



TERM 3, 2024

OKINES COMMUNITY HOUSE

Supported by



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



Welcome to the Winter edition, and what a wonderful start to the season we have had so far, the pinnacle being our annual Winter Solstice Lantern Parade. Over 600 people braved the darkest night to join us around the bonfire and parade along Old Forcett Rd in celebration of the return of the sun. This year's event was by far the biggest, proving that our community is growing exponentially. We were delighted to receive a grant from Highways and Byways to make our event even more special with the inclusion of Tasmanian Aboriginal participation and a tribute to our tiny local legend *Thymichthys politus*, aka the Red Hand Fish. Hand fish are the rarest fish in the world and *T. Politus* resides exclusively in our local waterways, from Lewisham to Connellys Marsh. Sadly they are at risk of extinction.



Students from Dodges Ferry Primary School plus the local Bush School group, and many community members took the brief very seriously, creating a stunning array of handfish and marine inspired lanterns in order to raise awareness of the plight. Special mention must go out to Lia Woodward for all the hard work in masterminding the giant handfish that lead the parade, also Kathy Hall, Kerry Howlett and Marisol Miró Quesada for your creative genius in running lantern making workshops. Tasmanian/lutruwita Aboriginal Pakana man Cody Summers welcomed us to country accompanied by pakana dancers who generously shared their cultural stories and dances, reminding us of their ongoing custodianship and the importance of caring for country and water ways.

Other highlights included Dodges Ferry Primary School Choir, a special storytelling performance by Tamas Roamingtree accompanied by Warren Mason. The Roamingtree stilt walking family who wowed everyone and Ben Degrassi zooming around on an electric unicycle. Inspiring art installations by Tracey Oliver, Gwen Egg and Ted Kingston, Michelle Pears and Saakia Itchins. A warm thank you to Eldee Campsite and David Richards for providing us with some lovely dry wood for the bonfire.

A huge shout out to all the amazing volunteers who helped make the event such a success, this includes volunteers from the House, Food Co-op, Community Garden and Dodges Ferry School Association. We deeply appreciate your work!

A special Thank you to our other sponsors Brian Mitchell, Rebecca White, Jane Howlett and Kerry Vincent.



More Lantern Parade photos on Page 8

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

OKINES BIKE REPAIR SHED:

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

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

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

BIKE SHED OPENING HOURS

Monday	11am to 3pm
Thursday	11am to 3pm
Sunday	10am to



THANK YOU

Okines Community Kitchen - Local Richmond Bakery and anonymous donors

Breakfast Club - Local Richmond Bakery and Sandy Bay Banjos Bakery.

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

Some changes have occurred at the Okines Board over the last few weeks. Unfortunately we have had two resignations. Carlos Dominguez has retired from the Board to take up an employee position in the Okines Food Co Op. Thank you Carlos for your input at the Board and we wish you well in your new position. Chris Bowling has tendered his resignation due to family and other commitments. We wish him all the best and thank him for his contribution to the Governance Sub-Committee.

Two new Board members have been appointed. Janet Vail and Steve Loring. Janet comes with a wealth of experience in the corporate world and Steve has a history in many and varied businesses. Thank you both for volunteering to take on the role of Board members and we look forward to working with you.

An on-line and paper based survey is being developed and we would encourage everyone to participate in this as it will enable both Staff and Board to deliver the programs and activities appropriate to the needs of the community.

Thank you

Christine Woodcock
President



Okines Community Bike Repair



The past month has seen a Winter slowdown but activity still remains high. 12 bikes were donated during this time with 19 repaired and rehomed. There were 27 bikes which were repaired for community members. 12 bikes were disassembled for spare parts.

We have many bikes in the Bike Emporium, waiting for new homes, all types, all sizes, children and adults. Cost is free for concessional card holders and a nominal donation for other beneficiaries. We have averaged between 2-3 volunteers at each open session for the past month.

Our students from the Dodges Ferry Primary School have enjoyed the hands on approach of bike safety, repair and care.

All students taking part in the educational program can build ,repair and or have a bike of their choosing cost free.

Next school term will see a new group of students attendees from the grade 5&6. We are offering bike care sessions during the school holidays for members of the local and wider beach communities.

We do need inexperienced and experienced volunteers, male or female to continue our services for the expanding populations.

Some of our volunteers are having family time during the school holidays.

