a variety of bikes available including children's, men's and women's.

Currently open two days a week, the bike repair shed also hosts workshops and special events throughout the year.

The bike shed are currently in need of some more volunteers, if you are interested please contact staff at Okines by phoning 6265 7016 or emailing [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

## BIKE SHED OPENING HOURS

---

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



## THANK YOU

Okines Community Kitchen - Local Richmond Bakery and anonymous donors

Trailer - Anonymous donor, Sarah from Sirens and Wendy Campbell

Breakfast Club - Local Richmond Bakery

Soirees - Matt Bayes from M.T Blues Music

All of our wonderful volunteers who give their time generously to help our space thrive. We greatly appreciate you all.



# BOARD UPDATE

News from Okines Board

We welcome Martin Bishop back to the Board as an interim Board member from April until the 2024 Annual General Meeting. Marty brings with him a wealth of Okines knowledge and will fill the void when both Colm O'Shiel and Glenn Millar take extended leave.

A Governance Sub-Committee has been re-established under the leadership of Chris Bowling. Chris comes to the Okines Board with a wealth of governance knowledge and has started the process of updating Okines policies and developing new documents to see the House move into the future with clarity and adherence to government standards. The other members of this Sub-Committee are Bill Thomas and Cate Grant. Thank you all for taking on this extra responsibility.

Our theme for 2024 continues to be open communication between all participants, volunteers and staff at Okines and in building a Community House we can all be proud to belong to. There have been a number of new initiatives introduced by management and the Board looks forward to these becoming successful in the future. Thank you

Christine Woodcock  
President



ONE OF THE MOST  
VITAL WAYS WE CAN  
SUSTAIN OURSELVES  
IS BY BUILDING  
COMMUNITIES OF  
RESISTANCE, PLACES  
WHERE WE KNOW WE  
ARE NOT ALONE

**Bell Hooks**



# Okines Community Bike Repair



Okines Bike Shed continues to be a well needed asset to our community. Free recycled bikes for kids and adults, very good condition quality bikes for a small price, free recycled spare parts and free servicing and repairs. Since beginning 3 years ago we have given away hundreds of bikes and sold many for a small price. There are many similar operations to our bike shed in Tasmania and on the mainland, so collectively we are making a big impact to help reduce the use of fossil fuels, less impact on our roads, reduced the need to manufacture more new bikes from raw materials, less waste going to landfill and bike riding is great for our health.

We also educate any adults and kids wanting to learn repair skills. We have Dodges Ferry School students come regularly to learn the use of tools while fixing bikes. We have also just started with older students from the Indie School in Sorell.

We always welcome new volunteers, female and male, young and old, so if you have an interest drop in for a chat. Coordinators John and I, along with current volunteers Zac, Dave, Bill, Roy and others are at the bike shed Mondays and Thursdays 11 to 3 pm. Soon we hope to open on Sundays as well.

While we mostly fix bikes we also fix most things with wheels like scooters, wheel chairs, trikes and wheel barrow tyres.

If you haven't yet been to the Bike Shed drop in some time to say hello and have a look at our operation.

*John and Glenn  
Bike shed volunteers*





# Okines Repair Cafe



On Saturday April 13 an innovative recycling reusing program; Okines Pop Up Repair Café arrived in Dodges Ferry. The repair café was a great success! 193 kilos saved from landfill.

There were 61 repairs lodged and 56 were repaired. The remaining 5 required an electrician.

Okines House and the bike shed were humming - it was a really positive vibe! Repairs were undertaken by a tool sharpener, sewing repairers/menders, general repairers: shoe repairs, furniture, packs; small motors and bikes were fixed.

Advice was given re computer issues, how to use sewing machines, bike usage, how to darn or repair jeans!

We'd like to thank the team from Eastside Repair Café (ERC) who played a pivotal role in mentoring the Okines Volunteers towards conducting the first Repair Café!

There were 17 volunteer repairers:

5 from ERC,

2 from Kingston Repair Café

10 local volunteer repairers.

There were 7 local volunteers to welcome attendees and process repairs etc.

On the day, 3 locals rocked up and volunteered to repair and they enjoyed being busy - one of them said with a smile ... they had found their people!

