

April - May 26

CO-OP NEWS

NEWSLETTER OF THE OKINES FOOD CO-OP

Dear members,

Welcome to our April - May newsletter!

In this newsletter, read about the origins of coffee, the delights of chocolate, and our recipe manager Tom's volunteer story.

The Co-op is a great place to stock up on bulk items such as rice, nuts and grains. Save fuel by supporting your local community instead of driving into town, and reduce plastic packaging at the same time.

Enjoy these beautiful autumn days,
Your Food 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**

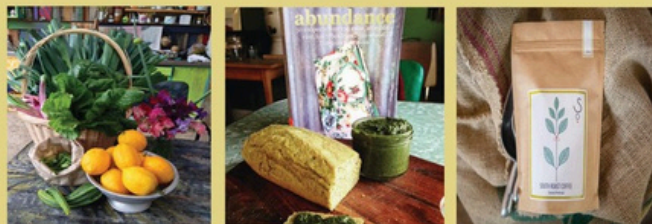
**Full [stock list](#) and [prices](#)
available on our website:**



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



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



OKINES FOOD CO-OP
ORGANIC GOODNESS



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.

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

JOB SEEKER POSITION

Calling out for someone interested in using their Job Seeker hours to contribute on a weekly basis (some or all of their hours) to supporting Carlos and Jill in the co-op.

Tasks would cover all areas in the co-op except admin:

- Cashiering
- Assistant cashier
- Stock maintenance
- Back-up person to all the different volunteer teams that contribute to the smooth operation of the Food co-op.

Please reach out to Jill for more information via okines.food.coop@gmail.com



GIFT VOUCHERS AVAILABLE!

Gift the gift of local, ethical & eco-friendly!

Give someone **co-op store credit** with physical gift vouchers available to purchase at the co-op counter during opening hours.



FOOD CO-OP BANK DETAILS

A friendly reminder that our old bank details have changed to:

Name: Okines Community House Inc.

BSB: 633 000

Acc: 234 660 637

COFFEE CHRONICLE

A brief history of the world's favourite obsession

Coffee's origin story reads like a folk tale. A ninth-century Ethiopian goat herder named Kaldi noticed his flock dancing with unusual energy after eating red berries from a particular tree. He tried them himself. The rest, as they say, is history.

By the 1400s, coffee was being cultivated and traded across the Arabian Peninsula. Coffeehouses, known as qahveh khaneh, became centres of conversation, chess, music, and news. They were called Schools of the Wise.

When coffee reached Europe in the 1600s, the coffeehouse became the social internet of its time. London alone had over 300 by 1675. Lloyd's of London started as a coffeehouse. So did the London Stock Exchange. Ideas, deals, and revolutions were brewed alongside the coffee.

Australia's coffee culture was shaped significantly by Italian and Greek immigrants after World War II, who brought the espresso tradition with them. Australia has since punched well above its weight globally. The flat white, claimed contentiously by both Australia and New Zealand, is now a staple from London to New York. Tasmania, with its clean water and discerning locals, holds its own just fine.

Not bad for a dancing goat.

Happy brewing,
Kurt



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

CO-OP COFFEE SHOP

DISCUSSION FORUM

In March, we held our last monthly Discussion Forum. The topic was "Ethics in Childcare". Gilly Joiner led the discussion.

Areas covered included the nuclear family, cost of housing, the need for families to have two incomes, and examined the question - Is day care an answer to families' needs in a modern society?

Many people spoke about how the extended family does not seem to be societies' preferred model for child care anymore.

Thanks to all those who attended the Forums over the years. Special thanks to those who made cakes and snacks, helped with promotion, and helped with washing up. Your contribution is greatly appreciated!

OPEN MIC

When: 1st Sunday of the month
Where: Okines Garden outdoor kitchen

We have started holding our monthly Open Mics on the first Sunday of each month. Easter long weekend falls in the first week of April so we will not have an Open Mic in April.

Mark your calendar!
Our next Open Mic will be on **Sunday, 3 May, 10:30am-1pm**. After that, we will continue to host them on the first Sunday of the month.

Come along and play some tunes or sit back and enjoy.



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

FOOD CO-OP VOLUNTEER STORIES

A conversation with Tom Waller

By Dawn Green

When did you start volunteering with the Food Co-op?

If I am remembering correctly, I joined around 2016/17 and became an active member right away.

What inspired you to get involved?

I remember hearing of a tucked away gem, and rumblings of a humble little wholefood shop hiding in the community. I think on my first venture, it was all happening! There was a soiree, the co-op was open, there was a pizza oven going! It was all so down to earth and had such a positive initiative I wanted to get involved with.

What roles have you taken on with the Food Co-op?

I did a cashier role for many years from the start. In the last 18 months or so I have taken on the recipe section for the newsletter. I'm certainly not the best qualified but have enjoyed having a go! Usually this involves a structure of highlighting and providing some information on a product from the co-op and pairing this with a recipe idea utilising the ingredient.

What's your favourite aspect of volunteering with the co-op?

