



TRAGEDY, TRANSPORTATION AND TRIUMPH ALONG THE CONVICT TRAIL

This hugely successful event was part of the National Trust Heritage Festival week and *Discovery and Discoveries*, presented by Clarence Council.

We were lucky enough to get a beautiful Autumn day jammed between two days of very inclement weather. After a general chat and break for the bus travellers from the city at the Community Centre, guide and storyteller James Parker leapt into the tales of South Arm's past. The stories began at the Arm End reserve where James wove in tales from his own mother's life then the Community Bus ferried everyone back to the Pigeon Holes to begin the walk.

With apple in hand and water bottle at the ready, our group of 30 or so headed off on an enjoyable Autumn walk under a glorious blue sky. James was very popular with the crowd and brought to life many of the characters along the Convict Trail, expanding on the history of the area as they walked. There was plenty to learn and James had an eager crowd, covering everything from shipwrecks to Aboriginal history, trees, birds and everything in between!

Thanks to Rachel Todd, St Barnabas Church was open and welcoming upon arrival. Maurice Potter was also on hand to answer questions and tell of the lives of those long gone. Walkers had time to mill about the headstones and grab a quick cuppa with their sumptuous scones with jam and cream before setting off on the rest of the tour. Most were surprised to find a warming ploughman's lunch with hot soup and chunky sandwiches awaited when they reached the Community Centre. (Some had even stuffed in an extra scone or two thinking that was lunch!) This gathering gave people a chance to read their handouts and ask questions before heading back on the bus. All in all a very pleasant day with plenty of positive feedback – a walking group is already planning a return to do their own historical walk! Thank you to everyone involved in making this a fun day for everyone. **PENE MARSHALL**

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Was there ever a goat on Goat's Bluff... or a spring on Spring Beach?

How did the Pigeon Holes get its name?

Did someone really fence the neck to claim the whole Peninsula?

Why is it Fort Direction?

Do your family or friends have memories which relate to particular locations in the South Arm Peninsula?

Grades 5/6 at South Arm Primary School need your help!

We're looking for memories relating life and history to the geography of the South Arm area to use in a school project investigating the qualities that make our Peninsula a unique place to live.

Please drop written contributions into South Arm Living History boxes at either the Opossum Bay or South Arm shops or email direct to southarmlivinghistory@gmail.com

Thanks for your help!

GARDEN ANGELS

The peninsula is looking mighty fine at the moment thanks to some long awaited help from the skies above. But there are also many individuals and groups who — in their own time and often with their own resources — tend to numerous community gardens and spaces, coastal areas, and tracks all around the peninsula.

We know you're out there because we see your footprints and see the peninsula gardens and pathways thrive.

Thanks to our garden angels.



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 **Annaliese Caney**: annaliesecaney@hotmail.com or 6248 8441. Space is provided for advertising, contact **Kerry Scambler** on kerry@theksprinciple.com.au or 6248 9302.

CLOSING DATE:

Contributions for the next issue are due WEDNESDAY 20 JULY 2016.

SAPRA COMMITTEE MEMBERS

Kerry Scambler (President) 0407 875460
 kerry@theksprinciple.com.au
 Gillian Waldie (Treasurer) 0408 123 906
 Jenni McLeod (Secretary).....

General Committee:

Jo Barwick.....0428 623 997
 Dot Kelly.....6239 9190
 Andrew Geddes.....0419 484 010
 Pam Larkins.....0421 677 758
 Morrie Larkins.....0427 489 852
 Richard Vaughan.....6239 9739
 Sharyn Von Bertouch.....0429 199 113

your community BUS
 certainly gets around!

TMAG & MONA
 Richmond
 coffee catchup
 Salamanca Market

Theatre Royal Show
 retail therapy
 friendly game of golf
 hairdresser

Taste of the Huon
 doctors

Botannical Gardens
 even Agfest!



Book by Fridays for following Tuesdays or ask about one-off trips on other days too.

CREMORNE PLAYGROUP— WINTER WOW

Come and serve your community whilst enjoying the fellowship and network of like minded people Thanks to everyone who turned up to our Merry May Morning Tea and as we write this we hope even more will come to our following week of Big Day of Play as Playgroup Tasmania joins us with extra activities.



