

*Funded by the Tasmanian Government - Servicing
The Southern Beaches including Lewisham - Forcett - Carlton - Dodges Ferry - Primrose Sands*

Winter Edition

**Community Projects & Stories, News & Updates from the Board, House,
Garden, Food Co-op, Bike Shed, Upcoming Events and more!**



Check out what's been happening in our local community including updates from the Southern Beaches 2040 Project Groups, Repair Cafe, Volunteer Stories, photos from the Lantern Parade. Info on upcoming events like Board Games Night, Wellbeing Workshops, Growers Gathering, regular activities & more!



A few words from **Lissa**

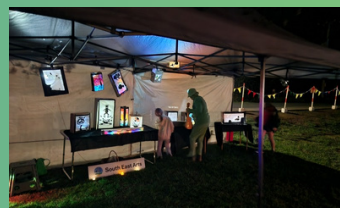
Welcome to winter at Okines, we are enjoying the seasonal transitions and slowly lengthening days. We had a spectacular solstice, celebrating Enchanted Wetlands with the **Lantern Parade** on 19th June. It is always such a beautiful community event, run in partnership with Dodges Ferry Primary School. A huge thank you to all of the amazing volunteers who helped make it happen, including from South East Arts and the Rotary Club of Sorell!

We celebrated **NAIDOC Week** this year with a collaborative jigsaw puzzle, celebrating 50 Years of Deadly and had the opportunity to feast on delicious brown stew and damper, cooked up and shared with us by local palawa community members Rocky and Tahana. Nayri nina-tu!

Following our **Southern Beaches 2040 workshops**, several groups have started progressing ideas that were prioritised by community. You can read more about what ideas and initiatives have begun and find out how to get involved further on in this newsletter. Whether you're interested in growing food, exploring our tracks and trails, sharing skills & knowledge or investigating community-owned energy systems - there is now a group of locals that you can get involved with working on these.

Finally, as many of you will know, the Tasmanian Government is currently undertaking a needs analysis of Neighbourhood Houses. As our largest funder, we are very dependent on support from the Tasmanian Government to cover our core costs and keep the doors and garden open. We are very hopeful that this process will lead to increased funding and increase the long-term sustainability of our offerings and operations. ***A big thank you to everyone who completed the survey that was shared previously (apparently more than 2,000 responses statewide), which will help inform this work.***





Moments from 'Enchanted Wetlands' themed
THE LANTERN PARADE 2026

A special thanks to DFPS, SEA Inc, staff, teachers, students, the Rotary Club of Sorell & all of the amazing volunteers involved!

VOLUNTEER SPOTLIGHTS

MEET TRACEY RAINBIRD



What made you want to volunteer at Okines?

Because it's local & it's a way of connecting into the community after I finished work. I was hoping that I could do some cooking, so that interested me. To meet new people as well.

What do you think Okines does for our community?

It provides an avenue for people to be linked in with other like-minded people and the broader community. It's a place where people can come, take a load off, relax and meet people that they may not have met in another way. Like for me, I worked full time, so had lived here for 30 years but knew very few people, because you are working 8-6 basically, so I've made some new friends.

What have the benefits been for you?

Well it's that linking into the community, meeting new people and making new friends. I think the biggest benefit for me is being able to help and support the community, by cooking meals for the community pantry. Just having a laugh, we laugh so much, it's just a good time and I think, it gave me a better understanding of what Okines does in the community, what it provides, but also what it needs.

What's the best thing about volunteering here?

I always feel good about myself at the end of Wednesdays particularly because I feel I've contributed positively to the community. The small conversations that you have with people that you wouldn't normally have, the cups of teas, the laughs, the scones and the odd jig! We love a good dance and sing!

MEET LINLEY WIGGINS



What made you want to volunteer at Okines?

When my wife was ill, I came here to be with her at the Dignity meetings and when she passed away, I was left on my own, I came here for the company. I had my down moments and they helped me through those, which I wasn't expecting.

What do you think Okines does for our community?

Well it's a great gathering place. Okines organises a lot of functions to bring the community together. It's also helps with food relief, which I help collect every week from Sorell. This helps people going through difficult times and just gives them a little bit extra to look after their families.

What have the benefits been for you?

Oh, well it's good for your sanity, to mix and talk with people and to be there for someone who is having difficulty in their life. Quite a number of people who have come through here have had their down moments and have turned around and gone back into a better place in life. Since I had open heart surgery, I have had to do more exercise and it's one way of getting my weekly exercise as well.

What's the best thing about volunteering here?

The good reliable volunteers, to work & talk together about all sorts of things and seeing the satisfaction after you have done something, to add to the community, I suppose, they all come together and share it and it all goes back to the community. And also, the school being involved with a lot of stuff here, somewhere for the school to come and learn about gardening and the bike shed and the Lantern Festival (for which Linley is the fire master!) & the School Fair.

Southern Beaches 2040 UPDATES FROM THE PROJECT GROUPS



A little background on the project so far...

Over the last year, Okines Community House, (supported by funding from the Foundation for Regional and Rural Renewal) led a project to strengthen our ability to face disasters and the possible impacts of climate change. Through a series of community workshops & events, four project idea groups formed, focusing on Food Resilience, creating a Knowledge Hub, the Connectivity of Community Spaces and exploring a Renewable Energy Hub. Some of the groups wanted to share an update and invite others to get involved...

Building Food Resilience in the Southern Beaches

What will it take for our community to feed itself in an uncertain future?

That question was explored during a series of community resilience workshops facilitated by the Okines team, where local residents came together to imagine life in the Southern Beaches in 2040. One of the strongest themes to emerge was the importance of food and water security.

Those conversations led to the creation of the Southern Beaches Community Food Resilience Project – a community-led initiative focused on strengthening our local food system by reducing waste, growing more food, sharing knowledge and skills, supporting local producers and using water wisely.

Community Food Resilience Framework



Project lead Jenni Mulligan (top middle) says that this project fulfils both a personal passion and a desire to contribute to the community.

"I'm fortunate enough to live in such a fantastic community. I was looking for a way to contribute that would utilise my sustainability reporting and project delivery experience, together with my commitment to low-waste living, permaculture principles, and my love of growing and cooking food."

Jenni believes that building local food resilience is becoming increasingly important. "Re-establishing community-level agency in helping to feed ourselves is crucial. We've become de-skilled in many essential practices and are too dependent on external food production and distribution systems that aren't sustainable."

The project's mission is to strengthen local food resilience through engagement, connection, and knowledge and skills sharing. Its work is guided by six simple pillars: **Waste Less, Share More, Grow More, Know More, Buy Local, and Water Wise.**

Southern Beaches 2040

UPDATES CONTINUED



Rather than reinventing the wheel, the project aims to connect people, organisations and existing initiatives, creating opportunities to learn from one another and work together on practical solutions.

Several initiatives are already underway.

Home Composting and FOGO workshops are helping residents reduce food waste and make the most of household organics. A **series of Growers Gatherings** will open local gardens for informal knowledge sharing, seed and seedling swaps, and practical gardening tips for everyone from beginners to experienced growers.

The project is also piloting **a Growing Circle**, where participating households will work together to plan, grow, harvest, preserve and share food while supporting one another throughout the growing season. The group will document what they learn so others can establish their own Growing Circles.

Other initiatives include **developing a community knowledge register** that maps local food resilience activities, **establishing a Seed Exchange** to improve access to locally adapted seeds, and **hosting a screening of the documentary Rehydrate Australia**, followed by a panel discussion on water resilience.

Whether you grow vegetables on a large block, herbs on a balcony, compost your kitchen scraps, support local producers or simply want to learn more, everyone has something to contribute. **If you'd to join the project team or learn more** about any of the initiatives **contact Jenni Mulligan at sbcfoodprojects@googlegroups.com**.

Together we can build a stronger, more connected and more resilient Southern Beaches community!

