



## PIGLITICALLY CORRET

Tickets are on sale now—see page 6

### ENTRIES NOW OPEN FOR SOUTH ARM ART & CRAFT EXHIBITION

How are your creative works coming along? Will there be beautiful blue sparkle photographs from the recent activities of those tiny phytoplankton along The Neck? Perhaps some handwoven baskets, magnificent mosaics or textile hangings? Or maybe you were inspired by the recent Art from Trash Exhibition (see photos on their Facebook page) and have designed a completely recycled sculpture?

We know there's going to be some amazing works on show from people on our Peninsula and beyond and can't wait to see what remarkable items go on show in September. That's right, it's not until September 18th so you still have plenty of time!

Whether you do it professionally, just for fun or an obsession, we'd love to show off your arts. Keep in touch via our Facebook page - search for South Arm Art & Craft Exhibition.

**Pam Larkins** | pamorrie@optusnet.com.au | 6248 9852 | 0403 547 764

**Kerry Scambler** | kerry@theksprinciple.com.au | 6248 9302 | 0407 875 460

**Cheryl Talbot** | cheryltalbot@iinet.net.au | 6248 9486 | 0432 373 678

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### WALK THE LABYRINTH AT POTTERS HILL

There are many who enjoy a ramble around the peninsula and we are not short on choice but here's a walk with a difference—Potters Hill Labyrinth—on our newest reserve off Fort Road.

A labyrinth has a single path to the centre and is not to be confused with a maze which has various directions and involves a series of choices that need to be made along the way. A stroll through a labyrinth is a form of meditation, a way of focusing to achieve a contemplative state—and finding the centre takes...well...as long as it takes depending on the person. They have a long and interesting history.

The area has been created by a dedicated group of locals and they continue to keep an eye on things but we can all do our bit by picking up any rubbish and pulling out the odd weed or two. The impressive view, however, takes care of itself.



### THE RIGHT KIND OF GOAL

The South Arm u10 Soccer team (pictured above) would like to thank the South Arm CWA for the kind donation of two professional Soccer goals for training purposes. After inquiries with sporting bodies proved fruitless the CWA were able to assist and the new goals are a huge step up from the broom handles and small pop up goals used in previous seasons. On behalf of the Coach and the players thank you.

If other community groups or local soccer enthusiasts would like to use the goals please feel free to contact Frank Boonstra on 6239 9888.



**ABOUT THIS NEWSLETTER**

The South Arm Peninsula News is produced bi-monthly and distributed throughout the South Arm Peninsula community which is inclusive of areas around 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, general articles or other contributions. Guidelines for all contributions are available from the editor: contact **Annaliese Caney** on 6248 8441 or [annaliesecaney@hotmail.com](mailto:annaliesecaney@hotmail.com). Space is provided for advertising, contact **Kerry Scambler** on 6248 9302 or [kerry@theksprinciple.com.au](mailto:kerry@theksprinciple.com.au).

**CLOSING DATE:**

**Contributions for the next issue are due WEDNESDAY 22 JULY 2015.**

**SAPRA COMMITTEE MEMBERS**

- Kerry Scambler (President) 0407 875460 [kerry@theksprinciple.com.au](mailto:kerry@theksprinciple.com.au)
- Gillian Waldie (Treasurer) .408 123 906
- Jenni McLeod (Secretary).....

**General Committee:**

- Jo Barwick.....0428 623 997
- Dot Kelly.....6239 9190
- Andrew Geddes.....0419 484 010
- Pam Larkins.....0403 547 764
- Morrie Larkins.....0427 489 852
- Louisa Smith.....
- Laura Strugnell.....
- Richard Vaughan.....6239 9739
- Sharyn Von Bertouch.....0429 199 113
- Jamie Whittaker.....

**EASTERN OPTION FOR HEALTH AND WELL-BEING**

Eastern philosophy talks about doing things each day as regular maintenance of our bodies and also setting up living and working environments that promote good health.

I'd like to share with you two key tools I now use after 20+ years of research, that support establishing and maintaining good health.