For 2024, there are plans for 2 more repair cafes - with the winter café scheduled for **Saturday June 1 at Okines House & Bike Shed from 2 pm - 4 pm.**

It would be great to have a registered electrician involved in the June 1 repair café?

If you would like to be involved, contact: Nat Siggins @ Okines Community House.



FREE EVENT

POP UP REPAIR CAFE

OKINES COMMUNITY HOUSE  
540 Old Forcett Rd, Dodges Ferry

SATURDAY 13TH APRIL  
2 - 4pm

In collaboration with  
EASTSIDE REPAIR CAFE  
CLARENCE CLIMATE ACTION

ALL WELCOME



# CO-OP NEWS

A SNAPSHOT

## Awesome times at the autumn Small Town Market

A heartfelt thank you to everyone who stepped in to help on the day. Whether it was organising the musicians, dropping off delicious baked goods, having a go on the coffee machine or lending a hand to set up the stall or bunting, our volunteers helped in so many ways, and we are so grateful. It was definitely a team effort and together, we achieved so much.

The coffee shop was hopping, the co-op too, and we saw many people at the stall and pausing to take in the music. This is exactly the vibe we were hoping to create, so well done everyone.

Here's looking ahead to the winter Small Town Market!

### Dawn Green, Food Co-op Volunteer Coordinator



## CO-OP MEMBERSHIPS

Yearly membership \$20 / \$15 concession  
Life-time membership \$100

**Active members** receive a **10% discount** and regular volunteers in the Community House or Garden receive a **5% discount**.

Contact us for more info on volunteering  
[okinescoopvolunteers@gmail.com](mailto:okinescoopvolunteers@gmail.com)



## PRODUCT SPOTLIGHTS

### NEW Rocky Top Medicinal Teas

Grown in Penna by Naturopath Monica Francia, using organic and biodynamic practices, we are proud to stock a few of her medical teas.

- **Peppermint:** good for digestion, tension, energy.
- **Chamomile:** good for sleep, hay fever, inflammation, muscle spasms.
- **Tulsi (Holy Basil):** an all round promoter of health and resilience.

### NEW Wildcraft Organic, 'Ceremonial Grade' Cacao Paste

Made with organic, ethically grown cacao beans from Peru. Can be used to create a beautiful nourishing drink high in vitamins and minerals. Comes in two sizes 200g & 500g.

### NEW Tassie Olive Groves extra virgin olive oil non-active \$22/kg, active \$20/kg

### SPECIAL on Almond Meal

non-active \$25/kg, active \$22.50/kg

FOR MORE INFO, CONTACT US AT

[OKINES.FOOD.COOP@GMAIL.COM](mailto:OKINES.FOOD.COOP@GMAIL.COM)  
03 6265 7016



[OKINESCOMMUNITYHOUSE.COM.AU/  
WPMS/FOODCOOP/](http://OKINESCOMMUNITYHOUSE.COM.AU/WPMS/FOODCOOP/)



@OKINESFOODCOOP

OR DROP IN STORE DURING OPEN TIMES!



# CO-OP NEWS

A SNAPSHOT

'A coffee with good friends fills my cup in more ways than one'

## Co-Op Coffee Shop

Fridays 10am - 1pm

Come along , relax and enjoy a game of scrabble!



Last year local volunteer Brendan Fuller began the Okines Co-op Coffee Shop and successfully ran a series of Blackboard events, these included; topical forums, open discussions, musical improvisation and more. Many locals enjoyed the relaxed atmosphere whilst sipping on free coffee and sometimes yummy snacks. This year we are shifting to Friday mornings to coincide with the Co-op being open. We would like to welcome anyone to come along. BYO snacks!

Special CALL OUT to local musicians to join us for the inspirational Jams. For more info please call or text Brendan on 0468905340

Co-op Coffee Shop begins Friday February 9





## OKINES COMMUNITY GARDEN

Hello to our Community Gardeners

To our delight we have had some much needed rain recently fallen in the district. We registered a total of 25.5ml at Okines Garden. Hopefully we will get some more before long. We all notice the freshness & difference the rain makes.

I would like to thank our wonderful team of volunteers for their participation & hard work they undertake. On Friday 24th May, during Volunteer Week we are holding a celebration in appreciation of all you do, so please come along & join the fun & bring your families also. The Biggest Morning Tea is held on Monday 20th May at Okines Community House for those wanting to join in.

