

DEC 25 - JAN 26

# CO-OP NEWS

NEWSLETTER OF THE OKINES FOOD CO-OP

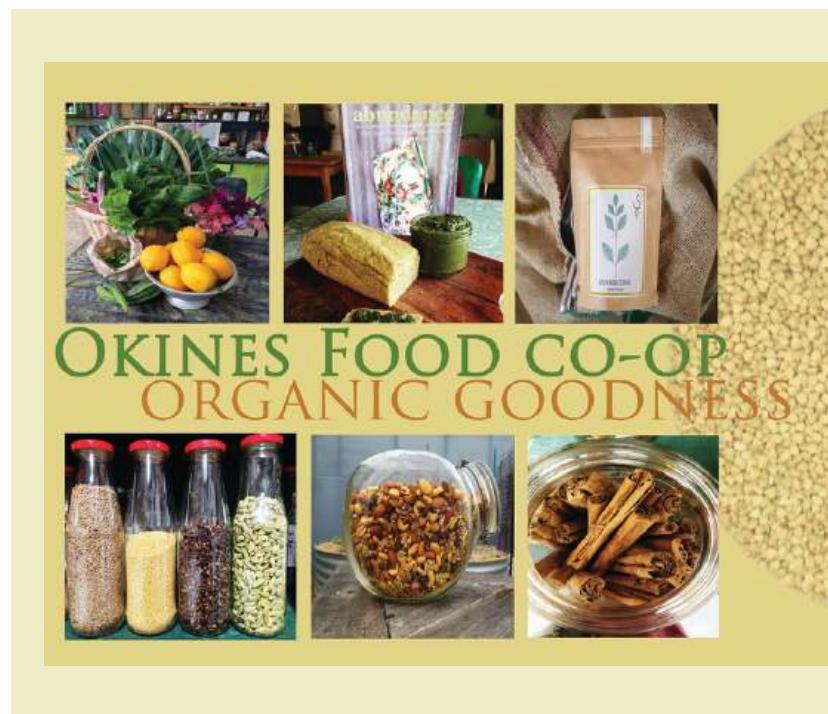
Dear members,

Welcome to our December - January newsletter!

This summer newsletter includes a couple of protein breakfast ideas, a book review on global warming and upcoming events at the co-op coffee shop.

A reminder that memberships will be due in January and please place any larger Christmas stock orders with Jill as soon as possible.

Wishing everyone a Happy Christmas!  
Your Co-op team



## OPENING TIMES

**TUESDAY 10AM-5PM  
FRIDAY 9:30AM-1:30PM  
SUNDAY 9.30AM-1.30PM**

## 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)**

**Okines Food Co-op** is a non-for-profit group in Dodges Ferry. We give members access to bulk, largely organic wholefoods, and support Tasmanian producers.

## Acknowledgement of Country

We acknowledge that the Okines Food Co-op is run on the lands of the mumirimina people.

We pay respect to the traditional custodians and their ongoing connections to land, water, and community.

Sovereignty has never been ceded.

DEC 25 - JAN 26

## WHAT'S HAPPENING AT THE CO-OP...

### CHRISTMAS TRADING

Last trading day for 2025 is Tuesday 23rd December, reopening on Tuesday 6th January 2026

Tuesday 23/12, 10am - 5pm OPEN

Friday 26/12 CLOSED

Sunday 28/12 CLOSED

Tuesday 30/1 CLOSED

Friday 2/1 CLOSED

Sunday 4/1 CLOSED

Tuesday 6/1, 10am - 5pm OPEN



### 2025 FEEDBACK

Please email any ideas and feedback on how we can serve our members in 2026 to Jill at [okines.food.coop@gmail.com](mailto:okines.food.coop@gmail.com)

### FOOD CO-OP MEMBERSHIPS will be due in January 2026

Members pay \$20 / \$15 concession per year  
Lifetime membership is \$100

### CO-OP BANK DETAILS

Our old bank details have changed and as of the 1st of December the old name and number will no longer operate.

For Okines Food Co-op bank transfers:

Name: Okines Community House Inc.

BSB: 633 000

Acc: 234 660 637

### CALL OUT FOR VOLUNTEERS

#### Help with the Volunteers' End Of Year Party

Our end of year party will be on Wednesday 17th of December 4.30pm – 6.30pm. This will be a celebration of our volunteers.

Staff will work at the event, but we would love some extra assistance with the following tasks if you are able to spare some time before or on the day.

- General help
- Bakers
- Serving
- Clearing up

Please contact Jess in the office or email [events@okinescommunityhouse.org.au](mailto:events@okinescommunityhouse.org.au)



### WANT TO VOLUNTEER IN 2026?

We're always looking out for new volunteers and training is provided!