*John and Glenn
Bike shed volunteers*



CO-OP NEWS

WHAT'S HAPPENING IN THE CO-OP

The Lantern Parade on winter solstice

(Fri, 21 June) was an evening of celebration, song, warm fires, and warming drinks. Our hot drinks and sweets stand at the Food Co-op ended up being a popular stop for festival goers, especially after walking around the school grounds in the lantern parade! Thank you to our dedicated team of volunteers for setting up the chai/hot chocolate and baked goods shop and to everyone who baked treats for the event. This is such a fantastic event, and we are delighted to play a part in this important community building mainstay on the Dodges Ferry calendar.

PRODUCT SPOTLIGHTS

We now have sunflower seeds, which are Australian and chemical free. We also have a new tea from the Yarra Valley Tea Company Organic African Red-Organic. Come in and check these out!



Cauliflower cheese soup

Chop up a small cauliflower, a large, peeled potato and 2 garlic cloves. Pop into a saucepan with 3 and a half cups whole milk and simmer on low until the potato is soft. About 40 minutes. Don't boil the milk or it's all over! Cool a little and blend the soup up with a stick mixer and blend in a teaspoon of butter and a quarter of a cup of cheese and a bit of parmesan if you've got it. Delicious with toast.



Volunteer thank you dinner a resounding success

The atmosphere was one of celebration and connection at Okines House on Friday, 24th of May. More than 70 volunteers who lend a hand at Okines Community House came together to socialise and listen to soulful tunes performed by M.T. Blues Music band.

After a taste of a variety of handmade soups in the Okines Garden, everyone was ushered inside to enjoy the huge spread of salads, mains and desserts which made up the incredible dinner.

The wonderful food was made by Cucina Zingari, our very own Assistant Manager, Nelle.

During the feast, Nelle spoke passionately about the critical role that volunteers play to help keep Okines running and thanked everyone for their contribution.

Dawn Green,
Food Co-op Volunteer Coordinator



CO-OP NEWS

WHAT'S HAPPENING IN THE CO-OP

CO-OP COFFEE SHOP

Fridays 10am - 1pm

The sun is lower in the sky and the air temperature has dropped. But the coffee is hot, the music is great, and the chat around the table is both reverent and informative.

Schedule:

- 1st Friday in July, Aug, Sept: Brendan - coffees
- 2nd Friday in July, Aug, Sept: Brendan - music & coffees
- 3rd Friday in July, Aug, Sept: Bron - coffees
- 4th Friday in July, Aug, Sept: Brendan - forums & coffees
- 28th of July- Small Town Market: Brendan - music & coffees

MONTHLY FORUMS

Informal discussion group at the Okines Community Garden. BYO a healthy snack to share. All welcome.

We had a good couple of forums on health over the last couple of months.

July Friday 27th, 11am - 1pm

In July, we will take a different tack and discuss the quote. "Great minds discuss ideas; average minds discuss events; small minds discuss people" attributed to Eleanor Roosevelt, an American activist. What does it mean?



OPENING TIMES

SUNDAY 9.30AM-1.30PM
FRIDAY 9:30AM-1:30PM
TUESDAY 1-5PM

LOCATION

540 OLD FORCETT ROAD,
DODGES FERRY, OKINES
COMMUNITY HOUSE

CONTACT

okines.food.coop@gmail.com
03 6265 7016

Full [stock list](#) and [prices](#) available on our website:



[okinescommunityhouse.com.au/
wpms/foodcoop/](http://okinescommunityhouse.com.au/wpms/foodcoop/)



[@okinesfoodcoop](https://www.facebook.com/okinesfoodcoop)



COOP MEMBERSHIPS

Members pay a \$20 / \$15 concession per year
Life-time membership is \$100

Active members contribute to the Food Co-op by volunteering 4-6 hours per month and receive a **10% discount** on most goods.

Contact us for more info on volunteering
okines.food.coop@gmail.com





OKINES COMMUNITY GARDEN

Hello to our Community Gardeners.

Winter is upon us and fortunately only a couple of light frosts so far, due to the much needed rain it has finally soaked deep into the soil.

We would like to welcome Janet to our team, she has proven to be an invaluable asset in the garden with many skills to share. Janet works on Fridays 8.30am - 1.30pm for any volunteers who would like to help her. Our last Garden Tucker was a success with a few travelers from the mainland sowing seeds for us, which was greatly appreciated, we all got together for pizzas cooked in our wood oven prepared by the volunteers, followed by cake. We were also most fortunate to have AB with us to prune the fruit trees. Steve entertained us with his music on his guitar. He has been a tireless contributor for many years, It is a delight to have music as we work, so thank you Steve for giving up your time to making our work more enjoyable.

