

# South Arm Peninsula Newsletter

ISSUE 3, JUNE/JULY 2013



## Winter Whale Watching

It's time to keep your eyes peeled, and your binoculars and cameras handy as the winter months will (hopefully) bring the whales close to our shores once again. Both Southern Right Whales and Humpback Whales have begun their annual migration from the Southern Ocean down Tasmania's east coast. Sightings often peak over June and July, although the season can last well into spring.

Last year, residents in Cremorne and Clifton were able to watch Southern Right whales just off the shores in Frederick Henry Bay which seems to be a popular stop over for these very welcome visitors. It also seems more are venturing right up the Derwent.

If you are luck enough to be able to take a closer look...**CONTINUED p.8**



### The man to beat next year!

BOB MORGAN won the Peninsula Pumpkin Competition 2013 taking home a Harmony Garden Centre voucher for his efforts. Congratulations!

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## Clifton Beach SLSC Major Renovation

The first stage of a major refurbishment of the local Clifton Beach Surf Life Saving Club by Macquarie Builders is nearly complete. The \$500,000 STAGE 1 includes a major extension on the northern boundary for training and rescue equipment storage, new first aid and canteen facility, double glazed windows, carpets, disabled toilet/shower, kitchen makeover, up graded fire, water, plumbing and electrical services and rendering of the exterior.

The \$500,000 project was made possible with State Government funding, and

assistance from the Clarence City Council with all the planning, design and engineering costs as well as providing essential project management services. Club Life Member and Committee member Peter Williams, said the Clarence Council's input, (valued at over \$100,000), had made the project possible. 'Without their input we would not have been able to complete the renovation to this point.' In particular Mr Williams praised Clarence City Council's Ross Graham for his contribution to the project. **CONTINUED p.2**



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### 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, general articles or other contributions. Guidelines for all contributions are available from the editor: **Annaliese Caney** at [annaliesecaney@hotmail.com](mailto:annaliesecaney@hotmail.com) | 6248 8441. Space is provided for advertising, contact **Kerry Scambler** on 6248 9302 | [kerry@smsaccounting.com.au](mailto:kerry@smsaccounting.com.au).

**CLOSING DATE: Contributions for the next issue are due WEDNESDAY 17 JULY 2013.**

#### SAPRA COMMITTEE MEMBERS

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Louisa Smith.....

For all emergencies ALWAYS CALL 000 do NOT call members of the Community Emergency Response Team or Fire Brigade. This could result in unnecessary delays and stress for all.

### CONTINUED P.1 CLIFTON BEACH SLSC MAJOR RENOVATION

Mr Williams also thanked Reardon Demolition, Rogerson and Birch Surveyors and Paul Newman from HBV Architects for their input. Club members will complete internal finishing off tasks like painting, shelving, storage etc over the next few months.

Stage 2 will include major upstairs extension, new kitchen, upstairs toilets, new entry and deck area. Mr Williams said it would cost another \$500,000 to complete the renovation and he hoped additional funding would be found over the next year or so.

**SHAYNE CLARK | CLIFTON BEACH SLSC**

### National Broadband Rollout (NBN) - South Arm

Report from the Sunday Tasmanian—19 May 2013, p. 4

Work has begun on rolling out the National Broadband Network to the South Arm area. Contractors have started surveying the area and the existing telecommunications infrastructure, which is expected to take several months.

NBN Co has released a detailed map of the area covered by the first construction module, showing that construction will begin in the area between Driftwood Drive and Roaring Beach Rd. To see the map, go to [www.nbnco.com.au/assests/maps/south-arm-tas-rollout-map-7shr.pdf](http://www.nbnco.com.au/assests/maps/south-arm-tas-rollout-map-7shr.pdf)

It takes about 12 months from the start of construction until the NBN is available from telephone or internet service providers.

