



TERM 1, 2025

OKINES COMMUNITY HOUSE

Supported by



Tasmanian
Government

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

FAREWELL to NATALIE

Toward the end of 2024, Okines shared an emotional farewell to long term Manager of 25 years and early founding member Natalie Siggins, fondly known as Nat.

Nat has been a community stalwart in the Southern Beaches area and beyond for many years, dedicating more than just working hours to providing support, advice and physical help to individuals and community organisations by the dozens.

Her Okines journey began in the late 90s when she joined the *Okines Community Action Group*, which had formed over the giveaway of the Dodges Ferry Recreation Hall, home to many community groups and events, activities and workshops. The groups mission was to make sure that the Southern Beaches area retained a community space. The group decided to form a Neighbourhood House and the birth of Okines Community House began. At the time, Nat was studying youth work at TAFE and when the funding for administrations and operation was made available she applied for the role as coordinator, and the rest is history.



We asked Nat what her proudest achievements were whilst in the role, she spoke fondly of the various community development projects, markets, the Community Garden, the Food Coop, the Soiree's, Eating with Friends and Okines Community Kitchen, of creating a long lasting partnership with Dodges Ferry Primary School and engaging children with Okines events and activities, watching new community groups and social enterprise emerge from their engagement with Okines and the overall sense of "Community" that we now have in this area. When asked what she will miss the most she responded quickly with, the people!

Nat is enjoying more time with her beloved grandchildren, improved mental health, not having to get up so early in the morning, lots of camping in her campervan and not being restricted by a work routine.

What does the future hold for Nat? Well, unfortunately she can't live off fresh air forever, and will investigate new roles working with young people, disability support or elderly. Nat is still volunteering at the Dodges Ferry Football Club and can be occasionally spotted around the community garden and food coop as well as attending local social events.

On behalf of the staff and volunteers of Okines we commend you and all you have contributed to our community and personal lives, you will be fondly remembered for your generous nature, unwavering support and bone fide commitment to community. You are a true Local Legend! We wish you all the best for the future and hope you have many joyous adventures.

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. \$10 per day Some basic conditions do apply.



For bookings: 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.org.au

BIKE SHED OPENING HOURS

Monday 11am to 3pm

Thursday 11am to 3pm



THANK YOU

MP Rebecca White for sponsoring the printing of our community newsletter

Okines Community Kitchen - Local Richmond Bakery and anonymous donors

John and Carol for the fancy new commercial toaster

MP Andrew Jenner for gifting the Bike Shed with a fancy new generator

Breakfast Club - Local Richmond Bakery

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

BOARD UPDATE



I would like to take this opportunity to wish our staff and volunteers a happy and healthy 2025.

It seems incredible that we have entered another new year. My dear departed mother used to say that the years fly past much faster the older one gets. She was so right!

We welcome to Okines our new Manager, Lissa Villeneuve. Lissa comes with a wealth of experience, qualifications and great qualities. Lissa has been appointed by the Board to work in a full time capacity and we look forward to her introducing new programs and activities.

The Board's responsibilities increased substantially in the latter part of 2024 as we advertised, interviewed and appointed a new Manager. Special thanks must be given to Lucy, Martin and Colm who made themselves available to be part of the panel for the interviewing processes. A thank you to Adrian Clark and Steve Cook from Assurance HR who assisted in the process.

A special thank you needs to be expressed to Martin who has undertaken the onerous task in relation to the role of Board Treasurer as well as ensuring the financial records of the House are kept up to date.

You will note that there have been some changes to the House set up and I would encourage all of you to visit Okines and make yourself known to Lissa.

The Board's actions for 2025 will include updating Okines Strategic Plan, re-introducing various sub-committees and taking on board the various suggestions made in the Community Survey conducted throughout 2024.

Thank you to everyone who completed the survey and we thank you for your input.

Board members will also be undertaking various development programs during the year. These will commence with an updated Induction Program to be held in February.

I personally look forward to meeting and chatting with staff, volunteers and participants of the House and am confident that 2025 will be a successful and vibrant year with Lissa at the helm!