The Cremorne Community and Bowls Club is cosy and warm and a great place to come for a play during the winter months. When the wind and rain aren't around the outdoor area is still great for a sunny play. The carpark area is closed off and no cars enter during our sessions so kids are welcome to bring their pushbikes and go for a whirl. We welcome new, old and regular faces. As an added bonus we're now offering some "good" coffee too. Give us a buzz if you wish to find out more info.

CONTACT DETAILS ON PAGE 12

SAVE THE DATE—Boogie at the Bowlo!
Saturday 2 July, 7:30pm at Cremorne Community & Bowls Club.
Dress theme is 'Psychedelic Retro Rhythm'

Rainfall	Cremorne	Opossum Bay	Sandford	South Arm
March 2016	20.35 mm	22.8 mm	29.0 mm	28.5 mm
April 2016	8.75 mm	9.0 mm	11.7 mm	Na
2016 Year to Date	103.75 mm	96.8 mm	128.7 mm	101.0 mm
2015 Year to Date	237.5 mm	228.6 mm	234.5mm	
	Geir Hurlen Rødven	Karen Wheeler	Brad Lee	Noela Foxcroft

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THE PENINSULA REMEMBERS

Residents of the peninsula were joined by many visitors this year as the ANZAC day Dawn Service at Lone Pine attracted around 800 people. The parade and 11am Service also had a strong crowd with officiator Terry Roe commenting that he had received a lot of positive feedback from the community on the organisation and integrity of the Services. Lest we forget. **Photography by Janine Coveney, Sandford.**



Community grants awarded to the Peninsula

The Clarence City Council offers bi-annual community support grants of up to \$1,500 awarded for each project. Grant recipients are community groups and not-for-profit organisations in Clarence.

"The council's community grants program acknowledges activities that support local communities to progress their health and wellbeing through arts and culture, community development, heritage and history, and sports and recreation. The grants program also supports economic prosperity in the city and environmental sustainability activities."

The peninsula is set to benefit from funding to:

- South Arm Primary School Association (auspiced by SAPRA) for a project that will help investigate children's place in the evolving history of the South Arm Peninsula (see front page).
- South Arm Board Riders for the "South Arm Board Riders Community Surfing" project.
- Clifton Beach Surf Life Saving Club Inc. for the expansion of the Nipper Program.

For more information about the grants and to apply, visit www.ccc.tas.gov.au/grants. We look forward to following the projects as they are implemented.

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
- ◆ Taking an affidavit for use in court
- ◆ Taking a statutory declaration
- ◆ Certifying a true copy of an original document

CONTACT Terry Roe JP

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South Arm Fire Brigade

WISE UP FOR WINTER

By the time this newsletter goes to print winter will officially here once again and home heaters will 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 no longer required, 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 an unnecessary brigade response.

Every winter there are 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 once a year unless you have the lithium 10 year smoke alarms, but in any event all types should be tested regularly. 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 on 6239 9564.

BARRY HEATHER

2nd Officer | Brigade Secretary | 6239 9564

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JULIE COLLINS MP

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

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PO Box 38, Rosny Park
Tasmania, 7018

E: julie.collins.mp@aph.gov.au
www.juliecollins.com

Australia
Labor 



Authorised by Julie Collins MP, 18 Ross Avenue, Rosny Park

Peninsula Facebook pages

Social media is a great way to keep up what's happening on our Peninsula. Here's some of the local pages to check out and join:

- Sapra Inc
- South Arm Community Market
- Clifton Beach Community Noticeboard
- Clifton Beach Noticeboard
- Clifton Beach SLSC
- Iron Pot Golf Club
- Opossum Bay
- Opossum Bay Beach
- Lend an Arm! South Arm
- Past & Present Residents of South Arm, Tasmania
- South Arm Art & Craft Exhibition
- South Arm Board Riders Inc
- South Arm Community Pharmacy
- South Arm Community Yoga
- South Arm Peninsula Branch CWA
- South Arm Peninsula Community Noticeboard
- South Arm RSL & Community Club
- South Arm RSL Sub-Branch Inc
- South Arm Skate Park Official Page
- Tangara Recreational
- Voice of Cremorne

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SAPRA COMMUNITY NEWS

Rain, rain ... please stay a while! Although our friendly local water carriers might not agree!

