

# South Arm Peninsula Newsletter

ISSUE 4, AUGUST/SEPTEMBER 2013



## EXHIBITION A WIN FOR ARTISTS, LEGACY AND OUR COMMUNITY

What a weekend it was – from the 19<sup>th</sup> to the 21<sup>st</sup> July we experienced the best of community and possibly the worst of the weather!

On set up day, two of our key organisers were taken away with a medical emergency and we wondered how we'd manage – after all we only had 80+ artworks to hang, craft to display and 110+ people coming to the Centre for the launch that evening....

But, as we all know, South Arm is pretty amazing and when word got out, locals and artists alike were all asking how they could help. Gotta love this community! Well managed by Ainsley and Ros Smith, the set up was completed in plenty of time. And what a fantastic exhibition it was in so many ways – the artworks were wonderful with many depicting local and familiar scenes. It was good to see so many people coming to admire (and buy!) the works and catch up with friends and neighbours. Seeing our Community Centre in action once again was a heartening bonus.

**bITS in a bOX Art Challenge:** given the response to this new concept, it's sure to return. 34 boxes went out and 26 amazing artworks came back. Voting was close but the Fullers Bookshop People's Choice Award went to Sue Holm for *Time Flies*. An encouragement award from the organisers was also given to Mackenzie Pohl for her Sushi Chef. It really was inspiring to see just what can be made from some random items and a dose of imagination.

**Raffle winner:** Maurice Potter and his lovely wife Pauline will be Meandering off to Quamby Estate for a quiet dinner for two and night's accommodation. Perhaps a special wedding anniversary celebration?! Thanks to Jim Henry for providing this wonderful prize. **Continued p.4**

## THEFT OF SOUTH ARM RESERVES SIGNAGE

**CAN YOU HELP?** Signage entering reserves along South Arm Highway have been subject to theft recently. This signage is important for visitors and locals alike,



marking entry points to reserves, and as reminders of the regulations that apply. With a replacement cost of approximately \$400 per sign the theft of these at six locations is a significant loss. The time and resources to manufacture and replace these stolen signs will be at the expense of managing reserves in this region.

If you have information that could help us recover these signs, please contact the Tasmanian Police on 131 444 or the Parks & Wildlife Service on 6214 8100.

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### COMPETITION

Win a **SOLAR HOUSE NUMBER** for your property — there are 5 up for grabs. Open to residents of the South Arm Peninsula. Find all the details on page 3.



presents

### PIGGY LEAKS

In case you haven't seen the signs around the peninsula (and beyond)...it's on again with four shows in August. See page 7 for dates and ticket information and support this popular local production for its 2013 season.

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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 18 SEPTEMBER 2013.**

#### SAPRA COMMITTEE MEMBERS

TBC (President).....  
Ian Calvert (Vice Pres)....0418 138 090  
Kerry Scambler (Treasurer).6248 9302  
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Pene Marshall.....  
Sharyn Von Bertouch.....0429 199 113  
Karryn Dargue.....  
Jamie Whittaker.....  
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.

### FOOD CONNECTIONS CLARENCE PROGRAM

South Arm will become a hub for the **Food Connections Clarence Program**. The aim of this program is to provide packaged cooked food to older isolated people in the community. The meals are cooked fortnightly and distributed from Geilston Bay High School. The school sources produce for the nutritious meals through donations from Second Bite Tasmania and also purchases additional produce where required. Catering students from the school prepare the meals from a fully equipped commercial kitchen on site and the menus are well vetted. These meals are made available to community hubs to be distributed to residents at a very minimal cost. If you think you might be eligible and want to discuss the program please contact **DOT KELLY** on **6239 9190**

### CREMORNE COMMUNITY GROUP INC.

We have been lucky to receive a Clarence City Council Community Grant which will underwrite our Cremorne Day celebration in October and our Summer Solstice event in December. If you would like to be involved in the Group's activities please join us at our next general meeting which will be held at the Bowls Club on Tuesday 10 September 3:00pm. For more information refer regularly to our website [cremorne.tas.au](http://cremorne.tas.au)

**VICKI PEARCE** Convenor | Cremorne Community Group Inc.

### School Holidays

**Term 3 finishes Friday 27 September with students returning to school for Term 4 the week starting 14 October 2013.**

### Community Centre: Donations needed

The South Arm Community Centre is in need of wine glasses and a mirror for the ladies toilet...donations would be very welcome. If you have any other (surplus) items that would suit the community centre please get in touch with a member of the SAPRA committee. The more items the centre has at its own hands saves money and time for those wanting to use the facility, particularly to host events.