From the Knowledge Hub Group

The Knowledge Hub group is working on a knowledge and skills project that will map out local, group & individual knowledge and skills, with the goal to build a register (Knowledge Hub), accessible through Okines Community House. This aligns perfectly with the Okines Strategy 2025-2030 goals of facilitating conversations & collaboration, strengthening community capability & co-creating the community we want to live in. The Knowledge Hub will hopefully grow over time with the ongoing involvement of Okines and the broader Southern Beaches communities.

The group plans to start with a focus on capturing the knowledge and skills of current Okines volunteers, including the Repair Cafe and other SB2040 Project Groups such as the Food Resilience Project. If you're keen to get involved or have an interest in learning more, this group would love to hear from you! gte in touch by contacting Jess at Okines Community House events@okinescommunityhouse.org.au



Prepared by Knowledge Hub Group

Southern Beaches 2040

UPDATES CONTINUED



From the Explore the Southern Beaches Group

Explore the Southern Beaches, formerly known as the Connectivity of Community Spaces group, have met up twice, with their second meeting right before the All Groups Meet Up on Jun 28th. The group discussed forming a 'Walking Group' with their next meet up to focus on taking photos of signage on disappearing and less visible trails and tracks.

During that last meet up, they connected with someone who had previously mapped the tracks and trails and was going to share this resource which was fantastic! **Everyone is invited to join the next walk, from 10:30am on Sunday, Aug 9th.** Meet at Okines Community House. All ages are welcome for this one-hour social walk 'n talk.

On the Renewable Energy Hub Group

The Renewable Energy Hub Group had yet to meet due to life causing delays but had some great preliminary discussions at the All Groups Meet Up with some new people keen to get involved as well. One idea that was discussed was holding an event where locals who have investigated and installed Solar System in their homes come get together for a Q&A with people who are thinking of doing this at their homes. So stay tuned for more info & if you're keen to get in touch or join us at the next meet up!

Okines Community House

Join a new community walking group!

Explore the Southern Beaches

SUNDAY AUGUST 9TH

Meet at 10:30AM
At Okines Community House
(540 Old Forcett Road, DODGES FERRY)

Join us for a 1-hour social walk!

This group plans to do a walk (every 6th Sunday), to share knowledge about the area, make connections and have fun! By walking and talking together, we hope to contribute to the future vision for the community.
All ages & abilities are welcome.
No need to book.

For more info contact
03 6265 7016
info@okinescommunityhouse.org.au

Walk, talk, share knowledge & explore local places!

Southern Beaches 2040

ALL GROUPS MEET UP

Sun Sep 13th 11am - 12:30pm

Save the date Okines Community House **all welcome!**

Renewable Energy Hub
Food Resilience Group
Knowledge Hub
Explore the Southern Beaches

Winter Greetings from the Garden Patch



Meet the Garden Team
Mon, Wed & Fri 8am - 1pm

Winter is certainly upon us, with many frosty starts at the Okines Garden Patch. However, our winter crops continue to flourish, and it is wonderful to see so much produce being harvested.

All **donations** from produce sales **go back into maintaining the garden** and ensuring the community continues to have access to fresh, organic produce. *For electronic donations to Okines Garden, please use the reference: CG (Community Garden).*

Our dedicated garden volunteers have been busy maintaining this wonderful space by mowing, mulching, harvesting seeds for sale, preparing seed trays, and planting our **current crops** which include; *kale, celery, lettuce, cabbages, cauliflowers, carrots, silverbeet, spinach, rhubarb* and *feijoas*, along with a variety of *seasonal herbs* to add flavour to your winter soups and casseroles.

We can't *thank* our *volunteers* enough for everything they do. There is always something happening in the garden, and new volunteers are always welcome.

New Water-Saving Improvements

Thanks to Drought Resilience Grant funding, from the Tasmanian Government, a **new watering system** has been installed in both the propagation house and greenhouse. This system provides monitored, consistent watering, allowing us to prepare healthy seedlings for planting in late winter and spring. Over the coming months, we will be busy sowing seed trays in readiness for the next growing season.

The funding also enabled the garden to purchase two **new water-efficient wicking bed kits**. A special *thank you* goes to *Liz* for generously purchasing a third wicking bed kit for the garden. These new beds will replace our ageing raised vegetable beds, many of which are beginning to deteriorate. They will also strengthen the garden's ability to adapt to current and future climate challenges by significantly reducing water consumption.

A big shout-out also goes to *Linley* for his ongoing support of the garden by collecting manure, hay, garden materials and, most recently, a load of biochar from the *Sorell Council*. The garden would also like to thank *Southern Beaches Landcare Coastcare* for its generous donation of plants and shrubs for the Labyrinth area. We are equally grateful to the many community members and local businesses who continue to support the garden in so many ways.

We look forward to seeing you in the garden this winter.
Janet & Donna



Garden Goodies

Did you know?

Wicking beds use up to 50% less water than traditional garden beds by storing water in a reservoir beneath the soil and delivering moisture directly to plant roots. This greatly reduces evaporation, improves plant health, and provides more consistent growing conditions during periods of low rainfall and increasing temperatures.

Biochar is a highly porous, carbon-rich material produced by heating organic matter in a low-oxygen environment. It acts like a permanent sponge in the soil, improving water retention, soil aeration, and the soil's ability to hold essential nutrients, creating healthier growing conditions for our plants.



Upcoming Events

Term 3 Garden Workshop - "Let's Get Birds Visiting Our Gardens", by making a "Bird Nesting Shop" to take home to place in your garden for the birds to collect different materials from to assist with making their own nests. See flyer for details.

Garden Tucker - Join us on the first Monday of each month. Rug up, lend a hand in the garden, then enjoy homemade soup and cake with fellow volunteers. Gold coin donation.

DIG'n'Tea - Come along and connect with others in the garden over a cuppa. 1st & 3rd Thursday of the month 11am - 1pm. Starting back up Sep 3rd.

All welcome.

Let's Get Birds Visiting Our Garden Workshop

Come & make a 'Bird Nesting Shop' for your home garden, for birds to collect different materials from to assist with making their own nests. Please BYO garden gloves if you have them.

MONDAY 10TH AUG

Cost: \$5
All materials provided

From 10 AM - 11 AM
(11AM - 1:30AM Cuppa & Cake)

Okines Community House - Community Garden, 540 Old Forcett Road, Dodges Ferry

Okines Community House
03 6265 7016
info@okinescommunityhouse.org.au

FOOD CO-OP NEWS

WELCOME

Our co-op news is now exclusively featured in the Okines Community House term newsletter! There are a couple of layout changes; if you're looking for co-op events such as open mics, these will now be found in the broader Okines events section.

Please let us know any feedback you have!

With warmth,
Your co-op team

MEMBERSHIP AND VOLUNTEERING

Membership fees:

\$20 per year / \$15 concession

\$100 Life-time membership

Become an active or non-active member!

Active members volunteer 4-6 hours per month

and receive a 10% discount on most goods.

Regular volunteers in the Community House or

Garden receive a 5% discount. Join here -

okinescommunityhouse.org.au/community-house/membership/

Roles can include:

- Co-op cashiers and assistants
- Jar sterilisers and bottlers
- Bakers and event assistance
- Co-op renovation working bees (upcoming)

All training provided!

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

FOOD CO-OP BANK DETAILS

Name: Okines Community House Inc.

BSB: 633 000

Acc: 234 660 637

CO-OP UPDATES

Winter Hours

From 7th July to 25th August, the Food Co-op Tuesday operating hours have changed to **10:00 AM to 4:00 PM**

Phone Donation

We're looking for a donation of an iphone - 13 or more recent please - as our current phone is problematic with our Dodgy reception issues.

Co-op Staff Leave

Carlos will be on leave in July and August and Jill will be on leave in September and October.