President

Christine Woodcock

MEET THE MANAGER



Hello, my name is Lissa (like Melissa, without the ME bit) and I started as the new manager in early January. Thanks so much to everyone who has made me feel welcome and helped to show me the ropes here at Okines. I'm still getting my head around everything, but am so impressed at how much you have all accomplished over the years and have very big shoes to fill, taking over from Nat, who helped nurture and grow Okines over nearly 25 years! On that note, we are keen to celebrate Okines turning 25!

It is an amazing milestone and a great time to reflect on the evolution of Okines and all of the people and activities that have made it the incredible place it is. To help share the history, I'd love a couple of people who would be willing to talk to some of the key people from the last 25 years and collate their stories so we can share them at a birthday event (tentatively scheduled for Friday, 4th April). If that sounds like you, I'd love to hear from you!

I am so grateful to get to spend my days surrounded by a gorgeous garden, coastline and the many friendly faces who spend time here! I am passionate about sustainability, community resilience, cooking and gardening, so Okines feels like a perfect fit

A bit of background about me – I grew up in Detroit, Michigan USA, but have lived and worked/studied on 5 continents.

I came to Australia in 2002 and have called Tassie home since 2006, when I moved down with my baby, who is now 19 and off studying at ANU. I've done lots of things over the past few decades in both paid and volunteer roles, that have helped me build skills and experience that I hope will prove useful in this new role:

- Managed various Food Programs and Events, including 8 years as Festival Director with Sustainable Living Tasmania
- Co-Founded Source Community Wholefoods Cooperative (volunteer)
- Founded South Hobart Sustainable Community Inc (volunteer)
- Developed the National Community-led Disaster Resilience Program for Australian Red Cross
- Coordinated Drought and Climate Resilience Planning for Southern Tas with Resilience and Recovery Tasmania

I'm really excited to get to meet all of the incredible volunteers and community members who help make Okines such a vibrant, heartwarming space over the coming weeks and months.. I am already struggling to remember all of the new names though, so please be patient with me and keep reminding me of your name. Please pop in and say hello and add to the dreams and ideas board that we've started in the office. I look forward to getting to support, celebrate and create with the Southern Beaches Community!

Lissa Villeneuve



Let's Party!

Join us to celebrate

OKINES 25TH ANNIVERSARY

**you are invited to celebrate Okines 25th Birthday
Friday 4 April - 3pm - 7.30pm**

We are excited to reflect on our journey so far and start dreaming together about what we'd like to happen in the next 25 years.

Join us for:

- Kids activities
- Live music
- Delicious food and drinks
- Sharing your ideas for the future and stories of the past
- Creating a communal artwork
- Recognising some of the key people behind creating Okines
- Raffle
- And more!

If you can help out either before the event (collecting stories, sourcing raffle prizes, etc) or on the day (food & drink stall info stall, general event help, set up or clean up, etc), we would LOVE to hear from you!

Please email info@okinescommunityhouse.org.au or stop by and have a chat with us.



Okines Community Bike Repair



OKINES BIKE SHED

Okines Bike Shed continues to power on, nearly 5 years after it started. Donated bikes continue arriving, bikes picked up off hard waste piles, bikes being sold, bikes being given away and volunteers constantly repairing and reconditioning bikes. We've given away hundreds of bikes and repaired hundreds mostly for free or a small donation.

It has been a great asset to our community supplying cheap or free bikes, at the same time recycling hundreds of bikes that otherwise would have ended up in landfill. Bikes not repairable are stripped of their usable parts, which are then reused or given away to those who repair their own bikes.

Besides repairing bikes we also fix tyres, punctures etc on prams, wheelbarrows, scooters, and any other small wheel machines.

This year Dodges Ferry Primary School will again run a school program teaching students how to fix bikes while at the same time learning how to use tools and equipment for the various required tasks.

John, Dave, George, Lockie, Angus, Paul, Rodney, Bert & Glenn are current volunteers but we welcome anyone else interested. Some volunteers just do anything but others have special interests where they mainly fix a certain style of bike.