**SAPRA COMMITTEE (details to your left)**

### This newsletter— Straight to your inbox!

A few people have asked me over the last month if I can provide an electronic copy of this newsletter. This is no problem at all but you will need to drop me an email to receive a pdf version [annaliesecaney@hotmail.com](mailto:annaliesecaney@hotmail.com) Please note Australia Post deliver our newsletters to your other box and we cannot accommodate individual requests to receive only electronic issues. Look forward to hearing from you!

**ANNALIESE CANEY** | Editor

Rainfall	Cremorne	Opossum Bay	Sandford	South Arm
May 2013	40.0 mm	29.6 mm	49.0 mm	59.5 mm
June 2013	30.5 mm	34.2 mm	43.5 mm	29.5 mm
<b>2013 Year to Date</b>	<b>175.5 mm</b>	<b>185.4 mm</b>	<b>216.5 mm</b>	<b>164.5 mm</b>
2012 Year to Date	232.25 mm	285.0 mm	295.0 mm	223.5 mm
	Geir Hurlen Rødven	Karen Wheeler	Morrie Larkins	Noela Foxcroft

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## SOLAR HOUSE NUMBER COMPETITION (AND A BRILLIANT IDEA!)

Solar house numbers...you can get them at our big hardware stores, you can get them on the net, you can buy one from eBay. They are usually under \$50. In fact Bunnings are selling them for only \$13.50.



Emergency services, friends, and couriers will be able to find your house. Our Community Emergency Response Teams recommend them...being able to find your house quickly may just save your life.

**WIN A SOLAR HOUSE NUMBER.** Just tell us how you think a backlit street number would be really good for your house/block/property in a short paragraph. SAPRA will give a solar powered illuminated number to the 5 best answers – one for each suburb across the peninsula – Cremorne, Clifton, Sandford, South Arm and Opossum Bay. Send your entry to Kerry Scambler ([kerry@smsaccounting.com](mailto:kerry@smsaccounting.com)) or mail to SAPRA C/- South Arm Shop. Please include a contact phone number or email and indicate your suburb. Competition closes 1 September 2013.

**Note:** Winners of the competition will be notified individually and names published in this newsletter.

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Authorised by Tony Mulder, Parliament House, Hobart

## SOUTH ARM GARDEN CLUB

Our Garden Club often has visits to gardens on the Peninsula where we pick up tips on how to be water-wise, mulching, planting shrubs, flowers and vegetables. With the lack of water for some on the Peninsula and the sandy soil, having a garden can be a bit of a challenge. We recently had a most enjoyable garden club outing to Darryl and Lu Howlin's and afterwards to Rae Calvert's, both in Opossum Bay.

Both gardens had much to offer by way of inspiration. The avenue of Acacia baileyana at Rae's was an absolute picture, while the vegetable and also the walled garden at Darryl and Lu's was amazing. (You may have bought bok choy or chillies off them at the market recently). Their vegetable patch is extensive and getting bigger while the walled garden has around half a dozen citrus trees, all very healthy. It was interesting to see that they used lawn clippings for mulch. No sign of weeds!

If you are interested in joining the Garden Club we meet on a monthly basis on the Monday after the Community Market at the beginning of the month. At present the starting time is 3pm. So just come along and find out more about what activities we have or talk to someone on our market stall at the market.

**See page 12 for more information on the garden club.**

**Pictured below: Lu Howlin showing off her greens!**





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## Art & Craft Exhibition...continued p.1

**Launching the exhibition**, Mayor Doug Chipman congratulated everyone on their efforts and commented how the exhibition showcased the potential of the Community Centre. (That's your Community Centre folks!).