Renovations

You might have noticed our new door and storage cupboards!

The food co-op is undergoing renovations and we ask that our members are understanding of these changes in progress.

In the spring we'll be calling out for volunteers to take part in a working bee to seal woodwork and paint cement floors.

Interested? Get in touch!



OPENING HOURS:

TUESDAY 10:00AM - 5:00PM

10:00AM - 4:00PM (July/Aug)

FRIDAY 9:30AM - 1:30PM

SUNDAY 9:30AM - 1:30PM

For more info, CONTACT us at

okines.food.coop@gmail.com

Full stock list and prices available on our website:

www.okinescommunityhouse.com.au/wpms/foodcoop/

or drop into the store during open times!

FOOD CO-OP NEWS

STOCK UPDATES

- **NEW** cacao nibs (see recipe on following page)



- **NEW** Za'tar spice mix (see recipe on following page!)



- **NEW** locally made smoothie mix for kids, start their day with balance nutrition
- **Eggs** from Raptor Ridge are now regularly stocked up every Friday
- **HAZELNUTS** new season stock back in

Bread Orders

Coastal Kitchen Sourdough, wood fired loaves freshly made in Eaglehawk Neck.

- Original Sourdough \$12
- Sunflower/pumpkin & Linseed \$14
- Olive \$14
- Spiced Fruit \$14

Email to order by Wednesday for Friday collection



COFFEE CHRONICLE

The Art of a Flat White

A great flat white lives or dies on the milk, not the shot. Steam the milk right and even an average espresso tastes like a treat.

The goal is microfoam: fine, silky bubbles you can barely see, not the stiff foam you'd pile onto a cappuccino. Keep the steam wand tip just under the surface so you hear a gentle hiss, not a screech, then plunge it slightly deeper to heat the milk through with a whirlpool spin.

Temperature matters more than people think. Milk tastes sweetest around 55 to 65 degrees, warm enough to hold your hand against comfortably for a couple of seconds. Push past 70 and the proteins start to break down, the sweetness fades, and you're left with a flat, slightly burnt flavour.

Full cream dairy steams easiest thanks to its fat and protein content. Oat milk is the best plant-based substitute for texture, though it's worth seeking out a barista blend; standard oat or almond milk from the pantry usually won't hold its own.

If you want to take your milk to another level, try freeze distilled milk. It's an easy process to remove water from milk, leaving behind a more concentrated, richer milk. It steams up thicker, holds latte art longer, and tastes delicious.

- Freeze a jug of milk,
- Let it slowly thaw, dripping into a container in the fridge,
- Once half has thawed, discard the remaining ice,
- Use the concentrated milk to make a few delicious coffees.

Happy steaming,
Kurt



FOOD CO-OP NEWS

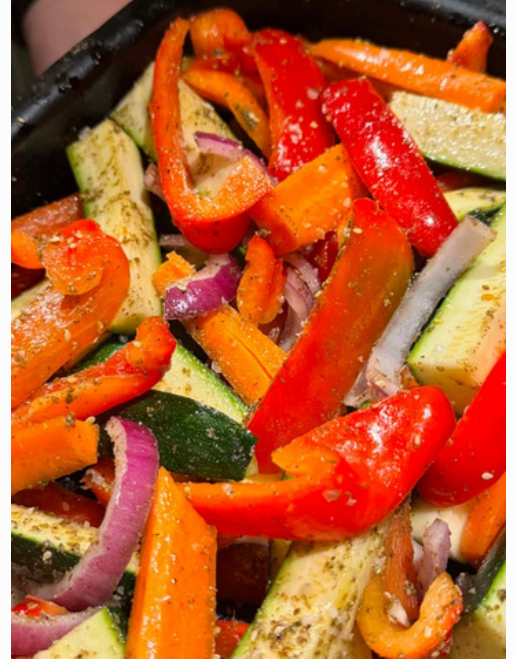
INGREDIENT SPOTLIGHT: ZA'ATAR MIX

Za'atar (pronounced Zaah-tar) is most identified with Middle Eastern and Mediterranean cooking. Za'atar is unique for it's a blend of many different flavours, textures, and fragrances. Even though it varies greatly, za'atar is generally a combination of dried oregano, thyme, (woody and floral), with sumac (tangy and acidic) and toasted sesame seeds (nutty and rich). It's a bit of a 'put it on everything' pantry essential. Great to flavour proteins, veggies or mix through cooked grains.

Middle Eastern Roast Vegetables

Ingredients

- Your favourite roasting vegetables like potatoes, zucchini, carrots, onions and capsicum
 - 2 tbsp za'atar spice mix
 - Olive oil
 - Salt and pepper
1. Chop all your veg to similar size for even cooking and place in a mixing bowl.
 2. Add oil and za'atar and mix through ensuring everything is covered. Season well with salt and pepper.
 3. Cover and rest in the fridge to marinate for at least 30 minutes.
 4. Heat oven to 180 degrees and transfer veg to a baking tray.
 5. Roast for 30-45 minutes until fragrant and caramelised.
 6. Serve with herby grains, grilled halloumi or your favourite protein.



INGREDIENT SPOTLIGHT: CACAO NIBS

Cacao nibs are made from cocoa beans. They're harvested, dried, fermented, and cracked to produce smaller, darker pieces - cacao nibs! They can be bought roasted (the more common) or raw. Small in size, cacao nibs are extremely nutrient-dense - they're a good source of fibre, protein, and healthy fats and rich in minerals, including iron and magnesium. Make sure you open the jar and smell the deep, almost wine-like aroma! The flavour is rich, slightly bitter and tangy. They're an easy swap out for chocolate chips but have so many other uses to complement sweet cooking. Enjoy.

Cacao and Date Bliss Balls

- 1 cup cacao nibs
- 1 cup pitted dates
- 1 cup sultanas
- 1/2 cup almonds
- 1/2 cup cacao powder
- 1 tbsp coconut oil
- 1/2 tsp vanilla extract
- Pinch of salt

1. Place all ingredients except the cacao nibs into a food processor and blitz for a few minutes until it the ingredients bind to almost a paste.
2. Take a small amount of the mixture and form small ball shapes.
3. Place the nibs in a shallow bowl and roll each ball in until covered.
4. Refrigerate for at least 4 hours to set the bliss balls.
5. Store airtight in the fridge for up to a week.



Tom Waller, Recipe Manager



335 kg of landfill that didn't happen!

When something is repaired at the Okines Repair Café, a lovely clear bell rings out across the room.

It might ring because a favourite jacket zips up again. Or a sturdy old pair of secateurs, handed down through generations, is now sharp and ready for the garden. Because a child's toy robot can move again instead of sitting sadly on a shelf.

Whatever's been rescued, the little crystal bell lets everyone know it's fixed.

The bell was bequeathed to the Repair Café by the late Chris Bennett, who started the Okines Repair Café with her friend Jenny in 2024. Chris died earlier this year, and the café's success today owes a great deal to her work gathering volunteer repairers and organising events, turning a good idea into something our community now genuinely values.

Every time the bell rings, her contribution is still a huge part of the day.

That lovely moment when something works again

Since the first café in September 2024, 284 items have come through the doors across seven sessions.

Of those, 217 – just over three quarters – have gone home fully repaired. Together, those repaired clothes, tools, appliances, bikes, toys, jewellery and other belongings weighed 335.5 kilograms.

That's more than a third of a tonne kept in use instead of being thrown away.



Seven Repair Cafés and counting...

The things people bring are as varied as the people who bring them. From jumpers, jackets, dresses, dog boots, lamps, stereos, Mixmasters, jewellery, bikes, scooters, prams and garden tools. Volunteers have repaired dolls, racing cars, a child's dump truck and even Buzz Lightyear. One Christmas decoration arrived in winter and went home ready for December.