Roles include, but aren't limited to:

- Sunday Cashiers
- Tuesday and Sunday Shop Assistants
- Jar sterilisers
- Friday Co-op Coffee Shop Hosts and Bakers

If you're interested in becoming a volunteer please contact Carlos via [okines.food.coop@gmail.com](mailto:okines.food.coop@gmail.com)

## WHAT'S HAPPENING AT THE CO-OP...

CHRISTMAS SHOPPING  
AT THE CO-OP

**The co-op has all your baking needs for the festive season!**

- Mixed peel
- Glace cherries, pineapple & ginger
- Currants
- Raisins & sultanas
- Dried figs
- Dried apricots
- Dates & prunes
- Honey
- Maple syrup
- Butter
- Cacao powder
- Chocolate couverture
- Ground spices
- Cake flour
- GF flour
- Almond meal
- Macadamia nuts
- Hazelnuts
- Almonds
- Brazil nuts

...check out our stock list for the full range!

## NEED LARGER ORDERS BEFORE CHRISTMAS?

i.e. 2kg butter or lots of extra dried fruit  
Please email any large orders by early December to Jill at [okines.food.coop@gmail.com](mailto:okines.food.coop@gmail.com)



Merry Christmas from Jill and Carlos :)

## Co-op musings by Russ Grayson...

"A warm and sunny 15°. What better weather could we have for a walk to the Okines Food Co-op?

So into the co-op I go. Find the roasted almonds in the refrigerator. Find the corn flakes. Find the sesame seeds... uh-oh... what's this? Sesame seed comes in three types. Black, hulled and unhulled. I look at my shopping list. There's nothing about which type to get. Does colour matter? The black looks intriguing. Anyway, I ask a woman who's shopping there. Taste a sample, she tells me. That I do. Unhulled sesame seed taste really good.

Having weighed the quantities of my purchases I wander to the back of the co-op. What's this stuff in the jars? Tahini, leatherwood honey, bush honey, Worcestershire sauce, soy sauce, orange marmalade and... Sue's lime marmalade, so the label tells me. Do I take a chance on it? I decide to.

So let me say whoever Sue might be, she's a local cook who knows how to make a zesty lime marmalade. It's really good spread on wholegrain flatbread.

That's a thing with shopping at the co-op. There's always a pleasant surprise. It's also a place where you feel free to talk with other people, unlike in the supermarket with its impersonal industrial shopping experience.

I feel I should recommend the Okines Food Co-op to other local people. You find it in the community garden behind the Okines community hub building. And if you're tempted to go check out the co-op, why not join and walk away with a jar of Sue's lime marmalade. You won't regret it"

Re-published from the **RetroSuburbia** Community Facebook Page

# WHAT'S HAPPENING AT THE CO-OP...

## CO-OP COFFEE SHOP

**When:** every Friday 10am - 1pm

**Where:** Okines Garden outdoor kitchen  
(next to the CO-OP)

Another great year for the Co-op Coffee Shop. Thanks to all those involved. In particular our Hosts Bron, Brendan and Kurt. Our Stage Manager Satyamo, and, our regular Bakers Sue and Kathryn. Also a shout out to all the people who contributed home made cakes and snacks. Last but not least the musicians who made our monthly Open Mics so wonderfully enjoyable.

To round the year outer have a couple of events in December.

## DISCUSSION FORUM

**When:** Friday December 5<sup>th</sup>, 11am - 1pm

**Topic:** From Stoic to Strong: Rewriting the Men's Wellbeing Narrative

For centuries, Western culture has promoted a model of masculinity rooted in individualism, self-sufficiency, and emotional suppression. Yet modern psychology reveals that emotional suppression and rigid independence lead to unhappiness and suppression of the self rather than true strength. Understanding this outdated ideal allows men to redefine strength in healthier terms that value connection, empathy, compassion, and community.

Gilly Joiner will present this topic.

## OPEN MIC

**When:** Friday December 12<sup>th</sup>, 10.30am - 1pm

A great chance for those who haven't been for a while to come and reconnect. Satyamo will be our Stage Manager and we will be serving our trademark free espresso. If you can bring some food to share that would be great. All welcome.

See you in 2026.

## Cold Coffees – Simple Tips to Beat the Heat

Summer is a great time to experiment with cold coffees. Here are some useful tips to keep in mind:

Using ice to chill your coffee can lead to bland, watered down drinks. To avoid this, brew the coffee more concentrated than usual, or prepare ahead with frozen coffee in your ice cube tray, and use these instead of water ice cubes.

Try a batch cold brew in your french press. 1:8 coffee to water by weight (eg 100g coffee to 800ml water). Coarse grind, steep 12-18 hours in the fridge, plunge and strain. Serve over coffee ice cubes with a splash of milk or sparkling water and a slice of orange (which surprisingly pairs very well!)