Young or old, male or female are all welcome to help. There's not just repairing to be done, there's also sorting spare parts, wheels & tires, admin, building maintenance, PR and cuppas to be made. During the school holidays, many kids spend time at our bike shed fixing their own bikes, reconditioning one for themselves, helping with repairs or just hanging around for company. They are all welcome.

If you have an interest in getting involved, need a bike for free or a small price for a fancy one, need your bike repaired for free or a small donation, need free spare parts for your bike, or just want to say hello and see what we do, please call in any time Mondays and Thursdays 11am to 3 pm. If you can't make those days please make contact and we could organise to meet you there another time.

We would like to express our gratitude towards our local MP Andrew Jenner for the purchase of a new generator for use by the Bike Shed team, supplying power to us when we need it. This is a great help!

Every time we use our bikes instead of the car we are helping the planet and our health.

Happy Cycling.

John and Glenn

Okines Bike Shed Coordinators



OKINES COMMUNITY GARDEN



Hello to our Community Gardeners for 2025.

Summer sees the Garden harvesting lots of produce, albeit in unseasonal conditions. Currently, the garden patch has beans, beetroot, chard, cucumbers, rhubarb, tomatoes, zucchinis and a variety of herbs ready for harvesting. All cash donations are gratefully received and can be placed in the Red Donations Box next to the edge of the path, these donations are used for the ongoing upkeep of the garden.

Pumpkins, sweetcorn and potatoes are growing well. Various beds have been refreshed and new seedlings and seeds of beans, beetroot, cabbage, carrots, Japanese turnips, leeks, lettuce, spring onions, silverbeet and Malabar spinach were planted out.

Volunteers have been busy Seed Planting of broccoli, Brussel sprouts, cabbage, cauliflower, kale and silverbeet in the propagation house for future planting into garden beds.

Want to know all about "Seed Planting" including how to make a good seed-raising mix? Well come along to Donna's next free workshop on Monday April 7 at 10am to find out.

Visitors to the Garden recently got to enjoy the sighting of a mother bluetongue and her baby out and about enjoying some tasty morsels of insects for their breakfast in the sunshine. One of nature's wonderful learning opportunities for the children present at the time.

Currently, there are a few pregnant blue tongue lizards in the garden, so please be mindful not to scare them.

Garden Tucker continues on the first Monday of each month and it's always nice to see new faces. Monday the 3rd of Feb is the first for 2025. Come along between 10-12.30 and get involved in helping out with some garden tasks in a friendly and relaxing music-filled environment as Steve plays some lovely guitar in the background, then finish off with a shared lunch around noon, along with a cuppa and cake prepared by the volunteers using some of the lovely fresh produce from the garden. Your efforts will be greatly appreciated and the Garden will continue to flourish for all of the Community to visit and enjoy. When available surplus seedlings/plants are for sale. The Garden will again be host to The DiGnity Supported Garden Program of a Thursday come March. DiGnity Gardening sessions provide an environment where people feel safe, welcome and able to participate in activities with other community members and enjoy a lunch prepared using produce from the garden. Until next time, enjoy the remainder of summer and your time outdoors.

The Garden Team wish to say thanks to:

- Our wonderful team of Garden Volunteers who make the Garden a great place to visit and a productive source of fresh produce.
- Community members and the Okines kitchen who contribute to the garden compost bins.
- Richmond Bakery @Dodges Ferry for supplying Coffee grounds, eggshells and newspaper.
- The Sorell Men's Shed for making up some wooden seed packet templates and their ongoing provision of sawdust for use in the gardens waterless compostable toilet system; and to Gary for its delivery.
- Gary and Allison for their donation of shredded paper.
- David for garden donations and rubbish disposal.
- Ray for donation of Pigeon manure.
- Noel for his donations of shrubs and plants.
- Bill for his donation of plants
- Steve for his music on Garden Tucker days.
- Glenn for servicing the lawn mowers.
- Levi for Green Waste disposal.



