



Boat sheds of the Peninsula project

During my teens my parents acquired a house which had a boat shed - handsome charred vertical board with white trim. My parents had little interest in the shed, or the sea in general. This was fortunate. The boat shed became a hangout for my brother and I, and our friends. The boat shed was neither visible or audible to the house - perfect!

In later life I never had the good fortune to own a boat shed, even now when I live close to a beach. Motivated part by envy, but also a wish to preserve these often temporary structures for local history I decided to photograph various local boat sheds, starting with Glenvar Beach.

This project revealed a range of structures, some

authentic and well-kept, others in ruin. Some have received creative attention, but a few are a tad plain to the point of looking like a local council creation. And some are just astonishing.

Some are loved, others need love. All no doubt have a history.

The first batch of photos are from Glenvar Beach - they are posted on a FaceBook page at <https://www.facebook.com/media/set/?vanity=saley126&set=a.103172811821939>. Feel free to add comments or history. Next batch will be from Opossum Bay.

- Ian Sale





About this newsletter

Contributions to the newsletter close **the 2nd Friday, every 2nd month - Friday 7 May 2021**

Send contributions -
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0428 339 400

Advertising enquiries -
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0407 875 460

The bi-monthly *South Arm Peninsula News* is distributed throughout the South Arm Peninsula community - Sandford, Cremorne, Clifton Beach, South Arm and Opossum Bay.

The newsletter was initiated in 1989, and continues to be supported by, the South Arm Peninsula Residents Association (SAPRA). Opinions expressed in articles are not necessarily the views of the Committee.

Individuals and groups are invited to submit notices, reports, photos, articles or other contributions.

SAPRA Committee members:

President
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SAPRAPres@southarm.tas.au

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SAPRATreas@southarm.tas.au

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General Committee:
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Noela Foxcroft
Sharyn Von Bertouch 0429 199 113

Community Centre Check-in



PLEASE USE THE QR CODE or old fashioned pen and paper – it's your choice but Govt regulations mean **you MUST check in** when visiting the Centre and Market.



The paper register is only held for the mandatory 28 days, then shredded. Details on the Tas Govt Check In App only accessed if there is a COVID case alert.

We ALL need to comply with the regulations so we are ALL kept safe.



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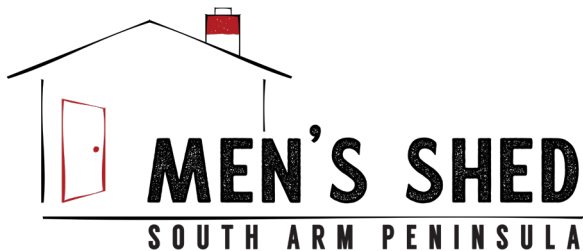
Enquiries: Karen 0439 474 370
Volunteers always welcome!



Rainfall on the Peninsula

	Cremorne	Opossum Bay	Sandford	South Arm
Nov	30.3mm	21.8mm	32.3mm	13.2mm
Dec	36.3mm	75.0mm	62.3mm	34.7mm
2021 Year to Date	66.5mm	96.8mm	94.6mm	47.9mm
2020 Year to Date	43mm	46.3mm	41.5mm	33.2mm
	Geir Hurlen Rødven	Teresa Quine	Bradley Lee	Bob Kimber

Opossum Bay enjoyed 21 days of rain this February!



Men's Shed update

RAFFLE: thank you to all ticket buyers and a BIG THANK YOU to all the prize donors: Sunrise @ Binalong Bay, Telstra, Roaring 40s Kayaking, Pooley Wines, Bunnings Mornington, East Coast vineyards Craigie Knowe and Darlington and the Tasmanian Men's Shed Association.

The lucky raffle winners were drawn on Sunday 4th April but our Shed is the real winner with so much love and support shown!

COUNCIL: our Development Application (DA) is with Council. An acoustic engineer was engaged to ensure any potential noise issues are mitigated. That report is on its way to accompany the DA.

GRANT FUNDING: Applications have been lodged with the Federal Building Better Regions program and, through Julie Collins office, to the Stronger Communities program. Thanks to our Secretary, Steve, for many long hours spent pulling complex applications together. We now await the results from these as we press on with construction plans.

