

# South Arm Fire Brigade Volunteer Fire Brigade

# **Service Awards**

We had the pleasure of awarding four members with the Tasmania Fire Service Volunteer Medal. This recognises over 10 years dedicated and diligent service to the community.

Matthew Easther and Brett (Bluey) Arnold were awarded the 20 year medal and clasp, while Geoff Davis and Ian Hamilton were awarded the 10 year medal (pictured left to right).

The medals were presented by the Volunteer Association at our AGM. Whilst none of our volunteers provide their service for the accolades, it was significant to acknowledge the huge effort each of these men have dedicated to the fire service and the South Arm community.



# House Fire Training



The week after the awards we were back into the thick of training, with extensive house fire training as part of preparation for our refresher assessment. Each year our breathing apparatus (BA) operators are assessed for their ability to correctly wear the full gear and put it on in lightning speed.

They also practice special door entry methods to the fire, and search and rescue techniques in darkened and obstructed buildings. It's possible some members got a little carried away when placing the obstacles, but Jack (the bulldozer?) showed us how it was done. We are very lucky to have a thermal imaging camera (TIC) so the firefighters can see through the smoke and darkness, helping them search.

# **Mid-winter grass fires**

During a hot and windy July night we had several running grass fires to deal with. It's a surprise in mid-winter but shows how quickly the wind can dry vegetation and how vital it is to never leave a fire unattended.

Even though you currently do not require a permit, we strongly encourage landowners to ring the TFS info line <u>1800 000 699</u> prior to lighting any fire. This prevents unnecessary false call outs and is a source of valuable advice. **If you are ringing to report a fire, the number is ALWAYS 000.** 

Val Ansett | Brigade Chief | South Arm Fire Brigade



We acknowledge the palawa people (Tasmanian Aboriginal Community) as the traditional owners and ongoing custodians of lutruwita/Tasmania - its land and waters. We acknowledge their long history and deep connection to this place and pay respect to Elders past, present and emerging.

The paper and printing of this newsletter is kindly supplied by Heather Chong.

# About this newsletter

Contributions to the newsletter close the 2nd Friday, every 2nd month - next due date: Friday 8 September 2023

Individuals and groups are invited to submit notices, reports, photos, articles or other contributions. Send contributions to <u>editor@southarm.tas.au</u> Editorial and advertising enquiries -

Kerry Scambler, <u>SAPRAPres@southarm.tas.au</u> 0407 875 460

This newsletter has been published since 1989 by the South Arm Peninsula Residents' Association Inc. (SAPRA). It is distributed bi-monthly across the South Arm Peninsula community - Sandford, Cremorne, Clifton Beach, South Arm and Opossum Bay.

Opinions expressed in articles are not necessarily the views of the Committee.

### Digital newsletter in colour!

Subscribe to the digital edition - email editor@southarm.tas.au Find all editions back to 2012 here:

www.southarm.tas.au/south-arm-news

# **Printed copies**

Delivered to your mailbox (Sandford, Cremorne, Clifton Beach and Opossum Bay), and your PO Box (South Arm)

# SAPRA Committee:

President: Kerry Scambler 0407 875 460 | SAPRAPres@southarm.tas.au



Treasurer: Gillian Waldie 0408 123 906 SAPR SAPRATreas@southarm.tas.au

Secretary: Vacant SAPRASec@southarm.tas.au

### **General Committee**

Noela Foxcroft	0418 600 707
Michael Topfer	0400 416 099
Jenni McLeod	0448 515 867
Michelle Blom	0438 489 974
Tahnee Byas	0481 948 590

To address a committee meeting, please contact the the President.



# SAPRA: in your community

Here we are on the verge of Spring and heading to longer days. It's good for the soul to see the wrens in their blue suits and have the scent of jonquils wafting through the air.



### Pot of Luck Op Shop Fashion Showcase. Thanks to

Mary and our wonderful team of volunteers, the display in early June was a success - mixing, matching and showing off our high-quality clothing and accessories. St Barnabas catered as a fund-raiser so it was a win-win for community collaboration! Concepts are bubbling for another event(s) so stay tuned and please send us your upcycle/recycle inspirational ideas too!

**New SAPRA Committee Member**. We're delighted to welcome Sandford resident, Tahnee Byas, to the committee. Tahnee brings new expertise, experience and enthusiasm to our table. (You might have met her at the Market with Sarah Lovell MLC.)

