

South Arm Primary School art spectacular

The featured works were created by students from Kindergarten to Year 6 during a series of workshops with practising artist, Jill Farmer, earlier this year.

Jill's vision was brought to life in the Buchanan Hall at the Centre and gave students, families and other community members food-for-thought when it comes to our use of plastics and their potentially devastating impact on the marine environment.

During their workshops with Jill, the theme had resonated with students immediately, particularly given most live so close to the coast, but there was great excitement at seeing the full extent of the project on show.

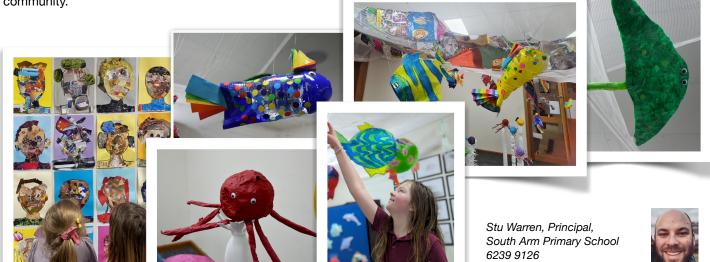
Jill's hope had been for an immersive experience, which was certainly the case on entering the hall.

Student entries in the annual Young Archie's portraiture competition, examples of still life, pencil drawings and Spring-themed pieces rounded out the exhibition.

Families enjoyed the chance to relax in the garden with a School Association sausage sizzle and raffle, featuring a range of generously-donated art-themed prizes, topping off a great afternoon for the school community.



Stacks of 'bleached coral' and schools of 'bottle fish' suspended under a blanket of torn net and plastic waste adorned the Community Centre as the centrepiece of South Arm Primary School's recent art exhibition.



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**10 November 2023

Individuals and groups are invited to submit notices, reports, photos, articles or other contributions. Send contributions to editor@southarm.tas.au

Editorial and advertising enquiries - Kerry Scambler, SAPRAPres@southarm.tas.au | 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!

Available in advance of the printed edition.

To subscribe, email - editor@southarm.tas.au

Links - web pages, Facebook, email, phone numbers.

Find all editions back to 2010 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) and available at the Community Centre.

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SAPRASec@southarm.tas.au

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 0418 600 707

 Michael Topfer
 0400 416 099

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 0448 515 867

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 0438 489 974

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



SAPRA: in your community

Spring is well upon us with bright yellow flowers filling the senses and longer days energising the body. And there's plenty more blooming going on too!



South Arm Primary School Art Exhibition.

How amazing are the students at our local school and their nurturing teachers? SAPRA was delighted to offer the Buchanan Hall at the Centre for their stunning display. Another community partnership that's blossoming!

AGM + General Meeting 7pm, 19 Oct.

You're invited! Come along to hear from SAPRA and range of local groups with updates on their activities over the last year and plans ahead. Committee nominations are now open with forms available southarm.tas.au/agm-2023/, at the Centre and saprasec@southarm.tas.au

Membership:

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. (Membership form P10).

The Neck.

SAPRA is working closely with Sarah Lovell MLC, Councillor Bree Hunter and others to ensure action is taken following the horrendous flooding conditions of 31 July. The Minister for Infrastructure's response to Sarah Lovell in August was very disappointing, angering many of us with its apparent lack of knowledge of the area. The State Government will receive a detailed document providing a far more current description of the place, the people, changes and the issues - current and potential.

Our Market.

Wow! What a day - perfect weather, a huge variety of stalls and the traditional welcoming, friendly atmosphere. Thanks Jacqui, Andrew and your Market Musketeers for your hard work and doing yourselves and our community proud.

- Kerry Scambler | President | 0407 875 460 | SAPRApres@southarm.tas.au



Rainfall on the Peninsula

	Cremorne	Opossum Bay	Sandford	South Arm
July	18.0	17.0	17.6	11.2
August	10.0	26.2	14.3	17.0
2023 YTD	252.5	243.0	245.2	215.0
2022 YTD	409.0	360.6	385.7	313.7
	Geir Rodven	Teresa Quine	Bradley Mollison	Bob Kimber

"Piggies Can Can Can't"

South Arm has again been at the epicentre of another hugely successful Piggery Productions four show spectacular with ticket sales of around \$7,000! For the many who attended, if the assault on your senses has worn off here are some photos to remind you! If you did not attend then this is what you missed!



Piggery would like to acknowledge Kim and staff from South Arm Community Pharmacy and Robert Goyne from Fall Real Estate, Lauderdale for their generous support by providing lucky door prizes over the course of the four shows.