Sometimes the item is valuable. Sometimes it could probably be replaced. But often that isn't the point. It might be the coat that fits perfectly, the old radio that has always lived in the shed, the earrings worn to a wedding, or the kitchen appliance that has done its job faithfully for decades. These things arrive carrying memories, usefulness and a little bit of hope.

However not all the help involves sewing machines, sharpening stones and screwdrivers.



Our IT advisers also help people with phones, tablets, iPads and laptops that are confusing, misbehaving or simply not doing what they should.

They've helped people find missing files, navigate cloud storage, fix a phone camera through its software and stop annoying pop-ups appearing on a laptop. Sometimes people just need someone patient to sit beside them and show them how to do something.

You don't need to know the right technical words. Bring the device, show them what is happening and explain what you are trying to do.

Phone, tablet or laptop doing something baffling? Bring it along.

Behind every repair is a local volunteer generously sharing their time, tools and know-how.

Our machine and hand menders tackle holes, hems, seams and zips. Sharpeners restore knives, scissors and garden tools. Other volunteers work on electrical items, jewellery, leather goods, toys and all sorts of household objects. The Okines Bike Shed opens on Repair Café days too. The café isn't like a commercial drop-off service. You're encouraged to stay with your repairer, watch what happens, ask questions and perhaps learn how to tackle something similar next time.

There is plenty of head-scratching, problem-solving and searching for exactly the right screw, clasp, tool or piece of fabric. Some repairs take a few minutes. Others become a shared mission.

Not everything can be fixed....



But even then, people often leave understanding what went wrong and what they might try next. Around it all, the kitchen team keeps the tea and coffee flowing and the homemade treats circulating. Other volunteers greet visitors, register items and help the morning run smoothly.

It feels less like a repair service and more like what it really is: neighbours helping neighbours, sharing useful skills and giving good things another chance.

Repairing one torn jumper or blunt pair of secateurs might seem like a small environmental act. But together, those acts save resources, reduce waste and push back against the idea that everything broken should simply be replaced.

And when another favourite, useful or treasured thing is brought back to life, the crystal bell rings again.

Next Okines Repair Café

Don't bin it. Bring it!

OKINES REPAIR CAFE

Sunday 6 September
11 am - 1.30 pm

Okines Community House | 540 Old Forcett Rd, Dodges Ferry

Sewing, mending & darning | Electrical repairs
Tool & knife sharpening | Jewellery repairs
General repairs | Leather repairs
Computer assistance & advice

FREE REPAIRS & SKILL SHARES | Volunteer fixers
will repair your item and show you how they do it!

LAST REPAIR CAFE IN 2026 | Sunday 1 November



A short story worth sharing...

Recently a group of DFPS students successfully repaired the bike (pictured right) with the help of the Bike Shed volunteers & their TA. The bike needed quite a major repair and the students learned a great deal in the process.

The bike was then donated to the school, for staff use in their bike education program and the students were so excited to see the bike they had repaired being used by the teachers. What a special moment!



And a few notes...

Donations & Repairs - please only bring donations & bikes for repair during opening hours, so we can assess, register them and have all the right information.

Student Program is Growing - we now have 30 students coming with a TA twice weekly to participate in hands on learning supported by DFPS staff and Okines.

Seeking New Volunteers - we are seeking volunteers for Mondays & Thursdays 11am-3pm. Some mechanical skills are preferred. WWVP & Police Check required. Get in touch if you can help!

OKINES BIKE SHED

OPEN MON & THURS
11AM - 3PM

**BUY
FIX
REPAIR
DONATE
VOLUNTEER**

*CONCESSION RATES AVAILABLE
CALL 0450 138 478 FOR MORE INFO

A place to create, share and connect



Every Thursday from 12.00 to 2.30pm, a small group of volunteers gathers with craft projects, conversation and plenty of laughter. Known as Creating Community, the group is built on a simple idea: sharing skills, supporting one another and creating connections through creativity.

Since launching in November last year, volunteers Toni, Janelle, Leslye and Sally (pictured from left to right), have been busy making a wonderful range of handmade items for the community.

Their projects have included Christmas decorations, soft toys, Mother's Day gifts, beanies, Easter presents, library bags for Dodges Ferry Primary School, chemo slouch beanies for RHH & other community gifts. Earlier this year, members handcrafted poppies for ANZAC Day, raising \$170 for Legacy Tasmania.

There's plenty more planned for the months ahead. Current projects include Father's Day gifts, handmade dolls for children in Cambodia, with plans for Christmas 2026 creations.

Creating Community welcomes everyone. Materials are provided for most projects, and if you already have a favourite craft, you're welcome to bring it along and work alongside the group.

More than anything, Creating Community is about friendship, caring and belonging.

If you're looking for a relaxed and welcoming way to meet people, learn new skills or simply enjoy a few creative hours each week, we'd love to see you on Thursdays from 12.00 to 2.30pm.

Together, we can create community.

Interested in other crafty community activities here at Okines Community House, check out...

Knit & Natter & Sew - Mondays 10:30am - 12:30pm

Social Painting Group - Wednesdays 10am - 1pm

Spinners & Weavers - 2nd & 4th Friday of the month 10am - 1pm

All welcome





MORE

GOOD STUFF



Grow & Learn takes new shape

Since the last newsletter, Grow & Learn has continued to evolve, with exciting new partnerships, learning opportunities and shared ideas helping to shape its future. As we work towards a strategy, we're seeing stronger connections rekindled between the Dodges Ferry Primary School (DFPS), the Okines Community Garden and our wider community.

We're building on a foundation, rekindling strategies and opportunities initiated over 10+ years of Grow & Learn. New to many, this work and direction is a continuation grounded in those strong relationships and shared ambitions that go back to the earliest days of the school, Okines and the wider community. It's been inspiring to see more teachers engaging with the program and exploring how the Okines Community Garden, wetlands and bush reserve (Flora Park) can become vibrant outdoor classrooms.

A highlight over recent weeks has been the involvement of teachers in our Grow & Learn Reference Group meetings. A big thank you to science teacher Taytum, who joined one meeting, and to Sam and Charlie, who attended another. Your enthusiasm and ideas are helping to strengthen the links between Grow & Learn and curriculum-based learning across the school. The Okines Community Garden has also been buzzing with activity. One of our Kindergarten classes recently visited the garden, enjoying the opportunity to explore, discover and learn in an outdoor environment.

Science teacher Taytum has also been, bringing a class to the Garden over three sessions to undertake soil testing as part of their science learning. It has been wonderful to explore ideas together about how the garden and surrounding wetlands can provide rich, hands-on learning experiences that align with the curriculum and inspire curiosity.

There are more exciting developments on the horizon.

Thanks to Grow & Learn reference group member Jenny, a weather station has been installed in the Okines Community Garden, creating new opportunities for students to collect and analyse real-world environmental data.



We are also exploring even more ways to connect DFPS and Okines through cooking sessions using garden produce, nature-based learning experiences, and the creation of a Grow & Learn memory book to capture the stories, achievements and milestones of the program.

There is plenty to look forward to as Grow & Learn continues to grow, connect and inspire. Stay tuned for more updates!

Can you make our wishes come true?

We often have members of the community phoning or dropping by with things they'd like to donate, and unfortunately we often cannot accept them. We do however have a wish list of items that we DO need donated and so we thought we would start including the wishlist of items here in the Newsletter!

- Electrical conduit
- Fine netting for garden
- Outdoor tables & chairs
- Fairy Lights
- Long Stapler
- Guillotine (for paper)
- Gazebo weights
- Sides for gazebos
- A wingback chairs
- Spatulas
- Dark coloured mugs

If you are able to help with any of these items we'd love to hear from you! Call us on 03 6265 7016 or email us at info@okinescommunityhouse.org.au

BOARD UPDATE

What a fun filled second term we had at Okines Community House!