**Solar panels approved**. Did you know the South Arm Community Centre is a Council-designated Emergency Recovery Centre? In its 2023/24 budget, Council approved funding for solar panels and battery so that if/when power is cut off during an emergency, we can focus on the looking after our community and managing the situation, not on sourcing generators.

**Centre upgrades**. Thanks to the wonderful support for our centre activities, we're working on upgrades for our 26 year old Centre, including LED lighting and vinyl laid in our kitchen. Other maintenance is ongoing and any assistance with handyman/tradie tasks most appreciated – please let us know if you could help.

Memberships now due for 2023-2024. Why join? Your \$2 per person helps us represent you and gets things done in our community. Membership form available on PXX and online at <u>southarm.tas.au/</u> <u>sapra-membership</u> Membership form available P7.

**AGM – 7pm, 19 October 2023**. Yes, it's come around again! We hope you'll join us to hear not just what SAPRA has been doing but from a range of community groups as well. Feedback has often been "it's always the best AGM I get to!". More information on committee nominations to come – in the meantime if you'd like to know more, please contact us.

We're looking forward to Spring when the Iron Plot will be bursting with colour and the sounds of spring and our Market will be back in action refreshed and ready to celebrate the new season.

Kerry Scambler | President | <u>0407 875 460</u> **SAPRAPres@southarm.tas.au** 



# Rainfall on the Peninsula

	Cremorne	Opossum Bay	Sanford	South Arm
May	24.50	17.40	21.70	17.20
June	54.00	59.40	54.00	49.70
2023 YTD	224.50	199.80	213.30	186.50
2022 YTD	319.00	274.40	288.20	241.10
	Geir Hurlen Rodven	Teresa Quine	Bradley Mollison	Bob Kimber

O'Bay: majority of rain in June fell over two days, 23rd - 17.2ml & 24th - 26.0 ml

# Where, oh where, has our fairy gone?

# Community Garden looking great but missing a treasured birdbath

The Iron Plot Community Garden is looking lovely despite it being the middle of winter. We've had many visitors from near and far complimenting the garden's upkeep and its welcoming atmosphere.

The Iron Plotters are volunteers and meet every Friday morning at 10 am for an hour or two. We have very little funds so rely on gifts of materials and use recycled materials wherever possible.

We are therefore very disheartened that items have been stolen in recent months – timber, some potted plants and, most recently, our treasured large statue – the fairy birdbath. This 1.5m fairy birdbath was a delight for young and old and is greatly missed by all. Please return our fairy as she belongs in the Plot to bring us all joy.

If you haven't been to the Plot, feel free to come and enjoy the garden any time, and remember we're there on Friday mornings and love to chat about gardening and plants.



The Iron Plotters. Rita, Anna, Jackie & Rae (with assistance from Andrea, Suzi, Rob, & Dave)



# WELCOME TO OUR NEW ASSISTANT EDITOR!

Paul Johansen has been warmly welcomed to the SAPRA team as Assistant Editor for the South Arm News. Paul has jumped in boots and all in this edition, working closely with Kerry to bring you all the local news and information we can pack into these 12 pages!

Thanks Paul for your enthusiasm and expertise, it's very much appreciated by the SAPRA Committee, and Kerry in particular!

# SAPRA Committee

# South Arm Primary



While it's still considered a 'winter term', Term 3 finishes with the first hints of Spring, and with that in mind we're looking forward to some exciting developments to our outdoor learning environments in the coming weeks and months.

Our Green Team will be looking to progress work to rid the campus of invasive agapanthus plants, utilising a Keep Australia Beautiful grant and seedlings from Sustainable Timber Tasmania to replace the 'aggies' with natives. Students will also be busy in the school garden, sowing, tending and (eventually) harvesting various veggies as part of our work with the Stephanie Alexander Kitchen Garden scheme, something we're able to participate in thanks to generous, ongoing support from the South Arm Community Pharmacy.

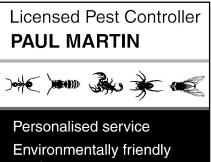
Another exciting development is the scheduled refurbishment of our wonderful outdoor stage, which is due to receive a significant makeover. As well as being the venue for assemblies, school meetings and other presentations, the stage is

where students eat meals every day - it's a real hub within the school. The planned works will replace much of the existing structure, ensuring better shade and protection from the elements, as well as additional decking and construction of a ramp to ensure accessibility for all.

