

Bushfire Ready Neighbourhoods coming to South Arm and Sandford

Bushfire Ready Neighbourhoods is a targeted program that works intensively with high risk communities. Before you say "South Arm – high risk, surely not?", here's why both Sandford and South Arm have been identified as high bushfire risk. Contributing factors to assessment include:

- bushfire history
- geography, vegetation types and fuel loads
- potential to have bushfires that burn out of control and impact on people
- weather
- access/egress of traffic travelling in an emergency
- vulnerable groups and residential locations being isolated
- fire agencies capability to respond quickly
- seasonal impacts on population
- communication issues such as black spots of internet/phone/radio".

Lesley King of Tasmania Fire Services Bushfire-Ready Neighbourhoods program will be at the September South Arm Community Market to share information with the community and get your thoughts on the fire preparedness of our area. She will then meet with the SAPRA Committee to discuss ideas on how the program could work for the Sandford and South Arm areas.



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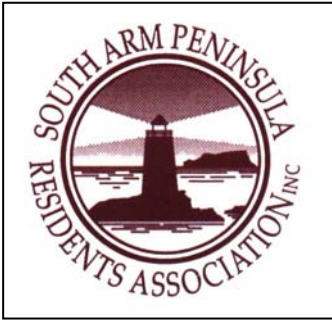
Clarence Community Grants Program is a practical way in which Council works with individuals, groups and not-for profit organisations to make a positive impact in the City. For all the details visit www.ccc.tas.gov.au/grants. Bring your idea to life!



New restaurant opens at the South Arm RSL & Community Club

Gellibrand is a name synonymous with South Arm and it will soon be associated with fine Tasmanian food! Tony Sproule will be presenting a new menu and wine list from Gellibrand's, a recently renovated area of the Club with views across the golf course.

Gellibrand's will be open on Friday and Saturday for dinner and Sunday for lunch and bookings will be essential, phone 6239 9171.



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.

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 0407 875 460.

CLOSING DATE:


Contributions for the next issue are due WEDNESDAY 21 SEPTEMBER 2016.

SAPRA COMMITTEE MEMBERS

- Kerry Scambler (Pres)0407 875 460
kerry@theksprinciple.com.au
- Gillian Waldie (Treas).....0408 123 906
- Jenni McLeod (Sec).....

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- Jo Barwick.....0428 623 997
- Annaliese Caney.....0409 147 449
- Beth Cooke.....0439 624 799
- Lauren Green (market)....0403 909 848
- Dot Kelly.....6239 9190
- Andrea Kimber..... 6239 9739
- Richard Vaughan.....6239 9739
- Sharyn Von Bertouch.....0429 199 113

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Theatre Royal Show
retail therapy
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hairdresser

Taste of the Huon
doctors
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even Agfest!



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

Food Connections & SAPRA – package meal assistance for Peninsula residents

If you are elderly, suffering from ill health or find yourself struggling to cook meals every day, you may be eligible for assistance through our frozen meals program.



SAPRA is in partnership with other community groups and sources a small supply of frozen meals made by Clarence High School students and Moto Vecchia for distribution on the Peninsula.

If you, or someone you know, might need a friendly helping hand with a meal or two, please contact Beth on 0439 624 799.

COMMUNITY THANKS

The South Arm Dive Club thanks everyone who has left donations in the shop towards maintenance of the South Arm raft—it all helps so thank folks!

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Rainfall	Cremorne	Opossum Bay	Sandford	South Arm
May 2016	87.25	89.2 mm	89.5 mm	69 mm
June 2016	84.00	113.2 mm	104.8 mm	85 mm
2016 Year to Date	275 mm	299.2 mm	323 mm	267.0 mm
2015 Year to Date	300.25 mm	322.6 mm	322.5 mm	234.5 mm
	Geir Hurlen Rødven	Karen Wheeler	Brad Lee	Noela Foxcroft

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South Arm Living History Project

This school term the Living History project will hit full stride. We have already received some wonderful stories from members of our community illustrating the rich history and beautiful places that surround us and a number of talented locals have also provided images in case you weren't convinced!