We would also like to thank Ray for his continued supply of pigeon manure, Primrose Sands RSL for their contribution of charcoal and ash and Richmond Bakery @ Dodges Ferry for their donations of coffee grounds and eggshells which are of nutritional value for our compost and garden. We also want to thank Natalie who left a donation of horse manure.



The community garden is in need of woodchips and or pinebark if any one has excess, please deliver or contact Okines to arrange delivery. We would be so appreciative.

Our garlic has emerged with several varieties planted out. We have spinach and lettuce growing, available for picking. We have planted spring onions, leeks, broccoli, cabbage, cauliflower, beetroot, wasabi, kale, broadbeans, peas, chinese cabbage and all a growing well. A variety of herbs are also available.

We would like to thank our many volunteers who give us hours of their time to work in our community. In Spring we are having a workshop and will be sowing seed, planting and potting up various vegetables, herbs and flowers for all who want to participate, this is free of charge to community members, so hope to see you there. For now, rug up and enjoy your gardens during Winter.

Donna, Janet and volunteers



Winter Solstice Lantern Parade

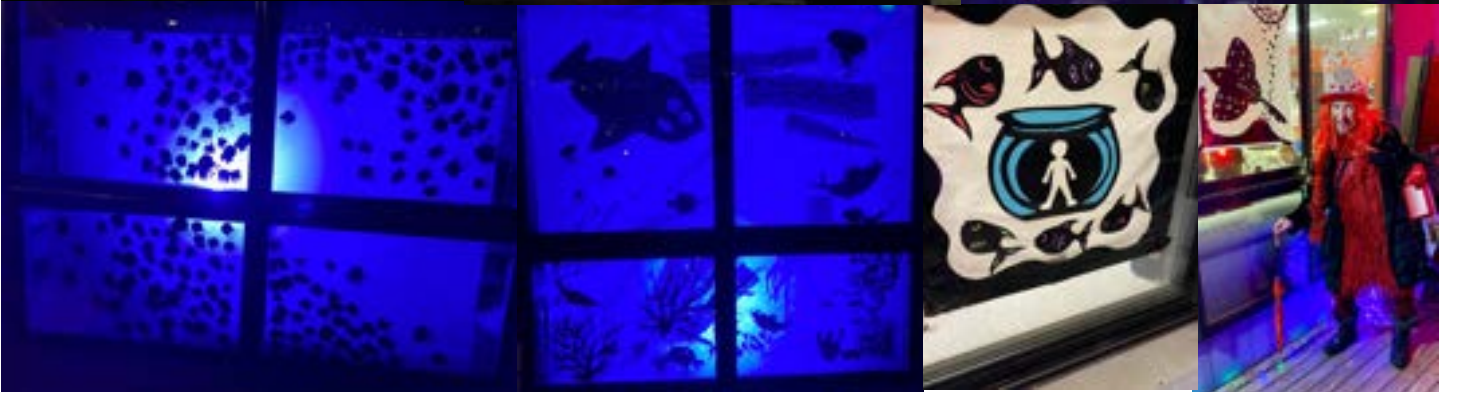
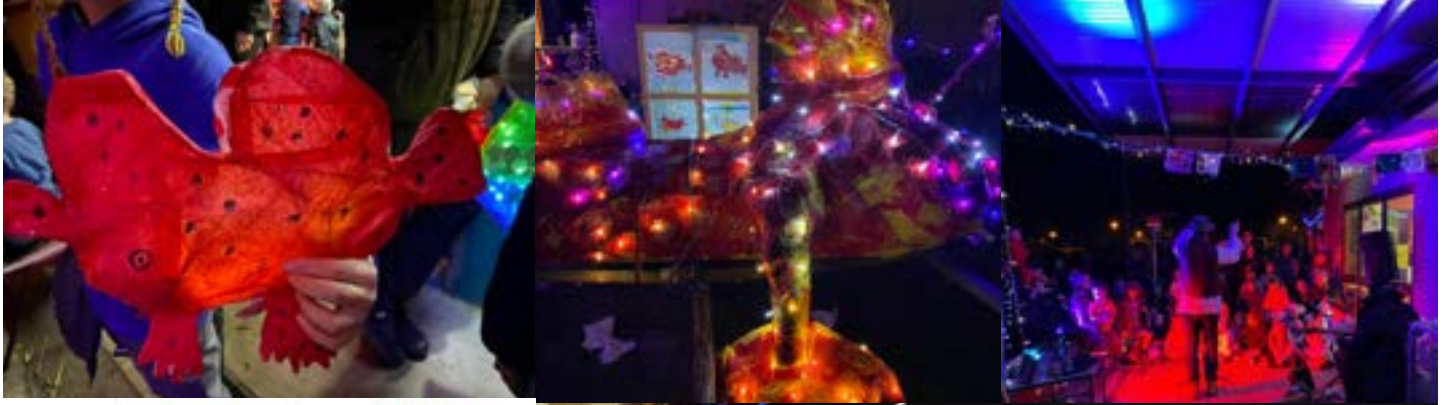


