



SOUTH ARM COMMUNITY MARKET SPRING BRINGS RENEWAL!

With new co-ordinator Kirstie Judd at the helm, our community market will undergo its own spring refresh and renewal come 2nd September! Each market will now have a special theme and we're inviting all stallholders, past, present and future to be part of our evolution as a small, community market with a big, welcoming heart! We'll be advertising it further afield and getting special events/guests/activities each month. Here's the calendar so far.

SEPTEMBER - it's Spring with yellow and blue: Think Wattle Day, Blue September and spring cleaning. If you're selling plants, flowers, spring vegetables and foods, book a site ASAP! Calling our local tradies and home improvement businesses and services (gardeners, cleaners, handymen, carpenters, earthmovers, painters, plasterers, electricians, plumbers etc). Get your name out and about for all those people not on social media! Book to have your business cards / flyers on themed tables or your own a stall.

OCTOBER - Children's market. Clear the kids rooms for Christmas! Sell your unwanted baby and children's items. Kids activities planned.

NOVEMBER - Car boot sale. Everyone and anything welcome - clear the decks for the holiday season! Hopefully featuring our local fires and fun activities.

DECEMBER - Christmas market. All things gift and celebration plus Reptile Rescue and some scaly friends (TBC).

JANUARY - The Artists Market. Pottery, painting, sculpture, photography and artistic decor, jewellery and more. We know you're a talented lot out there so show us your arts!

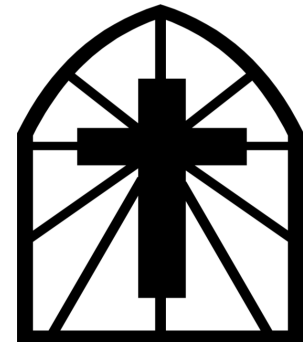
Follow us on Facebook, keep an eye on the shops for posters or keep in touch via email. Enquiries and bookings: market@southarm.tas.au | 0426 821 530 | www.facebook.com/SouthArmMarket

A NIGHT OUT WITH THE SANDFORD SCOUTS...See what they've been up to on page 7 and what they are working towards.



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SAVE ST. BARNABAS CHURCH



This issue contains an insert from the South Arm St Barnabas Working Group with all the latest on what's happening. It's a big job that the community is undertaking so find out how you can help.

Also read how the church came to be built, who raised the funds, did what was required and achieved what they set out to do.

If anyone would like a copy of the document's from 1866 - 1894 just email maurice.potter@bigpond.com



ABOUT THIS NEWSLETTER

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

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

Both individuals and groups are welcome to submit notices, reports, photos, articles or other contributions.

Guidelines for all contributions are available from the editor **Annaliese Caney**: annaliesecaney@hotmail.com or 6248 8441. Space is provided for advertising, contact **Kerry Scambler** on SAPRAPres@southarm.tas.au or 0407 875 460.

CLOSING DATE FOR CONTRIBUTIONS:

Thursday 20 September 2018

SAPRA COMMITTEE MEMBERS

Kerry Scambler (President) 0407 875 460 | SAPRAPres@southarm.tas.au
 Gillian Waldie (Treasurer) 0408 123 906
 SAPRATreas@southarm.tas.au
 TBA(Secretary)
 SAPRASec@southarm.tas.au

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Jo Barwick.....
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 Beth Cooke.....0439 624 799
 Lauren Green (market).....0403 909 848
 Karen Kelly0439 474 370
 Jenni McLeod 0448 515 867
 Richard Vaughan.....6239 9739
 Sharyn Von Bertouch.....0429 199 113

MAKE YOUR HOUSE NUMBER CLEAR

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COMMUNITY SUPPORT GRANTS—NOW OPEN

Community Support Grants of up to \$1,500 are now available to support groups or not-for-profit organisations for activities or one-off events or projects that benefit the Clarence community. The Grants Program enables Council to contribute to the community by:

- Supporting local communities to build on existing capacity and progress their health and well-being.
- Supporting local communities to sustainably manage and enhance the natural and built environments of the City.
- Supporting local communities to work together for a vibrant, prosperous and sustainable city.
- Encouraging engagement and participation in the community.

Examples of what may be funded include:

- One-off events, activities or projects that benefit the Clarence community.
- A new component of an existing event.
- New equipment required an the event, activity or project. (excluding consumable items, uniforms, replacements)
- Skill development e.g. community workshops, coach accreditation.