**Qigong:** my regular maintenance routine. It is a number of simple and gentle movements, combined with meditation, that restores energy levels and melts away daily stresses. Qigong was used by the Shaolin monks between Kung Fu training sessions to "keep them on deck" and is practiced, in its various forms, by millions of Chinese people every day.

**Qigong basics classes:** 1 night per week for 5 weeks at the Community Centre. Cost is \$50 per person which also includes an option to have your house checked for stresses (see below).

**Stress check in your house**

There are stresses between nature and our modern world within our work and living environments Evidence is all around us if we know what to look for - it might be

- A spot in the garden where plants struggle, die or are infested with parasites
- A hedge that always has a gap in it no matter what you do
- A dog that won't sleep in its kennel
- Cracks in the concrete or bricks at you place with no apparent earth movement

By themselves, these stresses don't cause disease but can lower our immune systems and leave us prone to disease.

Most houses have these stresses but for most of us moving houses is not a realistic option. In the new Russell Crowe movie "The Water Diviner" he uses a technique called dowsing to find water and I use a similar technique to locate and cure these stresses to make your living/working environment safe again. Sounds weird but it works! House stress-check service: around \$100 for a full check.

If you are interested or would like to chat some more please email me at [ahh\\_grass\\_hopper@hotmail.com](mailto:ahh_grass_hopper@hotmail.com) or phone Mandy 0418 516 163

**COMMUNITY MARKET:**  
**New time all year round, a get well soon message and new stalls invited**



New time: from the June Market onwards and all year round, we'll be opening at **9.30am and closing around 1pm**. We want to get some consistency going and it's certainly better for the chilly winter mornings ahead!

As reported on Page 8 in the SAPRA news section, we send a big 'get well soon' to Morrie Larkins. He and his wife Pam have been running our Community Market (amongst other projects!) for many years and we wish them all the best.

*CONTINUED...PAGE 6*

Rainfall	Cremorne	Opossum Bay	Sandford	South Arm
March 2015	54.50	52.0 mm	58.1 mm	43.0 mm
April 2015	16.25	18.6 mm	18.5 mm	8.5 mm
<b>2015 Year to Date</b>	<b>237.50 mm</b>	<b>228.6mm</b>	<b>234.5mm</b>	<b>170.0 mm</b>
<b>2014 Year to Date</b>	<b>93.50 mm</b>	<b>100.8 mm</b>	<b>124.0 mm</b>	<b>72.5 mm</b>
	Geir Hurlen Rødven	Karen Wheeler	Morrie Larkins	Noela Foxcroft

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## HISTORY & HERITAGE: The Navy 1940

Fort Direction South Arm 1940-45, besides being a training area for the army a naval station was established on the top of the hill overlooking the Derwent River. This station was equipped with wireless communication also a large mast to display flag signals for communication with all shipping movements entering and leaving Hobart. A small 4 room weather board building was constructed to house all the equipment manned by a group of naval personnel on routine shift routine. On the lower side of the Fort Hill another building was built which contained the living and sleeping quarters for the fourteen naval men manning the operations under the command of Lt B. Dechaineux (RANR). This signal station worked closely with the Battery, but there was limited non-work related interaction between Navy personnel and the Army personnel. During the operations in the short period of this station I can recall only on one occasion that a ship failed to answer to the call to reply to signals being sent. This brought swift action from the army manning the large guns at that time. The sound of the firing of the gun at 6am in the early morning would have been heard by the residents of South Arm. The vessel was a liberty ship proceeding into Hobart at that time soon answered the call and came to a stop. I have the photos that appeared in a local paper sometime during the establishment of the station. Unfortunately like many of these places the whole station was dismantled before the end of the war in 1945. I was still attending school in those times I saw the men in training and many things that took place in the 1940-45 period. The firing of the guns at a target being towed across Storm Bay for practice, this quite often happened at night with the use of the search lights that had been established on Cape Direction and Cape Deliverance beamed to light up the target. The target was constructed of two floating pontoons made of wood which were constructed on the South Arm beach. It was often damaged and had to be repaired before it could be used again. Also a lot of training took place in the sand dunes on Roaring Beach and the farms surrounding the camp area. We were warned not to enter these areas and a red flag was positioned and displayed to mark the area. Often the training took place at night or during the early morning this meant that South Arm was very much alive then.