Stu Warren, Principal, South Arm Primary School 6239 9126



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# Do you like gardening?

If you do, just an hour of gardening would be a great help in maintaining our lovely community. Here are 3 little gardening gatherings where you could help:

St Barnabas Church First Saturday each month, 10 to 12noon

Iron Plot Community Garden @ the Centre Weekly each Friday 10 to approx 11am

**Opossum Bay Park** 

Weekly each Wednesday 9.30 to 10.30am Enquiries - Rae 0417 555 175



# Cremorne Corner



# **Cremorne Community Group**



# Snake Bite First Aid - 10 Sep

We're really keen to build the skills of our local youth. Thanks to a Clarence Council Community grant, we're hosting a Snake Bite First Aid session. Whilst bites are rare, t's best to be prepared and know what to do. We hope this will be a great stepping stone, or extra boost, to build on first aid skills.



Youth is our focus but all ages are welcome to enjoy this day. If you'd like to get involved in any way, we'd love to hear from you - we're a small group and all help is appreciated.

#### Dealing with snake bites & understanding snake behaviour

Two repeat sessions: 10:30am-12:30pm & 1:30pm-3:30pm focus on youth to expand first aid capabilities + open to all ages. Get up close and personal with snakes & other reptiles with professional snake handlers.

Cremorne Bowls & Community Club. Hot drinks & lunch available

### Invasive species under attack

We have a significant population of Serrated Tussock (ST) threatening native habitat which local groups have been working hard to control. Here's an update:

In April, 20 Cremone neighbours discussed Morrisby's gum conservation and managing ST, organised by Enviro-dynamics, Biosecurity Tasmania, Clarence Council and Pipeclay Coastcare. It was clear the community has been supporting Morrisby's conservation for 30+ years and controlling ST since the 1950's.

Morrisby's gum is one of the most threatened eucalypts. It's iconic to the Cremorne area, only found at two sites on the Eastern Shore with 44 wild adult plants at the last census. There's been significant regeneration due to conservation efforts locally, by protecting wild plants and planting on private land.

ST is a declared weed that can form dense infestations which increase fire risk and prevent native plants from recruiting. There is also learnt a newer weed threat to the area, Chilean needle grass, which has the potential to become a significant issue. Links below for more information.

Morrisby's gum www.enviro-dynamics.com.au/morrisbysgum Invasive Grasses: Dept Nat Resources & Env Tas (nre.tas.gov.au)

### 2024 planning

Coastcare is a great way to connect with your community so if you have ideas for activities for 2024, we'd love to hear them. Our working bees are awesome ways to meet people and give back to your community. We know people are busy and appreciate whatever time/ support you can bring.

We've been around for a while now but are very open to new ideas and ways of doing things. We'd love to have new faces and ways on board. We really believe it's important to keep our group vibrant and fresh. Everyone is welcome and we especially encourage our fabulous youth to be involved. They have shown themselves to be hard working and committed volunteers. Contact us

0408 121 304 | pipeclaycoastcare@outlook.com Facebook: search or use this link

#### The Coastcare Team

#### **Cremorne Hooded Towel**

We're thrilled to announce the arrival of samples of Cremorne Hooded Towels as below. We are just waiting on minor changes and then samples will be available to take a closer look and pre order in time for more beach days as we head away from the shortest day!

# AGM - 3pm, 6 August Cremorne Bowls & **Community Club**

Nibbles and wine provided. Cremornians welcome and hopefully



Hannah finishes her time as Treasure and the Secretary's role is also vacant since Jacquie's departure. The group can not continue without volunteers stepping into these roles.

If you would like information before the day, please get in contact with Ang, Nyssa or Hannah directly (email below). Without these roles filled we are unable to continue to gain funding for all of our wonderful events that our team make possible.

#### cremornecommunitygroup@gmail.com

#### Cremorne Bowls & Community <u>Club</u>

Your local Cremorne social spot is so easy to join and your membership helps with running costs and improvements.



The Club also invites first time and experienced bowlers to join our ranks. We are a thriving Club and welcome all new members with open arms.