Photo credits - Michelle Pears, Kathy Hall, Dawn Green, Sally Belle, Jemina Stuart-Smith, Alison Sare and Nelle Degrassi

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

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 16 July (7 weeks)

Time: 9am to 10am

Cost: \$160 or \$25 casual

New: Tuesday Evening Class 6.30-7.30pm

Starts 16 July (7 weeks)

Cost: 7 weeks \$140 or \$25 Casual

Venue: Okines Community House

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

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

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

TUESDAY - CARD GROUP

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

Day: Tuesdays ongoing

Time: 1pm to 3pm

Cost: \$2

Venue: Okines Community House

Contact: info@okinescommunityhouse.com.au

TUESDAY - RHYTHM & BEACHES COMMUNITY SINGING GROUP

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

Day: Tuesdays from 23 July 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 4.30pm-5.30pm. Need some food and can't leave the house? We maybe able to 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: 25 July

Time: 9am to 10am,

Cost: \$120 or \$25 casual for 6 weeks

Venue: Okines Community House

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

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

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

THURSDAY - 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

Time: 10.30am to 1.30pm

Venue: Okines Garden Contact: Hannah via email dignity.garden@gmail.com or 0434 298 445

THURSDAY - OKINES BOOK CLUB

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

Day: The 2nd Thursday of each month

Time: 12pm to 2pm

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 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

Friday - Sound Healing

An immersive sound healing experience to clear blockages, restore balance and promote relaxations

Date: July 19, Aug 9th, Sept 13th, Oct 11th

Time: 2.30pm - 3.00pm

Venue: Okines community House

Cost: \$10

Contact: elanaroseyoga@gmail.com or 0412 451 192

SATURDAY - OKINES REPAIR CAFE

After the success of our pop up café we will be holding another one in September! 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 7 September, 30 November

Time: 2pm - 4pm

Venue: Okines Community House

Contact: 62657016 or

info@okinescommunityhouse.com.au

This newsletter proudly printed by:

Rebecca White MP

Labor Member for Lyons

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

GARDEN TUCKER

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

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

WEDNESDAY

FOOD ASSISTANCE

1pm to 3pm on Wednesdays

COMMUNITY KITCHEN

4.30pm - 5.30pm 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

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



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 or 6265 8472 or Brian 0487 380 296

CHAIR YOGA

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

Sound Healing

2.30 - 3pm, \$10
July 19, Aug 9 Sept 13, Oct 11
Contact: 0412 451 192 or elanaroseyoga@gmail.com

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

OTHER

REPAIR CAFE

Saturday 7 September
2pm-4pm

Okines Community House
62657016

info@okinescommunityhouse.com.au

SMALL TOWN MARKET

Sunday 28 July 10am-2pm

Sunday 29 Sept 10-am - 3pm
smalltownmarket@myyahoo.com

WOMENS HEALTH WEEK FREE WELL BEING WORKSHOP

Thursday September 12-1pm
Bookings: Okines Community House : 62657016

info@okinescommunityhouse.com.au

A Day to Spring Into Activity

Sunday 8 September 10am-3.30pm

\$50 Or \$40 Concession
bookings 0417105390
llandonlane@gmail.com

Sound Healing

Sunday 20 October
3.33 - 4.44pm, \$20
Dodges Ferry Primary School
Contact: 0412451192 or elanaroseyoga@gmail.com

SATURDAY 7 SEPTEMBER 2PM-4PM

FREE
EVENT



OKINES
REPAIR
CAFE



540 Old Forcett Road, Dodges Ferry

SEPTEMBER REPAIRS



& SKILL SHARES



Electrical repairs- Bicycle repairs - Tool sharpening - General repairs including jewellery - Machine sewing repairs (rips, holes - Machine instruction - Visible mending - Darning/felting

Proudly supported by

EASTSIDE
REPAIR
CAFE

ALL
WELCOME



SUNDAY, JULY 28

10AM-2PM

WINTER EDITION

SMALL TOWN MARKET



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

RESCHEDULED 28TH JULY !!