MAURICE POTTER | maurice.potter@bigpond.com



## FESTIVAL OF VOICES

JULY 2015

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### SCHOOL TERMS

**Second terms finishes Friday 3 July 2015 and then the kids will be on their mid-year break for two weeks. Term 3 starts Monday 20 July.**

### NEEDED!

#### MARKET CO-ORDINATOR(S)

South Arm Community Market is the friendliest little market around, so say stallholders and visitors alike.

We need an enthusiastic person (or people) to manage our market each month - can you help?

It's fun meeting and getting to know all the stallholders and transforming the Centre for one morning a month.

#### What's involved?

- Taking bookings and liaising with stallholders
- Organising the setup and close up each market day
- Collecting the site fees
- Making sure the signs are up
- Sending emails to a couple of media outlets

Perhaps you could job-share with a friend!  
Please help us keep this great community event going and growing.

Call Kerry on **0407 875 460** or  
[kerry@theksprinciple.com.au](mailto:kerry@theksprinciple.com.au)

### TASSIE VEGIE SERVICE FOR SOUTH ARM PENINSULA

Many of us grow our own fruit and vegies and we now have the Iron Plot Community Garden but not everyone has the resources or time to do this. Backyard Bounty now gives you the option to have a fresh vegie box delivered weekly to your doorstep!

Backyard Bounty is a small business owned and run by Greg and Aimee Woodward. Greg has made and sold a wide range of preserves from ingredients grown in backyards in and around Hobart since 2012. In December 2013 the duo decided to use their contacts with food growers to set up an all local vegie box service.

Greg and Aimee believe that eating and supporting local shouldn't be expensive or difficult so buy direct from backyard growers all the way up to the large commercial operations in the vibrant North-West farming belt.

Why try Backyard Bounty?

- \* The produce is super-fresh and good value produce
- \* Your money stays in Tasmania
- \* Will buy produce from locals where viable
- \* Reasonable delivery fee
- \* And importantly, helps you eat more vegetables!

Along with staples like potatoes, onions and apples, the boxes also include more exotic items (eg feijoas grown just outside of Launceston). Special dietary requirements and preferences are also well catered for. Regular original recipes using the produce can be found on the Facebook page.

**Backyard Bounty now delivers to the South Arm Peninsula and may even buy some of it from growers in the area too.**

Contact Greg and Aimee to find out more: Ph 0438 079 683 | [backyard-bounty.vegiebox@gmail.com](mailto:backyard-bounty.vegiebox@gmail.com) | [www.facebook.com/BackyardBounty/](http://www.facebook.com/BackyardBounty/)

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## PENINSULA PUMPKIN COMPETITION



It was a gorgeous autumn day for the May market and the annual peninsula pumpkin competition. The winner was an 11kg beauty grown by Jill and Harvey Calvert (Harvey is pictured to the left with a winners smirk!). They tell us it 'just grew' and there was no special technique used. Congratulations! Jill and Harvey won a beautiful Blue Spruce kindly donated by Harmony Nursery, which should grow easily as well as the pumpkin!

One entry was a philosophical one ... a tiny pumpkin with the words "Some of the biggest moments in life are the tiniest".

Note for next year: As a sort of scientific experiment the Community Garden picked their pumpkin 2 weeks before the market to let it 'harden off'. When picked it weighed 8.2kg; when entered two weeks later it weighed 6.9kg. It had lost an amazing 1.3kg over two weeks.