This culminated in the celebration of the Winter Solstice by way of the Lantern Parade. The weather was kind, the food and drinks were fantastic as was the singing and the crowds came out dressed in their winter woollies and lots of lanterns. A big thank you to Lissa and her team of staff and volunteers who worked tirelessly to make the evening a great success. I also understand it was a great fundraiser for Okines which I am sure we will see the benefits of during Term 3!

The Okines Board have had some governance and risk management issues to deal with recently and I am incredibly grateful to the members of the Board who come with experience and expertise in such a variety of ways. It is certainly wonderful to have a skills base Board in place at Okines.

Our Annual General Meeting will be held in September and we are in the process of interviewing prospective Board members. As President, I am confident that we will be able to fill the identified vacancies on the Board. It is imperative that we maintain a skills based group to oversee the governance of Okines Community House.

Christine Woodcock
President



**Okines
Community House**

ANNUAL GENERAL MEETING



Come meet the board, hear what's going on,
what's coming up & have a chat.
Free to attend & all are welcome.
Nibbles provided.

 **Thursday Sep 24th**

 **6pm - 7pm**

More Information:
03 6265 7016
info@okinescommunityhouse.org.au



WEEKLY ACTIVITIES @ OKINES

MONDAYS

Garden Tucker

10am - 1pm
(1st Mon)

Knit & Natter & Sew

10:30am - 12:30pm

Volleyball

6:30pm - 8:00pm
(Dodges Ferry Rec Centre)

TUESDAYS

Tai Chi - 10am - 11am

Card Group - 1pm - 3pm

Rhythm & Beaches Singing Group

7pm - 9pm

WEDNESDAYS

Okines Social Painting Group

10am - 1pm

Community Pantry

1:30pm - 4pm

THURSDAYS

Creating Communities

12pm - 2:30pm

Okines Book Club

12pm - 2:30pm (2nd Thurs)

DIG'n'Tea

11am - 1pm (1st & 3rd Thurs)

The Gathering

7pm-8:30pm (1st Thurs -
except Aug)

FRIDAYS

Eating with Friends

12pm - 2pm
(Last Fri)

Southern Beaches Spinners & Fibre Group

10am - 1pm
(2nd & 4th Fri)

SATURDAYS

Dodges Ferry Flicks

6:30pm
(3rd Sat)

SUNDAYS

Mat Pilates - Community Class

9am-10am
(bookings required)

Co-op Coffee Shop Open Mic

10:30pm-1pm
(1st Sun)

Explore the Southern
Beaches Walking Group
(10:30am Aug 9th)

SPECIAL EVENTS

Let's Get Birds Visiting the Garden Workshop - Mon 10th Aug

Kids Nutrition Workshop Sun 23rd Aug

Microbiome Workshop - Tues 8th Sep

SB2040 All Groups Meet up - Sun 13th Sep

AGM - Thurs 24th Sept

Board Game Night with the Puzzle People - Fri 25th Sep



'From Chaos to Calm'

Kid's Nutrition Workshop



Workshop for Busy Parents + Carers
- No Overwhelm, No Complicated Plans, Just Stress Free and Simple Steps You Can Use Immediately

WORKSHOP HIGHLIGHTS:

- ⚠️ Remove the Energy Wreckers - find out what to look out for when selecting easy foods for your kids' lunchbox + what to avoid!
- 🔋 Replace with Real Fuel - we'll discuss easy and cost effective breakfast + lunchbox swaps to boost your child's nutrition, and increase their energy, focus + health
- ✅ Make it Simple + Make it Stick - I'll share my 2 big impact hacks to make school mornings easier + build healthier habits for your kids.

Presented by Fiona Gibson

Mum of 3, Nutrition Student + Founder of Rock it Fuel

"I created this as a busy working Mum of three kids who was sick of choosing between convenience and good nutrition.

These are the exact three shifts that have made the biggest difference in our home - and they are simple enough for anyone to use."



23 AUGUST 2026



Okines
Community House

Sunday
1pm - 2.30pm



SCAN QR CODE
TO REGISTER

Board Game Night

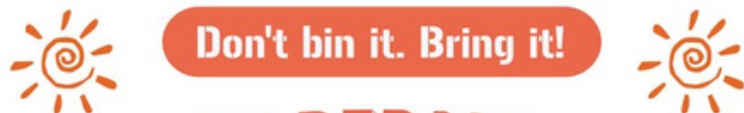
WITH THE PUZZLE PEOPLE

Fri Sep 25th FROM 6:30PM

Bring your friends, roll the dice, and let the fun begin! Try out new games or play old favourites including Catan, Wingspan, Chess & more!
\$5 dollar entry on the door with all ticket sales raising money for Okines Community House

Lucky Door Prize!
Games, Food & Drinks for sale
(BYO ALLOWED)

Okines Community House
540 Old Forcett Road, Dodges Ferry
03 6265 7016
info@okinescommunityhouse.org.au



Don't bin it. Bring it!

OKINES REPAIR CAFE

Sunday 6 September
11 am - 1.30 pm

Okines Community House | 540 Old Forcett Rd, Dodges Ferry



Sewing, mending & darning | Electrical repairs
Tool & knife sharpening | Jewellery repairs
General repairs | Leather repairs
Computer assistance & advice

FREE REPAIRS & SKILL SHARES | Volunteer fixers
will repair your item and show you how they do it!

LAST REPAIR CAFE IN 2026 | Sunday 1 November

The Microbiome in Health and Disease

A one-hour talk with Jessica Bush, Naturopath, exploring the microbiome and its influence on health and disease.

Topics covered include:

- What the microbiome is and why it matters
- Recent advances in research and testing technology
- The body's different microbial worlds
- How the commensal microbiome is established
- What makes a healthy microbiome
- What dysbiosis is and how it can occur
- How the microbiome helps keep us well
- The link between the microbiome and disease

For anyone interested in health, wellbeing, and science.



Date: 8 September 2026
Time: 6.30-7.30pm
Bonus: Lucky door prize
Tickets: \$5-15.



<https://events.humanitix.com/the-microbiome-in-health-and-disease>

Calling all food growers to the first **SOUTHERN BEACHES GROWERS GATHERING**

Join us for a tour of Ben and Ann's home garden, share afternoon tea and swap seeds, seedlings, cutting, excess produce and garden wisdom. Whether you already have a flourishing garden or are just starting out with a patch of sand and veggie dreams - the gathering will be a place to connect, learn and share with other locals.



**SUN SEP 13TH
2PM-4PM**

Email sbcgrowgather@googlegroups.com or call Okines on 6265 7016 for address info for our first gathering or to express your interest in future gatherings - we hope this will become a regular monthly event.

This initiative is part of the Southern Beaches Food Resilience Project, through Okines Community House.



Let's Get Birds Visiting Our Garden

Workshop

Come & make a 'Bird Nesting Shop' for your home garden, for birds to collect different materials from to assist with making their own nests. Please BYO garden gloves if you have them.

**MONDAY
10TH AUG**

Cost: \$5

All materials provided

- 🕒 From 10 AM - 11 AM (11AM - 1:30AM Cuppa & Cake)
- 📍 Okines Community House - Community Garden, 540 Old Forcett Road, Dodges Ferry



03 6265 7016
info@okinescommunityhouse.org.au

Okines
Community House

HEALTHY EATING ON A BUDGET COOKING CLASS



**FRI OCT 23RD
10:30AM - 12:30PM**

Join us here at Okines to cook and share a delicious meal together using simple everyday ingredients from the pantry & community garden! Just bring yourself & a favourite recipe if you have one!

This workshop is **FREE** to attend. To book, phone or email to and let us know any dietary requirements.



ANNUAL GENERAL MEETING



Come meet the board, hear what's going on, what's coming up & have a chat. Free to attend & all are welcome. Nibbles provided.