The Grade 5/6 class has been busily writing contributions of their own which provide an interesting observation about how some things change and some things always remain the same.

Soon they will have completed their workshop with Coral Tulloch, Tasmanian author and illustrator extraordinaire, and will begin work on their final, top-secret project (hint, let's just say you won't get lost in the Peninsula ever again and it might just enable you to see the Peninsula in a new light!).

So keep your eye on the website <http://stharmlivinghistory.wix.com/livinghistory> where contributions will be uploaded on a regular basis, and start thinking about your place in South Arm and the stories that YOU can tell. All contributions most welcome! You can either email me at southarmlivinghistory@gmail.com or drop your contribution into the yellow boxes in both the South Arm and Opossum Bay shops.

Monica Wedd | Project Manager

SOUTH ARM GYM NOW OPEN 24/7 open whenever you want to train!

KBD Personal Fitness and Health Club is now offering 24/7 access.

It's close, fully equipped and it's always open so there are no excuses about not getting to the gym now!

To encourage you even more, you can **save 50% on your access key** and **pay no joining fees** when you sign up for the next 12 months.

Contact Sam or Mark



SOUTH ARM RSL SUB-BRANCH INC. **Remembrance Park Donate a Paver Project**

The Remembrance Park Donate a Paver Project is an initiative of the South Arm RSL Sub-Branch to raise funds for the establishment of a new Remembrance Park for the South Arm Peninsula Community and to assist the Sub-Branch look after the welfare of its members.

Funds donated for a paver will be used to develop the Remembrance Park and your personalised paver with your name on it will be displayed either as part of a commemorative path or on a wall within the Park. Paver donations range from \$125 for a standard paver, \$250 for bronze, \$500 for silver and \$1,000 for a gold marked paver.

Both serving and non-serving members are encouraged to donate to this significant project by contacting Vice President, Mike Gallagher on mike-gall55@gmail.com or 0418 126 574. The Sub-Branch Committee sincerely thanks you for your continued support.

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DO NOT call local members of the Community Emergency Response Team or Fire Brigade. This could result in unnecessary and dangerous delays and stress for all.

For non-emergencies call the police radio room on 131 444

(eg if you see someone acting suspiciously or driving dangerously but it's not an emergency)

To ANONYMOUSLY report a crime call Crime Stoppers on 1800 333 000 .

Bushfire Ready (cont. p.1)

The Bushfire-Ready Neighbourhoods program focuses on building a shared responsibility approach to bushfire preparedness through recognising that individuals, communities and the Tasmania Fire Service all play important parts.

The program's aim is to build resilience and capacity in bushfire prevention, preparedness and response in Tasmanian communities at risk to bushfire through a sustainable community development approach, by engaging people in various activities to build their knowledge of their risk and how to improve their bushfire resilience.

Some of the community bushfire activities with neighbourhoods may include information sessions, survival planning workshops, phone tree development, field days, bushfire rehearsals and property assessments.

To read the BRN newsletter and find out more information about the Bushfire-Ready Neighbourhoods program go to www.fire.tas.gov.au/brn. If you would like to know more about the BRN program coming to the area contact Lesley King on 1800 699 000.



And come to the South Arm Community Market on Sunday 4th September to meet and chat with Lesley in person!



South Arm Fire Brigade

Our brigade is currently training for the unfortunate but inevitable structural fire incidents that often occur during the colder months when all manner of home heating devices are used.

Some of our firefighters are attending the TFS Cambridge Headquarters for ongoing skills based refresher training and updates to prepare for these occurrences.

Training evenings are held at the South Arm station every second Tuesday in the month commencing at 7.30pm.

If you are interested in joining this community service don't hesitate to come along and see what is involved.

Mat Blunt | Fourth Officer & Brigade Secretary



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 etc and is well experienced in hosting an exhibition!