Also, thanks to The Mens Shed South Arm for jumping in and providing the audience with beverages and snacks.

<u>Piggery Productions</u> is a not for profit yearly comedy production supporting our local school.

Storm Bay Salmon Farm Expansion Proposal

The new owners of Petuna – Sealord from NZ and Japan's ex whale hunter, Nissui – are seeking a variation to their existing 273 ha fish farm lease in Storm Bay. They want to include a new area, 7 kms off Clifton Beach, to grow juvenile salmon (smolt) and need to lodge their application by this December.



This is part of industry's plan to double production by 2030, which would see up to 200 pens spread across Storm Bay from Nubeena to Bruny Island. Since each pen can release the equivalent nitrogen pollution as the sewerage of 10,000+ humans, we believe Storm Bay is set to become a septic tank.

A group of Clifton Beach residents has formed **Friends of the Bays** so concerned residents can have a voice. A series of public information sessions are planned. There is a Facebook and Instagram page where you can keep track of events and get information on the effects of salmon farming. A petition is being prepared and a mass protest is planned for late Spring.

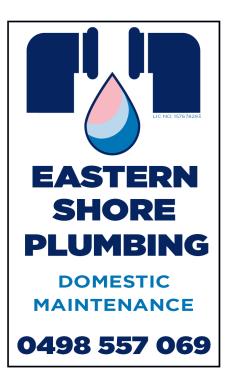
If you care about our environment and lifestyle, Friends of the Bays needs your help. We need sponsors, volunteers to help make banners, distribute petitions and hand out flyers, but most of all we need as many voices as possible to speak up and spread the word.

Say no to Petuna.

Friends of the Bays | Follow us on Facebook and Instagram | contact: micklawrence1508@gmail.com







South Arm Peninsula Men's Shed

Another milestone achieved!

On Sunday 24th September the Men's Shed was opened for public viewing marking a long awaited milestone and a very exciting time for all involved.



Primarily it is a meeting place for men to share their experiences, skills and

problems and benefit from the company of other men. However, the shed will be available for other groups, including women, where the need arises.

More info mensshed.southarm.tas.au/ Robin Barnes (President) Contact: 0408 446 249

Up to the Neck-Speaks Bay

The students from the Cottage School in Bellerive have visited Speaks Bay (the Neck), on the South Arm Peninsula, four times this year to participate in Marine Debris Clean Ups. Earlier in the year it was for Clean Up Australia Day and

more recently for Keep Australia Beautiful Week.

Science and sustainability teacher, Lee Cody, a passionate marine debris collector and a member of Tasmania's Team Clean, travels annually to remote South West Tasmania for marine clean ups, inspiring her students to conduct clean ups locally.

Despite their previous efforts, it was disheartening to see that recent westerly storms blew so much plastic into the NE corner. Students, staff and parents then removed 30+large bags of rubbish - mostly plastic, confectionary wrappers, straws, bottles, chairs and a few tyres. Lots of treasure has also been found including a message in a bottle from around 2002 from an 11yo Lucien! A never ending task! Well done and thanks to all involved.

Lee Cody, The Cottage School cottageschool.tas.edu.au/ | Facebook









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



Coastcare - Connect with Your Community

Whether you're new to Cremorne and its surrounds, have been here for ages, or are somewhere in between, and have ideas for activities we'd love to hear from you. Our working bees are awesome ways to meet people and give back to your community.

We'd love to have new faces and ways on board. We really believe it's important to keep our group vibrant and fresh. So, we need your help by having you join in.

Snake Information Session

Information Snake Day went sss...splendidly on Sunday 10th September. Run by Tas Reptila, the day included both live venomous and non-venomous snakes, first aid lesson in case of a bite, feeding demos and tips and tricks on how to live with snakes in harmony.



Many thanks to the Cremorne Bowls and Community Club for venue space, Pavan Catering, Clarence Council Community Grant funding, and all attendees especially our youth volunteers who we hoped increased their first aid skills.

Quiz Night @ Bowlo Saturday 11 Nov

Glory, fun & prizes! Start thinking about your teams of six. If there are any businesses or locals who would like to donate prizes – coffee, chocolates, vouchers, beer, wineor help out on the night, we'd love to hear from you.

Wanted: Cremorne Good News

We're getting ready for the end of year summer edition of Cremorne's C-Breeze.

We <u>really</u> need your contributions: local achievements; photo snaps, group yearly wrap ups; blasts from the past; 2024 activities; other points of interest; editorial help.

It's early but we need to get moving. Due Fri 17th Nov.