### Feature Photo Challenge

Calling on all peninsula residents! I've got my fingers crossed that there might be some whale photos for the next issue of this newsletter...send to the editor [annaliesecaney@hotmail.com](mailto:annaliesecaney@hotmail.com)



### Community Market

The Community Market is thriving with many having a wonderful time helping the community to sell and buy. Even with the cooler weather we have very keen and dedicated stall holders, so come and see what you can find. The market is held on the first Sunday of the month from 9am to 1pm. For all bookings and enquiries contact Pam on 6248 9852. See you there.

**Congratulations Cheryl Talbot! Winner of the Mother's Day market raffle.**

### Red Flowering Gum 'Avenue'

Job well done folks! 30 or so gum trees were replanted with a little bit of extra love and care 19 May. On Saturday we were making cancellation plans, but Sunday dawned sunny. After a bit of preparation, the 10 people who turned up had a pleasant stroll with not too much hard work. Thank you so much.

**Richard Vaughan  
Project Manager | 6239 9739**

Rainfall	Cremorne	Opossum Bay	Sandford	South Arm
March 2013	53.5 mm	50.0 mm	52.0 mm	27.0 mm
April 2013	15.5 mm	29.20 mm	25.5 mm	14.5 mm
<b>2013 Year to Date</b>	<b>105.0 mm</b>	<b>121.6 mm</b>	<b>124.0 mm</b>	<b>75.50 mm</b>
2012 Year to Date	118.25 mm	144.4 mm	158.5 mm	142.5.0 mm
	Geir Hurlen Rødven	Karen Wheeler	Morrie Larkins	Noela Foxcroft



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## South Arm Fire Brigade

Winter is almost here once again and home 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 and the last thing anyone wants is more of the same. One of the causes has been people putting clothes to dry far too close to wood or electric heaters. If you do use your heater to dry clothes please remember, "A metre from the heater is close enough."

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

Contact details for both South Arm and Sandford brigades are listed on page 12.

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## the bITS in a bOX Art Challenge

Ever wondered what you could create from a box of random items? Now's your chance to find out! As part of the South Arm Art & Craft Exhibition in July we're issuing you a challenge – the **bITS in a bOX Art Challenge**.

### It's easy:

1. **Pick up a numbered box** at the South Arm Market on Sunday 2 June or contact one of the exhibition co-ordinators to arrange **pickup from third week of May**.
2. Take it home and **open up to discover** just what will go into your creative masterpiece!
3. **Bring your finished artwork** to the South Arm Art & Craft Exhibition for display by 10am Friday 19 July.
4. People's choice prize to be awarded.

### Terms and conditions:

- Boxes are pre-filled with around 8 loosely themed items.
- Extra items may be added but base items must be included in final artwork. (Box may also be used as part of artwork!)
- Frames of various sizes are available for free. Please ask for selection.
- Some boxes available for children.
- Finished artwork must be displayed at the South Arm Art & Craft Exhibition over the weekend of 20 and 21 July and delivered to the Community Centre no later than 10am, Friday 19 July (or earlier by arrangement).
- If offered for sale, a 20% commission to Legacy applies. If artwork on display only, a donation to Legacy is required.
- Closing date for box pick up is South Arm Community Market on 7 July.

### **BOX NUMBERS LIMITED SO RESERVE YOURS NOW!**

Not sure? Google *Art from Trash* and *The Makers of Burnie* for inspiration!

Pam Larkins: 6248 9852 | 0403 547 764 |

[pamorrie@optusnet.com.au](mailto:pamorrie@optusnet.com.au)

Kerry Scambler: 6248 9302 | 0407 875 460 |

[kerry@smsaccounting.com.au](mailto:kerry@smsaccounting.com.au)

Cheryl Talbot: 6248 9486 | 0432 373 678 |

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## From the Pharmacy

### FLU VACCINATION CLINICS

We held three very successful 'flu vaccination clinics again in 2013. More than 180 people were vaccinated against the most serious strains of influenza that are likely to impact Australia this year. To those people who missed our clinics this year we apologise, and hope to be able to give more notice next year and promote the clinics more widely. If you would like to be immunised against influenza it is not too late; speak to your regular doctor about being vaccinated.