How to apply:

There is an application form and guidelines along with all the information you will need at <http://www.ccc.tas.gov.au/grants>

This is excellent support from the Clarence City Council that will and does benefit many small groups working around the peninsula - strongly encourage you take up the opportunity. On the website link (above) you will see that SAPRA, Calverton Hall and the Iron Plot Community Garden have all received grants recently.



Clarence... a brighter place

RAINFALL FROM AROUND THE PENINSULA



	Rainfall	Cremorne	Opossum Bay	Sandford	South Arm
June 2018		23 mm	27.6 mm	26.6 mm	NA
July 2018		37.75 mm	47 mm	39.1 mm	NA
2018 Year to Date		306 mm	364 mm	321.05 mm	NA
2017 Year to Date		202.5 mm	208.2 mm	172.6 mm	164.5 mm
		Geir Hurlen Rødven	Teresa Quine	Brad Lee	Noela Foxcroft



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**FUN AND FUNDRAISING FOR
SOUTH ARM PRIMARY SCHOOL**

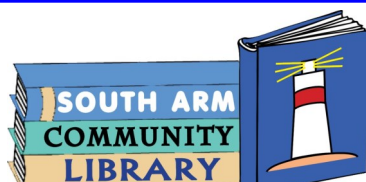
This term sees two significant fundraising efforts for our school. By the time this is published, the first, Pig-gery, will already be underway, but there is still time to catch their new show, Hooray for Hoggywood on Friday the 10th and Saturday the 11th of August. As I

write, rehearsals are nearing their culmination and all the hard work put in by the performers is about to pay off in what is sure to be another very entertaining show. Tickets are available through the school office.

Later in the term, on Friday the 14th of September, the School Association is running a Quiz Night at the RSL. Running from 6.30 until late, this 18+ event will include the quiz, dinner, music, prizes and fun. The last Quiz Night was before my time at South Arm but, by all reports, it was an evening to remember. You can book a table of eight or individual tickets and, once again, this can be organised through the school office.

We are enormously grateful to all those who organise events such as these. We wish to thank them, and all of those who buy tickets and donate prizes, for their continued support of South Arm Primary.

Stuart Lord, Principal



MONDAYS 10-12
TUESDAYS 10:30-12:30
THURSDAYS 10-12
SATURDAYS 11:30-1:30

SCHOOL TERMS

Term 3 is back in full swing finishing up on Friday 28 September. The slightly longer days are already welcome! Term 4 starts Monday 15 October and takes us up to Christmas.

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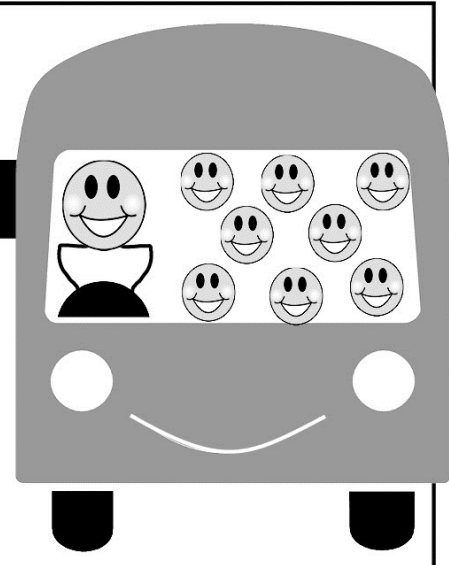
Volunteer drivers needed

Go places, events and shows, meet some terrific people and enjoy a break from your routine - become a volunteer driver for your local community bus.

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A note of thanks from "AVALON"

The night of the big storm, two trees were blown down on our property, one of them fell right across the road about 75 metres from the Centotaph towards Opossum Bay.

Some good blokes came along with chain saws and cut up the offending tree. Another good bloke came along with a large front-end loader and pushed the debris off the road, clearing it for traffic.

All of this at about 2am in atrocious weather conditions.

Our sincere thanks and appreciation goes to Chris Morris, Brock Soul and Tom Herbert (the chain saw gang) and Dick Calvert (owner and operator of the loader).

From the Hills, 3151 Opossum Bay Road.



TANGARA TRAIL

Tangara is an Aboriginal word meaning "Lets get away together".

It's easy to take the Tangara Trail for granted. There's a lot of it for a start! You can wander on to it and not even realise as there's so many access points. It's a fabulous asset for the community that is overseen by a management committee that liaises with the Clarence City Council and the Parks and Wildlife Service for matters of safety, maintenance, extension and continuity of the trails.