Donna, Janet and Volunteers

OKINES FOOD CO-OP NEWS

Welcome to 2025!

The food co-op is well and truly back on deck for the New Year. It's wonderful to see both new and returning faces stocking up on pantry supplies.

No shopping required? Don't forget our **Co-op Coffee Shop** runs on **Fridays** from **10 - 1pm**. Drop in for a coffee, tea, biscuit and a chat!

Alongside the coffee shop, Brendan will continue to host open mics and discussion forums. Bron will explore our range of speciality teas, and Kurt will practice the Art of Coffee Making. You can also sample the wares of our bakers, Kathryn and Sue who always provide us with delicious and healthy food.

February program:

7th Bron
14th Open Mic
21st Kurt
28th Discussion Forum

March program:

7th Bron
14th Open Mic
21st Kurt
28th Discussion Forum



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/



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

MEMBERSHIP

To shop at the co-op, you need to join us as a member.

Membership Fees:

\$20 / \$15 concession per year

\$100 life-time membership



Membership options:

Non-active membership - contribute by paying full co-op prices

Active membership - volunteer 4-6 hours / month in the co-op and receive a 10% discount on most goods.

Regular volunteers in the Community House or Garden receive a 5% discount.

INGREDIENT SPOTLIGHT: HAZELNUTS

This newsletter we spotlight **hazelnuts**, the fruit of the hazel tree. Although the true origin is hard to pin down, the country most synonymous with their cultivation today is Turkey. At the co-op our hazelnuts are sourced already roasted, from **Crooked Tree Farm** in **Cygnets, Tasmania**.

Hazelnut Spanish Romesco

This recipe is inspired from the book 'A modern way to eat' by Anna Jones and is a take on a Spanish Romesco. Almonds and other nuts are often used in Romesco but hazelnuts add a sweetness and creamy moreish flavour that gives it that extra height.

Ingredients

- 100g hazelnuts
- Olive oil
- 2 slices of fresh or stale bread or equivalent gluten free breadcrumbs
- 2 cloves of garlic
- 1 spanish red onion
- 1 tsp sweet or smoked paprika
- 1/2 red chilli
- 2 red capsicums or jar of pre-roasted
- 2 tbsp red wine vinegar
- 2 tbsp tomato paste
- Salt and pepper



1. Pre-heat oven to 180 degrees.
2. Slice capsicums, put them on a baking tray with a good splash of olive oil, and place the tray in the oven.
3. Meanwhile, mince garlic, dice onions and chilli and fry together in a deep saucepan with the paprika until fragrant and reducing. Season with salt.
4. As the capsicum softens add the hazelnuts and chopped bread to the baking tray and continue to roast until the capsicum is charring and the nuts and bread are nicely toasted.
5. Transfer the capsicum mix to the saucepan, and stir in red wine vinegar and tomato paste.
6. Reduce heat to simmer and combine. Add a little water to keep it moving.
7. After 5 - 10 minutes of cooking, use a stick blender or food processor to blend the mixture together but don't go too smooth, you still want texture.
8. The next step is all about balancing. Season with salt and peeper, add more vinegar if too sweet, more oil to soften sharpness. Texture also - leave it thick to use as a dip or side, or add water to thin it to a sauce - as you like it!

Serve with grains, roasted veg or seafood, add to potatoes for a take on patatas bravas, use as a sauce for pasta with some crumbled feta or just with fresh bread or crackers and smoked cheese.

Tom Waller, Co-op Recipe Manager

OKINES ACTIVITIES TERM 1, 2025

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

Menopause Workshop

10am -11.30am
March 17. 2025
Okines Community House
Entry Free

TUESDAY

QUILTERS & SEW-ERS

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

CARD GROUP

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

RHYTHM & BEACHES SINGING GROUP

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

WEDNESDAY

FOOD ASSISTANCE

1.30pm to 4pm on Wednesdays

TAI CHI

10am to 11am, \$5 per class, contact: 6265 7016

PAINTING GROUP

10.00am to 1.00pm, \$5 per session, phone Cherie on 0488 139 742

Tamanian Produce collective

5pm - 5.30 pm Wednesday evening Okines Community House Breezeway order through www.tasproduceco.com.au