How about a shaken iced latte? Brew a double shot, add 30-50 ml chilled milk, 15 ml syrup and coffee ice – shake hard and strain into a chilled glass for a silky cold drink without a steam wand.

Or, this festive pick, an Iced Peppermint Mocha: Brew a double espresso, add 1 tbsp chocolate concentrate (cocoa + a little hot water + syrup), 60 ml cold milk, 10-15 ml peppermint syrup and ice. Shake, strain, and shave a little dark chocolate on top. Start light with the peppermint, it's a strong flavour!

Local twist: swap syrup for a teaspoon of Leatherwood honey from the Co-op.

Happy cool brewing,  
Kurt



# WHAT'S HAPPENING AT THE COOP...

## FOOD CO-OP VOLUNTEER STORIES

### A conversation with Renee King

By Dawn Green

#### What inspired you to get involved with the Food Co-op?

When I first moved down here about eight years ago (just before my daughter was born), I was sooooo excited to discover the amazingness that is Okines Community House and the Co-op. I had never really known the meaning of a co-op and when I learned that it is run essentially by volunteers, I thought, 'What an amazing initiative, to have enough volunteers to make this work!' I really rate this kind of community power, people making things they want happen so I thought, 'If I love benefitting from this amazing initiative, I should do my bit to help it to continue.'

And not long after, I got an invite to volunteer (amazing how the world works!). I had also spent part of my life working at Eumarrah (a whole foods store in the city) and knew that I love so many of the products available at such places, but even more, that I can REFILL containers (just like the good old days) and not contribute so much waste to our world by buying the same thing at every shop in a NEW container every time (craziness!). Being part of an empowered community is one of my main loves in life!!

#### What role(s) have you taken on with the Food Co-op?

That first invite was from a friend, and it was to help the honey bottle sterilising team. I started there, washing and heating bottles and matching lids to jars (now there's a skill I didn't know was so involved!). Being a mum of two young kiddos without a dishwasher at home, this job didn't really float my boat, but getting to know the lovely people on the team made up for that! And let's face it, many things in life, including volunteering, doesn't have to be a perfect fit!



But, the universe heard and answered again, and an opportunity came up to move to the role of collecting the honey from the farmer. This role starts with a phone message from another volunteer to get the ball rolling (or the bees moving, perhaps) and involves taking empty 20L plastic buckets to a farmer at Penna and collecting them a few days later, smelling delicious and much heavier (did you know that the density, and therefore mass of honey is 1.5 times that of water?). Then we deliver the buckets back to the co-op to be decanted and placed for sale on the shelves.

My two children and I love this role! We get to do regular trips (roughly bi-monthly) to a farm, and have amazing chats with John and Karen whom we have gotten to know so well. They are SUCH lovely people!

#### What is your favourite aspect to volunteering with the Food Co-op? Highlights? Learnings?

Getting to know lovely, amazing people and to know we are doing our bit to contribute to something wonderful - which is the Co-op! Learnings: Get involved in things you value!

## RECIPES: 3 PROTEIN PACKED BREAKFASTS

This newsletter we're running with a slightly different format with a trio of easy, healthy and summery, protein packed breakfast ideas to try out. We have 3 recipes utilising some plant protein rich ingredients you can find at the co-op.



### Spelt Crepes With Festive Spiced Mango

Spelt flour has around 15% protein by weight and a higher protein content than regular wheat. As the festive season is upon us once again, try this spiced mango filling for a sweet and warming start to the day.

#### Batter ingredients:

- 1/3 cup spelt flour
- 1/3 cup milk (coconut for dairy free)
- 1 egg

#### Filling ingredients:

- 1 tsp butter
- 1 mango
- 1 tsp ground cinnamon
- 1/2 tsp ground cardamom
- 1/4 tsp ground clove
- 1/4 tsp ground nutmeg
- 1/4 tsp ground ginger
- 1 tsp maple syrup

Chop mango and place into a saucepan with the butter and spices. Heat gently while stirring until the mango starts to reduce down and the spices become fragrant. Stir in maple syrup if needed to add sweetness.

Place all batter ingredients into a bowl and whisk into a smooth mixture.

Heat a good pan, ladle in mixture and swirl pan to spread it to desired size. Cook lightly and then flip to other side. Repeat with remaining mixture.

Fill, roll and enjoy!

### Overnight Oats With Hemp And Chia

Enhance your oats by adding protein boosting hemp and chia seeds. These are considered complete protein sources as they contain all 9 essential amino acids.

#### Ingredients

- Oats
- Hemp and chia seeds
- Apple juice
- Yoghurt
- Fruit

Fill jars half way with oats then to 3/4 with equal measures of hemp and chia seeds.

Mix well then pour over apple juice until covered. Pop a lid on and leave in the fridge overnight. Serve with fruit and yoghurt.