QUIZ NIGHT: feedback tells us it was a winner! What made it fun? Happy entrants, great volunteers and good senses of humour all round! Congrats to team Not the Sharpest Tools in the Shed on their win and thanks to all other groups. The night added to our coffers and to the great memories we'll all share of this Shed adventure. See you next Quiz Night!

FACEBOOK: social media is a tool they said ... so of course the Shed has taken the leap! Please LIKE our page and SHARE our posts to spread the Shed love.

MEMBERSHIP: always room for more in our Shed If you want to join, know more or support us in **any** way, please get in touch.

Membership forms from the South Arm Store, Community Centre or website.

Enquiries: Robin 0408 446 249 or Steve 0419 339 415 mensshed@southarm.tas.au

www.mensshed.southarm.tas.au for updates, newsletter and membership forms.
www.facebook.com/SouthArmMensShed



South Arm Market

Well if you didn't make it to the March South Arm community market you missed out on a ripper! The Market Musketeers keep "raising the bar" with their organisational skills and commitment on the day. Kids were transformed with beautiful fairy wings by a balloon sculptor in the garden area, and entertained by the reptile display which included baby blue tongue lizards. But hey, not that it was just for the youngsters, are you ever too old to check out a reptile display by someone so 'into it', or wander around with a balloon shaped into a dinosaur or dog? I think not!

This is not to detract from the other many and varied stall holders, around 60 in total. Too many to list here, but they're all on our Facebook page!

March newly showcased: SouthArm craft distillery's Taswegian Gin, natural products from Soaking Up the Essentials, HAAN Naturally, Less than Three Naturally, Keely with handmade earrings to raise funds for Cancer Research and You Rock with their unique gem jewellery.

A huuuuge thank you to everyone for making it such a special time! The Easter market in April should hold some little surprises for the kiddies, and maybe the big kiddies if they have been good.

Want to add to the ambience? Any buskers out there looking to share their talent? We'd love to hear from you. Similarly stalls with produce such as lemons, jams, relishes, spices etc are encouraged to contact Karen - 0409 029 664.

So come along and warm your heart, share a smile, support the local Mens Shed, St Barnabas Church and eat some amazing food. And don't forget, the Op Shop is open on market days too. The market also runs a raffle to, for example, fund entertainment and the odds are quite good!!

Please be advised, in line with government regulations re Covid tracing, we require all patrons of the market to check in to the market. Thank you in advance for your cooperation.

See you on the first Sunday of the month!

- The Marketing Musketeers

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What a view!

For those that have discovered the upgraded walking track along the Calverts Hill Nature Reserve between Cremorne and Mays Beach, Lauderdale, you may have observed a recently constructed work of art just before you enter the Calverts Hill Nature Reserve, on the Cremorne side. The work of art, in the form of a seating arrangement, appears to have magically appeared into the existing landscape just off the track. Andrew Patten (Pattex – Patten Excavation & Development) has donated this piece to the community, which rests into the gradient of the hill and looks out, south east, towards Slopen Main and the greater Tasman Peninsula.

Andrew has used local dolerite to produce an area that can be enjoyed by the public to take a rest along the track and take in the spectacular views that the walking track has to offer.

Andrew's/Patten Excavation's philosophy is to work with the existing environment to compliment it and celebrate such spaces.

The process involved working with Clarence City Council that manage the track, who realised what such a project could offer the public and provide a unique and welcome feature along such a beautiful part of the coast overlooking Frederick Henry Bay.

The finished product is beyond expectations and Andrew's work is to be commended and congratulated.

Take the time to visit and enjoy the walking track and this unique feature, that has you taking just as much interest in Andrew's creation as the majestic views offered from it.

- *Scotty Edwards, Cremorne Resident*



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St Barnabas Church

Easter, the most important Festival in the Christian calendar, is now upon us. If it hadn't been for Jesus' resurrection we would never have heard of him, or his instruction to 'Love one another'. If we were all able to do that what a wonderful world it would be, with no trouble in the world, the communities or the family!