**RAE CALVERT (for the Garden Club)**

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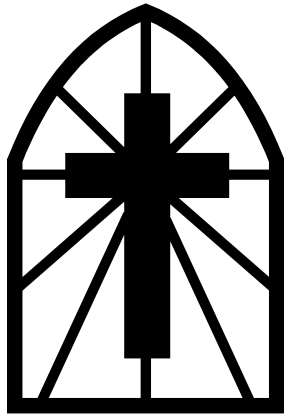


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Helen Phillips 0429 865 733 or  
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## MARKET (continued page 2)

If you haven't been to the market in a while, you're definitely missing out on some of life's pleasures! With the cooler days ahead, warm up with Lesley's home-made pies, discover a new hobby with a bonsai plant, pick up some locally made jewellery to colour up winter or drape a warming hand knitted scarf around your neck. And you know you'll always bump into someone you know for a chat!

Got some excess produce? Flowers? Some craft? Old books? If you haven't enough for a stall by yourself, think about sharing with a friend.

Got a business or service to showcase? The Market is the place to chat to many residents in a relaxing space. Groups - you could show us your stuff and put on a demonstration!

Contact us and find out how cheap a stall at Tassie's friendliest little market is!  
Market Coordinator (Temporarily!) Kerry Scambler | 0407 875 460 | [kerry@theksprinciple.com.au](mailto:kerry@theksprinciple.com.au)

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## CREMORNE PLAYGROUP

On a beautiful sunny May Monday morning at the Club, members of playgroup met up once again for one of our play sessions.

Some of the kids were interviewed and below is what they said. If you'd like to find out more please come and join in one of our sessions. (On a side note - we've been asked from Playgroup Tasmania to ensure all members who attend that they are members of their organisation for insurance purposes. Go to our page on the Cremorne Community Group webpage to find details).

### Q: What things do you like doing best at playgroup?

- Painting (Ina)
- Sand factories and mud and water factories (Elliot)
- I like the babies (Kate)
- Making necklaces (Ella)
- Drawing on the blackboard (Emma)
- Sometimes meeting at the beach and park (Larissa)
- Having morning tea with everyone (Ina, Kate and Ella)

### Q: Who do you play with?

- Graham (Elliot)
- Larissa and Ina (Kate)
- Kate and Larissa (Ina)
- Ina, Larissa, Kate and Jackson (Ella)
- Sammy (Emma)

### Q: What do you want to tell other people about playgroup?

- Don't know (Ina)
- I have lots of fun there (Elliot)
- I do painting (Kate)
- I do painting and craft (Ella)
- I like it! (Emma)
- I get to play and see my friends (Larissa)

**What the parents said...?** Well we didn't get to officially interview them but there were comments about having a coffee with others and giving the kids an airing and getting them out of the house.

### STRAIGHT TO YOUR INBOX

If you would like an electronic copy of this newsletter please email the editor [annaliesecaney@hotmail.com](mailto:annaliesecaney@hotmail.com) to receive a pdf version. The benefits are a colour version and its hot off the press! Please note Australia Post deliver our newsletters to your other box and we cannot accommodate individual requests to receive only electronic issues at this stage.

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## SOUTH ARM FIRE BRIGADE: "TWO METRES FROM THE HEATER IS CLOSE ENOUGH"



By the time this newsletter goes to print Winter will officially be here once again and home heaters and wood heaters will soon be going flat out. At this time of year the Brigade switches from bush fire 'mode' to house fires, and so we are concentrating our training on responding to structural fires and the use of Breathing Apparatus.

Fire permits are not required now, but if you are planning to do some burning off, please register your burn with the TFS by free-calling 1800 000 699 to avoid unnecessary brigade responses.

Over the last few winters there have been quite a number of house fires in Tasmania caused by people putting clothes to dry far too close to wood or electric heaters. If you do use your heater to dry clothes please remember, "Two metres from the heater is close enough." Overloaded power points and power boards are another potential cause of house fires.

There is plenty of evidence that smoke alarms save lives, but the batteries need to be changed regularly each year. Did you change your smoke alarm batteries when the clocks changed the other month?

If you want any advice on fire protection for your house or property please contact the Brigade Captain Richard Calvert on 6239 9412.