Thursday Sep 24th



6pm - 7pm

More Information:

03 6265 7016
info@okinescommunityhouse.org.au



☎ 03 6265 7016

✉ info@okinescommunityhouse.org.au 📍 540 Old Forcett Rd, Dodges Ferry

THE GATHERING

A MONTHLY STORYTELLING
OPEN MIC



1st Thursday of the Month
(Break for Aug)
7PM - 8:30PM

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



Okines Community Garden
540 Old Forcett Rd, Dodges Ferry

03 6265 7016
info@okinescommunityhouse.org.au

CO-OP
COFFEE
SHOP

OPEN
MIC

First Sunday
of the Month
10:30am-1pm

(Next Dates
Sep 6th
Oct 4th)

Free espresso
Bring a plate
of food to
share if you
can



Okines
Community House

03 6265 7016

info@okinescommunityhouse.org.au

D'Ferry Flicks



Third Saturday of the month

6.30pm for 7.00pm

with Dodges Ferry Film Society

at Okines Community House

- ü at 6.30pm enjoy a complimentary drink
- ü the film screens at 7.00pm
- ü bring a small plate of food for our shared supper
- ü bring a camp chair, cushion or rug for comfort
- ü annual members \$35/\$25 for 12 months
- ü casual members \$5 a month (cash or card)
- ü keep in touch with D'Ferry Flicks on Facebook, Instagram or email

For details see okinescommunityhouse.org.au or
phone the Okines office on 6265 7016

We are a member of the Tasmanian Federation of Film Societies
Films nights February to December plus special events



Rhythm & Beaches

A Fun Community
Singing Group

Tuesdays

7pm - 9pm

(except school holidays)

Okines Community House
540 Old Forcett Road, Dodges Ferry

Cost \$5

All abilities welcome

Songs range from a variety of
popular music. Open to all,
no experience necessary.

Singing is not about
perfection, it's about
connection and expression!

For more info contact Gilly
0407 487 328 or Pat 0409
970 593



Okines

GARDEN TUCKER

Join us in the Okines Community Garden on the first Monday of every month, 10am – 1pm for an interactive working bee with live music and a shared lunch!

10am – 1pm on the first Monday of the month

Everyone welcome

Gold coin donation

info@okinescommunityhouse.org.au

03 6265 7016



DIG'N'TEA

Come along and connect with others in the community over a cuppa in the garden.



Thursday Mornings
11am – 1pm
September 3rd and 17th
October 1st, 15th
November 5th and 19th
December 3rd and 17th

At Okines Community Garden
All Welcome



540 Old Forcett Rd,
Dodges Ferry
info@okinescommunityhouse.org.au
6265 7016



MAT Pilates COMMUNITY CLASS



Join Lisa for a feel good movement to music mat Pilates class suitable for all fitness levels.

No cost, gold coin donations appreciated. Just bring your mat, drink bottle and comfortable clothes to move in.

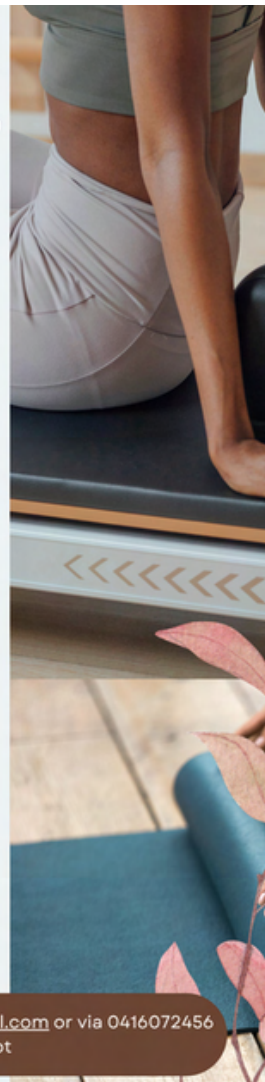
Sundays 9am – 10 am
(except May 17th, June 7th & 28th)

Okines Community House
Terrapin Room

Bookings Required as
spaces are limited

Lisa also runs paid classes at Okines on Mondays 9am – 10am & Fridays 8:30-9:30am. \$10 per session
Contact Lisa for more info

Contact Lisa at TinkerPilates07@gmail.com or via 0416072456 to book your spot



Okines invites you to join us for Eating with friends

Join us at Okines on the last Friday of the month for a nutritious 2 course meal and meet new people.
\$10 for a 2 course meal & Bookings are required

February 27th
March 27th
April 24th
May 29th
June 26th



July 31st
August 28th
September 25th
October 30th
November 27th



To book call 03 6265 7016



Okines
Community
House



\$2 per visit



10:30AM -
12:30PM



540 Old Forcett
Road, next to the
Dodges Ferry
Primary School.

KNIT & NATTER & SEW

*A weekly group open to
all community members*

Learn to knit, sew 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.org.au

OKINES CREATING COMMUNITY

MAKING SESSIONS

THURSDAYS 12PM - 2:30PM

Sewing, felting, crafting, scrapbooking, textile, paper, fibre arts, all creativities welcome!

Come along to Okines every Thursday and get creative! Join a group project, bring something you're working on or perhaps try something new in a social and supportive environment!

No experience necessary.

info@okinescommunityhouse.org.au



Okines Social Painting Group

Meet some new people & spark your creativity at our fun and friendly social painting group!

All are welcome to join and no bookings are necessary!

- Every Wednesday 10am - 1pm
- Okines Community House
- Cost \$3
- BYO Supplies
- Morning Tea Provided



For more info contact:
info@okinescommunityhouse.org.au

OKINES COMMUNITY HOUSE

SPINNERS & WEAVERS

Join our friendly local members of the Handweavers, Spinners & Dyers Guild Tasmania Inc. on the 2nd and 4th Friday of the month here at Okines. \$3 to attend goes towards the cost of the room.

2nd & 4th Friday of the month
10am - 1pm

info@okinescommunityhouse.org.au



BOOK CLUB

2nd Thursday
of the Month

12PM -

1:30PM

Okines Community
House

Bring a plate to share
and come along for a
good book chat! Titles
alternate between
Library provided books
and discussing current
reads. Free to attend
and all welcome.

03 6265 7016



OKINES CARD GROUP



Join us Tuesdays for a game of 500!
\$2 goes towards the cost of the room

TUESDAYS | 1PM- 3PM

Okines Community House
540 Old Forcett Rd, Dodges Ferry
03 6265 7016

\$2 TO
PLAY

info@okinescommunityhouse.org.au

OKINES COMMUNITY PANTRY

Join us every Wednesday at Okines for Community Pantry (formerly Food Assistance Program), where members of the local community can come and get some FREE groceries. No need to call or register, just come along, grab some food and maybe stay for a cuppa. Leftovers will be put in the outdoor fridge, which is accessible 24/7.

Fresh Food

Frozen Meals

Groceries

STARTS
@
1:30PM

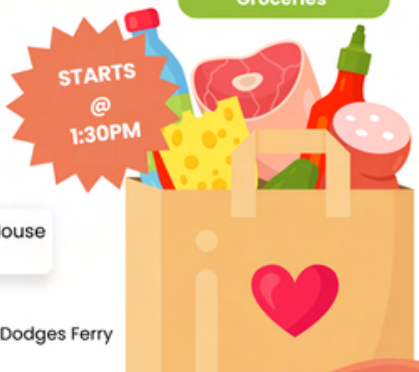
WEDNESDAYS
Every week

STARTING
1:30pm - 4:00pm

ALL WELCOME

Okines Community House
03 6265 7016

Our Location
540 Old Forcett Road, Dodges Ferry



Okines Breakfast Club

Thanks to our
volunteers!

**Tuesdays & Thursdays
8:30am - 9:00am**

The Okines Breakfast Club operates in partnership with Dodges Ferry Primary School, providing breakfast to local kids twice a week during term time.

This important program is run by our amazing volunteers and is supported by our Local Richmond Bakery, Banjo's Sorell, Homelands Property, the Tasmanian Government. Thank you all for helping to keep this important program running.