Head to the website for details on how and where to join -

https://cremorne.bowls.com.au/

# Cremorne Calendar

Aug 6 – Community Group AGM Aug 18 – Van DemonsCafé de Wheels Sep – Coastcare Weed & Plant Sep 10 – Coastcare Snake Awareness Day Sep 15 – Anju Korean Tapas and Grill Nov 11 – Quiz Night **REGULAR at the BOWLO** Pete's Bar Snacks Bar open Tue-Sat: 4:30-7:30pm Thursdays -Indoor Bowls

Details https://cremorne.bowls.com.au Join 'Cremorne Tas Noticeboard' Facebook group for details

# Men's Shed Update

Work has been progressing well on our Peninsula Men's Shed. Interior work is continuing well, plumbing is nearly completed and electrical work has commenced. The end of a long journey is in sight!



This wonderful facility will benefit both men and women in the area. It is hoped to open the Shed for five days a week for men and one day for women with opening hours between 9am and 3pm. However the ability to open will be determined by the availability of trained Shed supervisors and the demand from members. So,

# JOIN THE MEN'S SHED NOW!

New members are invited to download a membership form from the website here <u>Men's Shed Membership</u> or email <u>mensshed@southarm.tas.au</u> for a form. (Forms also available at the South Arm Community Centre.)

Existing members may simply renew by making a bank transfer (ensure you include your details) or again by mail to our Shed address. (Bank details BSB: 633 000 | Account Number: 173 500 240.)

**OPEN DAY PLANNED.** Sometime in late August we will have an open day for all members of the community to come and see what we have built. An outline of activities will be provided. Attendees will be invited to express their interests and the direction they would like to see shed activities taking. Details of this open day will soon be advertised. I encouraged everyone with an interest in this new and fabulous facility to attend.

**RAFFLE.** The Men's Shed is supporting Piggery Productions this year as a fund-raiser. To add to this we have launched a raffle with prizes donated by members. We are very fortunate to have the support of Touch of The Mo, South Arm Store, Opossum Bay Store, South Arm Pharmacy and MJ's Hair. Raffle tickets available at all of these outlets.

Raffle prizes include a sassafras grazing board over a metre in length, black heart sassafras wall mounted barometer, hand turned pens and Huon pine trinket box.

Tickets are \$2.00 each, please support if you can! Raffle will be drawn on the last night of Piggery, Saturday  $5^{th}$  August.

 Robin Barnes I President I South Arm Peninsula Men's Shed Inc.
mensshed@southarm.tas.au | 0408 446 249



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# Volunteers needed for SAPRA newsletter folding every second month on a Wednesday 1-3pm. Afternoon tea provided. Lovely way to meet new people or catch up with old friends. To register your interest please call 0426821530

On August 28, 1989 SAPRA was formally incorporated, six months after its inaugural committee meeting in March. From funding, constructing and enlivening the Community Centre to building the bike path, buying the Community Bus, keeping the Peninsula through this newsletter and much more, it has never stopped working for this community.

An impressive 34 years and thousands of volunteer hours later, our community can be proud of what their residents' association has achieved on your behalf. It's a history too long for this newsletter so please visit <u>www.southarm.tas.au/sapra-history</u> and discover some of SAPRA 's proud story.

Why join SAPRA? Your \$2/person membership helps us represent you and shows support for SAPRA's many activities and the Community Centre and its services.

SAPRA MEMBERSHIP   1 July 2023 - 30 June 2024	\$2 per person			
Name(s)				
Address				
Phone Email				
Date Amount enclosed (\$2 pp, & donations welcome)	\$			
Your annual \$2 per person membership fee helps us to help you. It supports the many activities and services run in our community and funding the Community Centre as our hub. Please leave this form in SAPRA Box 183 at the South Arm Shop.				

# **St Barnabas News**

**Celebrating one year on**. On 11 June, the special service to honour St Barnabas of Cyprus was extended to celebrate St Barnabas of South Arm, marking a full year since our historic church was welcomed into community hands. The service was followed by a lovely lunch. The fight to save St Barnabas from public sale was hard-won and we're grateful it is now owned by the community that built it and has cared for it since 1892.

**10am Sunday Services**. These vary with visiting preachers visiting from Abundant Life and Baptist churches, and RSL Chaplain, Rev Andrew Lake, every 3 rd Sunday. The special Pet Blessing Service and commemoration of St Francis is on October 8. Please bring your precious pets – dogs on leads, cats and other small animals in carriers – and your friends too! Lunch in the Church Hall follows. See other service details below.



**St Barnabas helping others**. There is a collection box in the Church porch for donations of non-perishable food (including pet food) for Hobart City Mission. Every item is appreciated and makes a difference - thanks to those who have already donated.