Garden Tucker is held the 1st Monday of the month for Community to come together & do some work in the garden, followed by lunch prepared by volunteers. Music is provided by Steve.



Our next workshop will be held over Winter consisting of Companion Planting. This is free to attend & hopefully you will learn what vegetables, herbs, flowers to plant together & thrive successfully.

I would like to thank the very generous people in our community who continue to donate to our garden. Martin who donates Alpaca manure, Ray who donates pigeon manure, Ron who donated an electric mulcher for us, the people who donate coffee grounds, the many of you who bring in food scraps from home and add to our compost. All of your donations are greatly appreciated.

We have had a successful harvest of tomatoes, corn, zucchinis, carrots & pumpkins over recent months and have been busy replenishing the beds with Carlo's magic compost, ready for replanting. There is lettuce, spinach, silverbeet, kale, leeks, spring onions recently planted and hoping to plant garlic & a variety of other vegetables, herbs & flowers by the end of the month.

If any community members would like to volunteer your time in a relaxed, friendly & comfortable environment you would be welcome to join our enthusiastic team. We have many activities that may suit your abilities.

Happy gardening to one & all from Donna & our Volunteers.

*Donna* 



# Gather Cook Grow

**'Connecting communities to be food resilient'**

An exciting new educational cooking program came to Okines in term 1 presented by local nutritionist and workshop presenter Danae Giardina. Participants gathered every Monday from 10am and had mindful discussions about the days menu and food related topics like, what nutritional value the ingredients held, what alternatives could be used to replace ingredients that might not be in season, how to store food correctly, label reading and special diets, how to organise a weekly food budget in order to save costs, serving sizes and mindful eating and hunger cures. All the participants got involved in the cooking process and learned to prepare a variety of affordable and delicious, healthy nutritional meals from scratch. The menu included dishes like Thai Chicken Curry, Handmade Pasta, Upside Down Fruit Cake, Funchoza, Tofu Stir Fry, Lentil Burgers, Kangaroo Mince Lasagna, Apple and Almond Meal Cake and many more delicious recipes. Participants helped cook and then sat down to share the meal followed by a tasty dessert. After cleaning up, participants were given ingredients, as well as the written recipe to take home and recreate the meal for themselves. Gather Cook and Grow will be back this term, book in early to secure a spot and placement is limited. Special thanks to Vicki who volunteered her time to help each week.



**What have you loved most about the program?**  
*'Sharing ideas, eating together and cooking'*

*"Learning about new ways to use ingredients, learning from other people and meeting new people"*

*"Learning new info and ideas from teacher and other students. Different nationalities/styles of cooking"*

**How has the program helped you?**  
*"Made me more likely to try new ways of cooking different things and I was able to share the cooking and nutrition learning with my grandchildren"*

*"This program has impacted my life by increasing my confidence in the kitchen to cook for others, particularly family or friends who come over who eat vegetarian. The program also increased my confidence to cook new recipes"*



Photos by Danae

## Gather Cook Grow

**Come along to learn about:  
nutrition and food topics**

**Cook a meal and dessert to share**

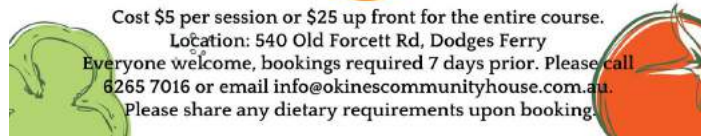
**Take home ingredients**

**You can share your cooking ideas  
to learn and we will make them!**

**Monday May 6th, 13th, 27th  
Monday June 3rd, 17th, 24th**

**10am - 1:30pm**

**Cost \$5 per session or \$25 up front for the entire course.  
Location: 540 Old Forcett Rd, Dodges Ferry  
Everyone welcome, bookings required 7 days prior. Please call  
6265 7016 or email [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au).  
Please share any dietary requirements upon booking**



# 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 - PRANA YOGA AND PILATES

Gentle Restorative Yoga class.