The Trail comprises an extensive network of Public Right of Ways and public open space areas between residential subdivisions, grassy road verges, and formal and informal tracks and trails through bushland and along the coast. The network now extends from the Cambridge area, Seven Mile Beach, throughout Action Park, Lauderdale and Sandford almost reaching South Arm.

In the 1970s it was originally conceived to create a network of safe and easily accessible trails for local horse riders between rural-residential subdivisions, and within nearby bush and coastal land. And although horse riding is still at the heart of the trail it is used extensively by walkers, dog walkers, and mountain bikers.

We are currently attempting to provide education to trail users on sharing the trail, especially for those who are unknowledgeable around horses, to help eliminate any incidents. Signage throughout the trails shows the order of the user priority. This is for safety. Horse riders have right of way, walkers give way to horses, cyclists give way to both horse riders and walkers.

CONTINUED PAGE 5...

DID YOU KNOW!

That the multi use path between Opossum Bay and South Arm and its extension to The Neck was entirely initiated and build by SAPRA volunteers?

The South Arm Peninsula Residents Association Inc. Has been working for our community since 1989.

for all your

TREE REQUIREMENTS

felling, trimming, removal etc.

Theo Suris

0409 559 409



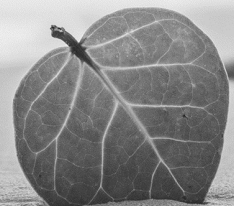
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Real Advice in Real Estate

...CONTINUED FROM PAGE 4

We emphasise that the Tangara Trail is a recreation trail. The RACT states "A person who is riding a horse or in charge of livestock that has become restive or alarmed may direct an approaching driver, rider or pedestrian to stop and remain stationary until the horse or livestock has become settled and it is safe for the driver, rider or pedestrian to proceed".



Occasionally various clubs may use a section of the trail for an event. (Running, rogaining, endurance, part of a triathlon etc.). We ask to be advised of this so it can be shared on social media and our website. Other users then have the opportunity to avoid this area on that day/time if preferred.

We are endeavouring to provide some primary and secondary hubs for users to begin their adventures. A primary hub has already been established at 32 Acton Court, Acton Park. This 10 acres comprises of float parking, horse yards and water. A track leads to a fantastic view over Seven Mile Beach and beyond, and forms a short loop through a revegetated area.

The Tangara Trail is a valued asset for all users, but particularly for horse riders, as Clarence is the only municipality that facilitates this unique recreational horse riding experience.

Enjoy it!

Visit the website for more information and detailed maps www.tangararectrails.org.au or find on Facebook

\$602 RAISED BY CUPPA FOR CANCER

Thanks to all who raised a cup, donated a prize and helped us raise this great contribution to the Cancer Council.

A special mention to the workers who were toiling nearby who enjoyed a better than usual tea break and were generous in their donations and praise for our local community.



Another great effort South Arm – thank you all!

RAFT UPDATE

A mooring block has been cast on my property - it looks something like a Sputnik and weighs about 1.5 tonnes! Thanks to Ray Williams for the design and construction of the boxing, to Chris Green for the reinforcing steel and to both who I helped with the pouring of the beast. Things are coming together folks, bring on summer!

Terry Hill

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Authorised by Sarah Lovell. 1/33 South Arm Rd, Rokeby

OPOSSUM BAY & SOUTH ARM COAST-CARE



Over the last 18 months Opossum Bay and South Arm Coastcare has been busy controlling boneseed and removing select patches of Cape Leeuwin wattle, small African box thorn plants and Cottoneaster (a small tree with bright red berries). We alternate working bees between Opossum Bay and South Arm, working in reserves, council land and assisting residents with removal of weeds from their land.

This autumn-winter has been great for planting. We have focused our planting in areas where weeds have been removed. We have planted on the southern tip of the new Blessington Street Track, including many Correas, Casuarinas and grasses. The bank on South Arm Road near the

Craig Sly

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memorial has been planted with *Correa alba*, running postman, grasses and some prickly box. Other areas planted include the northern end of Halfmoon Bay, adjacent to the Algona Street car park.