### Important thanks you's:

- Nicholls, Tassal, Inghams and Golden Farms the ingredients and Maryse at Iron Pot Coffee Lounge for the delicious food she produced with the donations.
- James Boag, Fullers Bookshop, Bendigo Bank, SAPRA, David Tollard, Clarence Council.
- To all the artists who shared their works and to all the visitors who came, saw and bought!

A big thank you to Premier Lara Giddings for her assistance with launch expenses and to the South Arm RSL Sub Branch Inc for their donation as well – it meant we could celebrate in appropriate style without using funds that might otherwise be destined for Legacy. Thanks also to co-organisers Pam & Morrie Larkins and Cheryl Talbot, the set up crew, the food crew, the bar girls, auctioneer, business supporters and all the other wonderful people who helped us **raise around \$4,000 for Legacy** and had a pretty good time doing it, despite the odd hiccup!

**More photos and updates on our Facebook page – look for South Arm Art & Craft Exhibition.**

**KERRY SCAMBER, Exhibition Coordinator**

## ST.ART FESTIVAL

Established in 2008, the ST.ART Festival is a celebration of street art that encompasses everything from reverse graffiti and guerrilla knitting to stencil craft and aerosol design. Serving as the culmination of the previous year's workshops in schools and communities, ST.ART also features exhibitions and demonstrations from artists at the top of their field. The Festival is ALL AGES and is a drug & alcohol free event ....and its FREE!

**24 August 2013, 1:00-5:00pm. Various locations around Rosny.**

## SAPRA AGM

SAPRA will set the date for its AGM in the coming weeks. Keep an eye out for notices in the shops and community centre. Please give some thought to joining the Committee or helping out with the Community Centre or other events as they come up. The more people involved the more we can achieve!

## QUIZ NIGHT

At the end of June a quiz night was held at the Calverton Hall. About 66 people from all over the peninsula attended and a good night was had by all. There was much laughter and some very funny answers to the questions. There were ten sets of 10 questions. Most of the questions were general knowledge and in a group of six people there was usually someone who could find an answer. It was a good fun night and the money raised -\$724- was given to a fund for training chaplains that attend, hospitals, prisons and schools for example. The team which won came from Rokeby and the second from Sandford. I am already being asked when will the next one be held!!

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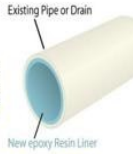


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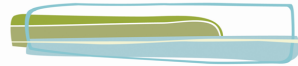
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## COMMUNITY PHARMACY Know Your Numbers

SOUTH ARM COMMUNITY PHARMACY



### What is blood pressure?

Blood pressure (BP) is a measurement of the force your blood puts on blood pressure walls as it travels through your body. Blood pressure varies throughout the day to meet your body's need and most people cannot feel when it is high. High blood pressure is sometimes called the 'silent killer' because sufferers can have high blood pressure and show no warning signs. High blood pressure can lead to a number of complications including stroke and heart attack.

### But what is normal?

Normal blood pressure is 120/80 or lower. A reading between 120/80 and 140/90 is considered high normal. BP greater than 140/90 is high and requires further investigation and/or management. BP greater than 160/100 requires urgent attention.

### What is a stroke?

A stroke happens when blood going to the brain is interrupted. Blood is carried to the brain by blood vessels called arteries. Blood may stop moving through an artery because the artery is blocked or has burst. The lower your BP, the lower your risk of stroke.

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### Manage your risk factors

A risk factor is something about your body or behaviour that has been proven to increase your chance of disease. The more risk factors you have the more likely you are to develop disease. There are many risk factors you can reduce or control:

- Smoking- [www.quitnow.gov.au](http://www.quitnow.gov.au) or 13QUIT
- Unhealthy food choices – [www.gofor2and5.com.au](http://www.gofor2and5.com.au)
- Being physically inactive – [www.findthirty.tas.gov.au](http://www.findthirty.tas.gov.au)
- Being overweight – [www.measureup.gov.au](http://www.measureup.gov.au)
- Too much alcohol
- High BP
- High cholesterol