Experience the transformative power of gentle restorative yoga, and leave each class feeling replenished, centered, and ready to embrace the week ahead with renewed vitality. These weekly classes are suitable for all levels, including beginners and those seeking a gentle approach to yoga. Casual Rate is \$20

**Venue:** Okines Community House

**Day:** Mondays

**Time:** 6.30-7.30pm

Bookings are required, please contact Jackie for dates and payment on 0467197499 or email jackiegraham@iinet.net.au

**\*Please bring own yoga mat**

## MONDAY - GARDEN TUCKER

Garden Tucker is returning on the First Monday of the month. Join us and participate in activities, help out in the garden and share lunch together.

**Day:** First Monday of the month

**Time:** 9.30am - 1pm

**Fee:** Gold coin donation for lunch

## MONDAY - GATHER COOK GROW

Join dietician Danae for a nutrition and cooking program to connect, gain knowledge and skills and socialise over a meal together. Book for one or all of the dates. Everyone welcome, different menu each week.

**Venue:** Okines Community House

**Day:** 6, 13, 27 May 3, 17, 24 June

**Time:** 10.30am to 1.30pm

**Fee:** \$5 per session or \$25 upfront for all classes. Limited to 8 participants

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

6265 7016.

## 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 quilting. If you sew and would like to join a quilting group please come along. We are not a teaching group but we do enjoy sharing ideas.

**Day:** Tuesdays

**Time:** 10.30am to 1pm

**Fee:** \$2

**Venue:** Okines Community House

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





## **TUESDAY - CONTEMPORARY PILATES - Tutor Salomé Rosa (accredited Pilates Practitioner, Rehab and Fascial 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:** (Tues) starts 14 May- 8 weeks

**Time:** 9am to 10am

**Cost:** \$160 or \$25 casual

**New: Tuesday Evening Class 6.30-7.30pm**

**Starts** 14 May

**Cost:** 8 weeks \$180 (essential for beginners) OR Start 21 May 7 weeks \$160

**Venue:** Okines Community House

Please note spaces are limited for these classes and priority will be given to full term bookings. Contact: Salomé 0437 405 213 or email [info@fromwithin.com.au](mailto:info@fromwithin.com.au) or visit the website: [www.fromwithin.com.au](http://www.fromwithin.com.au)

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

## **TUESDAY - CARD GROUP**

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

**Day:** Tuesdays ongoing

**Time:** 1pm to 3pm

**Cost:** \$2

**Venue:** Okines Community House

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

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

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

**Day:** Tuesdays from 30 April 2024

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

**Venue:** Okines Community House

**Contact:** Merv Haines 0417 462 310

## **WEDNESDAY - TAI CHI WITH SUE DUFFY**

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

**Day:** Wednesdays

**Time:** 10am to 11am

**Cost:** \$5

**Venue:** Okines Community House

**Contact:** 6265 7016

## **WEDNESDAY - PAINTING GROUP**

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

**Day:** Wednesdays ongoing

**Time:** 10.30am to 1.30pm

**Fee:** \$5 per week

**Venue:** Okines Community House

**Contact:** Cherie on 0488139742

## **WEDNESDAY - FOOD ASSISTANCE**

Thanks to the excellent work from Loaves & Fishes Tasmania Okines Community House provides access to food such as bread, vegetables and fruit. Items differ week to week, available to those in need, at no cost.

**Day:** Every Wednesday, no cost

**Time:** 1pm to 3pm

**Venue:** Okines Community House

If you would like further information please phone 6265 7016

## **WEDNESDAY - OKINES COMMUNITY KITCHEN**

Provides free veggies and groceries on Wednesday evenings. Open to everyone from **5.30pm-6.30pm**. Need some food and can't leave the house? We can also deliver food packs and leave it at your door! For more information on deliveries please phone 62657016

Donations of pantry items are very welcome and can make a difference to a family being able to pay rent or an essential bill, or buy medicine for their family, and still have food in the cupboard. This year we are all very aware that families are being hit by rising costs so any donations are greatly appreciated.