### SOUTH ARM COMMUNITY PHARMACY



### BOWEL CANCER SCREENING

It is that time of year again when we want to raise your awareness of bowel cancer screening. Screening for bowel cancer using a FOB test is one of the most effective ways to detect bowel cancer in its early stages. Research over many years has shown that population screening every 1-2 years with a FOB test can reduce the number of deaths due to bowel cancer by up to 33%.

There is a Federal Government funded screening program that issues a test kit to each Australian aged 50, 55, 60 and 65 years. For everyone else, we have the BowelScreen tests available all year round. This style of test is the recommended method of screening for bowel cancer in people aged 50 years and over with no symptoms or increased risk due to family history. The BowelScan test does not require any special preparation, dietary or medication restrictions. Screening should be repeated every 1-2 years.

### HAPPY BIRTHDAY TO US!

Around about the time this newsletter goes to print we will be celebrating our third birthday. YES THREE YEARS!! Thank you to everyone for your ongoing support and for making our pharmacy such a lovely place to work.

### Cremorne Playgroup

Playgroup is back in full swing and thanks to all for the great play sessions we've been having. We had a super turn out for one of our Mondays at the Foreshore Tavern in Lauderdale. Thanks to the staff for their great service and much needed coffees and baby c'innos. If you would like to find out more about our group please don't hesitate to give us a call. We're friendly and easy going (although we would say that!) and always welcome new members. Our contact details are on the back—page 12.

### Soup & Sandwich

The Calverton Hall Country Club provides a soup and sandwich lunch on the third Monday of each month at a cost of \$8. Each month the money raised is given to a different charity. This event has been going for over 25 years, and we would love to see more local people attend. All soups, sandwiches and cakes are made by a dedicated group of volunteers, and their costs are not taken out of the money raised. Hope to see you there! Lunch dates are 17 June & 15 July. Contact details are on p. 12.

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## South Arm Garden Club

Have you thought about joining the Garden Club? We meet monthly, go on excursions and look at local gardens too. In mid April a group of 21 we went up the Derwent Valley to the lovely old estate of Redlands. As this newsletter is being printed we will be going to the Botanical Gardens. Several visits to local gardens on the peninsula are also planned.

### GARDENING TIPS FOR WINTER

- The Peninsula grows great potatoes and now is the time to put in your early potatoes, it's a good time for broad beans and salad onions too.
- Perennials and annuals can also be planted now.
- Lemon trees can be planted. This year my Meyer had a profusion of fruit on it. I had placed it in a sunny sheltered patio area with a brick wall behind it. This wall radiates heat and helps keep the temperature up. I also give it lots of mushroom compost and alpaca poo, water regularly. **Tip:** citrus do better in the ground not in pots as they will dry out in the pots too easily.
- Compost your autumn leaves.
- Remove and bag all mummified fruit still on trees or on the ground. Put them in a plastic bag and into the household rubbish.

SUE YOUNG

See contact details for the gardening club on page 12

## Entries Open for South Arm Art & Craft Exhibition (20-21 July)

Come on people of the South Arm Peninsula – show us your art! Entries are starting to come in for the Exhibition but **we want more**. Register your interest now (even if your work's not completed) – please don't leave it to the last minute.

Over the last four exhibitions, we've not only showcased and celebrated an amazing array of local talent, we've raised around \$15,000 for Legacy (Tasmania).

Whether you create for a living or create for pleasure, your unique artistic endeavours ought to be shared. Painting, sketching, sculpting, felting, woodwork, embroidery, beadwork, ceramics, glasswork, metalwork, fabricwork, jewellery, basketry, photography or any other sort of art or craft – all welcome contact us now and get working!