**We have assisted Operation Christmas Child** for around 20 years, packing "shoe boxes" with items for vulnerable children which are delivered globally, including refugee camps. We first packed 18 boxes and in 2022 we managed 100! If you'd like to pack a box, phone 6239 9244, 6239 9706, 0455 227 271 or 6239 9067 for information. It's a fun activity to do with children/grand-children too.

Jane Beavan | 6239 9244

# **Painting St Barnabas**

The Board of Management plans to have the church painted in summer when paint is easier to dry. Meantime, Christina Boonstra has kindly applied oil-based primer paint to the exposed timber around the windows for protection and painter's advice is the church is in no harm from the weather at present. We're pleased with the support received to date, including the donation of paint.

The indicative cost for preparation work and painting is around \$25,000 and we're seeking written quotes for the painting and investigating a Go-Fund-Me page. If you'd like to make a direct donation towards the painting, the bank details are:

BSB: 067103 | Account: 10696070 | Account name: Community Church of St Barnabas - South Arm Inc. Reference: (your surname) - PAINT

We are all looking forward to having our historic church painted and looking refreshed.

# Terry Roe

Director, Board of Management | Community Church of St Barnabas - South Arm Inc. | Mobile: 0400 140 870

# SUNDAY SERVICES

Aug 13 – Anglican Communion led by Rodney Curtain.

- Aug 20 Anglican Community led by Rev. Andrew Lake.
- Aug 27 Communion led by Rev. Paul Elliott.

Sept 3 – Father's Day Morning Prayer.

Sep 10 - Iona Service led by Rev Beverly Elliott.

Sep 17 – Anglican Communion led by Rev. Andrew Lake.

Sep 24 – Communion led by Rev. Paul Elliott.

Oct 1 - Morning Prayer.

Oct 8 – Pets Blessing Service & amp; St Francis Day led by Rev. Beverley Elliott.

Oct 15 - Anglican Communion led by Rev. Andrew Lake.





ADVERTISEMENT

**JULIE COLLINS MP** 

If you require assistance

on any Federal matter

please contact me.

# Friends of Ralphs Bay Community Group

Our purpose is to encourage community involvement in activities to maintain and protect the natural beauty and natural environmental values of Ralphs Bay.

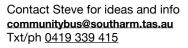
Our events include Landcare activities, Bushfire Readiness and "walk and talk" on native plants and weed identification. If you are interested in receiving further information please contact: friendsofralphsbay@gmail.com

# Get on the road with your group!



You've got a local bus, why not use it? Get your special interest or social group out and about on board the Community Bus.

Here's a quick list of possible destinations... Botanical Gardens a wander and morning tea, TMAG's latest exhibition, Richmond for lunch, Cygnet for afternoon tea, Willie Smith's Saturday market ... the list is endless!











# Local services and notices

Free service for Peninsula business

# Accommodation

#### Cremorne Self Contained Cabin Great rural location, close to beach. 0434 499 730 www.airbnb.com/h/cremorne-trinity

The Octopus South Arm Fully self-contained accomodation suitable for 2 guests(+ one infant 0-2 on request). To enquire, book or for more information and photos www.airbnb.com/h/theoctopus

# Administrative Services

Justice of the Peace - Opossum Bay David Skegg <u>0418 374 305</u> davidskegg@icloud.com

### Justice of the Peace

Witnessing documents, affidavit for use in court, statutory declarations, certifying true copy of original document. Terry Roe <u>0400 140 870</u>

# Animal services

Sandford Cat Hotel 5 star luxury for your cat when you're away. Hazel Jones <u>0403 568 999</u>

# <u>Automotive</u>

Tilt tray towing, accident recovery, insurance work. Anthony 0412 110 992

# **Red Dog Auto Repairs**

Qualified mechanic, Sanford area Thu & Fri's. Brakes, clutches, suspension, maintenance. Small car servicing starting from \$150. Zach <u>0487 457 860</u>

# **Beauty**

Jewellery Handmade precious jewellery designed & made in South Arm. Gavin <u>0414 629 185</u> www.gavinmacsporran.com.au

# Mj's Hair Design

Fully qualified hairdressers for all hair care needs. Facial waxing/tinting. 3120 South Arm Rd, Wed to Sat, or by appt. <u>6239 9612</u> or <u>0421 859 408</u>