**Glynis Heather | Brigade Secretary | 6239 9564**

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*Authorised by Tony Mulder,  
Parliament House, Hobart*

## SOUTH ARM PENINSULA RESIDENTS ASSOCIATION: COMMUNITY NEWS UPDATE

Firstly a huge thank you to those who answered our callout for **volunteer drivers** for our Community Bus. We are processing the inevitable paperwork and hopefully will see you on the bus in coming months.

The **Community Centre** will be undergoing an internal freshen up over June which will make a big difference to its look and feel. We've got a couple of courses being organised already so keep an eye on our Facebook page and the poster boxes at the South Arm and Opossum Bay shops for further details. If you have any ideas or suggestions on what you'd like to see at the Centre, please get in touch with either myself or a Committee Member. If you'd like to put on an event/course/workshop or hire the Centre, again let us know -we're all ears!

**Seating:** we hope you're enjoying the new seats along the multi-use path and Blessington Street. Thanks to Dick Vaughan for his work organising these. Any suggestions for other locations, let us know.

**Market:** a big 'get well soon' goes out to Morrie Larkins. He and his wife Pam are the backbone of our Community Market (amongst other projects!) and we wish them all the best. In the meantime, check out the Market Update in the newsletter and mark it in your calendars for the first Sunday in each month.

Wishing you all the best for the bracing but beautiful days of winter ahead!

### KERRY SCAMBLER

**SAPRA President | 0407 875 460 | [kerry@theksprinciple.com.au](mailto:kerry@theksprinciple.com.au)**

*For new residents: the South Arm Peninsula Residents Association was incorporated in 1989 and has been a major part of the community ever since. SAPRA promotes and protects the interests and welfare of all residents in by working with all tiers of Government and others on a variety of issues and projects.*

*FIND US ON FACEBOOK for updates on projects and issues between newsletters and to get in touch: <https://www.facebook.com/Sapra.Inc>*

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## CREMORNE PLAYGROUP

On 12 May, Clarence City Council hosted a get-together to thank the many and varied volunteers who help to keep our society functional. It was great to see the South Arm Peninsular well represented at this function. I don't remember all the statistics that were cited during various speeches but I do recall the Mayor, Doug Chipman, referring to 600,000 voluntary groups across the nation with just 10% of these having paid staff on their books. It was also said that \$2 billion per year was contributed by volunteers towards our annual economy.

Despite the big numbers and the broad scope of official “volunteering”, for those of us involved in voluntary organisations, it is sometimes the small steps, the little gains and the quiet achievements that are especially memorable. As Albert Einstein is supposed to have said: Not everything that can be measured counts...and vice versa! In our small corner of the Peninsular, this was brought home to me recently when a much-respected member of our community suddenly and unexpectedly died. During the sad and confusing period following his death, the strength and support offered to grieving family and friends was swift, impressive and practical. The clearest demonstration of our community's caring nature was on the day of the funeral when scores of residents not only swelled the funeral chapel to overflowing but decorated the Bowls and Community Club, helped set up additional shelter, cooked and served masses of food and returned the next day to clean and clear up the

the clubhouse. It was an impressive display of little bits of help that amounted to a big contribution.

Not everyone has the capacity to “volunteer”, in an organisational sense, but most people can – and many do – “help”. In Cremorne we have people who help with our award-winning Playgroup, people who have made a positive and visible impact on our shoreline through Coastcare, people who help in both formal and informal ways to run the Cremorne Bowls & Community Club, people who assist fire-fighting efforts and others who help organise bonfires, discos, Halloween jaunts and community BBQs.

Our Cremorne Community Group sometimes acts as a communication source for these helpers in addition to our primary role in organising “events” (primarily our Long Table Lunch and Christmas @ Cremorne). If you want to learn something of the Cremorne community's comings and goings – including some of its written history – I recommend you access our website, [www.Cremorne.tas.au](http://www.Cremorne.tas.au).

Enjoy the Winter and remember that without the cold fronts we wouldn't see the mountain in its dazzling white!