**ENTRY FORMS NOW AVAILABLE AT LOCAL SHOPS OR FROM THE CO-ORDINATORS BELOW.**

Pam Larkins: 6248 9852 | 0403 547 764 |

[pamorrie@optusnet.com.au](mailto:pamorrie@optusnet.com.au)

Kerry Scambler: 6248 9302 | 0407 875 460 |

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Cheryl Talbot: 6248 9486 | 0432 373 678 |

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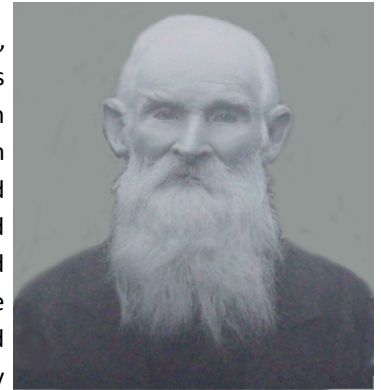
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## History and Heritage: Looking back to our early settlers in South Arm

This month we continue the life of **Robert Alomes**, the spelling of the name Alomes (sometimes Allommes or Allomes) appears to have been chosen by several relatives in the late 18th Century. In September 1812 Robert was granted 130 acres of land at Sorell, Robert married Elizabeth nee Bellett, she was seventeen years old and Robert was thirty nine. Their first child to be born was Robert Charles Alomes who married Miss Jane Wood on 25th February 1844. They raised seven children four boys and three girls.



GEORGE ALOMES  
ROSEMOUNT SOUTH ARM 1827-1922

The third child to Robert and Jane was Elizabeth Maria Allomes born 17th August 1820; she married Christopher Calvert (jnr) on the 19th October 1869. Christopher and his eight brothers all learnt farming in South Arm. When William Gellibrand passed away in 1840, the land at the Arm End was leased by Christopher Calvert (jnr) who farmed there until 1914. Following an Auction of the farm equipment he moved to Hobart the head stone at St Barnabas Church South Arm shows he died in Hobart 11th June 1925. His wife Elizabeth died in Hobart 24th April 1877 she is buried in Res T. Downie New Warf Hobart. We continue with **George Thomas Alomes** who came to South Arm when he rented land from George Gellibrand. He married (1) **Janet McKay** 4th January 1855, (2) **Agnes Musk**; in 1861 he leased 220 acres from Gellibrand named it "Rosemount". To his first wife Janet seven children were born, due to reasons unknown three children died at a very young age. Janet died the 6th December 1864. On the 1st December 1867 George Alomes married Agnes Musk. They had three children Edward (Ted) Ethel and Leslie. George Alomes became a very prominent person within South Arm working together with the farmers. He played an active part with the others in the South Arm Roads Trust 1875 -1907 in conjunction with the Clarence Council. He also took part in several inquests into the accidents and deaths that happened within the South Arm area in those early years. When I look back in the old papers (now available online) his name appears in many articles over his life time. George Alomes younger brother John James born 21st February 1854 also leased land in South Arm and named it "Green Hill." **John James Alomes** and his wife **Rosina** raised three children. When John passed away 7th May 1894 age 40 yrs, the youngest son **Henry Edward Alomes** took over the farm with his mother Rosina. Henry like many others became very involved as secretary of the building committee for the St Barnabas Church 1892. Henry Alomes married **Elizabeth Heywood** 27th March 1883, of the four children born only the youngest daughter **Isabel Rosina Alomes** lived to carry this family to the next generation, Daisy and Darcy Alomes died very young also Mervyn John Alomes died 3rd June 1900 age 16 years. The very first home at "Green Hill" was closer to Ralphs Bay shoreline with the road way passing this property and continued around the shores of Ralphs Bay to Seacroft Bay and the home of Christopher and Hannah Calvert. At the time the road we travel on today through South Arm was only a track and appears on the early titles as carriage way to be kept clear at all times for the conveyance of produce by the farmers of South Arm. Isabel Rosina Alomes married **Alan Calvert** 29th July 1910, they had a new home built and named the property "Ralphsdene." Alan was the sixth child of John and Elizabeth Calvert of "Pleasant View" South Arm now Fort Direction. To be Continued

**MAURICE POTTER**

## Paul Healy's New Improved Winter Warming Mash

For healthy chickens take a preventative approach and make your own winter warming mash. This recipe is for 10 birds, based on 100g per bird.