PHOTO: Rae Calvert, Robyn Macleod & Rob Owen with Mitsu the dog

Coastcare remains active and engaged in the Arm End development proposal. At a public meeting in April this year the community was told that a revised Weed Management Plan for Arm End had been completed by the golf course proponents and the Parks and Wildlife Service. We are currently waiting for this to be forwarded. Our offer to provide information on new weeds and weed removal was not accepted by the Developer. It is important that mapping is up to date and accurate data concerning weeds is essential. For example, the African boxthorn which is taking over on the northern tip at an alarming rate. Earlier this year a token effort was made by the proponent to poison a hand full of large boxthorn and spray smaller isolated plants. An inspection in mid-July shows that all sprayed boxthorn have recovered. We are happy to report that most of the serrated tussock and gorse has been sprayed by the proponent but some gorse has been missed and is now flowering.

The Coastcare schedule is pinned up at the South Arm and Opossum Bay stores and posted on our Facebook page (search Opossum Bay & South Arm Coastcare), if you are interested in joining in. All equipment and gloves are provided. Thank you to our small dedicated group of volunteers.

Robyn McNicol | robynmcnicol@hotmail.com | 0400 119 519

HIRE A SMALL ROOM, A BIG ROOM OR THE ENTIRE COMMUNITY CENTRE!

The South Arm Community Centre is the ideal venue for a training weekend, seminar or workshop, kids birthday party, business meeting, demonstration, special interest groups and is well experienced in hosting an exhibition! Various room sizes available plus kitchen, servery and wood-fired oven in the Iron Plot Community Garden.

Contact us for very reasonable rates and further details on:

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or kerry@theksprinciple.com.au

SAPRA MEMBERSHIP – 1st July 2018 to 30th June 2019



Name(s): _____

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Date: _____

MEMBERSHIP \$2.00 PERSON – TOTAL ENCLOSED \$

Please leave this form at the South Arm Shop in the SAPRA mail box.

Contact us via Facebook (Sapra Inc), write c/- South Arm Shop or email SAPRAPres@southarm.tas.au

A NIGHT OUT WITH THE SANDFORD SCOUTS

Australiana, sport, science, entertainment, music and movie knowledge was all put to the test at a quiz night fundraiser that brought the Sandford Hall to life at the end of July.

Over 100 people keenly competed and revealed entertaining personal information and in the process raised \$4500 to help 13 Sandford Scouts on their way to the Australian Jamboree, a national camp being held in Adelaide January 2019.

The generosity of both local businesses and the local community, and the hard work of the scouts and their parents on the night was incredible and ensured a fun and successful night was had by all.



CREMORNE PLAYGROUP

As our recent one off playgroup session was well attended, Cremorne Playgroup will be held fortnightly for the remainder of Term 3, and in Term 4 as well if enough families continue to attend. The dates for Term 3 will be 13 and 27 August, and 10 and 24 September. Playgroup will be held from 10am till 12pm at the Cremorne Bowls and Community Club. There will be indoor and outdoor activities for all ages up to Kinder. Playgroup is a wonderful way to meet other parents and children living on the peninsula. **Contact details are on page 12.**



**Cremorne Quiz Night
Sat 3 Nov @ the Bowlo**

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ON THE AGENDA WITH SAPRA

Your community organisation

As usual the SAPRA agenda is full of activities and projects - we might be a small committee but we seem to achieve a lot with the help of many others in our community.



We are delighted to have the energetic Kirstie Judd join us as the Market Co-ordinator. She's got some great ideas and we look forward to a reinvigorated market come spring. (See ad on front page). Thanks to Lauren for her hard work over recent years and we wish her well in the future.

The Community Library and History Room is looking great and is an inviting place to spend some time browsing the books and having a chat. Thanks to Maurice Potter for his wonderful display in the History Room (opening hours are on page 3).

Our raft project is progressing thanks to Terry Hill and his band of volunteers - see update on page 5. Bring on summer we say!

The St Barnabas Working Group was officially welcomed into the SAPRA fold as a sub-committee. The insert with this newsletter will give you an update and please email stbarnabas@southarm.tas.au if you would like more information.

A SAPRA Minutes Secretary is desperately needed! We are still searching for someone to take the Minutes at our meetings and assist with the Agenda. Please contact us if you are interested in helping. It will certainly relieve some pressure from the executive so we can focus on our own roles and keeping the agenda and activities rolling.

It's great to have Stuart Lord, Principal at South Arm Primary joining us at Committee meetings as it keeps us in touch with an important part of our community, now and in the future. We've already found areas we can work on together and look forward to more in the future. Thanks Stuart!

As always, please remember we are always keen to assist with issues and support projects, whether with practical advice and support or auspicing grants for non-incorporated groups. Please contact me or any of our Committee (see page 2).