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

MELT Method Class - 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:** 9 May

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

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

**Venue:** Okines Community House

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

**Contact:** Salomé 0437 405 213 or email [info@fromwithin.com.au](mailto:info@fromwithin.com.au) or visit the website: [www.fromwithin.com.au](http://www.fromwithin.com.au)

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

### **THURSDAY - DIGnity Supported GARDENING PROGRAM**

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

**Day:** Every Thursday 2 May - 30 May

**Time:** 10.30am to 1.30pm

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

### **THURSDAY - OKINES BOOK CLUB**

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

**Day:** The 2nd Thursday of each month

**Time:** 12pm to 2.30pm

**Venue:** Okines Community House

**Contact:** 6265 7016

\*Bring a shared lunch

### **FRIDAY - EATING WITH FRIENDS**

Eating with Friends brings together people for a social occasion to enjoy a nutritious two course meal with friends - Bookings essential. Please advise of any special requirements at time of booking.

**Day:** last Friday of the month

**Time:** 12pm to 2pm

**Cost:** \$7 for a 2 course meal

**Venue:** Okines Community House

**Contact:** 6265 7016

### **FRIDAY - CHAIR YOGA WITH ELANA ROSE**

Chair yoga focus on improving your flexibility, balance, circulation, range of movement, fitness, breath, strength and relaxation. The 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-2.30pm

**Fee:** \$15 per class or 6 class pass for \$60

**Venue:** Okines Community House - Terrapin

**Contact:** [elanaroseyoga@gmail.com](mailto:elanaroseyoga@gmail.com) or 0412 451 192

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

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

**Day:** Second and Fourth Friday of the month

**Time:** 10am to 1pm

**Cost:** \$3

**Venue:** Okines Community House

**Contact:** Eileen 6265 8472 or Brian 0487 380 296

### **SATURDAY - OKINES REPAIR CAFE**

After the success of our pop up café we will be holding another one in June! Don't toss it - Fix it!! Bring items along that need repairing and a volunteer will work with you to try and fix it. If you would like to volunteer as a repairer please contact us.

**Day:** Saturday 1 June

**Time:** 2pm - 4pm

**Venue:** Okines Community House

**Contact:** 62657016 or [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)

This newsletter proudly printed by:

**Rebecca White MP**

Labor Member for Lyons

Tasmanian  
**Labor**



# OKINES ACTIVITIES TERM 2, 2024

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

### PRANA YOGA AND PILATES

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

### GATHER, COOK, GROW

10am to 1.30 pm, \$5 per session or \$25 upfront for all classes, bookings essential phone 6265 7016

### GARDEN TUCKER

9.30am to 1pm, gold coin donation for lunch, First Monday of the month

### COMMUNITY CONNECTOR

9am - 3pm by appointment

## THURSDAY

### OKINES BOOK CLUB

12pm to 2.30pm, 2nd Thursday of the month 6265 7016

### DIGNITY GARDENING

10.30am to 1.30pm, contact Hannah via dignity.garden@gmail.com

### MELT -Daytime class

9am to 10am, Contact Salomé 0437 405 213 or email info@fromwithin.com.au



## TUESDAY

### CONTEMPORARY PILATES

9am to 10am, contact: Salomé 0437 405 213 or email info@fromwithin.com.au

### QUILTERS & SEW-ERS

10.30am to 1pm weekly, \$2, Phone: 6265 7016

### CARD GROUP

Weekly card group, \$2, 1pm to 3pm, Phone 6265 7016

### MELT - Evening class

6.15pm to 7.15pm: Contact Salomé 0437 405 213 or email info@fromwithin.com.au

### RHYTHM & BEACHES SINGING GROUP

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

### COMMUNITY CONNECTOR

9am - 3pm by appointment

## FRIDAY

### EATING WITH FRIENDS

12pm to 2pm, last Friday of the month \$7 for 2 courses contact: 6265 7016 bookings essential

### SOUTHERN BEACHES SPINNERS & FIBRE GROUP

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

### CHAIR YOGA

1.30pm - 2.30pm every Friday Contact: 0412 451 192 or elanaroseyoga@gmail.com

### STEINER PLAYGROUP

Okines also has regular visiting services like Centrelink and NDIS - check our Facebook page for updates

## WEDNESDAY

### FOOD ASSISTANCE

1pm to 3pm on Wednesdays

### COMMUNITY KITCHEN

5.30pm - 6.30pm contact 62657016

### 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



## OTHER

### REPAIR CAFE

Saturday 1 June  
2pm-4pm  
Okines Community House  
62657016  
info@okinescommunityhouse.com.au

### BIGGEST MORNING TEA QUIZ RAFFLES AND PRIZES

Monday 20th May  
10.30am-12pm.