OKINES COMMUNITY HOUSE **Dodges Ferry**

artisans \ live music \ food vans
local produce \ kids activities
workshops \ and much more

SUNDAY, SEPT 29TH

10AM-3PM

SPRING 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



@smalltown.market

smalltownmarket.com.au

A DAY TO SPRING INTO CREATIVITY

Sowing inspiration for fresh new growth!

A fertile mix of **song** to free your inner voice;
dance to inspire your body;
imagination to expand your mind
and **creative writing** to express your soul.

Sunday 8 September, 2024

10.00am - 3.30pm

Terrapin Room, Okines Community Centre, Dodges Ferry

\$50 or \$40 concession

All ages and levels of experience welcome!
Bring pen and paper, lunch, and water bottle
Tea/coffee provided

With Satyamo Roberts and Lucy Landon-Lane

Satyamo has post-graduate qualifications in Music Therapy, and combines those understandings with her depth of knowledge of Yoga and Meditation. She delights in supporting people to free their voices and bathe in harmony and sound vibration.

Lucy studied dance-based Expressive Arts at the Tamalpa Institute, San Francisco, and has taught and performed in Australia and overseas. She believes in the power of dance and creativity to teach, heal and transform.

Bookings essential
Contact Lucy on 0417 105 390
or llandonlane@gmail.com

HappensDANCE

What is this happenstance that happens when you DANCE?
When you step into synchronicity merging body, mind and soul?

With a potent mix of movement, imagination, dance and creativity, HappensDANCE is where you will be guided to explore your own unique way of moving, be immersed in the flow of self-expression, where creativity takes the lead and your imagination is freed!

Explore the powerful healing potential that lives within your dance with Lucy Landon-Lane - Lucy studied dance-based Expressive Arts at the Tamalpa Institute San Francisco, and has taught and performed in Australia and overseas. She believes in the power of movement and dance to teach, heal and transform.

When:

Sunday afternoons from 2.00pm - 3.30pm, for 8 weeks
July 7 to August 25

Where:

Terrapin Room, Okines Community Centre, Dodges Ferry

Pricing:

\$200 for 8 weeks or \$30 per casual class
Concession - \$160 for 8 weeks or \$25 per casual class

All ages and levels of experience welcome!

Bring pen and paper, and a water bottle.

BOOKINGS ESSENTIAL - contact Lucy on
0417 105 390 or llandonlane@gmail.com





Seniors Week 2024

The theme for this year is *Connecting Generations*.

Monday 14th 10.30am-12.30pm Knit and Natter

Learn to knit or crochet. Improve your skills or help others.

Tuesday 15th 1pm-3pm Card Group

New members welcome, come along for a fun afternoon playing cards.

Tai Chi : Wednesday 16th 10am-11am-

Suitable for all ages & fitness levels.

Herb Workshop & Lunch: Thursday 17th 10am-12.30pm

Join Dignity & Okines Community Garden for a workshop.

Learn how to start a herb garden. Learn the best garden layout and which herbs work well together. Children welcome.



BOOKINGS: (05) 6265 7016
info@okinescommunityhouse.com.au

540 Old Forrest Rd
DODGES FERRY
TAS 7013

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/>.

TUES 9am-10am

Classes starts 16 July (7 weeks)

Within Contemporary Pilates class \$140 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 25 July (6 weeks) \$120 or \$25 casual

TUES 6:30pm-7:30pm

Classes starts 16 July (7 weeks) \$140 Or \$25 casual

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

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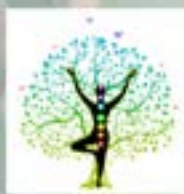
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GROW PLANTS AND VEGGIES

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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 House,
540 Old Forcett Rd, Dodges Ferry

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

BreathingTreeYoga.com.au

elana.rose.yoga@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

Casual Class \$20

Sound Healing

Come and Quieten your Mind with Sound and Relaxation

Starting with Yoga Nidra - Guided Relaxation

Absorbing the Healing Sound Waves from

Crystal Chakra Singing Bowls,

Steel Tongue Drum, Shamanic Drum

and Zaphir Chimes.