- 1 litre of milk
- 1 knob of dark purple garlic
- 3 hot chillies
- 1 tbs each turmeric, paprika, cayenne pepper
- 10 grams whole cloves
- 10 grams freshly grated nutmeg
- 10 grams crumbled cinnamon stick
- 20 grams freshly grated ginger
- 1 pinch seaweed meal per bird
- 1 kg commercial ground meal (or 7 parts wheat, 2 parts barley, one part oats or other grain)
- 250g freshly grated organic carrot
- 250g freshly grated organic apple

Warm the milk in a pan, crush and add the garlic immediately along with chopped chillies, all spices, ginger and seaweed meal. Stand overnight. In the morning warm up the mixture at the crack of dawn and add to the ground meal along with the fresh carrot and apple. The chooks should be starved for the 24 hours previously and the meal should be given on the last weekend before the full moon.

Join Paul at his farm on Sunday 27 October 2013 for his popular day course - *Introduction to Sustainable Poultry Keeping*. For more details and information on how to book email Paul on paul\_francis\_healy@hotmail.com or visit www.paulhealy.net

Several other new mash recipes will be found in the first chapters of Paul's book *Sustainable Poultry Keeping For The Free Range Farm and Garden*. This will be found published only on his website, from Sunday May 26.

**PAUL HEALY** (Copyright © Paul Healy 2013) and many thanks for this contribution)

### Festival of Voices

This year the Festival of Voices branches off to the Eastern Shore with the Rosny Barn playing host to *Coupling in the Barn* which pairs food and music for every performance, and serves as an exciting opportunity to bring together a diverse range of outstanding artists with some spectacular tasty treats. Visit [www.festivalofvoices.com](http://www.festivalofvoices.com)

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### ANZAC Day 2013

The South Arm RSL Sub-Branch Inc. would like to thank the community for supporting the ANZAC Day Dawn Service. I have been advised by Fort Direction staff that the number of people who attended our Service this year, was 411.

ANZAC Day Commemorations are not, however, about the number of people who attend. Although I am pleased to see that as we approach the Centenary of the beginning of the First World War in 2014, and then the following year, 2015, the Centenary of the first landing at Gallipoli, that more and more people are making the effort to attend the Dawn Service. It is a fitting time, to come together as one community, to remember and pay our respects to those young men who sacrificed so much for us nearly 100 years ago, and who laid the foundations for our society today.

As President, I can assure the community that changes have been put in place to ensure the technical problems experienced this year will not be an issue next year and the Service will run smoothly. The feedback I received from community members following the Dawn Service has been very positive. So much so that some minor changes will be introduced next year, which will enhance the overall Service.

The 11am Service was also well attended. The number of young children taking part and marching is very welcomed and heartening to see. I am delighted that the various schools in our area want to be involved with the ANZAC Day Commemoration Services and the RSL Sub-Branch will always welcome and encourage their participation.

Again, on behalf of my committee and members, thank you and we look forward to your support again next year as we remember the beginning of World War One.