For sure it's the people you meet and connection to community it brings. I also think it's so rewarding for yourself as much as anything. We all try and make little efforts to bring positive change but sometimes it's unclear the impact you are having. It's easy to see the value the co-op brings to everyone there and even just being a small part of that feels great.

Any advice to new volunteers?

It couldn't be more welcoming.



BECOME A VOLUNTEER!

Roles include, but are not limited to!

- Co-op cashiers & assistants
- Jar sterilisers & bottlers
- Co-op coffee shop baristas & hosts
- Bakers & events assistance

Active members contribute to the Food Co-op by volunteering **4-6 hours per month** and receive a **10% discount**. Training provided! Have another skill not listed? Reach out and we might be able to find you a different task!

If you're interested in becoming a volunteer please contact Carlos via okines.food.coop@gmail.com



RECIPE: CHOCOLATE AVOCADO MOUSSE

INGREDIENT SPOTLIGHT: CHOCOLATE

With Easter upon us what better time than now to highlight chocolate! The ultimate treat with an endless variety of uses, one would think surely holds a place as one of the most popular foods in all culinary cultures across the globe.

The world of chocolate is vast and complex, alike to other speciality products like wine or coffee with its diversity of origin, varietal, processing and presentation.

At the co-op you may have noticed the rather fancy sounding 'couverture' chocolate. The term simply translates from French as "covering". It is a chocolate that contains a higher percentage of cocoa butter.

Couverture is ground to a finer texture during production to give it a beautiful shine, a deeper flavour, and a healthy 'snap' when you break or bite into it.



Sourced from Germany, it is available as chunks from a block or as chocolate chips/drops also. Perfect for baking, decorating and melting, or a yummy sweet treat!

Should last up to 18 months if stored airtight in a cool dark area.

CHOCOLATE AVOCADO MOUSSE

This recipe is so simple and dangerously good! The most difficult part is trying not to eat it all before you have finished making it! Enjoy.

Ingredients:

- 2 -3 ripe avocados
- 1/4 cup dark couverture chocolate (melted)
- 3-4 tbsp coconut cream
- 1/2 tsp vanilla extract
- 1/8 tsp salt

- Melt chocolate gently in a saucepan or in a bowl over hot water.
- Place all ingredients into a blender and blitz or a mixing bowl and whisk until smooth.
- Spoon into small pots and store in the fridge.



Tom Waller, Recipe Manager

EVENTS AND ACTIVITIES

Woody's World
PRODUCTIONS
present

Woody's BUSH CABARET

Family Fun at Okines!

Sing, dance, strum and laugh along with Woody and friends

Tuesday April 28th
11:30am - 1pm

Okines Community House
540 Old Forcett Rd,
Dodges Ferry




Tickets available via Humanix with pay as you are able. Minimum cost per ticket is \$5 Children, \$10 Concession Adult and \$15 Non-Concession Adult. Tickets may be available for cash sales on the day, pending availability.

 03 6265 7016
info@okinescommunityhouse.org.au

ANZAC DAY

Ceremony

Lest we forget




Lagoon Park
Okines Beach Foreshore
Dodges Ferry
25th April 7:30am



For more information, contact:
Okines Community House
6265 7016 or info@okinescommunityhouse.org.au

THE GATHERING

A MONTHLY STORYTELLING OPEN MIC




MYTH, MEMORY, POETRY, CONNECTION

STARTS MARCH 1ST

1st Thursday of the Month
7PM - 8:30PM

Okines Community Garden
540 Old Forcett Rd, Dodges Ferry

 Come & tell a tale (up to 6 mins), or come along and listen. All welcome
info@okinescommunityhouse.org.au

Southern Beaches 2040 RESILIENCE WORKSHOPS

Strong, connected communities get through tough times such as climate impacts, economic challenges and other disasters!



DREAM THE VISION

PLAN THE FUTURE

Sat April 11th
12pm - 3:30pm

Sat May 2nd
12pm - 3:30pm

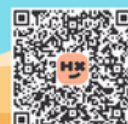
Bring your ideas to lunch and be a part of dreaming a vision for the future.

Shape those ideas into plans to carry forward into action to strengthen our resilience.

Free to attend
Bookings encouraged
info@okinescommunityhouse.org.au



Scan the QR Code to Register



EVENTS AND ACTIVITIES

SIGN UP TO VOLUNTEER AT OKINES



Scan the QR Code for our online volunteer registration form.

Keen to help out at Okines Events, Cooking, Workshops, the Food Co-op, Bike Shed, Community Garden or something else!

We want to help you find your way to support our community!

Get in touch today!

03 6265 7016

info@okinescommunityhouse.org.au




VOLUNTEER AT OKINES

Help make a difference in your local community and have some fun while sharing your special skills, time and energy! So come and talk to us, we'd love to hear how you might like to get involved!

Can you help with?

- Gardening
- Cooking
- Bike Repair
- Food Co-op
- Events
- Graphic Design
- Breakfast Club
- Photography
- Hosting Activities
- And more!

03 6265 7016 info@okinescommunityhouse.org.au

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