### Know Your Numbers

The Know Your Numbers program is an initiative of the National Stroke Foundation. Most of this information was derived from this program. **South Arm Community Pharmacy is an active participant in this program and we would love to help you get to know your numbers. We offer blood pressure and cholesterol testing and can help assess your risk of cardiovascular disease. Come and talk to us about your risks and what actions you can take to keep healthy.**

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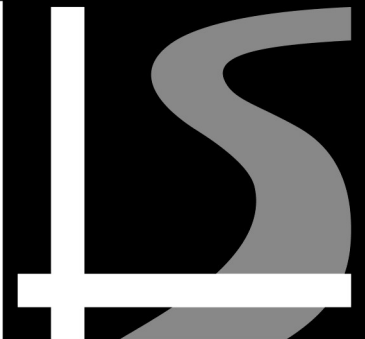
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## SOUTH ARM COMMUNITY MARKET

So it's been a bit cold lately but we've got some real winter warmers for you at the South Arm Community Market. Many stalls have fruit, vegies, jams, relish, sauces, cakes, biscuits. Have a cook-free day and buy a delicious pie from Lesley (pictured below) and the greens and chillies (to your right) have come straight from a local garden—why buy supermarket vegies when you can get fresh organic vegies? We know they last so much longer and taste so much better!



There are plenty of home grown products — stop by the Garden Club stall — and home made products to make you feel good and to give as gifts. A bunch of flowers to give to your Mum...locally grown olive oil, how good is that!

Check out the neck warmers, they will help you get out and about on cold days. Remember there is no such thing as bad weather, just inappropriate clothing! There are lovely sweet smelling soy candles give your house a warm glow...and beautiful hand-made soaps from Anna to leave your hands clean and smooth with a delicate aroma (pictured below).



Car boot sellers are proving popular...consider a spring clean out as one person's trash is another's treasure! And if nothing else catch up with friends and neighbours and

have a sausage and cuppa to warm you up.

**The community market is on the first Sunday of each month—  
9:00am to 1:00pm at the South Arm Community Centre**

**A note from the organiser:** Just to let our patrons know that Bob Manning won't be back till the October market, so hold on he will return. Meanwhile, we have been experiencing some beautiful vegies from a young lass with Bok Choy, chillies, rhubarb, and much more on offer Lesley will be away for the September market and she is leaving with me some jams and sauces if you would like to get stocked up. **PAM LARKINS | Market Coordinator**

## BLESSINGTON COASTAL RESERVE ACTIVITY PLAN 2013-18

The *Blessington Coastal Reserve Activity Plan 2013-18* has been adopted by Council and is available for viewing on the Clarence City Council website [www.ccc.tas.gov.au](http://www.ccc.tas.gov.au).

It is pleasing to announce that funding has been allocated in Council 2013-4 budget to implement some of the Plan's recommendations. These include the drafting of a track options report namely '*South Arm Track Investigation*' which proposes three options for the alignment of the track linking Spring Beach to St. Johns Beach. In accord with the Plan this report will form the basis of an extensive community consultation program to engage the South Arm Community on their preferences in relation to the linkage track. This consultation period will be heralded by a mail out to all residents in South Arm as well as installation of signs at the Reserves entrances. These will invite interested folk to view the *South Arm Track Investigation* report on the Council website. Both the mail out and the website will also detail how to register your preferences using an Options Registration Form.

Another project to be funded this year will be the construction of a track connecting the South Arm Car park along the upper Jetty Rd service road to the Reserve entrance. This gravel track will be constructed in association with the up-grading and sealing of the lower Jetty Road and footpath.