Jesus talks a lot about love; 'Love one another as I have loved you...' John 13:34, 'Love your neighbour as yourself' Matthew 22:39, 'Love your enemies and pray for those who persecute you...' Matthew 5:44.

On Good Friday we commemorate that Jesus loved us enough to die for us, so there's a lot to think about at Easter apart from bunnies and chocolate.

Easter celebrations this year include a Maundy Thursday meal, (commemorating the Last Supper) at Howrah, a Good Friday service at Howrah at 10:30am and here at South Arm on Easter Sunday at 10am.

This will be the last Easter before St Barnabas becomes a Community Church - which may happen in May or June.

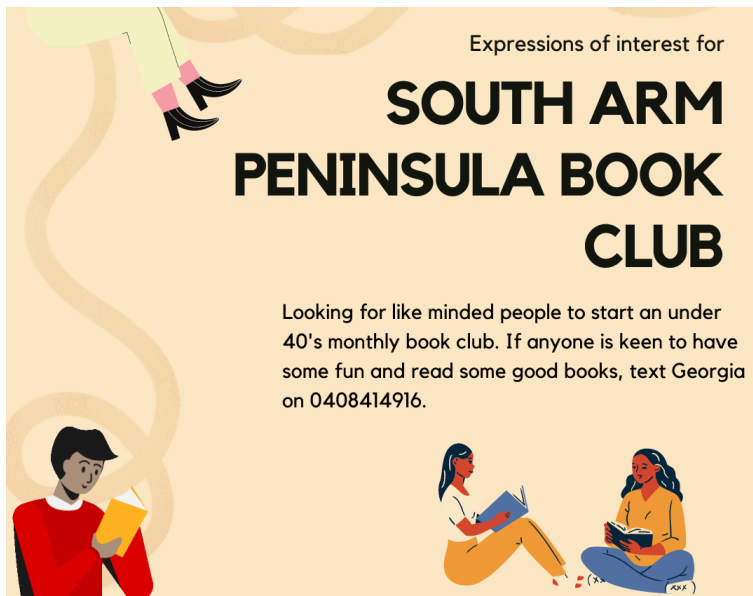
If you need any further information please ring 62399244. We wish everyone a restful Easter break, and hope to see you at 10am Easter Sunday

- Jane Beavan

Expressions of interest for

SOUTH ARM PENINSULA BOOK CLUB

Looking for like minded people to start an under 40's monthly book club. If anyone is keen to have some fun and read some good books, text Georgia on 0408414916.





SAPRA update

Welcome to Autumn! A season of fresh mornings followed by warm, still days – perfect!

We believe 2021 will bring new opportunities, stronger partnerships and more community work. It's started well as we welcomed Maryanne Picone, Principal of South Arm Primary, to our Committee and we look forward to working closely with the School and its Association.

Market thank you to Jacky, Karen and volunteers for bringing our market back to life after COVID. The closure of Sorell for a period and growing awareness from other markets has enticed new stallholders who love the welcoming atmosphere (even the snakes were friendly in March!). (See report p3)

Market funds are used for reinvesting in the market itself, as rent for the Centre (ie covering power, cleaning, insurance, admin etc) and for putting back into the community. Thanks to our volunteers, the Op Shop and Market were key to helping SAPRA rebuild funds after the significant COVID-19 impact.

The Community Centre needs maintenance this year (like us all, it needs extra care as decades pass!) but we're also keen to support community projects and help fund and/or auspice grants. If you have a great idea you want bring to life or something (big or small) to enhance our area, please let us know. Our collective experience, networks and support could make it real!

SAPRA Committee: if you're community-minded and would like to contribute on the Committee, please contact us. The more the merrier + more hands make lighter work for all.



– Kerry Scambler | President, SAPRA
0407 875 460 | SAPRAPres@southarm.tas.au
www.facebook.com/Sapra.Inc



South Arm Primary School

We are running an Outdoor Classroom program in 2021. The program is designed to tie our community and environment into the investigations/learning that is taking place in the classroom, enriching the experience for each individual student.