### WINTER SOLSTICE LANTERN PARADE

Friday June 21, 5pm Okines Community House  
info@okinescommunityhouse.com.au

### SMALL TOWN MARKET

Sunday 16 June 10am-3pm  
Applications open now  
smalltownmarket@myyahoo.com



# Australia's **Biggest Morning Tea**

**Every dollar raised helps support those impacted by cancer.**

**When:** Monday 20th May

**Where:** Okines Community House

**Time:** 10.30am - 12 noon

**Details:** Come along and help raise money for this great cause. There will be a raffle, quiz and lucky door prizes plus morning tea.



[biggestmorningtea.com.au](http://biggestmorningtea.com.au)







# OKINES COMMUNITY HOUSE INC. WINTER SOLSTICE LANTERN PARADE



Join Dodges Ferry Primary School and Okines Community House  
for our annual community celebration.  
2024 theme is the Red Hand Fish!



**Friday 21 June 2024**

**Okines Community House 5pm**

Bonfire, live entertainment, hot food and sweet treats from  
the Food Coop

Bring your own lantern/torch & BYO mug

Located 540 Old Forcett Road, Dodges Ferry (next to the Dodges Ferry Primary School). For more info,  
or interest in volunteering on the night ph. (03) 6265 7016 or email [info@okinescommunityhouse.com.au](mailto:info@okinescommunityhouse.com.au)





Okines Community Garden  
544 Old Forcett Road, Dodges Ferry

Every Thursday \*:

10.30am - 1.30pm

18th Apr & 2nd May, until 30th May, 2024

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

\*No sessions on Anzac Day 25th April



Email: [dignity.garden@gmail.com](mailto:dignity.garden@gmail.com)

Phone: 0434298445

Website: [www.dignitygardening.com](http://www.dignitygardening.com)

Are you interested in volunteering in the Garden but don't know how to JUMP IN?

We have many opportunities for skill sharing and learning:

Weeding, planting, seed raising, pruning, composting, mulching, fertilising, seed collection and storing.

Come and learn and share with our team.

# ShareWaste

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

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

SUNDAY, JUNE 16

10AM-3PM

WINTER EDITION

# SMALL TOWN MARKET



Celebrating the change of seasons, with a focus on community, culture and nature.



OKINES COMMUNITY HOUSE Dodges Ferry  
artisans \ live music \ food vans  
local produce \ kids activities  
workshops \ and much more

Stallholder applications close May 31

@smalltown.market

[smalltownmarket.com.au](http://smalltownmarket.com.au)

# DON'T THROW IT. GROW IT!



JOIN SHAREWASTE.COM FOR FREE!

MEET YOUR NEIGHBOURS  
RECYCLE YOUR ORGANIC WASTE  
GROW PLANTS AND VEGGIES

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

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

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





# Breathing Tree Yoga



## Okines Chair Yoga

Friday 1:30 - 2:30pm

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

This class is gentle, supportive and fun for everyone and will make you feel better.

Classes at Okines Community Centre,  
540 Old Forcett Rd, Dodges Ferry

\$15 per class or 6 class pass for \$60

[BreathingTreeYoga.com.au](http://BreathingTreeYoga.com.au)

[elanaroseyoga@gmail.com](mailto:elanaroseyoga@gmail.com)

Elana Rose - 0412 451 192

# PRANA YOGA AND PILATES



## Classes.

| Okines Community House

- Monday 6.30pm - 7.45pm
- Gental Restorative Yoga
- All levels welcome

☎ 0467 197 499

✉ [jackiegraham@iinet.net.au](mailto:jackiegraham@iinet.net.au)

Casual Class \$20

## Feel Better Now!

### 75 minute MELT intro workshop

Come into a MELT intro workshop and experience changes in how your body looks and feels.

Learn simple self treatments you can do at home to remain active, healthy, and pain-free for life.



This all-levels workshop will use a specialised soft roller and a small MELT Hand and Foot Ball to stimulate the results of manual therapy.

Learn to eliminate stuck stress before it accumulates causing chronic aches, pains, and unwanted signs of ageing.

Reduce inflammation, ease chronic neck and low back strain, improve alignment, enhance athletic performance, and keep your whole body feeling great at any age.