**For further information contact either MARY MCPARLAND or PHIL WATSON on 6245 8600**

## PIPE CLAY COASTCARE

Slowly but surely the corner of Cremorne Ave and Frederick Henry Parade (at the shop) is turning from an African Box Thorn infestation into a weed free mulched native plant patch with the help our new trailer through funds from the Tasmanian Community Fund and local hands – many thanks. For our August working bee (Sunday 18th) we will be helping with tree planting on the Crow's farm. We will start with the row along the roadside which will be a beautiful avenue in years to come. There's a lot to do and extra help would be most appreciated. Please let us know if you can give a hand – bring along a shovel, gloves, thermos and cup – morning tea refreshments provided. **Coastcare details are on p.12.**

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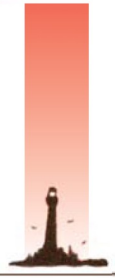
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## STORIES FROM THE SEASHORE

(Things that make our Peninsula special)

Tranquil conditions for my early morning walk along the beach today - lovely light, some low cloud and overcast. The walk to the local store sets me up for the hump day on my abbreviated week. Water gently lapping at the tide line, small skates in clusters of two to three in the shallows all along the beach. Met Phil as per usual, with his skate-fishing Golden Retriever Lillie. The local pyromaniacs have been busy overnight - the old Opossum Bay jetty timber that Jamie had hauled up to dry out is now, alas, burnt out.

ROBIN

## PIGGERY PRODUCTIONS presents...



## PIGGY LEAKS

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FRIDAY AUGUST 16 & SATURDAY 17

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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.

## CREMORNE PLAYGROUP

The last Monday of the month, weather permitting, we aim to head out to a new spot. For our June outing we tackled indoor play centre Far Out at Mornington. A full on fun time was had by all – although it was not so relaxing for the parents of little ones. During the school break we were both at the beach and the Foreshore Tavern. It's now back to school and back to our usual spot at the Bowls Club with a new craft roster being put in place. We welcome new faces and hope to see you there. Feel free to contact us to find out more, see p.12.

## GENTLE DANCING — Are you interested?

Now you are older, do you feel you would like to still dance? We hope to start a gentle dancing group at the South Arm Hall but only the good old dances we used to know so well.

Would you like them:

- Once a week?
- Evenings for 2 hours - 7pm to 9pm?
- In the afternoons - 2pm - 4pm?
- Please let me know your thoughts and ideas.

Call **Dot Kelly** on **6239 9190**

## SOUP & SANDWICH

Lunch dates for the coming months are: 19 August, 16 September and 21 October. See page 12 for more information and contact details.

## SOUTH ARM COASTCARE

South Arm Coastcare has gone into recession for a year as I need to recharge the enthusiasm batteries!!! Thank you to the wonderful people who have helped with Coastcare. I hope you look around, as I do, and see the improvements we have made. You can still pull out those Boneseed seedlings when you see them, pick up litter and keep an eye on the South Arm and Opossum Bay Gardens to weed, straighten up plant protectors, water over summer.

See you all in a year.

**RAE CALVERT**

## RECIPE — Simple Date Balls

- 1 & 1/2 cups of dates
- 1 cup raw almonds
- 1/4 cup cocoa powder
- 1 tsp vanilla
- 1/2 tsp cinnamon

- 1 Soak dates in boiling water for about 10 mins to soften them up.
- 2 In a food processor blend almonds until they are chopped into small pieces.
- 3 Add all the remaining ingredients and blend until it becomes one big clump.
- 4 Roll in balls and serve or refrigerate.

This recipe is easy to adapt — use cashews or walnuts instead of almonds, shredded coconut, honey, nut butters, raisins, dried goji berries and dark chocolate and even frozen raspberries. [this recipe was borrowed, with permission, from the local playgroup network, derived from livinpaleocusine.com]

## SOUTH ARM WEBSITE

One of SAPRA's long term projects has been the development of a website for South Arm and its not far off being launched. If you are interested in advertising a local business or promoting your work please get in touch with Kerry on [kerry@smsaccounting.com.au](mailto:kerry@smsaccounting.com.au) or 6248 9302. Many thanks to **Kent Moore** for being so generous with his time and knowledge and enabling the website to come to life.



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## GET A HEADSTART ON YOUR SPRING GARDEN

It's almost too late to prune your fruit trees now. Although it's harder to see the structure of the tree in full leaf, it is better to prune mid-summer in small gardens where size needs to be contained.

In the flower garden, now is a good time to cut back Salvias, Erigeron (Sea Daisy), Plectranthus, etc. If you haven't pruned your roses that could be done now and miniature rose bushes can be cut back to 1/3.