**Terrence Roe JP | President, South Arm RSL Sub-Branch Inc.**

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## Recipe—Spicy Red Lentil Soup with Yogurt

- ½ cup (100g) dried red lentils – rinse under cold water until water runs clear
- 1 litre (4 cups) chicken stock
- 1 can (400g) diced tomatoes (or fresh)
- 2 dried bay leaves
- 3 cloves garlic, crushed
- a few large dollops of a mild curry paste
- 2 small carrots, chopped coarsely
- 1 stalk celery, chopped coarsely
- 2 medium potatoes, chopped coarsely

Combine all ingredients in a slow cooker, on low, for 6 hours. Season with pepper and salt. Serve with ½ cup Greek style yoghurt and ½ cup chopped fresh coriander (if it takes your fancy) and crusty bread. Serves about 4 people.

## South Arm Coastcare



Thanks Coastcarers! A very successful morning was spent burning weed shrubs and planting natives at the northern steps to Opossum Bay Beach. It looks great now and it will look even better when the plants grow. The next working bees, in May and June, will be at South Arm Beach, meeting at the Saltair Court beach access. Hope to see a few new faces and hear a few new ideas.

RAE CALVERT | CO-ORDINATOR

PHOTO: Noela and others hard at work at Opossum Bay.



## CONTINUED P.1 WINTER WHALE WATCHING

...there are Australian national whale and dolphin watching guidelines to ensure both your safety and to protect the welfare of the animals. Guidelines are available at [www.environment.gov.au](http://www.environment.gov.au)

Lucky enough to see a whale? Call the whale hotline **0427 WHALES (0427 942 537)**. Call this number to report whale sightings in Tasmanian waters, whale or dolphin strandings, injured whales, dolphins or seals, strange or unusual marine mammals and turtles.



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Authorised by Tony Mulder, Parliament House, Hobart



You know Tweetie, I don't think this mob gets it. Bridge is actually a card game.

By GRM'sfairetales



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## Cremorne Bowls Club

The Cremorne Bowls Club's summer season is over. Pennant Bowls saw the men just able to avoid relegation in Division 2 and finish just out of the finals in Division 5 whereas the women were able to play off in the Grand Final of Division 3. The success of the women was in large part due to the effort they put into practice and the comradeship that comes with a truly team effort. The men have a bit to learn.



Barefoot Bowls are a thing of the past. The inaugural Premiership trophy was won by Davros from Lauderdale after a very close season the final came down to an extra end being played after a draw at full time. Now we move inside where it is warm, and the competition is hot. Indoor Bowls on Wednesday has become a tradition and it is yet to be decided who can beat Black Caviar. I would like to congratulate the following Club Champions for their well-deserved victories:

- Women—**Kay Wood** | Men—**Geoff Jones**
- Team of the Year—**Margaret Bickers, Mary Venn, Nola Taylor and Marcia Keady.**

GLENN BREMNER

## Art Class

Art classes have started again at the South Arm Community Centre and are proving very popular. Join mentor Karen Marlowe at 10.30-12.30, Wednesdays at the centre. For information email Pene: [seafoam@bigpond.com](mailto:seafoam@bigpond.com)

## Stories from the Seashore

(Things that make our Peninsula special)

Standing on Arm End last winter on a frost rich morning, watching white-faced heron stalking along a track, and a head-turning glimpse of a tiny mushroom brown mouse racing down a wisp of long dry grass.

Dusk on a late summer evening towards the end of Spitfarm Road. A brown hawk sits on the curve of a street light, head turned towards this entranced human standing below. Moments later, it loses interest, perhaps deciding my food unworthiness, and returns to scanning the grassland for mice or small birds. It will swoop on its prey from this sitting position, hovering only occasionally.

The autumn equinox passes. I approach the western end of the Neck at dawn on the journey to work and watch a flight of dotterels soar, swoop and arc over the shallow bay. Catching the golden light they flash silver, white, brown. Nature's traffic light of joy for the heart.

Winter and spring loom ahead in the eternal cycle.

MARGARET SCOTT (Copyright © Margaret Scott 2013)

## A local icon, a local read

Keep an eye out for **History of the Iron Pot—Derwent Light** by Suzanne Smyth. For sales and enquiries contact the author on 0409 259 118 or at [suzannesmythe@y7mail.com](mailto:suzannesmythe@y7mail.com). The book is also available at The Hobart Book Shop, Dymocks, Fullers and Just Tassie Books. A small number of copies are available at the South Arm Pharmacy.