Friday @ 2:30 - 3:00pm

19th July, 9th Aug, 13th Sept, 11th Oct and 15th Nov

Okines Community House,

540 Old Forcett Rd, Dodges Ferry

\$10 for an immersive sound healing experience to clear blockages, restore balance and promote relaxation.

To book contact Elana Rose - 0412 451 192

BreathingTreeYoga.com.au



SSSH....

Sunday Session Sound Healing

Come and Quieten your Mind with Sound and Relaxation

Starting with Yoga Nidra - Guided Relaxation

Absorbing the Healing Sound Waves from

Crystal Chakra Singing Bowls,

Steel Tongue Drum, Shamanic Drum

and Zaphir Chimes.



Sunday 20th October @ 3:33 - 4:44pm

Dodges Ferry Primary School, Multi Purpose Room

\$20 for an immersive sound healing experience to clear blockages, restore balance and promote relaxation.

To book contact Elana Rose - 0412 451 192

BreathingTreeYoga.com.au



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



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

WOMEN'S HEALTH WEEK 2024



FREE WELLBEING WORKSHOP
Thursday 5 September 2024 12-1pm

Positive Body Language
Social and Business Etiquette
Job Interviews – Dress for your Success!
Well-Being and Self-Care
Learn Skills to Shine!

Bookings: Okines Community House 62657016 or info@okinescommunityhouse.com.au
540 Old Forcett Road Dodges Ferry

Women's Health Week— Know your body, cut your cancer risk!

Come and join Jane from Cancer Council Tasmania to talk about breast, cervical, bowel and skin cancer symptoms, screening, and how to cut your cancer risk!

Date: Thursday, 5 September 2024 **Time:** 1.30pm-3.30pm

Location: Okines Community House, 540 Old Forcett Rd, Dodges Ferry



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

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
4.30pm - 5.30pm

Delivery of food may be available

540 Old Forcett Road
Dodges Ferry


Okines Community House
(03) 6265 7016



Let's do

LUNCH



 **EATING WITH FRIENDS (EWF)** at Okines Community House
Held on the last Friday of each month - **\$7** for a delicious 2 course meal

Bookings are essential, please advise if vegetarian option required

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

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

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



area connect

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.



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1300 651 948

www.areaconnect.org.au

info@areaconnect.org.au

Tasmanian Government


JOBS TASMANIA

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 23 July 2024, toast with a variety of spreads at no cost will be available.



Proudly supporting the local community.



Okines would also like to gratefully acknowledge the support of the the local Richmond Bakery and Sandy Bay Banjos 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



NDIS is here to help

Mission Australia NDIS partners services are available in this venue

Okines Community House

Monthly on a Thursday – 10.00am to 12.00 noon

11th July, Aug 8th, Sept 12th, Oct 10th, Nov 14th, Dec 12th

Mission Australia NDIS partners services help, all people with disability even if you are not a NDIS participant.

If you are aged between 5 to 64, you can meet with a Local Area Coordinator, they can help with

- connection to information relevant to you,
- connection to mainstream and community supports,
- support to apply for the NDIS,
- help NDIS participants to understand and use their NDIS plan.

Help for children younger than 5, you can meet with an Early Childhood Coordinator, they can help:

- families to determine the most appropriate supports that would benefit and achieve outcomes for their child, tailored to their individual needs and circumstances.
- provide information and connection to services in their community
- assistance for children younger than 5 with developmental delay or children younger than 5 with a disability to test eligibility for a NDIS plan.

For further information please contact Mission Australia office:

Address, 31 Blich Street ROSNY TAS 7016,

Phone, 03 6212 4079, or email, MISSIONAUSTRALIA.SOUTHASTASMANIA@ndis.gov.au



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

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Now up to \$2,000

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Minimum repayment
\$20 per fortnight

Call 1300 301 650



D'Ferry Flicks presents:

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



June 15th Oscar Nominated Short Films

5 short films nominated for an Oscar in the Live Action Short film category for 2024

Special screening - Film genres cover drama, crime, comedy and fantasy.