It's great to see green where before was so brown and hopefully this will also keep the wildlife from roaming the roadsides. **But, with winter here, please do take extra care on the roads and be aware of what's going on around you. Look out for others in the community too.**

School history project wins grant with SAPRA support:

The South Arm Primary School Association has initiated a fantastic local history project and we were very happy to be able to assist by being the auspicing body for the Council grant enabling it to go ahead. Students in Grades 5/6 will be investigating places on the Peninsula that mean something to them and thinking about what these places may have meant to those who lived here earlier. The children will work together and with the wider community to build a picture of life on the Peninsula. It's a great project that will see the students out and about in the community, visiting places and talking to locals. The culmination will be a book featuring the children's findings and interpretations in written and visual work.

Community bus grant: SAPRA was also delighted to receive a grant through the Volunteer Grants 2015 to cover travel costs for our volunteer drivers. Our drivers have further to go to pick up and return the bus so this extra

funding means the money previously used for this can be redirected back into bus maintenance, promotion etc. Great news!

SAPRA memberships – cheap as chips! Or even cheaper! Just \$2 per person and you help us help your community. SAPRA works on a range of issues and projects around the Peninsula with all tiers of government and your membership helps us represent the community.

Committee members and helpers: we've welcomed our Market Coordinator Lauren Green plus Beth Cooke and Andrea Kimber with open arms to our Committee recently. Thanks ladies for giving us a go!

All feedback, input and assistance is welcomed with big smiles by our Committee. Whether you want to just come to meetings and find out what we do or put your hand up for a task or project, please do get in touch with me or any Committee Member.

KERRY SCAMBLER | SAPRA President
0407 875 460 | kerry@theksprinciple.com.au

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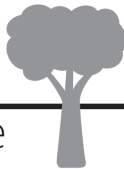
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If you would like an electronic copy of this newsletter please email the editor annaliesecaney@hotmail.com to receive a pdf version. The benefits are a colour version and it's hot off the press! Please note Australia Post deliver our newsletters to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



Teddy Bear's Picnic

11am – 1pm, SUNDAY 3rd JULY

Kids competitions and entertainment.

Meals for adults and free sausage sizzle for the kids

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RAISED BED WORKSHOP

There was a good crowd for this workshop (29th May) even with a little rain to navigate. First Jonah Gouldthorpe from Still Gardening, gave us the good (s)oil on setting up a raised bed. Then we upped our energy levels with a cuppa and some delicious cake from Dot and Noelene. And finally, Jo and Gill got us all out in the Community Garden building a Wicking Bed (a raised bed that has a water well in the base which wicks the water up into the soil by capillary action). Everyone agreed it was an interesting and informative day.

Thanks Garden Club & Community Garden members, much appreciated.





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PRESENCE AND CONNECTION:

An introduction to HAKOMI

A workshop coming up at the South Arm Community Centre (Sept 30 – Oct 1)

Hakomi Mindful Somatic Psychotherapy is a mindfulness-based approach to self-understanding. The Hakomi method is a gentle, compassionate, mindful, curious and non-threatening way to develop greater self-awareness in oneself and others.

In an exciting first for Tasmania, Certified Hakomi Therapist and Teacher, Dr Karen Baikie, is coming down from Sydney to give a 2-day workshop at the South Arm Community Centre on Friday 30 September - Saturday 1 October.

The workshop will explore both the use of mindfulness for greater self-awareness and in therapeutic settings, and how recent neuroscience and attachment theory offer opportunities to create attunement in safe, empathic relationships, both personal and professional. Participants will learn how to develop the capacity to be fully present and use empathy to build connection with others.

Karen’s workshop will combine experiential exercises, talks, discussion and personal reflection, with an emphasis on skills which can be applied directly following the workshop. The workshop will be valuable for psychotherapists, psychologists, counsellors, pastoral care workers and anyone wishing to deepen their own self-understanding and relationships.