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## ROBERT GOYNE

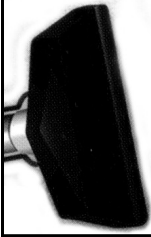
Area Specialist

Now in my 26th year as a real estate consultant living and working in the area and my wife Maryse runs the Iron Pot Coffee Lounge. Fall Real Estate have three offices to display your home plus all the technology to showcase your property. However, it's good advertising, local networking, and 7 day availability that makes me the Paradise Peninsula real estate specialist that you need to have working on your property.

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**SOMETHING TO SELL?  
SOMETHING TO GIVE AWAY?  
LOOKING FOR SOMETHING?  
DO YOU HAVE A VACANCY?**

Now that there is a little more space to play with a **Classified Section** could become a regular feature of this newsletter. Send in your items/requests to the editor (see page 2) marked as **FOR SALE, WANTED TO BUY** or **GIVE AWAY**. It is possible to list garage sales although the timing of the newsletter may not always suit.

Also if you have a **Vacancy**—either paid or volunteer—please consider advertising locally, free of charge.

## Feature Photo — Men at Work



## BP Lauderdale Service Centre



All type of mechanical and servicing:

- cars - 4x4s - motorbikes - trailers - lawnmowers -

**Petrol and Diesel**

- puncture repairs - new tyres - fuel injector cleaner -



Plus all your daily needs:

Mercury - hot pies - drinks - mobile phone credit

- ice - bait - cigarettes - chips - lollies -  
gas bottles - exchange or fill



Local owners James and Kylie Baldwin welcome you:  
538 South Arm Rd, Lauderdale 7021 Ph: 6248 1026

The feature photo for this issue—**MEN AT WORK**—was sent in by Pam Larkins who captured all the BBQ action at the Community Market. The efforts of the Sub-Branch are very much appreciated! **See page 2 for a Feature Photo whale challenge.**

## Fitness & Wellbeing Classes at South Arm Community Centre

Commencing 4 June, Tuesday and Thursday. Everyone is welcome, all ages and abilities including those with disabilities.

### At 9:30am—Group Personal Training

For those who want to:

- Increase heart and lung capacity
- Tone and strengthen muscles and joints
- Increase their flexibility

### At 10:30am—Gentle Exercise and Relaxation

For the elderly or those who need to take it more slowly:

- Gentle movement
- Muscle strengthening
- Balance and flexibility

My name is **Gemma Meincke** and I have over 30 years experience as a Registered Nurse and nearly 10 years experience in the Fitness Industry. Cost per person not more than \$10 per session, and less if numbers are good! Phone: 0417 598 797 for enquiries and more details about the sessions.

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**ACCOMMODATION**

**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**

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**THRRO**

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


**AUTOMOTIVE**

**Auto Towing & Windscreen Repairs**

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

**BUSINESS**

**Mj's Hair Design**

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**Website — Think Tasmania**

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Contact Tania to have your business included: 0407 790 642 or email [tania@think-tasmania.com](mailto:tania@think-tasmania.com)

**CEREMONY & CELEBRATION**

**'Celebration by Ceremony'**

Kaye Wilkinson-Green, Civil Celebrant in Sandford. For Meaningful Rites of Passage contact [kaywilkgreen@bigpond.com](mailto:kaywilkgreen@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](mailto:lynn@joyouscelebrations.com.au)

**FOOD & EATING OUT**

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

**South Arm RSL & Comm. Club**

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

**Iron Pot Coffee Lounge**

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

**FOR HIRE**

**Calverton Hall & Oval**

Hall and Oval Hire — Joan 6239 9141

**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

**Massage Therapy**

Remedial, relaxation, sports, deep tissue.  Local home visits: +-\$80/1hr (health fund rebates apply). Availability as of 1 July: Tues & Thurs 2:00-6:30pm (last appt 5:50); Wed 10am-6:00pm (last appt 5:00). Contact Nele 0448 387433