# **Mobile Haircuts**

Professional hair cuts in your own home. Tue-Fri 9am- 6pm. Adults \$40, Kids/ Teens \$30. Tania <u>0458 528 258</u> facebook.com/mobilehaircuts.tania

### South Arm Skin Care

Qualified beauty therapist with over 19 yrs experience. Facials, waxing, tinting, henna, tanning & more now located at Mj's hair design, 3120 South Arm Rd. Open Wednesday to Saturday. www.facebook.com/ SouthArmSkinCare

<u>0409 552 869</u>

# **Business services**

**Copywriter - Bethamy, Grad Cert JMC** Attract & retain customers. I research & write brochures, flyers, ads and websites for your events & business. 0429 399 961 **bethamylari@gmail.com** 

### Rachel-is-IT

Computer repairs, up-grades, IT help. Vinyl signage for car, boat or business. 6239 9706 | 0438 399 706

# <u>Ceremony</u>

Oakdown Celebrant Naming days, weddings & more. Make your day unique. Tara Bellette <u>0408 367 932</u> tarabellette76@gmail.com

### Lyn Gallagher, Marriage Celebrant

Weddings, Naming Days, Renewing of Vows, Special Birthdays, Funerals. Facebook - Little Red Buds 0459 769 419 hopefulandtrue@gmail.com

Marriage & other Life Event Celebrant Saying I do? Let me be your guide -Beverley Elliiot. 0460 519 037 beverleyfe@gmail.com

# Community meetings & classes

**Bible Discussion - Connect Group** New members welcome. Fridays 10.30am. in Gellibrand Fellowship Hall at St Barnabas Church. Jane Beavan <u>6239 9244</u>

### **Community Garden - Iron Plot**

Community space with pizza oven! Chat, help & plan Fridays 10-11am

Cremorne Community Group Inc www.cremorne.tas.au, Facebook, cremornecommunitygroup@gmail. com

Marquee hire for CCG members **ghr@pipshy.com** 0412 305 794

## Bridge

Calverton Hall, Wednesdays at 2pm. New members and beginners always welcome. Noela <u>0418 600 707</u>

### **Craft Group**

2nd, 4th & 5th Tues of the month 12:30-3pm, Calverton Hall. \$2/ session. Lesley Gore <u>6239 9321</u>

# **Rokeby Girls' & Boys' Brigades**

Adventure for girls & boys 5-18yrs. Thursdays 5:30 - 7:30pm, at Emmanuel School, 1 Chipmans Rd, Rokeby. Libby 0416 277 101 eneduljee@gmail.com

### Sandford Scout Group Friends

Fun, community service and adventure for boys and girls! Joey Scouts (5-7 yrs) Mon 5-6pm, Cubs (8-11 yrs) Mon 6.15-7.45pm Scouts (11-15 yrs) Wed 7-9pm Susanne\_**sehovington@hovo.id.au** 

### SAPRA Committee Meeting

2nd Tuesday of the month, 7pm at South Arm Community Centre. To address the Committee, **see p2**.

# South Arm Community Centre Library,

**Op Shop & History Room 9** Calverton Place, South Arm Mon 10am-2pm Fri & Sat 1pm- 3pm Market days 9:30am-1pm.

### South Arm Songsters Choir

All welcome for songs & laughs! 7pm Mondays at the Community Centre. Betsy 0418 526 002

# St Barnabas Community Church, South Arm

Morning service, Sundays 10am. Rachel Todd, 6239 9706, or Jane Beavan <u>6239 9244</u>. Working bee 10am, 1st Saturday each month.

# Exercise & activities

# Bingo

1st Tues each month 7pm. \$15 for 15 games. BYO welcome (incl alcohol). Eng. <u>0426 821 530</u>

# Cremorne Bowls Club

www.cremorne.bowls.com.au 6248 9856

# Indoor bowls

Every Monday 1:30- 3pm Calverton Hall. Beginners always welcome!