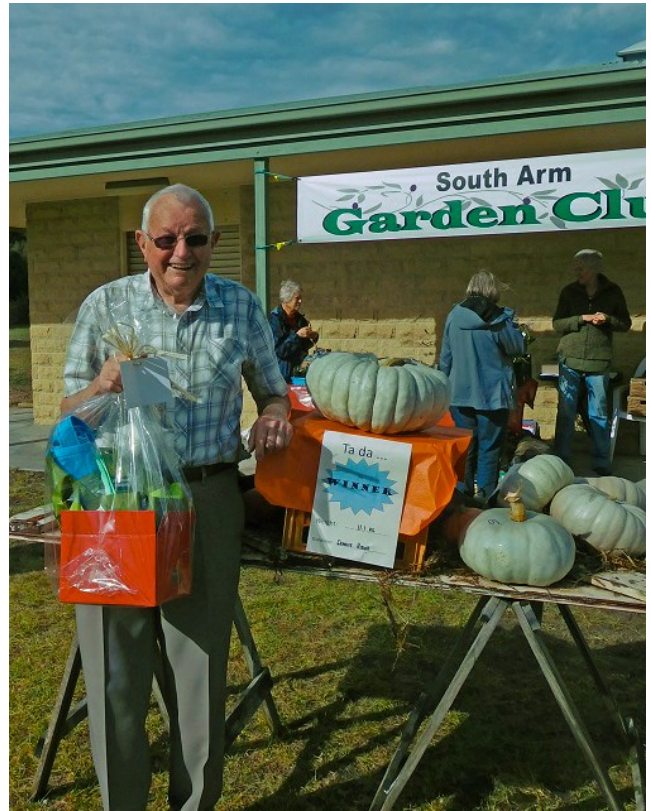
The Super Early Bird rate for the workshop is \$330 before August 1 and \$275 for full time students. The workshop will provide 10 hours for Continuing Professional Development programs.

Email karen@hakomi.com.au to book or enquire about the workshop or find out more at www.hakomi.com.au



Pumpkin Competition – May Market

Well, Graeme Rider’s pumpkin JUST beat last year’s winner with his 11.1kg beauty, and with the summer drought taken into consideration it was a well earned win. Congratulations. Many thanks to Harmony Nursery for the winners prize – a large pack of useful items for the garden. Graeme was too shy to have his photo taken, but Maurice Potter cheerfully stood in for him.



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The program is funded by ANZ and the Australian Government.



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Great training is provided and the roster is mutually agreed and flexible. You could also save lives and give great comfort to those in need, patients and their families all around our community.

Please contact Christine Boonstra on cfboon4@bigpond.com or talk to Kim at the South Arm Community Pharmacy if you'd like to know more.



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Chorizo, chilli and bean stew

1 tbsp. olive oil

1 large red onion, chopped coarsely

3 chorizo sausages, chopped coarsely

4 cloves garlic crushed

1 tspn. dried chilli flakes

1 medium red capsicum, chopped coarsely

150g baby green beans, halved

800g canned cannellini beans, drained, rinsed

800g canned diced tomatoes

1/3 cup chicken stock

2 dried bay leaves

1. Heat oil in large fry pan, cook onion, garlic, chorizo stirring until lightly browned. Add garlic and chilli flakes.
2. Combine capsicum, both beans, tomatoes, stock, bay leaves and chorizo mixture in 4.5 litre slow cooker and cook covered on low for 3 hours (or leave on low for a bit on the stove in a large saucepan).
3. Discard bay leaves, season to taste. Serve with rice or crusty bread.

CITY OF CLARENCE OPEN ART EXHIBITION

The Clarence Open Art Exhibition is a biennial event held in both the Schoolhouse Gallery and Rosny Barn at Rosny Farm. Open to all Tasmanian artists.

Council invites local artists to exhibit paintings, photography, drawing and print works. Prizes to the value of \$3300. The next Open Art Exhibition will be held from 23 July – 21 August 2016.

Entries close 5pm 8th July. For further details and entry forms go to www.clarenceartsandevents.net

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Postcode: _____

Phone: _____

Email: _____

Date: _____

MEMBERSHIP \$2.00 PERSON – TOTAL ENCLOSED \$

Please provide feedback/suggestions on the back of this form, contact a Committee member or write to us c/- South Arm Shop (where you can also leave this membership form!)





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LOCAL SERVICES (continues p.11)

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Iron Pot Cottage

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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 '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

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Quiz@the NIGHT Club

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Quiz \$5 per person

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Revitalize 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 revitalizebeauty@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

Web Site Design & Publication

For skilled, timely and affordable web design and publication to all search engines. Call Bethamy 0429 399 961 | tree-witch3@yahoo.com.au

Website — Think Tasmania

...promoting all things Tasmanian!

www.think-tasmania.com

Call Tania to have your business included: tania@think-tasmania.com | 0407 790 642

CEREMONY & CELEBRATION

'Celebration by Ceremony'

Kaye Wilkinson-Green, Civil Celebrant in Sandford. For Meaningful Rites of Passage contact kayewilkgreen@bigpond.com | 0438 336 049

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 marriage celebrant, is now a local! Whether an intimate elopement, a fun-filled, casual service in your own home or a grand occasion, I can help you create your own memorable wedding. Call 6248 9260 or email chancel@iprimus.com.au to discuss. Also available for renewal of vows, naming ceremonies and compassionate funeral services.