Kerry Scambler | SAPRA President

SAPRAPres@southarm.tas.au | 0407 875 460



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My Health Record

MY HEALTH RECORD

What is a 'My Health Record'?

By the end of 2018, every Australian will have a My Health Record unless they choose not to have one.

A My Health Record is an online summary of your health information. It can be accessed at any time by you and your healthcare providers.

This means that, whether you're visiting a GP for a check-up, or are in an emergency room following an accident and are unable to talk, healthcare providers involved in your care can access important health information, such as:

- an overview of your health uploaded by your doctor, called a Shared Health Summary. This is a useful reference for new doctors or other healthcare providers that you visit
- hospital discharge summaries
- reports from test and scans, like blood tests
- medications that your doctor has prescribed to you
- referral letters from your doctors.

You control your record

You don't have to do anything to start benefiting from having a My Health Record. Your healthcare providers can

add key health information to it and use as required to assist in your care. Next time you see your doctor, ask them to add your information to your My Health Record. However, you can also choose to manage aspects of your My Health Record yourself. For example, you can:

- add notes about your allergies and adverse reactions, an advance care plan or custodian details
- set access controls to restrict who can and can't see your health information
- review your own health information, seeing everything your healthcare providers can see
- set up SMS or email notifications so you know when a healthcare provider first accesses your record.

How do I access My Health Record?

You can access your My Health Record from any compatible computer or mobile device with an internet connection, as well as using authorised mobile apps.

How can I opt out?

If you don't want a My Health Record, you will be able to opt out of having one created for you during 16 July to 15 October 2018.

More information and helpful links

- Call into South Arm Community Pharmacy for a chat
- For general information, frequently asked questions and registration visit www.myhealthrecord.gov.au
- www.digitalhealth.gov.au
- www.primaryhealthtas.com.au/programs-services/ehealth



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RECIPE - CHICKEN PHO (SERVES 4)

250g dry rice-stick noodles
8 cups chicken stock
2 cooked chicken breasts finely slice (or left over roast chicken shredded does the job)
Mint leaves and basil leaves - half a cup each
100g mung bean sprouts
2 red chillies - deseeded, finely sliced (more if you like a hit)
Fried shallots - half a cup
Lime wedges and fish sauce to serve



1. Put noodles in a large bowl, cover with warm water. Allow to soak for half an hour, or until soft, then drain and divide in to four bowls. Divide chicken breast between the four bowls.
2. Pour stock into a large saucepan and bring to the boil - reduce heat and pour over each prepared bowl.
3. Throw in everything else and serve with lime wedges and fish sauce to suit your taste.

ADVERTISEMENT

JULIE COLLINS MP

If you require assistance on any federal matter, please call me on 6244 1222.

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LOCAL SERVICES & NOTICES

ACCOMMODATION

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Holiday cabin ideal for couple. Great location on Cremorne rural block but close to beach. Phone: 0434 499 730 or view at: <https://www.airbnb.com.au/rooms/5087229?s=gzo>

Iron Pot Cottage

Self contained 'Apartment' style B&B with 2 large bedrooms, lounge, bathroom, large balcony with views of the Derwent, private access, parking and much more! Call Debbie or Peter on 0412 533 658 or call in to view at 10 Blessington St, South Arm.

Opossum Bay Beach Cottage - Holiday letting

Sleeps 6 people; master bedroom with ensuite & Juliet balcony plus double bedroom and 3rd bedroom with 2 single beds; open plan living and dining; TV, DVD player, stereo, reverse-cycle heat pump; fully equipped kitchen with dishwasher and microwave; BBQ facilities and courtyard (No pets). 0417 800 065

South Arm Cabin Retreat

5 self contained 2 bedroom cabins, waterfront of Ralphs Bay, opposite RSL, known as 'Ralphdene.' Laundry facilities and old apple packing shed set up as games room with BBQ area. Contact Malcolm or Rose on 6239 9894 | 0447 402 977 | www.southarmcabinretreat.com

ADMINISTRATIVE

Justice of the Peace. Do you require the services of an independent and objective person to witness and sign documents for official or legal purposes? Witnessing documents, affidavit for use in court, statutory declarations, certifying a true copy of an original document. Terry Roe | 0400 140 870

John Gourlay JP. Contact 0419 201 073. Also at the community library on Mondays.

ANIMALS

Mobile Shearer. Got sheep? Professional fully Mobile Shearer available for crutching & shearing. Contact Emily on 04473 999 56 or emcrow89@gmail.com. No job too big or small.