Release Relax Reconnect

3.45pm - 4.45pm
Booking Contact: 0412 451 192 or elana.rose.yoga@gmail.com

BREATH

6.30 - 7.30
Bookings Contact: 0412 451 192 or elana.rose.yoga@gmail.com

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 on 6265 8472 or Brian 0487 380 296

CHAIR YOGA

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

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

OTHER

REPAIR CAFE

Saturday 30th March
2pm-4pm
Okines Community House
62657016

Yoga Vinyasa Flow

75 min session
Saturdays mornings 10am
\$15/\$20 Con
yoga.lil@outlook.com

Mental Health First Aid

Thursday and Friday 20 and 21st March
9am-4pm \$50 to be paid upfront.
Limited spaces so book early.

Employment Opportunity

The Student Wellbeing Officer (SWO) role is one day a week at Dodges Ferry PS. The role involves working with students who are needing emotional or mental health support, friendship guidance or resilience techniques. Often this will occur in small groups, in a non-clinical format. SWO's are often responsible for running breakfast clubs, lunch time programs and assisting with dysregulated students. They can work as a part of the schools wellbeing team alongside the social worker, psychologist and school health nurse.

SWO's work for the school calendar year (40 weeks) and are not paid for school holidays. The positions are permanent part-time, and the person would be a member of the Stay ChatTY team, employed by Relationships Australia Tasmania.

Minimum requirements : Cert IV Community Services or Cert IV Mental Health, Pastoral Care or Youth Work.

To express interest, or for further information, please contact Kylea Aldred – kyleaa@reltas.com.au – 0407 980 822

MENTAL HEALTH FIRST AID TRAINING



Learn about mental health, and gain the practical skills and confidence to stay well, and support your friends, your family, and your community.

9am - 4pm

20 & 21 March

Dodges Ferry

JB is a local facilitator who works and volunteers in suicide prevention, mental health and community services.

Find out about anxiety, depression, substance use, and how to have a supportive conversation.

Subsidised for locals by



**Okines
Community House**

\$50



Scan to register

MENOPAUSE WORKSHOP



Okines Community House

Dodges Ferry

10am - 11.30am

Monday

March 17, 2025

Shining a light on the mystery of menopause, together.


**Women's
Health
Tasmania**



OKINES

Community Garden

GARDEN TUCKER DAY

Join us in the community garden every first Monday of the month

10am -1pm for an interactive working bee, live music and a shared lunch

Everyone Welcome Gold Coin Donation



Located at 540 Old Forcett Road Dodges Ferry



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/>.

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



DON'T THROW IT. GROW IT!



JOIN **SHAREWASTE.COM** FOR FREE!

MEET YOUR NEIGHBOURS
RECYCLE YOUR ORGANIC WASTE
GROW PLANTS AND VEGGIES

sharewaste.com

facebook.com/sharewaste instagram.com/sharewaste



The Tasmanian Produce Collective is a collaboration between small, family farmers and makers in Tasmania. We are the producers and we are passionate about good, local food.

Please order via our website, and select the Southern Hub menu. Collection will be available fortnightly at Okines Community House between 5 pm - 5:30 pm Wednesdays.

We're coming to
Dodges Ferry



www.tasproduceco.com.au

RESILIENT LOCALISED FOOD PRODUCTION – SUSTAINING THE GOOD BUGS

Free* workshop on **Integrated Pest and Pollinator Management** - community gardens.