We have visited the middens near Half Moon Bay, completed the Potters Hill walk and a beach walk, where our Prep /1 class created something magical from the objects they found.

The students have picked up several bags of rubbish whilst they have been walking on the beach and staff have then sorted the rubbish of which some could be recycled.

If anyone in the community has gumboots or raincoats that have been outgrown and are able to be donated for the cooler/wet weather which we might encounter, the school would really appreciate it. Donations could be left at the school office.

Got a great photo?

Get your best Peninsula Pic on the front of our next round of fund-raising South Arm stubby holders! It could be a single shot or a montage. We might even create a collectors range! Send us your photos [SAPRASec@southarm.tas.au] and stay tuned to the SAPRA FB page for updates.



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Spotlight on Cremorne

Pipe Clay Coastcare

A big Shout Out! to the kids of Cremorne, and adults too, for achieving another successful Clean Up Australia Day. Both the weirdest and most ugly find goes to a wig found in the bushes. Whilst Frank the Dog declared all the found balls to be the most useful. Most pretty, but not so much anymore, went to a sad little monkey teddy.

We have a lot happening with Coastcare in the next couple of months. Starting off with our **AGM** – all welcome to come and find out how you can be involved with our group to look after your patch. May brings the **Big Plant Give Away** which in attendance will be Enviro-dynamics, who as part of a three year project to support the rejuvenation of threatened *Eucalyptus Morrisbyi* will be providing seedlings of this endemic species to Cremorne.

A little bit left of field from our usual environmental works is the **Cremorne Art Installation**. Building upon last year's Spit Artwork and Unofficial Sculpture Trail we saw the opportunity to have some community art in the beach reserve and were successful in obtaining a Clarence Council Covid Recovery Grant. Watch this space and your mailbox for more details.



Cremorne Community Group



After many years of use at various events the group's marquees have been getting a little worn. Fortunately, replacement has been achieved through a most appreciated Clarence Council Covid Recovery Grant. The group's logo, to be printed on the marquees, is inspired by the Nubeena which ran aground on Cremorne Beach in October 1910.

The image below was provided by J Hammond when being collated by B Bennett of Cremorne for the Wrecked in Cremorne Festival in 2010. The wrecked boaties don't look overly happy but the remaining rusting boiler in the sand that we all know is a fond reminder of all of the cows let loose on the sand way back then.

- Cremorne Community Group | www.cremorne.tas.au



What's on



APRIL

Fri 30th Pop Up @ Bowlo - 'American BBQ'



MAY

Sun 2nd Big Plant Give Away, Beach Reserve

Tue 30th Cremorne Bowls & Community Club AGM

Wed 31st Cremorne Art Installation Postcards Due



JUNE

Fri 4th Pop Up @ Bowlo 'Munchies Korean Street Food'



Every month

Indoor Bowls From 14th April

Tue-Sat 4:30-7:30pm, Cremorne Bowls & Community Club Bar

Tue & Sat Social Bowls From 17th April

Fortnightly Pete's Bar Snacks @ Bowlo

[join 'Cremorne Tas Noticeboard' Facebook group for details]

Help save this iconic eucalypt species

A group of plant scientists, eucalypt experts and land managers is working to conserve one of Australia's most endangered eucalypts and they're asking South Arm locals for help.



Morrisby's gum (*Eucalyptus morrisbyi*) is found at only two sites on Hobart's eastern shore and is iconic in the Cremorne area. Numbers have dwindled to fewer than 50 trees.

The future was looking grim for Morrisby's gum. But from seed orchards across the state the group has collected and stored large quantities of seed at the Tasmanian Seed Conservation Centre. The new seeds offer greater genetic diversity than those used in planting trials previously, with one provenance shown to be less palatable to browsing wildlife. The chances of successfully rearing trees are greater than they used to be.

Project field workers will plant new trees in the tree's known range and in areas predicted to be suitable as the climate changes. They'll also be installing protection for existing plants in wild stands.

The group is looking for landholders in the Cremorne and Lumeah Point areas – but also in the broader peninsula area – willing to help grow this iconic species. They're also looking for helpers to plant and nurture the seedlings as they become established.