Citizen Canine - Canine Behaviour Consulting

Kim Robertson - Nationally Certified Canine Behaviour Trainer C.G.C.™ Cert IV. Citizen Canine provides guidance and structure, to help families with their dogs, on a journey towards improved relationships and behaviour. I am committed to advocating that people build relationships with their dogs based on trust, rather than pain, fear, or intimidation. Consultations are conducted in your home or at my facility in Sandford. Kim 0409 488753 | dogs@kimrobertson.com.au

Tas. Horse Rescue and Rehabilitation Org (THRRO)

Please help with donations, sponsorship, foster homes, or volunteering. 0457 147 428 | www.tashorserescue.org | Facebook

AUTOMOTIVE

Auto Towing & Windscreen Repairs. Tilt tray towing, windscreen repair, wreck removal. Ph: Anthony 0412 110 992

LOCAL SERVICES & NOTICES (continued)

BUSINESS

Jewellery - Handmade precious jewellery made locally in South Arm.
www.gavinmacsporran.com.au

Information Technology - Software development, websites, general assistance. Call 0432 992 469 or visit
www.linkedin.com/in/bradley-lee-5509842

Mj's Hair Design - We cater to all hair care needs. 3120 South Arm Rd (between cafe & pharmacy). Open Wed - Sat or by appointment 6239 9612 | 0421 859 408

Rachel-is-IT - Computer Repairs, Upgrades, IT assistance also Vinyl Signage for Car, Boat or Business. Call 6239 9706 | 0438 399 706.

Reitalize Beauty & Wellness offers a wide range of beauty and body treatments including waxing, tinting, facials, massages and much more, all at affordable prices. Waxing, tinting, facials, massages and more. Call Alice on 0484 599 849, email reitalizebeauty@outlook.com or find us on Facebook. We're right in the heart of South Arm village!

Short on time? Need products, services or even holidays researched, sourced &/or purchased at the most reasonable price or within a budget? I have the time to save you time & money! I am a long term, local resident with reliable, quality services. Call Alex on 0439 379 416

CEREMONY & CELEBRATION

Civil Celebrant - Performing weddings, baby namings, vow renewals, funerals and memorials. Lynn Stein - Joyous Celebrations South Arm. Contact 0438 392 614 | lynn@joyouscelebrations.com.au

Celebrant - Jenny Jones
Highly respected and popular celebrant. An intimate elopement, a fun-filled, casual service in your own home or a grand occasion, I can help you create your own memorable ceremony. 6248 9260 or chancel@iprimus.com.au. Also available for renewal of vows, naming ceremonies and compassionate funeral services.

FOOD & EATING OUT

Fresh fish delivered door to door. In the area fortnightly on Wednesdays between 12-2pm (approx). Operating for over 30 years. Call Robyn on 0438 721 448 or email robdaze@bigpond.com

Opossum Bay Store - Open 7 days for great coffee, takeaways, groceries, tools, fishing, cards, petrol with friendly service. Ph 6239 9134.

South Arm RSL & Comm. Club
Great meals for members and visitors. Dinner 7 days. Mon & Tues - Asian (dine in or t/away). Tues - Members Night. Wed - carvery or a la carte. Thu - pizza or pasta. Fri & Sat - a la carte. Pizza available dine in or t/away Thu-Sun. Also open for Sunday lunch. Bottleshop facility and new members welcome. All enquiries and bookings ph 6239 9171.

VENUES FOR 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. Very reasonable rates. Contact SAPRAPres@southarm.tas.au or 0407 875 460

Tennis Court - Noela 6239 9172

HEALTH & WELLBEING

Bootcamps and Personal Training.
Fun and friendly functional bootcamp sessions for all fitness levels. Mondays 5:30pm - South Arm, Thursdays 9am - Lauderdale Hall, Saturdays 9am - Lauderdale Beach. All welcome. Call Beck on 0427 688 830 or beck_burns@hotmail.com

KBD 24/7 GYM - Now open 24 / 7 for your convenience. Enquiries contact Sam on 0467 000 393 or KBD Personal Fitness and Health Club Facebook

Lauderdale Yoga - Mondays at 7pm at Lauderdale Primary School (in the green room). \$10per session, mats provided. Beginners welcome. Visit www.facebook.com/RDRyoga or call Kelliann 0409 042338.