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HAKOMI

PRESENCE AND CONNECTION WORKSHOP

30 September & 1 October, South Arm Community Centre

'Presence and connection – an introduction to Hakomi' is a two day workshop, to be held at the South Arm Community Centre on Friday 30 September and Saturday 1 October. The presenter is Dr Karen Baikie, a Hakomi therapist, consultant clinical psychologist and Hakomi teacher who lives in Sydney. This is the first Hakomi workshop to be offered in Tasmania.

Hakomi mindfulness-based psychotherapy draws from 20th century psychotherapy methods (especially Gestalt and somatic approaches), Buddhist (especially Zen) mindfulness traditions, and contemporary neuroscience (especially neuroplasticity, attachment theory, arousal states).

I am helping to promote this workshop, as I live in South Arm, and attended three Hakomi mindfulness-based psychotherapy workshops on the mainland last year - they were simply wonderful. Hakomi workshops are typically attended by psychologists, counsellors, pastoral carers and a sprinkling of interested others. There are no prerequisites for attending the workshop and certificates recording professional development hours are provided.

The Hakomi approach works in mindfulness, from a state of loving kindness. Hakomi workshops involve experiential exercises, practising Hakomi techniques, reflection and theory.

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There is a strong emphasis on learning skills which can immediately be put into practice in professional and personal life.

For more information about Hakomi mindfulness-based psychotherapy, see hakomi.com.au. For bookings and information from the presenter, contact Karen on (02) 9436 0919 or karen@hakomi.com.au.

The workshop brochure is at hakomi.com.au/workshops/presence-and-connection-an-introduction-to-hakomi/ For a 'what is it like to attend a Hakomi workshop?' perspective, you are welcome to contact me.

Jane MacDonald | South Arm
0406 993 425 or 6239 9589



Think the air is a little chilly...then try the water it's freezing! But it hardly matters for those that happily hit the waves at any time of the year in Tasmania or just anywhere. If you want to follow the surfing news and all the events and some of our best surfers...think Tasmania's Open State Open Champion Hamish Renwick from Sanford for starters...then visit surfingaustralia.com/tas/ OR join www.facebook.com/pages/Surfing-Tasmania/209958405706317

Further Information contact Shayne Clark | Surfing Tasmania | 0429 891 102



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ARM END PROJECT UPDATE — July 2016

Thank you for your continued support and interest in the project, which remains on track to begin construction in the coming 12 months.

Our progress to date:

- In October 2015, we welcomed the Clarence City Council approving a revised Development Application with a 9-1 vote (the original DA was lodged in June 2015).
- The DA was based on our ongoing community consultation and the improvements gained from further site planning. We are very grateful for the very broad, community support for renewing this public resource.
- The DA process then saw the project engaged in a Resource Management Planning Appeals Tribunal process.
- The RMPAT hearing resulted in the CCC permit being reissued in late April 2016 with grounds of appeal being dismissed by the RMPAT Tribunal. The RMPAT appeal process delayed by around 9 months the project progress, but was worth the extra time to achieve a fair community outcome.

Arm End Public Recreation Reserve believes that the resolution from the RMPAT process will continue to allow the project to confidently progress towards an onsite construction start.

The project team is now able to progress with the task of resolving and finalising a reliable and sustainable water servicing supply. We are progressing with solutions that allow for a sustainable benefit to the environment and future other users.

A sign will soon be erected onsite to provide information to community members and other visitors to Arm End.

We have recently completed a final site-wide environmental, weed management and rehabilitation plan. Other outstanding stakeholder obligations, including councils' engineering and permit conditions, can now also confidently be finalised and secured.

When complete, the Arm End Public Recreation Reserve will provide the local and broader Tasmanian community, as well as interstate and international visitors, with a spectacular public site that can be enjoyed for future generations, by all walks of life. Arm End will provide long-term employment opportunities, and be a public-private land rehabilitation that transforms Arm End into a valued and sustainable community recreational and environmental tourism resource.

For any further project information please email me or call; I'm happy to discuss any specific questions and updates with you.

Craig Ferguson | Project Director | 0409 222 858
craig@armend.com.au for all information

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What would you take?