Proudly supported by



OKINES COMMUNITY
VOLLEYBALL

DODGES FERRY REC CENTRE



MONDAY
6:30PM - 8:00PM
(DURING TERM TIME)

Come and join us for a good run around!
All equipment provided, no skills necessary!
First time, play for FREE then its \$8 per game or 11
games for \$80

info@okinescommunityhouse.org.au



BADMINTON

@ DODGES FERRY REC CENTRE

WEDNESDAYS
7:30PM - 9:00PM



**SOCIAL
NO
ROSTERS**

ONLY

\$7

Courts, shuttles & nets included & some
rackets available. For more info check out
**Dodges Ferry Badminton Club on
Facebook**



Okines Community House
03 6265 7016

info@okinescommunityhouse.org.au

DROP IN JP SERVICE @ OKINES

Fridays
12pm-2pm

*Local Justice of the Peace
Christopher Bowling will be
available for a drop in service
at Okines on Fridays between
12pm-2pm.*

FOR MORE INFORMATION ON JP SERVICES IN TASMANIA
VISIT: www.justice.tas.gov.au



Embody your inner health

MELT Method Class

Thursday 9am - 10am

Okines Community House
(Terrapin Room)



TERM 3 starts Thursday 29 July

Experience MELT: a hands-off bodywork method using specialized soft rollers and balls to build resilience, boost performance, and support a pain-free, active life — while gaining a deeper understanding of your body.

\$200 for 10 weeks or \$25 casual



Contact Salomé 0437 405 213

fromwithin.com.au



MAT PILATES



LOCATION:
TERRAPIN ROOM, OKINES
COMMUNITY HOUSE
540 OLD FORCETT ROAD
DODGES FERRY

TEXT 0416 072 456
EMAIL
TINKERPILATES07@GMAIL.COM
TO BOOK YOUR SPOT!

SUITABLE FOR ALL
AGES & FITNESS.

JOIN THE COMMUNITY
CLASS & INCREASE
STRENGTH, BALANCE
& YOUR OVERALL
WELLBEING

MONDAY

AM • 09:00 - 10:00

FRIDAY

AM • 08:30 - 09:30

Okines Chair Yoga



Fridays 1:30 - 2:30pm
at

Okines Community House,
Terrapin Room,
540 Old Forcett Rd,
Dodges Ferry

Boost your fitness, strength, flexibility,
balance, and breathing
in a gentle, fun, and supportive class
that helps you relax,
feel great and move with ease.

\$15 per class or
6 class pass for \$75

BreathingTreeYoga.com.au

elana.rose.yoga@gmail.com

Elana Rose - 0412 451 192

Breathing Tree Yoga

PRANA YOGA AND PILATES



Classes.

| Okines Community House

- Monday 5:30pm-6:30pm
- Gentle Restorative Yoga
- All levels welcome



0467 197 499



jackiegraham@iinet.net.au

Casual Class \$20

Dances of Universal Peace

...are simple to learn circle dances which are uplifting, meditative and joyous, combining sacred song, chants and live music



All songs & dances are fully taught, no experience necessary.

"If you can talk you can sing, if you can walk you can dance!"
Zimbabwean proverb

First Wednesday of each month (except January)

Okines - Terrapin Room

540 Old Forcett Road, Dodges Ferry

7 - 9pm

\$15 / \$10 concession Enquiries Ph 0400051963

Offered by Nicola Amina Bush, certified leader of Dances of Universal Peace



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.

Experience deep relaxation for just \$30

Join us for an immersive sound healing
session designed to clear energetic
blockages, restore inner balance and
leave you feeling refreshed and renewed



Sundays @ 10:44 - 11:55am

Okines Community House - Terrapin Room

16th August; 11th October & 13th December

BreathingTreeYoga.com.au



Tech Yeah is a service that supports community members to navigate everyday technology with greater confidence and independence. The sessions are facilitated by Rose from Hobart City Mission, who uses creativity and technology to build confidence and connection, and delivers practical, easy-to-understand tech sessions.

Get in touch with a member of the team at Okines to arrange a session! Call 03 6265 7016 or pop by for a chat.



FREE Mindfulness Programs to
Manage and Prevent Stress,
Anxiety or Depression

Mind Your Self

Bite-sized practical workshops to learn
Foundations for Mindful Living.
Learn skills to support the body, live with
emotions and make friends with thoughts.

Dodges Ferry

Sundays 11-12noon with Josef
2nd, 9th, 16th (1-2pm), 23rd August 2026
at Okines Community House

Apply online

<https://mindfulnessaus.com.au/find-a-course/>



Need help? Email us: admin@mindfulnessaus.com.au
Or phone: 0488 064 228



Courses are provided **FREE** with support from Primary Health Tasmania
through the Australian Government's Primary Health Networks Program



Finding your flow a writing workshop

Would you love to start writing, or want to improve your creative writing skills? In this supportive 6-week workshop, local writer and mentor Maura Bedloe will help you find your flow, with writing tips and techniques, inspiring exercises, dedicated writing time, group discussion, and individual feedback.

6 sessions
Thursdays 20 Aug – 24 Sep
6.30pm – 8.00pm

\$180 for the full course or \$35 per session

Bookings required as spaces are limited

Location: Okiness Community House
540 Old Forcett Road, Dodges Ferry

For bookings and more info
Contact Maura
mmbedloe@gmail.com
0418 597 701



Journalling for joy



Come and join this monthly guided journalling workshop, led by writer Maura Bedloe. Maura will share journalling techniques, inspiring readings, and writing treasures to feed your imagination, ignite your creativity ... and boost your serotonin!
BYO journal and pen.

Third Saturday of the month
15 August, 19 September, 21 November
11am-12pm
\$20 per person
{Bookings required as spaces are limited}

Location: Okines Community House
The Terrapin Room (at the back of the house)
540 Old Forcett Road, Dodges Ferry

Contact Maura
mmbedloe@gmail.com
0418 597 701

BUSH APOTHECARY

With Clinical Naturopath and Herbalist, Jessica Bush

Drop into Bush Apothecary for **personalised herbal support**, naturopathic advice, and **handcrafted botanical** preparations.

Explore herbal tinctures, custom-blended teas, and **seasonal elixirs** designed to support **everyday wellbeing** and connect you with the wisdom of plants.

Whether you're curious, seeking guidance, or simply browsing, this welcoming apothecary offers **accessible herbal care** for the **Southern Beaches**.

APOTHECARY DATES:
The first and third Saturday of the month.

AUGUST 1st & 15th
SEPTEMBER 5th & 19th
OCTOBER 3rd & 17th

9AM- 12PM

LOCATION:
Okines Community House
540 Old Forcett Rd, Dodges Ferry
TAS 7173

JESSICA BUSH BHSC (NAT) MNHAA
NACELIUM - SYMBIOTIC HEALTH
WWW.NACELIUM.COM.AU



YAKU

massage

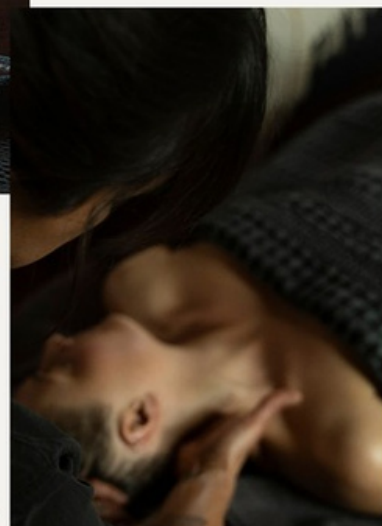


MASSAGE STUDIO
CARLTON

Remedial + Relaxation
Massage therapy
60 & 90 mins sessions

Special discount for okines members.
Use code "OKINES" at checkout for **\$15 off** your first massage.