# **Evolve Fitness**

Wednesday 5:30pm Thursday 5:30pm Saturday 8am Sandford Community Hall First Class Free Susan <u>0488 707 056</u> evolvefitnessaus@gmail.com facebook.com/evolvefitnessaus

#### **Jayne Martin Yoga**

Slow gentle flow suitable for beginners. For more info, contact jaynemartin04@gmail.com

#### **Pilates**

Contact Helen on <u>0498 177 916</u> for details

### South Arm Fitness & Wellness Hub

Gym open 24/7. \$14 /week, no lock in contract. Yoga 9am Mondays Laura 0421 859 408

#### **Tennis Court**

\$10/hr. Book at South Arm Store or after hours Ron 0408 356 915

### Yoga at Lauderdale Hall

Strength & calm Asana, pranayama, Yoga Nidra & meditation. Wed10.30-12pm. Margaret <u>0428 252 560</u>

# Food & dining

Fresh fish delivered door to door Every second Wed 11am-1pm. 30+ years. Robyn <u>0438 721 448</u> robdaze@bigpond.com

### **Opossum Bay Store**

Open 7 days. Great coffee, fishing, takeaways, groceries, tools, cards, petrol & friendly service. <u>6239 9134</u>

# South Arm RSL & Community Club

Great meals for Members & visitors. Dinner 7 days + lunch on Sundays Dine in/take-away: Pizza - Fri, Sat; Asian - Sun, Mon, Tue, Thu. A la carte menu - Wed, Fri, Sat. Bar and bottle shop facility. Enquiries/bookings ph <u>6239 9171</u>

### Touch of the MO Cafe

Wed to Sun 8:30am-2:00pm. Brunch, Chef's specials, snack menu, coffee cafe smoothies and more. Ph Phone <u>6295 5532</u> find us on on Facebook.

# Gardening

#### AJs Lawnmowing & Maintenance 6 Calverton Place, South Arm

Call Andrew for a free quote 6239 9863 or 0422 992 479

#### **Emma Parker Garden Supplies** Pea straw \$15/bale.

<u>0409 555 098</u>

# Last Straw Garden Supplies SA

Pea & barley straw, horse, sheep & chicken manure, potting mix & organic compost. Free local delivery. Adrian 0427 976 618

# Landscaping and General Gardening

Develop new gardens rejuvenate old, lawn mowing rubbish removal etc. Steve<u>0408 000 645</u> sbishtas@gmail.com

### **The Snail Whisperer**

Bothered by snails eating your veggies and flowers? I can help you at NO COST by removing snails from your garden or land or just collecting them from you. Alistair 0417 457 140

### Worm poo and worms

Natural magic food for veg & plants. \$4 bag poo \$9 bag worms. Free local delivery or pick up South Arm Market. Jill **0419 732 390** 

0111 <u>0<del>1</del>13 102 030</u>

# Home & property

#### Activ8 Electrical & Data Contractor Lic. 15607236 Commercial & residential. Michael Calabrese 0407 281 383 www.activ8electrical.com.au activ8electrical@gmail.com

Blakey's plumbing and maintenance [after hours] Domestic plumbing, blockages & repairs. Robert 0410 118 254

# **Construction & Carpentry**

For all your building requirements. Simon 0405 936 652

# **Crowy's Excavations**

Local, competent, fully insured. Pete 0417 051 537

## Eastern Shore Plumbing

Domestic maintenance 0498 557 06 Electrical & Heat Pumps Richard Pohl (Lic 945766) 0419 899 100

## Flatrock Concrete

Formwork, concrete & excavations Justin 0439 915 386

### Greg Steinbauer

Gardening, odd jobs + home maintenance. <u>0419 136 693</u> astein101@amail.com

#### **House-sitter Clare**

Experienced, reliable, mature & local. Excellent references. 0450 417 061

#### **Interior Design**

DIY consultations, new build & renos. Free discovery call. Kellie, Hello White Interiors 0421 972 370

#### **Property Consultant**

Robert Goyne, Fall Real Estate 0458 653 553 robert@fall.com.au info@hellowhite.com.au

#### **Reptile Ranger**

Rescue & relocate snakes correctly. Permit 2001766. Craig <u>0424 441 488</u>

#### Rockstar Tiling & Bathroom Renovations.

Waterproofing, tiling & bathroom renovations. Servicing Peninsula & Eastern Shore. Rick 0499 279 561

### Snoopy's Gas Fitting

Install, service and maintain. Brett Newell <u>0448 877 062</u> sssnoopy11@gmail.com

#### Tas.i.vac Gutter Cleaning

Roof, solar panel, tank etc cleaning. Inspections, tank sanitising & more. damon.tasivac19@gmail.com 0476 042 765

#### Tassie handyman

Maintenance, carpentry, painting, fencing, small landscaping, windows & doors. 0448 667 732 or via Facebook