Remembering the 1967 bushfires

What precious objects would you most want to rescue if a catastrophic bushfire was bearing down on your home? Or, for residents who lived through the 1967 bushfires, the question might be: what did you rescue from the flame?

This will be the theme for Clarence City Council's exhibition *What Would You Take* to commemorate the 1967 bushfires.

Residents are invited to contribute their stories, either of their experience of the 1967 fires, or of which objects (and why) they would most want to rescue if a similar fire occurred now.

Contributions can be made either by the Facebook page 'What Would You Take', or directly through the Council website (search for What Would you Take).

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ST BARNABAS

A warm and friendly group of people meet regularly at St Barnabas Church, South Arm on the 1st, 3rd and 5th Sundays every month at 4.00pm. This is followed by a light supper where everyone brings a contribution. People of all Christian denominations attend. A weekly Connect Group also meets at South Arm on Fridays with a focus on learning more from the Bible.



St Barnabas is used as the practice home for a new **community choir** led by Sharon Prero. This is a thriving group under Sharon's leadership and the Parish is very happy to welcome Sharon and support this community activity.

A **Pet Thanksgiving Service** was held out of doors at St Barnabas earlier in the year and proved very popular. The service was well attended by lots of well-behaved and clever dogs as well as two cats, who were also on their best behavior. An obedience demonstration by a team of dogs and their owners was a highlight of the afternoon. A sausage sizzle and afternoon tea followed with special homemade dog biscuits available for a taste test. All made for a good cheerful and worthwhile afternoon for animals and owners alike.

In September, **Christmas Child Shoe Boxes** will be packed for children who live in needy parts of the world. A gift, just of their own, makes an enormous difference for a child who has never owned anything. Boxes from the St Barnabas community and beyond go mainly to Cambodia. Cambodia has not yet recovered from the Phol Pot regime, when thousands of people lost their lives for political reasons and all places of learning were closed or bulldozed. Tasmanian state manager, Jenny Baxter, went to Cambodia to help distribute boxes to the children last year, and saw firsthand just how much children need help of this kind. Help for this activity is most welcome. A good start is to purchase a few suitable items when you're out shopping. If you would like to know more ring 6239 9244.

Members of the Parish in Howrah also provide boxes for **teenage boys** at an Anglicare **emergency accommodation house**. For more information contact the Parish Office on 6247 9700.

A DVD based **Alpha Course** commences late July at St Barnabas to help people understand more about Christianity and the big issues of life. Contact the Parish Team if you are interested in joining.

The Parish ministers are available to support people from Howrah to Oposum Bay including for **baptisms, weddings and funerals**. Wedding Preparation Courses are Marriages Courses are run annually to encourage healthy relationships at home.

Please contact Ven Helen Phillips on 0429 865 733 or Rev Ed Cavanough on 0413 707 794 or contact the Parish Office at office@saintthomas.org.au or

NEWSLETTER HOUSEKEEPING CHANGES TO LOCAL SERVICES ADS

Please note that from Issue 5, a limit of six lines will apply to businesses to qualify for a free listing on the back pages. If you'd like help to edit your ad or would like to continue with a larger ad for a fee, please contact us for details. This does not apply to the community services listings although some editing may be done for consistency. Please advise if you wish to amend or cancel your advertising.

CONTACT THE EDITORIAL TEAM:

Annaliese OR Kerry
annaliesecaney@hotmail.com
kerry@theksprinciple.com.au

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ON THE AGENDA - at SAPRA Committee meetings

New committee members are very often surprised at just what gets achieved at a SAPRA meeting! These are just a few of the projects and issues on the agenda and holding our attention at recent meetings:

Regular reports from:

- South Arm Community Market
- South Arm Newsletter
- Community Bus partnership
- Iron Plot Community Garden
- Food Connections and frozen meal program
- Updates from various groups – eg Friends of Opossum Bay Park
- South Arm Primary School History (auspiced by SAPRA).