## RECIPES: 3 PROTEIN PACKED BREAKFASTS

### Red Quinoa Porridge With Roasted Almonds And Berries

Quinoa is a great source of protein containing around 14g per 100g of the raw grain. The red variety is fairly new to the co-op and slightly firmer in texture.

#### Ingredients

- 1 cup red quinoa
- 1-1 1/2 cup almond milk
- 1 cup water
- 1 tsp cinnamon
- 1 tbsp maple syrup
- 1/2 tbsp flax meal
- 1/2 cup chopped roasted almonds
- fresh berries to top

Put quinoa, almond milk, water and cinnamon into a saucepan and mix. Bring to the boil and then simmer for 5-10 mins or until the liquid is absorbed and quinoa is soft.

Remove from heat and stir through syrup and flax meal. If it thickens up too much then adjust by adding more almond milk.

Serve with the roasted almonds and your favourite summer berries.

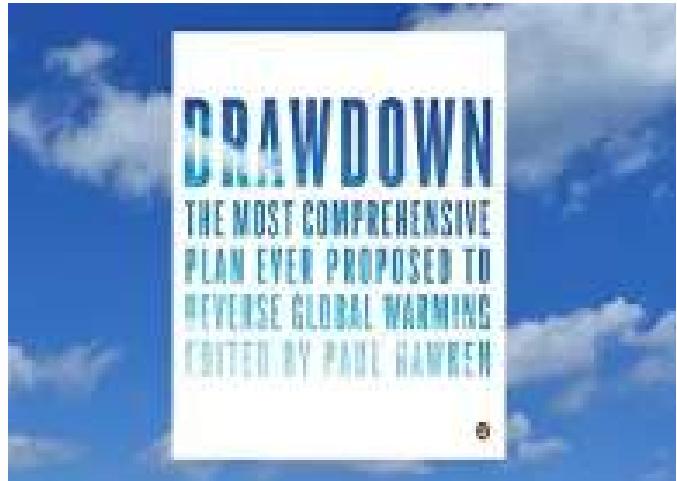
**Tom Waller, Co-op Recipe Manager**

## BOOK REVIEW

### Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming

By Paul Hawken

The title of this book outlines the field of information it covers, namely, how to reduce the INPUTS that are contributing to global warming. Despite being published in 2017, much of the book is detailing either; suggestions that science investigations have proven will reduce greenhouse gas emitting processes (e.g. using perennials rather than annuals for biogas generation) or reporting on movements or practices that are already taking great effect (e.g. agroforestry in the Sahel reversing desertification).



Having been a bit of a nerd around this topic for many years, I loved this book as a compendium of possibilities and actualities that change is possible, taking place and in the process of becoming the way we operate. Books like this are here to communicate the valid and real progress that the media circus do not report on. These stories are all good news, which does not sell via media outlets. Rather than a plan, it is a compendium of approaches that are or will be taking place behind the veil of mediated propaganda that we are all doomed or that global warming isn't real and why worry about it, depending on the perspective the media can take to squeeze the most clicks.

If you feel any despair over global warming, get this book and have a flick through a few pages. Just borrow it for a week, read a few articles (they are mostly between 1-4 pages) then return so many in our community can enjoy some good news. I say this because the scope of the book is enormous and could be a bit overwhelming going cover to cover.

**Tim Duffy, Library Manager**

DEC 25 - JAN 26

EVENTS AND ACTIVITIES

# Okines Soiree



OKINES COMMUNITY HOUSE

540 Old Forcett Rd, Dodges Ferry

CAN YOU HELP?

[info@okinescommunityhouse.org.au](mailto:info@okinescommunityhouse.org.au)

**FOOD, DRINK**

FRIDAY

DEC 5

**&**

**LIVE MUSIC**

FROM

4 PM

DEC 25 - JAN 26

## EVENTS AND ACTIVITIES



**Monday Dec 8th**  
Okines Community Garden  
10am – 11:30am

# OKINES COMPOSTING WORKSHOP

Learn the basics of composting and how you can do this in your own garden at home, helping you to keep your garden healthy & happy.

This is a FREE event. No bookings necessary & all are welcome to attend.

We recommend that you dress in comfortable clothes for the garden and bring water and wear a hat.

Gloves & face masks will be provided.



[info@okinescommunityhouse.org.au](mailto:info@okinescommunityhouse.org.au)

DEC 25 - JAN 26

## EVENTS AND ACTIVITIES



OKINES WILL BE

# CLOSED

• ★ FOR THE ★

## *Holidays!*

FROM 21 DECEMBER  
TO 6 JANUARY

If you would like more information or to join any of the events, or want to find out how to organise your own, please contact the **Okines Community House**:

Phone: 6265 7016

Email: [events@okinescommunityhouse.com.au](mailto:events@okinescommunityhouse.com.au)