FOOD & EATING OUT

Fresh Fish—Delivered to your door fortnightly on Weds. Sharon: 0459 373 743

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 for members and visitors. Dinner 7 days — Asian dine in or take away Sunday, Monday & Thursday, Wednesday meals from \$14, a la carte Friday & Saturday, Members' night Tuesday (visitors also welcome). Lunch on Sunday. Bottleshop facility available and new members very welcome. All enquiries and bookings ph 6239 9171.

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 Kerry at kerry@theksprinciple.com.au or 0407 875 460

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

TSL Counselling Services

Forensic client specialist, also providing general counselling services. Toni S. Lee. PACFA member. Contact on 0432 998 858 or www.facebook.com/www.foreseek.com.au

Weight Loss Program

Our clients never feel hungry; results guaranteed; feel energized and revitalized; personal success coach FREE sample pack, try before you buy!!! Call Kylee now 0386 712 822

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

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

Immac Cabinets Pty Ltd

Sam McCrum | 0415 558 540

Immac.cabinets@gmail.com

Outdoor Furniture

Deck, Patio, Garden, Classic Adirondack. Dave 6239 9001

Phil's Water — 0419 190 648

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

Property Consultant — Ben Palmer

Raine & Horne Eastern Shore 0417 556 731 | ben.palmer@rh.com.au

Qualified Landscaper

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

COMMUNITY MEETINGS, CLASSES & EVENTS

Restoration, repair and polishing of wooden furniture. Ph. Garry 6248 9144

Slashing — Blocks slashed. Ph: Ian on 0418 138 090

Simon Says—Lawns & Gardens

Clean up, maintenance, pruning, waste removal & whipper snipping.

Pensioner rates apply, free quotes
0439 314 246 or 6239 9315

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

Window Cleaning — Bay Window

Cleaning for crystal clear windows – South Arm & surrounds. Call Pete 0457 581 918

SPECIAL INTEREST

Drum tuition — Dean has 30 years experience and can tailor all styles to your needs at your place or his (Sandford). 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. Email request to ancestralresser-tas@iinet.net.au or fax 6248 8528.

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

Singing Teacher—Sharon Prero. Retired Principal Artist Opera Australia. Teacher of Classical/contemporary/jazz. Classes beginning February 2016. Call 0438 416 688

Slide and negative scanning — Backup your valuable memories to digital. Call Kerry for a quote on 0407 875 460 or via kerry@theksprinciple.com.au

TRANSPORT

Community Bus — Tuesdays 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: Richard Bird on 0412 789 789

Art Classes — All abilities, all welcome. South Arm Community Centre, Wed mornings at 10am.

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.

Bridge — Calverton Hall, Tuesday 7:30pm. New members welcome. Ph: Noela 6239 9172

Church Services St Barnabas

South Arm, 1st, 3rd & 5th Sunday of the month at 4:00pm followed by a meal. Contact Rev Helen Phillips 6247 9700 or Jane Beavan 6239 9244

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

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 10am 3rd Sunday in car park main entrance to beach in Cremorne. Ph: Rachel Viney 0439 373 383 or 6248 9498

Wildcare—Deslacs (Clifton). 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 — 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 www.cremorne.tas.au | cgg@cremorene.tas.au. To receive newsletters and information about the group contact Convenor, Vicki Pearce: 0418 992 891 or vicki_pearce@hotmail.com or Secretary, Brian Bennett: 0417 444 389 or bhbennett@bigpond.com

Dog and Owner Walk

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

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

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, 0417 339 553

Garden Club — Meets 1st Monday after South Arm Market at the Community Centre at 4:30pm. Ring Barbara 6239 9897 or Dot 6239 9190.

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

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, 9.30am—1pm. For site and car boot bookings: Lauren 0403 909 848

Playgroup

Monday, 10am—noon. \$2.50, bring a piece of fruit. Held at the Cremorne Bowls Club. Contact Jeni: 0447 382 834 or Jodie: 6248 9321 or visit www.cremorne.tas.au

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

Soup and Sandwich

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

Yoga

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

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.

South Arm Community Yoga - Sundays at 2.30pm, South Arm Primary Gym. Props and mats provided. Meditation on Mondays 7.30pm same venue. Email yoga_instructor@yahoo.com or find us on Facebook for further details.