**BRIAN BENNETT | President | Cremorne Community Group Inc.**



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## RECIPE — Chilli Beef Ramen

(Quantities are for 2 people)

- 150g beansprouts
- 250g ramen noodles
- 350g sirloin steak
- A little vegetable oil and a little teriyaki sauce (for brushing)
- 1 litre chicken or vegetable stock
- 2 Tbsp chilli ramen sauce (see below)
- 4 spring onions, trimmed and sliced in strips
- 1 red chilli, trimmed, deseeded and sliced lengthways
- 1/2 red onion, peeled and very thickly sliced
- 1 limed, quartered
- Handful coriander for each bowl

- Blanch the beansprouts in a large pan of boiling water for 10 seconds. Drain, reserving the water, and refreshing in cold running water. Cook the noodles in the reserved boiling water for 2-3 min or until just tender. Drain thoroughly and refresh under cold water.
- Heat a griddle or frying pan over a medium heat for 1-2 mins until hot and almost smoking. Lightly rub the steak with oil, then cook for 2 mins on each side until just medium rare. Remove, brush with the teriyaki sauce and keep warm while it rest for 3-4 mins. Slice finely in diagonal strips
- Divide the noodle between 2 bowls. Heat the stocks, stir in chili ramen sauce, then ladle over the noodles. Top with the beef and all the fresh ingredients.

### Chilli Ramen Sauce

- 2 scant teaspoons sugar
  - 2 tablespoons malt vinegar
  - 3 tablespoons sweet chilli sauce
  - 5 tablespoons fish sauce
- Dissolve the sugar in the vinegar in a small pan over a gentle heat, allow to cool and then combine with the other ingredients.

FROM THE WAGAMAMA COOKBOOK

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## LOCAL SERVICES (continues p.11)

### ACCOMMODATION

#### Cremorne Self Contained Cabin

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 and parking and much more! Call Debbie or Peter on 0412 533 658 or call in to view at 10 Blessington Street, South Arm.

#### Opossum Bay Beach Cottage — Holiday letting

Sleeps 6 people; master bedroom with ensuite & Juliet balcony plus double bedroom and 3<sup>rd</sup> 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 'Ralphsdene.' 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](http://www.southarmcabinretreat.com)

### ANIMALS

#### Dogtainers Hobart for your pets

Domestic flights & crate hire, local road transport (vet, airport etc), luxury boutique cat boarding with reverse cycle heat pump, small pet boarding with own cage, local pet sitting for Opossum Bay, South Arm, Sandford and Lauderdale, daily medication for special needs pets. Call Mel (trained vet nurse) on 1300 13 52 52 (not a call centre!) | [hobart@dogtainers.com.au](mailto:hobart@dogtainers.com.au) or Hobart under office locations at [www.dogtainers.com.au](http://www.dogtainers.com.au)

#### Equus Essentials

Equine Supplements, Accessories & Gear 0458 490 033 | [equus-essentials@netspace.net.au](mailto:equus-essentials@netspace.net.au) | [www.equusessentials.webs.com](http://www.equusessentials.webs.com)

#### Mobile Shearer

Got sheep? Professional fully Mobile Shearer available for crutching & shearing. Contact Emily on 0447399956 or [emcrow89@gmail.com](mailto:emcrow89@gmail.com). No job too big or small



#### Paws n People Positive Dog Training

Come and join our qualified instructors for one-on-one training and behavioural consultations. We can come to your home or visit us in beautiful Sandford. Bring out the best in your relationship with your dog and solve some of those nagging behavioural problems. We teach you modern, positive reinforcement techniques so you can effectively alter behaviours in your dog. Training is something we do WITH our dogs, not TO our dogs. Kim 0409 488 753 | [dogs@kimrobertson.com.au](mailto:dogs@kimrobertson.com.au) | [pawsnpeople.com.au](http://pawsnpeople.com.au)

#### THRO

Tas. Horse Rescue and Rehabilitation Org.  
Please help with donations, sponsorship, foster homes, or volunteering. 0457 147 428 or [www.thro.webs.com](http://www.thro.webs.com)

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**AUTOMOTIVE**

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Tilt tray towing, windscreen repair, car detailing. Free wreck removal. Ph: Anthony 0412 110 992