If you'd like to help, contact Magali - 0424 277 226 or magali.wright@enviro-dynamics.com.au

- This project is funded through the Australian Government's National Landcare Program and coordinated by Enviro-dynamics in partnership with NRM South

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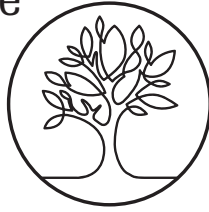
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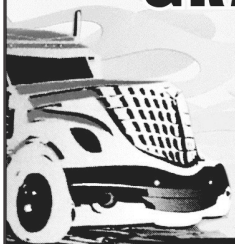
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KANGAROO BAY

PUBLIC ART

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Submit your expression of interest to rosnyfarm@ccc.tas.gov.au with the subject line "Kangaroo Bay EOI" by **midnight 9 April 2021**.

Details here - www.clarenceartsandevents.net/events/kangaroo-bay-public-art-commission/



BINGO – first Tuesday of each month

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\$15 to play 15 games. CASH PRIZES. BYO nibbles and drinks (alcohol permitted). Come join us for some great fun & laughs.

Add these dates to your calendar:

6 April

4 May

1 June

6 July

3 August

7 September

5 October

2 November

7 December

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Please email or call if you require assistance on any Federal matter.



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Authorised by Julie Collins MP, Australian Labor Party (Tas) 18 Ross Avenue, Rosny Park TAS 7018

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Authorised by S Smith, Suite 4C, Level 3/33 Salamanca Place, Hobart TAS 7000

Local services & notices

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David Skegg - davidskegg@icloud.com 0418 374 305



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Community meetings & classes

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We welcome new members.
Fridays 10.30am
3218 Main Rd, South Arm
Jane Beavan 6239 9244.

Bridge

Calverton Hall, Wednesdays at 2pm.
New members and beginners always welcome.
Noela 6239 9172

Church Services St Barnabas

South Arm. Weekly Morning service, 10am every Sunday.
Contact Rachel Todd, 62399706, or Jane Beavan 6239 9244
Grounds working bee - 1st Saturday of the month at 10am

Cremorne Community Group Inc

Visit www.cremorne.tas.au or like us on Facebook. Renee Potter, President - 0449 760 751

South Arm Songsters Choir

Sing with us! We tune up 7pm Monday nights at Calverton Hall. Everyone can sing - all welcome for an evening of song & laughter.
Betsy 0418 526 002

Community Garden - Iron Plot

Chat, help, plan. A community space with a pizza oven.
Meet Fridays 9am - 10am

Craft Group

2nd, 4th & 5th Tuesday of the month 12:30-3pm, Calverton Hall. \$2/session
Lesley Gore 6239 9321

Garden Club

Meets 1st Monday of the month at the Community Centre at 4:30pm
Diane 0448 824 892

Girls' & Boys' Brigades

Adventure for girls & boys 5-18yrs. Thursday nights 5:30 - 7:30pm, at Emmanuel School, 1 Chipmans Road, Rokeby

Libby 0416 277 101
eneduljee@gmail.com

Sandford Scout Group

Friends, fun, adventure and community service for boys & girls!
Joey Scouts (5-7 yrs) Mon 5 - 6pm
Cub Scouts (8-11 yrs) Mon 6.15-7.45
Scouts (11-15 yrs) Wed 7-9
Susanne sehovington@hovo.id.au

SAPRA Committee Meeting

2nd Tuesday in the month, 7pm at South Arm Community Centre.
To address the Committee, please contact the President (see p2)

Exercise & activities

Cremorne Bowls Club

www.cremorne.bowls.com.au
6248 9856

Indoor bowls

Every Monday 1:30- 3:00pm
Calverton Hall, South Arm.
Beginners welcome just come along!