Regards, The Coastcare Team |0408 121 304 | pipeclaycoastcare@outlook.com | or Facebook

Farewells and Welcomes

Many thanks to departing Secretary and Treasurer - Hannah and Jaqui - and a big welcome to all new members joining us to support our work for the community. We couldn't do it without you.

What to look forward to:

Halloween, Friday 3rd November

A firm favourite with the children. Trick or treating from 5:30-7:30pm followed by food at the Bowls Club.

Drag Bingo - details coming up on <u>Facebook</u>

Pussay Poppins will be back and never disappoints. Many awesome prizes to be won.

Christmas Market, Sunday 12th November

09am-12pm. A huge success for the past two years. A great variety of arts and crafts showcased.

Christmas Party, Sunday 17 December

Don't miss Santa's special guest appearance!



Hooded Towel

Last newsletter we announced 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!

We hope everyone in Cremorne and surrounds comes along to enjoy the many community events planned and we thank Clarence City Council for helping to fund them.

For more details see our <u>Facebook</u> page or phone Angela 0409 336 613

Cremorne Calendar

Coastcare – Weed & Plant – Oct -Nov Friday 13th Oct – Srada Food Van Friday 10th Nov – American BBQ Sat 11th Nov – Quiz Night Sun 12th Nov- Christmas Market Fri 17th Nov – C-Breeze articles due Sun 17th Dec - Christmas Party

Regular at the Bowlo

Pete's Bar Snacks
Bar Tue-Sat, 4:30 – 7:30PM
Thursday Bowls
Details: cremorne.bowls.com.au

The Bee Collective - sharing skill and friendship



The third Bee Queens workshop was held at Calverton Hall on August 19.

Bee Queens is a 12 month women's beekeeping program providing knowledge, friendship and skills - educating women about bees in an encouraging environment, founded by local beekeeper Jenni McLeod.

For this workshop, we heard from the state Apiary Officer, Julie Lupia, and learnt all about diseases that impact bees. In the afternoon we tried our hand at lighting smokers and using hive tools - getting ready for the bee season ahead.

Thanks to Cherie Osborne and the Calverton Hall committee for allowing us to use this beautiful space.



Jenni McLeod

For further info on Bee Queens, email beequeensinfo@gmail.com www.thebeecollective.org/ and Facebook

South Arm Op Shop's contribution to International Cricket

Suzanne Betts was enjoying the first session of the Women+ Beekeeping Course at the South Arm Community Centre when she spotted a white jacket on the Op Shop's recent arrivals stand. It was perfect for her husband Martin's upcoming Cricket Umpiring Tour to England.

Martin toured with the Australian Veteran's Team for a month and umpired 16 County Cricket matches in England and Wales plus 3 Internationals known as the 'Silver Ashes'. He was very pleased with his jacket!



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Remembrance Day Service 10:30am 11 November 2023

Everyone is welcome to attend the Remembrance Day Commemorative Service at the Wall of Remembrance located within the grounds of the South Arm RSL & Community Club. Lunch will be available at the Club following the Service.

- Peter van Loggerenberg, President | South Arm RSL Sub-Branch Inc. | 0477 706 497

Lest We Forget

Sandford Scout Joeys practice fire safety

Recently Sandford Volunteers Fire Brigade joined the Scout Joeys and introduced them to some fire safety concepts and gave the Joeys the opportunity to practise what they learned.

The Joeys now know that if they are caught in a fire, and their clothes are in flames, it's important not to run. Instead, you should "stop, drop and rock and roll" until the flames are out. They also learned how to to get out of a building by staying below the smoke level and getting to an exit door.

The Joeys practiced the "stop drop and rock and roll" and leaving a burning building by getting down low, crawling and staying low under the 'smoke layer' (in this case, a tarp). A Brigade member, dressed in full breathing apparatus clothing, explained what the gear is used for in a building fire. From this experience they learned that if they saw a person in this gear in their home, there was nothing to be afraid of and that they should go towards them for help.

The Joeys also practised different hose techniques by trying to knock the ball off the witch's hat with the water from the fire hose.



The Brigade Chief encouraged leaders and parents to review the 'Bushfire Safety Guide 2022' which includes a 5 minute safety plan. Use this guide to create your own plan. The plan explains that it's too late to be deciding whether to stay or leave when the bushfire is close by. The safety and survival of you and your loves ones depends on how

prepared you are and the decisions you make.