Weekly Cleans Mon-Fri Malena 0419 670 446

# Health Services

Converse Online Speech and Art Therapy We focus on building confident communicators 0487 718 750 www.conversetherapy.com.au admin@conversetherapy.com.au

# South Arm Community Pharmacy

Shop 4, 3120 South Arm Rd <u>03 6239 9529</u>, Fax 03 6239 9600 **info@southarmpharmacy.com.au** Mon -Fri 8.30am-5.30pm, Sat 9am- 12 noon

TSL Counselling Services Qualified Counsellor, PACFA member Toni 0432 998 858 www.tslcounselling.com.au

# Special Interest

Family History Research Want family history research or a gift? Jim <u>0417 518 336</u> ancestralressertas@iinet.net.au

ancestrairessertaseimet.net.a

### **Genealogy Research**

Start your family tree or solve a family mystery. \$50 initial review inc 2hrs research. Maree 0409 169 659 harriets.garden@bigpond.com

# TCE Tutor: ENW, ENL or French

Many years' experience teaching pretertiary + tertiary. Can help with essays, English etc. 0477 771 040

# Maurice Potter History Room

In Community Centre. Join South Arm Peninsula History Facebook group. history@southarm.tas.au Michael Topfer 0400 416 099

# Transport & equipment

# South Arm Peninsula Community Bus

For group hire. 65c/km. 11 seats + vol driver, tow bar. Steve 0419 339 415 communitybus@southarm.tas.au

### Wheelchairs and walker

Short-term loans to South Arm RSL Sub-Branch Members and Defence Services personnel (and their dependants). Peter <u>0477 706 497</u>

# Venue Hire

#### Calverton Hall & Oval Hall Hire

Cherie <u>0409 217 975</u> Kate <u>0409 845 245</u>. Tennis court after hours numbers as aboveTennis court key during the day still available at the shop.

### South Arm Community Centre

Special occasions, interest group or business meetings, workshops etc. 0407 875 460

<u>SAPRAPres@southarm.tas.au</u> 12

# Volunteering

**Opossum Bay & South Arm** 1st Sunday each month. 10am -12noon. Different venues. Robyn <u>0400 119 519</u>

### Pipeclay

Autumn, Spring & Clean Up Aust Day working bees. 0408 121 304 pipeclaycoastcare@outlook.com

Search for us on Facebook.

Wildcare – Deslacs (Clifton) info@wildcaredeslacs.org

Mortimer Bay Leanne 0408 498 468 mortimerbay@landcaretas.org.au

#### South Arm Fire Station South Arm Fire Station 2nd and last

South Arm Fire Station 2nd and last Tuesdays of the month, 7pm Val Ansett, Brigade Chief <u>0408 267 887</u>

Sandford Fire Station Training each Monday 7.30pm Paul Lawler, Brigade Chief <u>0409 305 808</u>

# Friends of Opossum Bay Park

Plant, plan, weed and chat at Opossum Bay Park every Wednesday, 9:30-10:30am. Rae <u>0417 555 175</u>

# Clifton Beach Surf Life Saving Club

Membership, activities, sponsorship & clubhouse inquiries - President Anthony Chapman <u>0437 946 675</u> or Nicole Davey, <u>0492 979 625</u> secretary@ cliftonbeachslsc.com.au www.cliftonbeachslsc.com.au

# Water carters

MKH Water Supply & Cartage Domestic & civil. Services all areas. Marcus 0438 643 176

Reliable Water Tim 0419 614 457

South Air Water Damien 0417 928 377

# Streamline Water

Wayne 0418 125 096

# Wellbeing & health

# Acupuncture & Chinese Medicine

Dr Bec Emmerton (TCM) Treating pain, fertility, women's health, general health & wellness. **bekemmerton@gmail.com** 0432 079 849

# **Tara Edwards Reflexology**

Qualified. Home visits for relaxation or health concerns (chronic pain, sleep, circulation, & digestion). \$70/hr Tara\_0457 327 482

# Massage

Remedial, relaxation, hot rocks and pampering massage. Wed & Sat. Vicky 0414 516 234

Naturopath / Nutritionist & Psychic Medium/Healing

Amanda Erskine in Sandford. 0417 727 065

# Pamper Room

Facials, relaxation, hot stone, or pregnancy massages. Mon- Sat <u>www.pamperroom.com.au</u> Tania <u>0458 528 258</u>