### PLANT NOW:

- Artichoke off-sets (suckers)
- Asparagus and rhubarb crowns – both of these grow well down here, but need lots of manure and mulch and regular water the first year to give them a good start.
- Divide up your chives and plant them as path borders, they look great and it's good to have lots of chives (Mondo grass, the trendy path border, isn't edible)
- Certified seed potatoes (planning to have them pop up AFTER the frosts have gone);
- also shallots, potato onions, garlic cloves and oca (Oxalis tuberosa).
- Sturdy young seedlings of cabbage, cauliflower, celery, broccoli, lettuce, onion and leeks.

**Sow direct:** peas (including delicious snow peas), broad beans, turnips, swedes, Asian brassicas, English spinach and onions.

**Sow under glass (Sept)** tomatoes, zucchini, in containers (or a sunny spot inside), give sweet corn a miss unless you have plenty of water. Start that pumpkin for the pumpkin competition next May!!!

## Clarence Prize for Excellence in Furniture Design 2013

The Clarence Prize is a biennial prize that seeks to encourage excellence in art and design practice, while enhancing the City of Clarence's art collection with significant works. The Clarence Prize has found its niche within Australia's art community as a prize that celebrates accessible furniture art. **Rosny Barn. 6 – 29 September.**

## ART CLASS

The local art group is taking a break over winter, classes will start up again in the spring. The group were enthusiastic supporters of the Art & Craft Exhibition. Below is **Gordon Yemm** with his entry in the **bITS in a bOX art challenge**.



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## ROBERT GOYNE

### Area Specialist

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## HISTORY AND HERITAGE: Looking back to our early settlers in South Arm

Henry Alomes and his son in-law Alan Calvert continued to produce a quantity of apples and pears for the UK and Sydney market. You could say eighty percent of the farmers were in production of all varieties of fruit with some growing apricots and melons for the jam market which was sold to H. Jones & Co. Hobart. The two brothers Edward and Leslie Alomes continued farming until Leslie Alomes sold his portion of land to Mr. Robert Giblin who then sold it to Mr. Murrium Sweet in 1960. Mr. Sweet commenced the development we now know as Oakleigh Subdivision and Blessington Street.



**Start of the Oakleigh Subdivision 1960**

It was 1962 when Pauline and I purchased our first block of land; in the photo here you can view the very first homes to be built overlooking the jetty and water front. The owners were Mr. Ian Kerlake, Mr. Ron Alderton, and Mr. & Mrs. Quon. In the lower left hand corner of the photo is our home then under construction. Mr. Ron Alderton was selling the

blocks of land as he was working in real estate at the time; he built his home as he viewed it as the perfect spot to retire. The subdivision was built in three stages as the blocks sold Murrium would open up the next stage. The old homestead "Oakleigh" which was named by the late Leslie Alomes can be seen in the centre with the remains of the horse stables and the old barn. Mr. Sweet was a much laid back semi-retired person who had lived most of his life in New South Wales. He had been involved with the development of land in the area of Picton N.S.W. He would be well remembered by many of the people who purchased a block of land along Blessington Street. As the first South Arm R.S.L. had just been completed it became a popular place to find Murrium on a warm sunny day and many a deal for a block of land was conducted while having a beer or two. He was a man who fitted in well with the community in those days to the point if there was any reason to have a party he would invite everyone along supply a barrel of beer and organize the entertainment for the children in the way of a roundabout, this was supplied and operated by Mr. Mick Savage. Today we can see some of the mistakes that were made as some of the blocks of land were too small which meant many purchased two blocks together so as to build a larger home. Others purchased a five or ten acre block as these became available. This story will be continued in the next issue. **MAURICE POTTER**

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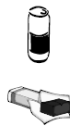
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**ACCOMMODATION**

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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

**ANIMALS**

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**BUSINESS**

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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

**CEREMONY & CELEBRATION**

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**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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**Scrapbooking Classes**

Clifton Beach area. Guidance, assistance, some supplies. Small groups, beginners welcome. Contact Karen 6248 8879 | 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@cremore.tas.au](mailto:ccg@cremore.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 [troy1@bigpond.com](mailto:troy1@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