Naturopath/Nutritionist/Herbalist
Amanda E in Sandford 0448 388 558

Mortimer Bay Massage - Private health rebates available. Remedial, relaxation and hot stone massage. Treatments designed to nurture your wellbeing and help you manage and recover from pain, stress and injury. Gellibrand Drive, Sandford. Book online or call mbaymassage.com.au | 0456 778 372.

Pilates - Classes on Monday mornings and Thursday evenings in South Arm. Call Helen 0498 177 916 for information.

TSL Counselling Services - Forensic client specialist, also providing general counselling services. Toni S Lee. PACFA member. Contact on 0432 998 858 or www.forensseek.com.au/

South Arm Community Yoga - Sunday at 2.30pm, South Arm Primary Gym. Props and mats provided. Meditation on Mondat 7.30pm same venue. yoga_instructor@yahoo.com or find us on Facebook

Yoga with Atmashakti - Tuesday and Thursday evenings at Half Moon Bay. Phone: 0400 507 748

HOUSE & PROPERTY

AJs Lawnmowing & Maintenance
6 Calverton Place, South Arm. Call 6239 9863 or 0422 992 479. Free quotes.

Carpentry, plastering, tiling
Tony White 0419 399 481

Daryl's Sharpening Service
Kitchen knives, mower blades, scissors, garden and work tools, Based in Cremorne, 0498 498 333

Electrical and Heat Pumps
Richard Pohl (Lic C1717) 0419 899 100

Hobart Home Improvements
Painting - colour consultancy available from qualified consultant. Handyman & Landscaping - free quotes & competitive rates. Call Jonathon 0448 430 544

House-sitter - Experienced, reliable and mature. Excellent refs, local family. Call Clare 0450 417 061

Greg Steinbauer - Gardening, odd jobs and home maintenance. 0419 136 693 or gstein101@gmail.com

Immac Cabinets Pty Ltd
Sam McCrum | 0415 558 540
Immac.cabinets@gmail.com

MR Mowing - Reliable reasonably priced local service for lawn mowing, whipper snipping and pruning. Call Marty Ryan: 0400 740 068

Outdoor Furniture - Deck, Patio, Garden, Classic Adirondack. Dave 6239 9001

Pete's Gardening - Qualified horticulturalist for landscaping, pruning, mowing and whipper snipping. Pensioner rates and free quotes. 0414 600 191

Plasterer - New homes, renovations, and small jobs. Ian 6239 9830

Property Consultant - Robert Goyne. Fall Real Estate, Lauderdale. 0458 653 553 | robert@fall.com.au

LOCAL SERVICES & NOTICES

Qualified Landscaper - Develop new gardens or rejuvenate, no job too big or too small. References available, quotes. Steve: 6239 9050 | 0408 000 645

Sanding/polishing and home/garden maintenance. Fast, efficient, reliable. Call Geoff 0467 791 986

TV101 - Home Theatre, antenna & internet digital installations. Lewis 0400 496 645.

SPECIAL INTEREST

Dance Classes - Lost in Motion

Classical ballet, contemporary & jazz and tap, plus storytime ballet for ages 3-5. Held at Bayview Secondary College. Contact Kirsty Anderton | 0438 952 181 | lostinmotion.dance@gmail.com

Drum tuition - Deane tailors on-site drum lessons to suit your specific needs Ph: 0450 102 576

Family Portraits - Portraits with a personal touch. I come to you or wherever your family is happy for a fun and beautiful family photographs. Discuss your ideas with Kate 0427 561 565

Family History Research - Happy to discuss your family history research interests. Contact 6248 8128 to discuss or email: ancestralressertas@inet.net.au

Piano lessons - Jen is a registered teacher. \$27 per 30min lesson. 0499 016 754 | jenmillerpianolessons@gmail.com | jenmillerpianolessons.weebly.com

Psychic/Medium and healings

Phone Amanda 0448 388 558

Scrapbooking Classes - Clifton Beach area. Guidance, assistance, some supplies. Sm groups, beginners welcome. Karen kdboddy@iiprimus.com.au | 6248 8879

Singing Teacher Sharon Prero

Retired Principal Artist Opera Australia. Teacher of Classical/contemporary/jazz. Call 0438 416 688

Slide and negative scanning - backup your valuable memories to digital. Photos, slides and negatives, price and format to suit your needs. Contact 0407 875 460 or kerry@theksprinciple.com.au

TRANSPORT & EQUIPMENT

Community Bus - Tuesdays and other days if available. Shop, lunch, appointments individuals and groups. Book by Friday prior to Tuesday. Enquiries and bookings 0418 562 759

Wheelchairs and walkers available on short-term loan to Members of the South Arm RSL Sub-Branch and Defence Services personnel (and their dependants) in our local community. Call Peter on 0477 706 497.