Pilates

9am Mon Calverton Hall & 6pm Thurs South Arm Community Centre
Helen 0498 177 916

Evolve Fitness

Thurs 5pm, Sat 8am, Sandford Community Hall. First Class Free.
Susan 0488 707 056 or evolvefitnessaus@gmail.com
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Jayne Martin Yoga

Beginners classes at Lauderdale Hall. Sun 8-9am, Wed 7-8pm.
Jayne 0474821552
Jaynemartin04@gmail.com

South Arm Community Yoga

Community yoga, all levels welcome.
Text Lucinda 0449 171 900 or email yoga_instructor@yahoo.com
facebook.com/southarmcommunityyoga

South Arm Fitness & Wellness Hub

A space to work on **you**, in your time. **NEW!**
Gym open 24/7. \$12 /week, no lock in contract. Laura 0421 859 408 

Stand Up Paddle Boarding

SUP flat water lessons for 1 or 2 students. Coach Stacey van Dongen.
www.precisionsuptas.com.au

Tennis Court

\$10 / hr. Book at South Arm Store or after hours phone Noela 6239 9172

Food & dining

Fresh fish delivered door to door

Fortnightly on Wednesdays between 11am-1pm (approx). Operating for over 30 years. Robyn 0438 721 448 or robdaze@bigpond.com

Opossum Bay Store

Open 7 days for great coffee, takeaways, groceries, tools, fishing, cards, petrol with friendly service.
6239 9134

South Arm RSL & Comm. Club

Great meals for Members & visitors. Dinner 7 days + lunch on Sundays. Sun, Mon, Tue, Thurs - Asian (dine in / take-away) . Fri Sat - Pizza (dine in/take-away) Wednesday - discount meals. Bottleshop available.
Enquiries/bookings ph 6239 9171

Thai Larder - ready made meals delivered

Authentic home-cooked Thai meals made from scratch & delivered to your door. Cookery lessons & catering too. Ann 0455 793 260
www.thailarder.com.au

Touch of the MO Cafe

Open Fri to Sun 9-1pm.
Coffee, Breakfast, Lunch, Cakes, Smoothies, Milkshakes & more.
6295 5532 or find us on Facebook

Gardening

AJs Lawnmowing & Maintenance

6 Calverton Place, South Arm
Call Andrew for a free quote
6239 9863 or 0422 992 479


Healthy Gardens Hobart

Qualified, experienced, insured & local. Mowing, brush cutting, weeding, mulching, planting, hedge trimming, pruning, advice and more.
Robbie 0427 278 325

MR Mowing

Reliable, reasonably priced and local. Mowing, whipper snipping & pruning. Marty Ryan 0400 740 068

Emma Parker Garden Supplies

Pea straw (baled/chopped/bagged), sheep or screened cow manure. High quality, weed-free. Regular or bulk delivery & other products avail. 
Enquire now 0409 555 098

South Arm Garden Supplies

Pea & barley straw, horse, sheep & chicken manure, potting mix & organic compost. Free local delivery.
Adrian 0427 976618

Tasmanian tree care

Tree pruning, removal, support systems, recovery programs with soil injections & pest control.
Colin Fry 0424 149 587
colin@tasmaniantreecare.com

Qualified Landscaper

Develop new gardens or rejuvenate - big or small. References. Quotes.
Steve 6239 9050 | 0408 000 645

Home & property

Crowy's Excavations

Local, competent, fully insured.
Pete 0417051537



Electrical & Heat Pumps

Richard Pohl (Lic 945766)
0419 899 100



Terry Hill Electrical

Available for domestic work.
62399181 or 0407 399 181



Activ8 Electrical & Data Contractor

Lic. 15607236
Commercial & residential.
Michael Calabrese 0407 281 383
www.activ8electrical.com.au
activ8electrical@gmail.com



NEW!

Southern Electric Co.

Jack Rodman 0438 502603
southernelectricco@outlook.com



NEW!