**This event is for community group members from Okines and other community gardens/groups.*

Dr. Yolanda Hanusch from NRM South will talk about ways we can help sustain bees and other beneficial insects

IPM Technologies - Dr. Paul Horne and Rebecca Addison who will share insights on Integrated Pest Management. Learn about pest and beneficial insect identification, lifecycles and control measures

When: Saturday 15th of March 10:00-2:00 pm
Where: Okines Community House - Dodges Ferry

To register please follow QR code, link or contact below

<https://events.humanitix.com/resilient-localised-food-production-sustaining-the-good-bugs-okines>



yhanusch@nrmsouth.org.au
0409507966



This event is funded through the Tasmanian Government - Community Climate Change Action Grants



You're invited to Sorell Council's **Weed Management Community Workshop for Blue Lagoon**

Thursday 20 February 2025
5.00pm – 7.00pm

Okines Community House - 540 Old Forcett Rd, Dodges Ferry

We have engaged North Barker Ecosystems Services to develop the plan and their consultants will be in attendance.

Please RSVP – E: sorell.council@sorell.tas.gov.au T: 6269 0000

Eating With Friends 2025 Okines Community House

Join us for a nutritious 2 course meal and meet new people.

COST IS \$10 FOR 2 COURSES. BOOKINGS ESSENTIAL PH 62657016

February 28th March 28th

May 30th June 27th

July 25th August 29th

September 26th October 31st

November 28th December 12th



Feel Better Now!

MELT Method Class

Thursday 9am-10am

Okines Community House
In Terrapin Room

Term starts 30 Jan

Discover the transformative power of MELT, a hands-off bodywork technique featuring NeuroStrength moves. MELT can enhance your sporting performance and daily activities by increasing your overall resilience and stability for a greater sense of well-being. Through this method, you'll gain a deeper understanding of your body and learn techniques that promote an active, pain-free lifestyle.

This unique method utilizes specialized soft rollers, balls, and bands to achieve optimal results.

\$160 for 8 weeks or casual \$25 per class



Contact: Salomé 0437 405 213

www.fromwithin.com.au

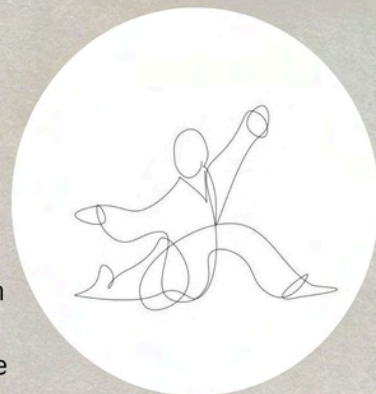


Tai Chi

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

vinyasa YOGA

75 minute flow

saturdays 10am
at Okines

\$15/\$20 concession/waged

rsvp to Lilly yoga.lil@outlook.com

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

BREATHE Yoga Class

Wednesday 6:30-7:30pm

B.R.E.A.T.H.E = *B*reathwork. *R*elaxation. *E*nergy.
*A*sana -yoga & pilates. *T*ai chi & qigong.
*H*ealing sounds. *E*xercise.
An eclectic mix resulting in a whole body,
mind and spirit class.
Can be done on a yoga mat or adapted to a chair

R & R & R

Release & Relax & Reconnect

Wednesday 3:45-4:45pm

Guided Relaxation - Yoga Nidra,
Meditation, Pranayama - Breathwork,
and Crystal Bowl Sound Healing class

\$18/\$15 per class or 5 class pass for \$70/\$65 concession

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.

\$15 per class or 6 class pass for \$65

Approved Provider for the Ticket To Wellbeing
\$100 Voucher

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

BreathingTreeYoga.com.au



SHHH...

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 2nd Feb; 30th Mar, 1 June, 27 July, 28 Sept
& 30 Nov @ 3:33 - 4:44pm
Okines Community House,
540 Old Forcett Rd, Dodges Ferry

\$25 for an immersive sound healing experience to clear
blockages, restore balance and promote relaxation.

To book go to

BreathingTreeYoga.com.au



Don't bin it. Bring it!

OKINES REPAIR CAFE

Sunday 30 March
11 am - 1 pm

Okines Community House | 540 Old Forcett Rd, Dodges Ferry



LIVE DEMO

Darning & mending | Electrical repairs | Bike repairs
Computer assistance & advice | Sewing repairs
Tool & knife sharpening | General repairs

Chainsaw
sharpening
with Brian Bennett

FREE REPAIRING & SKILL SHARING | Volunteer fixers will
repair your items and show you how they do it

Beyond repair? Bring it anyway... we LOVE a challenge!