**BUSINESS**

**Mj's Hair Design**

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**CEREMONY & CELEBRATION**

**'Celebration by Ceremony'**

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**FOOD & EATING OUT**

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**Iron Pot Coffee Lounge**

Great coffee and food! Pizza on Friday nights—eat in or take away. Ideal venue for small functions. Open Thurs to Sun (may change). 6239 9998

**South Arm RSL & Comm. Club**

Great meals every night for members and visitors. Bottleshop facility for members. New members very welcome. Ph: 6239 9171

**FOR HIRE**

**Calverton Hall & Oval**

Hall and Oval Hire — Joan 6239 9141

**South Arm Community Centre**

Available for hire for all sorts of events — special occasions, workshops, group or business meetings, short courses, training sessions. Rates are very reasonable contact a SAPRA member

**Tennis Court**

Tennis Court Hire — Noela 6239 9172

**HEALTH & WELLBEING**

**Counselling**

Adolescent, adult, family and couples. Registered Psychologist Helen Middleton, Opossum Bay, 0407 790 234

**Grief Support Group**

Support meeting, 1st Friday of the month. Social Lunch, 3rd Friday of the month. Enquiries to Clarence Plains Community Health

**Holistic Counselling**

Professional and confidential support for life's challenges. To make an appointment ring Wajan 0400 464 004

**KBD Personal Fitness**

One-on-one personal training, no sweaty over-crowded gyms, first 2 sessions discount price \$25 per 45 min session. Group sessions available for up to 4 people (discounted price). Join KBD for a journey to a fitter healthier lifestyle! Ph Samantha 0467 000 393 | kbdpersonalfitness@hotmail.com

**Massage Therapy**

Massage therapist living locally in South Arm. Book a massage today to reduce muscular aches and pains, stress and improve general well being. Studio at 157 Blessington St or a mobile service to your home—call Leeann 0404 465 486.

**Weight Loss Program**

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**HOUSE & PROPERTY**

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## COMMUNITY MEETINGS, CLASSES & EVENTS

### Family History Research

Happy to discuss your family history research interests. Please email your request to [ancestralressertas@bigpond.com](mailto:ancestralressertas@bigpond.com) or fax 6248 8528 or [ancestralressertas@iinet.net.au](mailto:ancestralressertas@iinet.net.au)

### Scrapbooking Classes

Clifton Beach area. Guidance, assistance, some supplies. Small groups, beginners welcome. Contact Karen 6248 8879 | [kdboddy@iiprimus.com.au](mailto:kdboddy@iiprimus.com.au)

### TRANSPORT

### Community Bus

Each Tuesday to Hobart, usually leaving South Arm at 10:00am and back around 3:30pm. The bus will drop you off for appointments, movies and while you shop. Book by Friday prior to Tuesday. Available some other days with times to suit. Enquiries and bookings: Fred Herbert 6239 9111 or 0438 435 018.

### Taxi

Support your local taxi based in Delphis Drive above Cremorne. Home-city-airport, will meet at airport. Bookings only — 7 days. Bob 0408 887 389

### Art Classes

Community Centre at South Arm Wednesday mornings at 10.00am. All Welcome.

### 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. Commencing in February 2015. Ph Jane Beavan 6239 9244.

### Bridge

Bridge group meets at Calverton Hall Tuesdays, 7:30pm. New members welcome. Ph: Noela 6239 9172

### Church Services

**St Barnabas**, South Arm, 1st, 3rd and 5th Sunday of the month at 4:00pm followed by a meal. Contact Rev Helen Phillips on 6247 9700 or Jane Beavan on 62399 244

### Clifton Beach Surf Life Saving Club

Membership, sponsorship & clubhouse inquiries: President: Mel Bush | 0418 296 925; Club Captain: Grant Conway | 0439 207 549; Junior Activities: Rod Kershaw | [rod@construction3.com](mailto:rod@construction3.com); General Enquiries: Shayne Clark | 0429 891 102; or visit [www.cliftonbeachslsc.com.au](http://www.cliftonbeachslsc.com.au)