Work in progress:


- Community Centre – upgrade of kitchen, installation of internet and Spring courses.
- Preparation for Bushfire Ready Neighbourhood in partnership with Tas Fire Service.
- Building relationships with South Arm Primary, Rokeby High School, Crime Stoppers.
- Monitoring progress of Oval Masterplan.
- Completed: Flowering Gum Avenue – a press release resulted in a story in the Eastern Shore Sun and upcoming CCC rates newsletter.

Not bad for a small group eh! We also manage to have a laugh along the way and appreciate the contribution of each and every Committee Member!

If you'd like to join our merry band, please contact a Committee Member (see P2) or keep an eye out for Committee Nomination forms at the South Arm and Opossum Bay stores once the date for the AGM has been set for later in the year.

Kerry Scambler | SAPRA President

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Please, help keep our community safe and report information that may otherwise not reach Tasmania Police. Here's some tips and info:

- **Report information as soon as possible:** don't wait until your memory fades and details become sketchy because it's quite often the small details that are crucial in solving crime.
- **Your information is more important to than your identity** to Crime Stoppers.
- **You speak confidentially to an experienced operator** who compiles a report using the information you provide.
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Cremorne Playgroup

We've literally cruised through the winter by ending our July monthly outing with a bike ride around a quiet street of Cremorne (see some of the gang below) topped off with a homemade cake for morning tea to celebrate birthday babies, young and old, of the month. Everyone seems to be enjoying the higher quality coffee now on offer. The sharing of fruit on a platter for our kids with a time to sit down allows for a most welcomed ten minute reprieve. If you are free on Mondays we'd love to see you at our playgroup – residents from all over the Peninsula and beyond most welcome.

Details on the back page!




Electorate office:
18 Ross Avenue, Rosny Park
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

A good reason to watch TV...spot the local face! A new ABC comedy series will go to air later in the year. The series, *Rosehaven*, is about the ups and downs of a country Real Estate business. It was written by Tasmanian Luke McGregor (Olympus and Luke Warm Sex) and fellow comedian Celia Pacquola who play the leading roles. Another main player is Agency owner Kris Mcquade who is currently being seen in *The Kettering Incident* and one of our very own Peninsula residents, **Noela Foxcroft**, who plays Mrs Marsh, the owner's long time friend. Noela said she was amazed when told that she had the role and found it exciting to work alongside such talented people.

SAPRA MEMBERSHIP – 1st July 2016 to 30th June 2017

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ST.ART Fest has moved to the new skate park and is now combining an array of street artists, activities and music with a skate comp.

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clarenceartsandevents.net/events/st-art-fest-2016/

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LOCAL SERVICES (continues to p.11)

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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 '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

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



ANIMALS

Equus Essentials

Equine supplements, accessories & gear 0458 490 033 | equus-essentials@netspace.net.au | www.equusessentials.webs.com

Mobile Shearer

Got sheep? Professional fully Mobile Shearer available for crutching & shearing. Contact Emily on 0447399956 or em-crow89@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

THRRO. Tas. Horse Rescue and Rehabilitation Org.

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

AUTOMOTIVE

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

BUSINESS

Jewellery

Handmade precious jewellery made locally in South Arm.

www.gavinmacsporrان.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 | 0438399706.

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. Mon & Tue - Asian, Wed - a la carte, Thur - pizza & pasta, Fri & Sat - a la carte. Pizza available dine in or t./away Thu-Sun. Also open for Sunday lunch. New separate Gellibrand's restaurant open. Bottleshop facility and new members 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

Fencing Decks and Pergolas

Accredited Builder, specialising in decks, pergolas and individualized residential fencing 0400 532 491 www.fdap.com.au

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. Basic scan \$1 per slide or \$0.50 per standard negative strip plus cost of USB or CD. Quantity discounts available. Contact Kerry kerry@theksprinciple.com.au | 0407 875 460

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: Richard Bird on 0412 789 789

Art Classes — All abilities, 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. 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@cremorne.tas.au. To receive newsletters and information about the group contact Conve-

nor, 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

1st 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, midday. 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.