Greg Steinbauer

Gardening, odd jobs and home maintenance.
0419 136 693 | gstein101@gmail.com



Tassie handyman

Maintenance, carpentry, painting, fencing, small landscaping, window & door replacement or modifications.
0448 667732 or via Facebook



Tas.i.vac Gutter Cleaning

Roof, solar panel, tank etc cleaning. Inspections, tank sanitising & more.
Damon.tasivac19@gmail.com
0476 042 765



House-sitter Clare

Experienced, reliable, mature & local. Excellent references. 0450 417 061

Interior Design

DIY consultations, new build & renovations. Free discovery call.
Kellie Hello White Interiors
0421972370 info@hellowhite.com.au

Property Consultant

Robert Goynes, Fall Real Estate
0458 653 553 | robert@fall.com.au



SNOOPY's Gas Fitting

Install, service and maintain.
Brett Newell | 0448877062
sssnoopy11@gmail.com



NEW!

Reptile Ranger

Rescue & relocate snakes correctly. Permit 2001766. Craig 0424 441 488

Special interest

Genealogy Research

Get your family tree started or solve

family mystery. \$50 initial review incl 2hrs research. Maree 0409 169 659
harriets.garden@bigpond.com

Family History Research

Want some family history research? Want to create a gift? Contact for a quote & guidance. Jim 0417 518 336
ancestralressertas@inet.net.au



Transport & equipment

Wheelchairs and walker

Available on short-term loan to South Arm RSL Sub-Branch Members and Defence Services personnel (and their dependants).
Peter 0477 706 497

Venue hire

Calverton Hall & Oval

Hall and Oval Hire - Joan 6239 9141

South Arm Community Centre

Special interest group meetings, special occasions, workshops, business meetings, short courses, training sessions. Reasonable rates.
SAPRAPres@southarm.tas.au
0407 875 460

Volunteering

Coastcare

Mortimer Bay

Leanne 0408 498 468

Opossum Bay & South Arm - OBSAC

1st Sunday of each month
10am -midday. Different venues.
Robyn 0400 119 519

Pipeclay

Autumn & Spring & Clean Up Aust Day working bees. 0408 121 304
(Anne) gcrummy@bigpond.net.au

Wildcare-Deslacs (Clifton)

info@wildcaredeslacs.org

Friends of Opossum Bay Park

Plant, plan, weed & chat at Opossum Bay Park every Wednesday, 9 - 10am
Rae 0417 555 175

Fire Brigades

South Arm Fire Station -

2nd Tuesday of the month,
6:30pm for 7pm start. Mark Smith,
Brigade Chief 0419 399 939

Sandford Fire Station -

Training each Monday or
Wednesday 7:30. Paul Lawler,
Brigade Chief 0409 305 808

Clifton Beach Surf Life Saving Club

Membership, activities, sponsorship & clubhouse inquiries - President
Craig Rogerson, 0418 120 796 or

Vanessa Copeland, 0419 561 746
secretary@cliftonbeachslsc.com.au
www.cliftonbeachslsc.com.au

Water carters

MKH Water Supply & Cartage

Domestic & civil. Services all areas.
Marcus 0438 643 176

Reliable Water

Tim 0419 614 457

SouthAir Water

Damien 0417 928 377

Streamline Water

Wayne 0418 125 096

Wellbeing & health

Converse Online Speech Pathology

Specialising in Autism, social skills, literacy & early intervention. Adaptable to needs.
Frankie 0487 718 750
www.conversetherapy.com.au
frankie@conversetherapy.com.au



Cremorne Reflexology

Qualified reflexologist able to provide home visits for relaxation or health concerns - chronic pain, sleep, circulation, and digestion. \$60/hour
Tara 0457 327482

Naturopath / Nutritionist & Psychic Medium/Healing

Amanda Erskine in Sandford.
To book ph 0417 727 065



Pamper Room

Relaxation massage, facials, hot stone massage esp for women.
Mon- Sat www.pamperroom.com.au
Tania 0458 528 258

NEW!

South Arm Community Pharmacy

Shop 4, 3120 South Arm Rd
03 6239 9529, Fax 03 6239 9600
info@southarmpharmacy.com.au
Monday-Friday 8.30am-5.30pm,
Sat 9am- 12 noon

Sandford Massage Wellness Centre

Massage and naturopathic services by appointment Sun, Mon, Tues
10am-5pm. \$50 Kyla 0418 537279

TSL Counselling Services

Qualified Counsellor, PACFA member
Toni - 0432 998 858
www.tslcounselling.com.au