In this workshop you will need to be able to get up and down from the floor.

#### DATE:

Tues 14 May

#### TIME:

6:30pm - 7:45pm

#### LOCATION:

Terrapin Room at Okines Community House

#### PRICE:

\$30 with a MELT ball to take home OR \$180 for the class term (ball included)

**For questions & to reserve a spot:**

contact Salomé  
[info@fromwithin.com.au](mailto:info@fromwithin.com.au)  
0437 405213

## DISCOVER MELT

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



### TUES 9am-10am

Classes starts 14 May (8 weeks)

Within Contemporary Pilates class \$160 or \$25 casual

These classes are designed to improve posture, strength and flexibility. Movement from Within will help you find elegance and ease in everyday life.

Using the Pilates principles of breath, alignment and core strength, and drawing on the latest scientific research on Fascia; the classes will be varied and creative to challenge the mind and body

One hour mat class, in a relaxed friendly environment; suitable for beginners or those with previous experience. Please bring an exercise mat

### MELT Method Class

THUR 9am-10am

Classes start on 9 May (9 weeks) \$180 or \$25 casual

### TUES 6:30pm-7:30pm

Classes starts 14 May (8 weeks) \$180 if doing the intro class (beginners must attend this class) OR start 21 May (7 weeks) \$160

Come and experience the power of this hands off bodywork with its Neuro Strength moves supporting all your sporting and daily activities. Increasing resiliency in your whole body and improving your overall stability. Using special soft rollers, balls and bands.

Please bring an exercise mat



Salomé is an accredited Pilates, Melt Method, Rehab and Fascial Fitness Trainer. For bookings please contact: Salomé 0437 405 213



# Rhythm & Beaches Singing Group

**TUESDAYS 7PM-9PM  
\$5 PER CLASS**

Rhythm & Beaches is a community singing group that meets at Okines Community House, Dodges Ferry every Tuesday evening at 7.00 - 9.00 pm except during school holidays. They sing a wide variety of popular music and have been meeting for about 15 years. They have also organised several concerts in collaboration with local artists.  
CONTACT MERV HAINES 0417462310 for information



## 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)



## 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 required, please wear comfortable clothing



Wednesdays 10am - 11am  
COST \$5  
Okines Community House  
03 62657016

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



# Harmony Singing workshop

with Satyamo Roberts

Sunday 26th May  
10am - 12.30pm  
Okines House, in the Terrapin

**Entry by donation; all funds go to the Bob Brown Foundation**  
**No booking required, just come along, have some fun, share beautiful harmonies**  
**Enquiries 0427 121 153**

All Levels  
Welcome



**One in six Tasmanians is caring for a family member or friend right now. Could this be you?**



*Okines Community House Inc.*

## **Carer Information Session**

**Date** - Friday, 24 May

**Time** - 10:30 to 11:30 am

**Venue** - Okines Community House

**Free Speaker  
Session**

Attend the Carer Information Session to find out about **FREE** support available from Carer Gateway.



# VOLUNTEERS NEEDED

Okines community house is always looking for volunteers to help us deliver the various programs and projects we do for the community.

Whether it be cooking, gardening, skill-sharing, helping at community events or delivering food to those in need. **WE NEED YOU!**

Breakfast Club  
Okines Community Kitchen  
Bike Repair Shed  
Eating with friends  
Food Co-op  
Okines Community Garden  
Thursday Cooking  
Lantern Parade  
Repair Cafe  
Market Events  
Soiree's




INFO@OKINESCOMMUNITYHOUSE.COM.AU  
03 62657016

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)

OKINES  
Community Kitchen

## Free veggies, groceries and frozen meals

The Okines Community Kitchen is an inclusive space where anyone can pick up free veggies and groceries, and fresh or frozen meals.

**OPEN every Wednesday**  
5:30pm - 6.30pm

Delivery of food may be available

540 Old Forcett Road  
Dodges Ferry

Okines Community House  
(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





# WHAT'S ON IN YOUR COMMUNITY



## Badminton

at the Dodges Ferry  
Recreation Centre

Badminton on Wednesday nights at the  
Dodges Ferry Recreation Centre (school gym)  
from 7.35pm onwards

\$6 includes shuttles, courts & nets (no roster)  
2 hrs of great exercise

Come along, have a hit, and some fun  
ALL WELCOME

Covid rules apply

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

Check Facebook for weekly updates



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



**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)



## Okines Breakfast Club 2024

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  
30 April 2024, toast with a variety of spreads at no  
cost will be available.