Invincible (Canada) 2022 (30 m) Knight of Fortune (Denmark) 2023 (25 m) Red White & Blue (USA) 2023 (23 m) The After (UK) 2023 (18 m), The Wonderful Story of Henry Sugar (USA/UK) 2023 (37 m).

More details on each film can be found at <http://shorts.tv/theoscarshorts/> LIVE ACTION

Running time 2 hrs

July 20th The Castle

A working-class family from Melbourne, Australia fights city hall after being told they must vacate their beloved family home to allow for infrastructural expansion.

Stars : Michael Catton - Darryl Kerrigan ; Anne Tenney - Sal Kerrigan ; Stephen Curry - Dale Kerrigan ; Anthony Simcoe - Steve Kerrigan ; Sophie Lee

Direction Rob Sitch

Running time 84 minutes



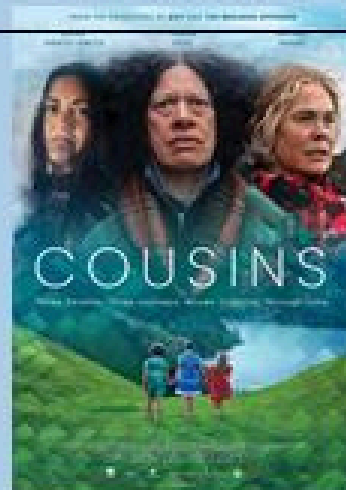
August 17th 2024 Blinded by the Light

Blinded by the Light is the story of Blaved, a teenage Pakistani migrant living in England, finds himself drawn towards Bruce Springsteen's music. Despite racism and lack of support from his father, he pursues poetry and writing.

Starring; Viveik Kalra

Director: Gurinder Chadha

Running time : 117 minutes



September 21st 2024 Cousins

Three Maori cousins live three very different and tumultuous lives, after one of them is taken from her family and raised in an orphanage.

Starring; Rachel House Ana Scotney, Tioreore Ngatai-Melbourne

Director: Briar Grace Smith and Ainsley Gardner

Running Time; 98 minutes

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
lindy@lindyoneill.com.au



**Southern Beaches
Landcare Coastcare**

COMMUNITY CARING FOR COAST AND COUNTRY

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

CHECK OUT OUR WEBSITE
WWW.SOUTHERNBEACHESCOASTCARE.ORG
FIND US ON [FACEBOOK.COM/SBCOASTCARE/](https://www.facebook.com/sbcoastcare/)

EMAIL: SOUTHERNBEACHESLANDCOASTCARE@GMAIL.COM
OR PHONE GWEN ON 0484 617 832
TO JOIN OUR EMAIL STREAM AND RECEIVE NOTICE OF OUR ACTIVITIES



SUPPORTED BY THE ROTARY CLUB OF SORELL

Men's Breakfast

Meets 3rd Wednesday of every month
7.15 for 7.30am start
Good company, guest speakers
Sorell Memorial Hall Supper Room, behind RSL
\$5 per head, all welcome

ENQUIRIES TO CRAIG - 0418 433 141

Sorell Seniors

Are you 50+
Interested to meet others?
Curious about what happens in Hobart & surrounds, history, people, events, books, everything?

**SORELL COMMUNITY HEALTH CENTRE
57 COLE STREET, SORELL.**

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

Need more info?
Phone Wendy 6265 1156



FOR THE
By the community
COMMUNITY

Contact us

LOCATION:

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

OKINES COMMUNITY HOUSE/ADMIN:

ABN: 99 433 272 191

Monday, Tuesday & Friday - 9am to 3pm

Wednesday & Thursday - 9am to 4pm

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

Phone: 03 6265 7016

Mobile: 0438 651 155

email: info@okinescommunityhouse.com.au

Webpage: okinescommunityhouse.org.au

Instagram: Okines Community House

OKINES COMMUNITY GARDEN:

Monday - 8am to 1pm

Wednesday - 8am to 1pm

Friday - 8am to 1pm

Instagram: Okines Community Garden

OKINES FOOD CO-OP:

Sunday - 9.30am to 1.30pm

Tuesday - 1pm to 5pm

Friday - 9.30am to 1.30pm

email: okines.food.co-op@gmail.com

OKINES BIKE REPAIR SHED:

Monday - 11am to 3pm

Thursday - 11am to 3pm

Other times by arrangement, Ph: 6265 7016

email: info@okinescommunityhouse.com.au

DODGES FERRY FILM SOCIETY:

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



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 or call the office on 62657016.