### CWA South Arm Peninsula Branch

Meets 7.30pm 1st Thursday of the month at South Arm RSL. Contact: Helen 0421 441 323 or 6239 9023

### Coastcare

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

**Pipeclay**. Meets 10:00am 3rd Sunday in park opposite shop in Cremorne. Ph: Rachel Viney 0439 373 383 or 6248 9498 and visit [www.cremorne.tas.au](http://www.cremorne.tas.au)

**Wildcare—Deslacs** (Clifton). [info@wildcaredeslacs.org](mailto:info@wildcaredeslacs.org)

### Craft Group

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

### Cremorne Bowls Club

Tuesday social bowls and soup \$5. 10:30am for an 11:00am start. Wednesday indoor bowls with supper \$3, 7:30pm. Saturday social bowls with a sav \$6, 11:30pm for a midday start. All welcome. Contact Glenn on 6248 9856 after 4.30pm or contact [glennbrem@netspace.net.au](mailto:glennbrem@netspace.net.au)

**Cremorne Community Group Inc** [www.cremorne.tas.au](http://www.cremorne.tas.au) | [ccg@cremorne.tas.au](mailto:ccg@cremorne.tas.au). To receive newsletters and information about the group contact Convenor, Vicki Pearce: 0418 992 891 or [vicki\\_pearce@hotmail.com](mailto:vicki_pearce@hotmail.com) or Secretary, Brian Bennett: 0417 444 389 or [bhbennett@bigpond.com](mailto:bhbennett@bigpond.com)

### Dog and Owner Walk

Saturday, 8:30am on beach below Saltair Court. Ph: Jane 6239 9244

### Fire Brigade

**South Arm Fire Station**—2nd Tuesday of the month, 7:30pm. Fire Captain: 6239 9412

**Sandford Fire Station**—Training each Monday 7:30 in summer and every second Monday in winter. Contact Dave Williams, Brigade Chief, 0417339553

### Friends of Opossum Bay Park

Plant, plan, weed and chat at Opossum Bay Park. Tuesdays 9-10am daylight savings (10-11am over winter). Enq: Dick 6239 9739 or Rae 6239 9342

### Garden Club

Meets 1st Monday after South Arm Market at St Barnabas Church Hall at 4:30pm. Ring Barbara 6239 9897 or Dot 6239 9190.



### Heartmoves

Gentle Exercise, Wednesdays, 3.30pm at the Sandford Hall. Contact Jenny 6243 8547 | 0417 489 145

### Karate

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

### Market

1st Sunday of the month at the South Arm Community Centre, 9.30am—1pm. For site and car boot bookings and all enquiries: Pam 6248 9852

### Playgroup

Monday, 10am —noon. \$2.50, bring a piece of fruit. Held at the Cremorne Bowls Club. Contact Bron: 6248 8067 or Jodie: 6237 0720 or visit [www.cremorne.tas.au](http://www.cremorne.tas.au)

### South Arm RSL & Comm. Club

Great meals for members and visitors. Dinner Wed to Saturday and lunch on Sunday. Bottleshop facility available and new members very welcome. All enquiries and bookings ph 6239 9171.

### SAPRA Committee Meeting

2nd Tuesday in the month, 7:30pm at the South Arm Community Centre. Guests welcome—contact a committee member to arrange (p. 2).

### Sandford Scout Group

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

### Siddha Yoga Chanting & Meditation Group Sandford

All welcome. 1st Friday of every month. Phone 6248 8247.

### Soup and Sandwich

3rd Monday of the month, midday. Calverton Hall — \$8 per person. Contact Jenny Morgan 6239 9162 | 0407 312 966.

### South Arm RSL Sub-Branch Inc.

General Meetings 4pm, fortnightly on Thursdays at the RSL. Contact Terry Roe 0400 140 870 or email [troey1@bigpond.com](mailto:troey1@bigpond.com)

### Tai Chi @ South Arm

Has commenced on Tuesday mornings at 10.30am, Calverton Hall. Contact: Marigold 6239 9541

### Yoga—with Atmashakti

Tuesday and Thursday evenings at Half