Sending your kids out to play with a hat



is as important
as sending
them back
to school
with an
up-to-date
Asthma Action
Plan!



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:

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**

Wall by the Sea

COME ALONG TO DODGES FERRY LAGOON PARK OKINES
Sunday 23 February 2025 • 2PM-4PM
 Featuring: **Southern Lights Big Band**

Join family and friends and enjoy the live music!
 Bring a picnic and BYOG BBQ onsite • soft drinks

RAFFLE

GOLD COIN DONATION FOR CAMKIDS CHARITY

Logos: CAMKIDS The Cambodian Children's Charity, SORELL COUNCIL, LIONS CLUB OF SORELL, SOUTHERN LIGHTS BIG BAND

Hosted by the Lions Club of Sorell

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

Okines Breakfast Club 2023

The Okines Breakfast Club in partnership with Dodges Ferry Primary School serves breakfast on Tuesday and Thursday mornings from 8.30am to 9.00am during school terms.



Okines gratefully acknowledges the support of the local Richmond Bakery for their generous donation of loaves of bread each week as well as pastries for the Okines Food Assistance Program.

Thank you to our breakfast club Volunteers who help make it all happen. An extra big shout out to John and Carol Chapman who have recently gifted breakfast club with a fancy new commercial toaster that can cook 600 pieces of toast per hour, WOW, there will be many happy vegemites in 2025.



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

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
up to \$1500

No credit checks

Minimum repayment
\$20 per fortnight

Call 1300 301 650

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

Raine & Horne
Sorell, Tasman & East Coast

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/



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?

COME ALONG AND ENJOY A TALK FROM A
GUEST SPEAKER, MORNING TEA (AND STAY FOR
LUNCH IF YOU LIKE), AS WELL AS THE
OPPORTUNITY TO MAKE NEW FRIENDS

MIDWAY POINT TAVERN FRIDAYS 10-11.45ISH (FORTNIGHTLY)

Come along fortnightly. Need more info ? Phone Wendy 62651156



D'Ferry Flicks

Enjoy a film on the **third*** Saturday of the month

6.30pm for 7.00pm

at **Okines Community House**

— members \$35/25 for 12 months, or casual \$5 a month —



15 February 2025

Nomadland (2020, USA)

Drama **M** 1h 48m

In her sixties Fern (Frances McDormand) leaves her home in Nevada and starts life on the road where she meets and learns survival skills from fellow nomads.



15 March 2025

Peanut Butter Falcon (2019, USA)

Comedy/Drama **M** 1h 38m

Zak, a 22-year-old with Down Syndrome, flees his care facility as he wants to be a wrestler. He finds a friend in Tyler a fisherman who is on the run and who becomes his mentor.

12 April 2025 (second Saturday due to Easter)



Aftersun (2022, UK/USA)

Drama **M** 1h 40m

A semi biographical coming of age film written and directed by Charlotte Wells. Sophie remembers a childhood holiday with her estranged father in Turkey 20 years earlier.

17 May 2025



Satellite Boy (2012, Australia)

Drama/Indigenous **PG** 1h 35m

Set in the Kimberley it is the story of 12-year-old Aboriginal boy Pete, who lives with his grandfather Old Jagamarra. Pete gets lost in the outback when tries to go to the city to stop his home being demolished.

Dodges Ferry Film Society is a volunteer-run initiative of Okines Community House Inc and we are a member of the Tasmanian Federation of Film Societies.

Film nights begin with a complimentary drink and either some shared nibbles (gold coin donation) or a meal for purchase (\$5-\$10). Bring a camp chair, cushion or rug for comfort.

Film ideas are always welcome! Check our page on the Okines website at

okinescommunityhouse.org.au for details and keep in touch with **D'Ferry Flicks** on Facebook, Instagram or by email.

* Feb to Dec. Some films or screening details may change due to film licensing or DVD/venue availability.



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.org.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.