BOOK ONLINE
WWW.YAKUMASSAGE.COM





NIPAKAWA STEINER SCHOOL

Nipakawa means 'wave' in palawa kani, the language of the Tasmanian Aborigines.

ENROLLING NOW

We are now taking enrolments for:

2026 Kinder - Prep

2027 Kinder - Year 2

**New Steiner Primary School
in Carlton**



Learn more:

www.nipakawa.tas.edu.au

info@nipakawa.tas.edu.au



**Lions
Eye Health Program
Australia**

Volunteers Needed

Do you have a bit of spare time on your hands?

Do you care about children's eye health?

We would love to have you in our team, we need more volunteers in this area
The Children's Vision Screening Program is a free program in schools conducted with parental consent through the school and under strict supervision.

A vision screening involves using an eye chart to determine how well they can see, checking their colour vision, their ability to see depth, and a spot vision screening camera to determine if they might have conditions like myopia (short sightedness) and astigmatism. Myopia and astigmatism are becoming more common due to too much screen time and not enough time outside. Lions Eye Health Program is partnered with Optometry Australia.

These tests can discover issues that lead to further consultation with qualified practitioner's, sometimes discovering quite alarming conditions. Early detection can save learning problems. It is not a full time job, just all hands on deck when there is a screening happening. There are a number of schools in this region scheduled for testing this year.

A training session has been organised in Sorell on 22nd August at 10am for approximately an hour to familiarise participants with the equipment. Participants are also welcome to be part of screenings outside of the region if they would like to. We are a fun friendly bunch.

There is no obligation to join Lions (although we would love you to if you feel so inclined 😊)

You would need to have or obtain a WWVP Certificate and go to the website below to complete an online application after viewing screening videos.

Contact me if you have any queries (043881065) or chat with Stephen details below.

Stephen Smith, District Chair – Lions Eye Health Program 0402483355.

<https://lehp.org.au/childrens-vision-screening-program>

SOUTHERN BEACHES

LANDCARE COASTCARE



**COMMUNITY
CARING FOR COAST
AND COUNTRY**



Our volunteers meet monthly at Okines to plan projects, working bees & other activities to protect & restore the natural values of our special coastal neighbourhood.

For more information or to get involved, visit our website, facebook page or get in touch via the details below.



CONTACT US



southernbeachescoastcare.org.au



facebook.com/sbcoastcare



southernbeaches@landcareaus.org.au



Sorell History Society



At the east entrance of the History Rooms we acknowledge the Mimirima and Palawa.

In the North Room we introduce the rich history of the Sorell district from deep time to today.

The South Room features a themed exhibit – opening with Transport & Toys.

See our website for opening times
www.sorellhistory.org

Sorell Memorial Hall
47 Cole Street Sorell

History Room entrance is from the courtyard behind the CWA Rooms- look for the flags



OKINES BIKE SHED

**OPEN MON & THURS
11AM - 3PM**

11AM-2PM LAST SUNDAY
OF THE MONTH



**BUY
FIX
REPAIR
DONATE
VOLUNTEER**

***CONCESSION RATES AVAILABLE**

CALL 0450 138 478 FOR MORE INFO



OKINES FOOD CO-OP ORGANIC GOODNESS



OPEN HOURS

Tuesday 10am - 5pm

Friday 9:30am - 1:30pm

Sunday 9:30am - 1:30pm



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.



okines.food.coop@gmail.com



[https://okinescommunityhouse.org.au/
food-co-op/](https://okinescommunityhouse.org.au/food-co-op/)



03 6265 7016



@okinesfoodcoop

SIGN UP TO VOLUNTEER AT OKINES



okinescommunityhouse.org.au

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



No Interest Essentials Loans

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

No interest loans

Now up to \$2,000

No credit checks

Minimum repayment
\$20 per fortnight

Call 1300 301 650

www.piletasmania.org.au

Acknowledgement of Country

Okines Community House Inc. acknowledges that, as a community, it is a privilege to live, work, and play on the land, sea, and waterways of the Mumirimina people. We pay deep respect to the palawa community who continue to care for this country and practice culture and acknowledge that many Aboriginal people did not make elder status due to the impacts of invasion and colonisation. We extend our respect to all Aboriginal and Torres Strait Islander peoples today and commit to learning from and walking alongside you.

Statement of Commitment to Child Safety

At Okines Community House, every child has the right to be safe and feel safe. We are committed to providing a safe, welcoming, supportive and inclusive environment for children and young people.

Thanks for Your Support

Okines Community Pantry - Thank you to our local Richmond Bakery, Foodbank, Loaves & Fishes & members of the local community like Greg & Karl for donating money and/or their excess produce, for helping make this weekly initiative possible.

Emergency Relief - Thank you to Bendigo Community Bank Sorell & Nubeena for providing invaluable support to enable us to provide emergency support

Park Cafe - For donating the coffee beans!

Breakfast Club - Thank you to our local Richmond Bakery and Banjo's Sorell for helping to keep this important program running by donating bread and to the Dodges Ferry Primary School Association for contributing funds to enable the program to continue.

To all of our wonderful volunteers, who generously give their time to help our space thrive - we greatly appreciate you all!

The Rotary Club of Sorell - for donating \$1000 from the sausage sizzle at the Lantern Parade

Thank you to Brian Mitchell



Shadow Minister for TAFE, Skills & Training; Small Business

P: (03) 6212 2225 E: brian.mitchell@parliament.tas.gov.au

Submissions for the Newsletter

Have something you'd like included in the newsletter? Email it to events@okinescommunityhouse.org.au



FOR THE
By the community
COMMUNITY

Contact us

PHONE: 03 6265 7016

Email:

info@okinescommunityhouse.org.au

Address: 540 Old Forcett Road,
Dodges Ferry, 7173

Webpage:

okinescommunityhouse.org.au

Facebook:

facebook.com/okinescommunityhouse

ABN: 99433272191

OKINES COMMUNITY HOUSE HOURS:

Monday - 9am to 3pm

Tuesday - 9am to 3pm

Wednesday - 9am to 4pm

Thursday - 9am to 4pm

Friday - 9am to 3pm

OKINES COMMUNITY GARDEN:

Monday - 8am to 1pm

Wednesday - 8am to 1pm

Friday - 8am to 1pm

Email: okinesgarden@gmail.com

OKINES FOOD CO-OP:

Tuesday - 10am to 5pm

Friday - 9.30am to 1.30pm

Sunday - 9.30am to 1.30pm

Email: okines.food.coop@gmail.com

OKINES BIKE REPAIR SHED:

Monday - 11am to 3pm

Thursday - 11am to 3pm

Phone: 0450 138 478

Email: bikeshedokines@gmail.com

DODGES FERRY FILM SOCIETY:

Regular screenings are held on the 3rd 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. Internet and scanning are free of charge, printing charges as below:

BLACK & WHITE PHOTOCOPYING/PRINTING:

Using our paper A4 & A3 = 20c / 40c

Using own paper A4 & A3 = 10c / 20c

*prices per side

COLOUR PHOTOCOPYING/PRINTING:

Using our paper A4 = 50c & A3 = \$1.00

Own paper A4 = 25c & A3 = 50c

*prices per side

LAMINATING: A4= \$1.00 EA A3= \$2.00 EA

VENUE HIRE:

Various rooms available at reasonable prices, contact us for further details. *Note: you must have public liability insurance to hire any of our spaces.*

TRAILER HIRE:

Okines has a small 6 x 4 box trailer for hire at \$10 per day, \$25 for weekend rental. Some conditions apply. Please contact us & book.

JUSTICE OF THE PEACE:

Drop in Service available Fridays 12pm-2pm

BOOK & SEED LIBRARIES:

No cost to borrow, books are located both inside the house and in the garden. Seeds are also available at the outdoor library.

INFORMATION, SUPPORT & REFERRALS:

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
Community House