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.



# 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



## 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*



ARE YOU  
THINKING OF  
SELLING?+

## REWARD YOUR COMMUNITY

List and Sell your home with Raine & Horne Sorell, or refer someone and we will donate...

# \$500

to the

## Okines Community House\*

+ Incentives available for Rental Referrals also.  
\* Conditions Apply

10 Gordon Street, Sorell  
[sorell@sorell.rh.com.au](mailto:sorell@sorell.rh.com.au)  
(03) 6265 1000

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

## No Interest Essentials Loans

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

No interest loans

**Now up to \$2,000**

No credit checks

Minimum repayment

\$20 per fortnight

Call 1300 301 650

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





# D'Ferry Flicks presents:

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



## Feb 17: Moulin Rouge

M / Musical/Romance / 2001 / 127 mins

*A writer travels to Paris and visits the infamous night club, the Moulin Rouge where he falls in love the shows star performer, Satine.*

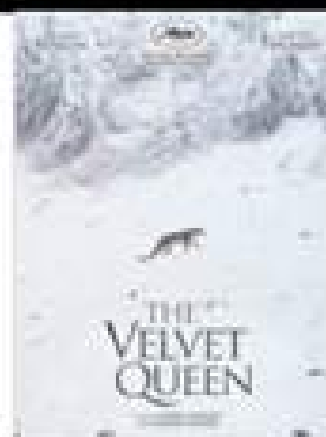
Director: Baz Luhrmann   Starring: Nicole Kidman, Ewan McGregor, Richard Roxburgh.

## Mar 16: The Velvet Queen

M / Documentary/Nature / 2021 / 92 mins

*In the heart of the Tibetan highlands, an award winning photographer guides a writer in his quest to document the elusive snow leopard*

Directors: Marie Amiguet.   Starring: Vincent Munier, Sylvian Tesson



## Apr 20: Redemption of a Rogue

MA / Comedy/Drama / 2020 / 95 mins

*A prodigal son returns to his hometown to seek salvation. Stuck in a Groundhog Day like purgatory, Jimmy embarks on a journey of redemption.*

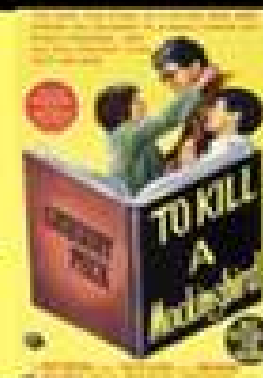
Director: Philip Doherty   Starring: Aaron Monaghan, Patrick McCabe.

## May 18: To Kill A Mockingbird

PG / Thriller/Drama / 1962 / 129 mins

*Depression-era, widowed lawyer Atticus Finch sets out to defend a black man against an undeserved charge and tries to educate his children about prejudice.*

Director: Robert Mulligan   Starring: Gregory Peck, Joe Megna



# WHAT'S ON IN YOUR COMMUNITY



*Be part of the  
solution, not part  
of the pollution*

*Lend a hand,  
and make a difference.*

## SOUTHERN BEACHES CLEAN UP GROUP

For more information about how to become involved please contact  
Lorraine at [lorraine.cotter7@gmail.com](mailto:lorraine.cotter7@gmail.com)



## Southern Beaches Landcare Coastcare

### 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/](https://www.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



Neighbourhood Watch Tasmania

# 2024 Drawing Competition



For  
Primary  
School  
Students



Entry Details

Cash Prizes \$

Mail your entry by  
30 June 2024



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)

Webpage: [okinescommunityhouse.org.au](http://okinescommunityhouse.org.au)

Instagram: Okines Community House

### OKINES COMMUNITY GARDEN:

Monday - 9am to 2pm

Wednesday - 9am to 2pm

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

Instagram: Okines Community Garden

### OKINES FOOD CO-OP:

Sunday - 9.30am to 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.



### 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 6 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 every month. If you are interested in joining the Board, have any questions about Okines and 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.