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**SPECIAL INTEREST**

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**Family Portraits**

Portraits with a personal touch. I come to you or wherever your family is happy, to get the individual, fun and beautiful family photographs you want. Discuss your ideas with Kate 0427 561 565

**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)

## Community Meetings, Classes & Events

### LOCAL SERVICES CONTINUED

#### TRANSPORT

#### Community Bus

Each Tuesday to Hobart. Available some other days with times to suit. Enquiries and bookings: Fred Herbert 6239 9111

#### 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

#### Apex Trampoline Club

Join one of our exciting classes: beginners, recreational, and elite. Now located at the Lauderdale Primary School Sports Stadium. Contact Ben Kelly 0414 477 346 or apex.trampoline@gmail.com. Visit [www.apextrampoline.gymnastics.org.au](http://www.apextrampoline.gymnastics.org.au)

#### Beachside Health and Fitness Exercise Class

Tuesdays 11am-midday & Fridays 10 - 11am at Lauderdale Hall. Dumbbells/bands for strength, agility/balance exercises, stretching and flexibility. All welcome, just come along. Contact Darrel 6248 7145.

#### Bible Discussion

Fridays 10.30am at St Barnabas Hall. Contact Jane Beavan 6239 9244.

Monday evenings, 7:00pm.

Non denominational Bible discussion. Phone Paul & Wendy Fenton 6239 9234

#### Bridge

Tuesday, 7:30pm. Ph: Noela 6239 9172

#### Church Events

Gardening at St Barnabas. Second Saturday of each month at 9.30am. Contact Kaye 6239 9656

#### Church Services

**St Barnabas**, South Arm, Sundays at 5:00pm with a weekly children's program. Meal following every 1st and 3rd Sunday of the month.

**St Martins**, Sandford, Sundays at 8:00am.

**St Matthews**, Rokeby, Sundays at 10:00am. Contact Ross 6223 8843 or Jane Beavan 6239 9244.

#### Clifton Beach Surf Life Saving Club

Membership, sponsorship & clubhouse inquiries: President-Craig Sly, Sandford, 0418 136 470; Vice President- Maree van Galen, Clifton Beach, 6248 8465; Denise & Ron Kelly, South Arm, 6239 9283; Shayne Clark, Sandford, 6248 9101 or visit [www.cliftonbeach@slst.asn.au](http://www.cliftonbeach@slst.asn.au)

#### 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)

**South Arm**. Last Sunday of the month, 10am at Saltair Court, South Arm. Ph: Rae 6239 9342

**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 Conventor, 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 Crt, 9:00am approx at Half Moon Bay. 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, 4:00pm. No meeting for January. Ring Barbara 6239 9897 or Dot 6239 9190.

#### Heartmoves

Gentle Exercise, Wednesdays, 2pm at 1544 South Arm Road, Sandford. Contact Jenny 6248 9125 | 0417 489 145

#### Indoor Bowls

Calverton Hall, 1:30-3:30pm on Mondays. All welcome, just come along. Phone: Sue 6239 9237

#### 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, 9am—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)

#### 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 or Helen Richardson 6239 9874 | 0448 915 684.

#### South Arm RSL Sub-Branch Inc.

General Meeting 4pm on the 2nd Thursday of each month at the RSL. Contact Terry Roe 0400 140 870 or email [troey1@bigpond.com](mailto:troey1@bigpond.com)

#### Tai Chi @ South Arm

Friday, 3.30-4.30pm at Calverton Hall Enq: Marigold 6239 9541

#### Yoga—with Atmashakti

Tuesday and Thursday evenings at Half Moon Bay. Phone: 0400 507 748