COMMUNITY MEETINGS, CLASSES & EVENTS

Bridge - Calverton Hall, Wednesday at 3:00pm. All welcome. Ph: Noela 6239 9172

Bible Discussion - Connect Group Running for 20 years this group would love to welcome new members. Fridays 10.30am at 3218 Main Rd, South Arm. Call Jane Beavan 6239 9244

Church Services St Barnabas

South Arm, 2nd & 4th Sundays of the month at 4.00pm followed by a meal. Contact Rev Helen Phillips 6247 9700 or Jane Beavan 6239 9244. Working bee to keep the grounds and graves well cared for - 1st Saturday of the month at 10am

Clifton Beach Surf Life Saving Club

Membership, activities, sponsorship & clubhouse inquiries: President: Mark Godfrey | 0439 441 707; Club Captain: Bernie Reardon | 0418 146 760; Junior Development/Nippers: Anthony Chapman | 0437 946 675; Secretary: Meisha Austin | 0419 561 746; or visit www.cliftonbeachslsc.com.au

Coastcare

Mortimer Bay. 1st Sunday of the month, 9:30-11:30am. Ph: Leanne 0408 498 468

Opossum Bay & South Arm. 2nd Sunday of the month, 10-midday. Different venues. Enq: Robyn 0400 119 519

Pipeclay. Meets for Clean up Australia Day and annual autumn and spring working bees. Contact Anne 0408 121 304 | gcrummy@bigpond.net.au

Wildcare—Deslacs (Clifton). info@wildcaredeslacs.org

Community Garden - Iron Plot Chat, help, offer suggestions, have a cuppa. A community space with a pizza oven. Last Sunday of the month 10-midday.

Craft Group - 2nd, 4th & 5th Tuesday of the month 12.30-3:00pm at Calverton Hall. \$2 per session. Ph: Lesley Gore 6239 9321

Cremorne Bowls Club - Contact Glenn for the latest details on bowling activities and rosters. 6248 9856 after 4.30pm or glennbrem@netspace.net.au

Cremorne Community Group Inc

For information about the group visit www.cremorne.tas.au. Like us on FB Cremorne Community Group. Contact Adrian Beach | adrian-beach301277@hotmail.com or Sarah Meyer | saremeyer@hotmail.com. Like us on FB Cremorne Community Group

Dog and Owner Walk - Saturdays, 8:00am on beach below Saltair Court. Ph: Jane 6239 9244

Friends of Opossum Bay Park

Plant, plan, weed and chat at Opossum Bay Park. Wednesday each week 9-10am. Enq: Dick 6239 9739

Fire Brigade

South Arm Fire Station - 2nd Tues of the month, 6:30pm for a 7.00pm start. Fire Captain: 6239 9412

Sandford Fire Station - Training each Monday 7:30 in summer and every second Monday in winter. Contact Paul Lawler, Brigade Chief, 0409 305 808

Garden Club - Meets 1st Monday after South Arm Market at the Community Centre at 4:30pm. Call Diane 0448 824 892 or Rae 0417 555 175

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

Karate - For all ages, at Calverton Hall. We do not have classes during the school holidays. Call Kathy 6239 9022

Market - 1st Sunday of the month at the South Arm Community Centre, from 9.30am. Enquiries and bookings: market@southarm.tas.au | 0426 821 530 | www.facebook.com/SouthArmMarket/

Playgroup Cremorne - Fortnightly in Term 3. Contact Judith on 0424 590 726 | judithannahoff@yahoo.com or Emilie on 0416 758 095. Please bring along a piece of fruit to share and a \$2.50 donation towards hire of the club

SAPRA Committee Meeting - Usually 2nd Tuesday in the month, 7:00pm at the South Arm Community Centre. Guests welcome, contact the President (p. 2).

Sandford Scout Group - Friends, fun, adventure and community service for boys and girls! Joey Scouts (6 & 7 yrs) Mon 4.30-5.30pm | Cub Scouts (8-11 yrs) Mon 6.15-7.45pm | Scouts (11-15 yrs) Wed 7-9pm | Venturers (15-18 yrs). Contact: Jo Maddock 6239 9876.