Paul Lawler, Brigade Chief, Sandford Volunteer Fire Brigade | 0409 305 808

For more information on bushfire planning visit www.tfseducation.com.au/resources/publications





Stu-0475 282 817 yourotherfella@gmail.com

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RTO 60071



South Arm Pharmacy - here to help

Did you know our pharmacists can write Absence Certificates?

Pharmacists tend to be a bit more accessible than GPs, and in many cases, you won't need an appointment. We can only issue a certificate if you are required to be absent from work due to: personal illness/injury, or the need to care for a member of your family/household who is ill/injured. Please talk to Kim or Milli to learn more about the conditions and fees that will apply and remember to phone ahead to arrange a suitable time for the consultation.

Do you need some help with your medicines?

Kim and Milli can help you safely manage your range of medications and deal with a combination of paper and electronic scripts. You may be eligible for a MedsCheck or Home Medicines Review (HMR). Please feel free to discuss with us.

Need a JP?

Pharmacists, as Commissioners for Declarations in Tasmania, can sign or certify many kinds of documents. We can scan/fax/photocopy/print or email for you – a small administrative charge applies to these activities.

Thank you!

We are so grateful to all of you who have come into the pharmacy to talk about the tumultuous introduction of 60-day dispensing. Your support and kind words have been overwhelming. While we will need to introduce some new fees to cover our time and consumables for some activities, we will continue to be available.....

- · for a chat and home deliveries
- to provide advice, management, monitoring and opinion
- to provide support, sponsorship and donations to the local school, golf club, church, community garden and fundraising events
- · to stock and promote locally made goods and produce

South Arm Pharmacy, 3120 South Arm Rd., South Arm | 6239 9529

Thank you for 13 fabulous years! Kim & Shane

Protect our wildlife, protect your cat.....

Cats are an important part of our community and are much loved pets. However, both feral and roaming domestic cats are known to have significant impacts on our native wildlife and precious ecosystems.

Studies show that Australia wide, feral cats eat around 2 billion reptiles, birds, frogs and mammals each year, and over a billion invertebrates. Roaming pet cats kill up to 546 million additional mammals, birds and reptiles annually.



South Arm is rich in native wildlife, and an important area for migrating shorebirds which visit us every year from as far away as Alaska and Siberia. Unfortunately, South Arm is not currently a declared Cat Management Area.

What you can do.

- Don't feed stray and feral cats as this may transmit disease to domestic cats and humans it doesn't reduce their preying on wildlife either.
- 2. While various control and monitoring programs are established, let SAPRA and your local Council know about your support for monitoring and control programs.
- 3. Report feral cats on the Feral Scan Pest Mapping App (from Google or Apple) www.feralscan.org.au/feralcatscan

Simon Pahor | Effective Conservation Outcomes | EffectiveConservationOutcomes@Gmail.com

Feral Scan Pest Mapping App for recording feral cat sightings www.feralscan.org.au/

How can I help with my cat?

- Desexing, microchipping, and registering your pet cat.
- · Ensuring vaccinations and parasite treatments are updated.
- · Keeping your cat healthy and happy at home.
- · Containing your pet cats to your property at all times.
- · Report feral cat sightings on the Feral Pest App

Useful links:

<u>Tassie Cat</u>. Promotes/helps responsible pet cat ownership. Landcare Tasmania –<u>Feral Cat management</u>. <u>Pest Smart</u>. Info/resources Feral Cats. Clarence Council. <u>Info for pet cat owners</u>.

for all your TREATEQUIREMENTS felling, trimming, removal etc. Ron Suris 0418 122 735

Do you know your local history?

"Our history is our stories and these bring us all together. History isn't just 'old stuff', it's the people and places that were, and still are, the fabric of our community." - Kerry Scambler, SAPRA President.



The Maurice Potter History Room at the South Arm Community Centre was officially opened in October 2019 and, thanks to its namesake and his years of research into the post mid-1800s history of the Peninsula, provides locals and visitors alike with a great factual and visual display of the peninsula's recent history. Since Maurice moved interstate a couple of years ago the History Room custodianship is now in the very capable and knowledgeable hands of Michael Topfer (contact details below).

Do you know that walking the South Arm Convict Trail is a great way to start your journey into our local history? The trail between Opossum Bay and South Arm is well defined with signs along the way telling the stories of those convicts assigned to the holder of the first land grant at Arm End.

Download the South Arm Convict Trail guide or visit the website below. Then put on those walking shoes and enjoy the view!

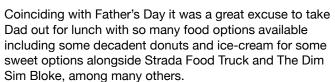
Want to know more about your local history? Do you have information, stories or photos to contribute?

Visit the Maurice Potter History Room at the South Arm Community Centre and read stories about our peninsula at South Arm Snippets of History southarm.tas.au/history/. Join the South Arm Peninsula History Group on Facebook.

Contact: Michael Topfer history@southarm.tas.au or 0400 416 099.

South Arm Market Springs into action

The first South Arm Market since our winter break was a great success and it was so good to see so many happy faces.



With the onset of Spring, gardens were on the mind of many of us - decorations from the metal art stall, a visit to the South Arm Garden Club, Catriona's stall and the houseplant stall fulfilled many needs.

Thank you to Jacqui and Andrew for the tremendous work you've done to make the South Arm market a great place to be on the first Sunday of every month.

Next market Sunday 1st October

Market Musketeers: Enquiries / bookings: 0422 203 124 | market@southarm.tas.au

South Arm Community Bus – **Festive Season plans**

Is it too soon to plan your festive and holiday activities? Definitely not!



Community Bus being part of them? Absolutely not!

Helping keep social connections is part of our Bus ethos. We live in paradise but sometimes the distance can make travelling further afield a little trickier. If you're planning group travel to/from the Peninsula, the Community Bus can help keep your group together for longer, enjoying the company and the ride and not the stress of the drive! Talk to Steve about what's possible this festive season.

Another aspect to our Bus activities is the social support helping those who are unable or uncomfortable to drive get out and about. Our fortnightly shopping trips (\$8 per person) can help or if you have a particular need, talk to Steve.

Enquire about social or supportive trips 0419 339 415 | communitybus@southarm.tas.au





Convicts of South Arm: A Walk Through Time

Sat 16th Dec 2023, 11:00 am - 1:00 pm Hosted by Clarence Arts and Events

Tickets \$10 @ events.humanitix.com/convicts-of-south-arm

Anglicare Tasmania survey living on a low income

Anglicare invites you to participate in a study conducted by the Social Action and Research Centre (SARC) at Anglicare Tasmania.

This research aims to reveal the day-to- day challenges faced by Tasmanians living on low incomes and explore their coping strategies, associated emotions and psychological wellbeing.

If you would like to learn more about this research and how you can participate please contact the Researcher:

Dr Alexandra King, Social Action and Research Centre Phone: (03) 6213 3665 Mobile: 0422 673 186 Email: anglicare-tas.org.au/survival-mode

New online home for St Barnabas - our community church

Community Church of

ST. BARNABAS

The state of the state

You'll now be able to find everything you need to know about our history, community church and cemetery in one place – www.stbarnabas.au or scan the QR code below.

St Barnabas has many aspects to share and thanks to work by Rev Paul Elliott and local Tom Humphreys of

Feralsites.com, these are now part of the new website. Here you'll find details for:

- Church services
- Church and Fellowship Hall hire
- · Ceremonies
- Burials
- History
- Contact details



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 services run in our community and funding the Community Centre as our holes of the South Arm Shop.	- /-

Fire Season is Approaching! Message from the South Arm Fire Brigade



Please ring the TFS info line 1800 000 699 before lighting any outdoor fire.

This prevents unnecessary false call outs and can provide valuable advice on fires and weather.

If you are ringing to report a fire, the number is ALWAYS 000.

Local services and notices

Free service for Peninsula businesses

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). 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

Doc. witnessing, court affidavits, stat. decs, certifying true copy of original document. Terry Roe <u>0400 140 870</u>

Animal services

Sandford Cat Hotel

5 star luxury for your cat. Hazel Jones <u>0403 568 999</u>

Automotive

Tilt tray towing, accident recovery, insurance work.

Anthony <u>0412 110 992</u>

Red Dog Auto Repairs

Qual. mech., Sandford area Thu & Fri's. Brakes, clutches, suspension. Small car serv. from \$150. Zach <u>0487 457 860</u>

Beauty

Jewellery

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

Mj's Hair Design

Fully qual. hairdressers, facial waxing/tinting. 3120 South Arm Rd, Wed to Sat, or by appt. 6239 9612 | 0421 859 408

Mobile Haircuts

Professional hair cuts in your own home. Tue-Fri 9am- 6pm. Adults \$40, Kids/Teens \$30. Tania 0458 528 258 | Facebook.

South Arm Skin Care

Qual. beauty therapist (19+ yrs). Mj's hair design, 3120 South Arm Rd. Wed-Sat. 0409 552 869 | Facebook.

Business services

Copywriter - Bethamy, Grad Cert JMC

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 I 0438 399 706

Ceremony

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 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 6239 9244

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 welcome. Noela 0418 600 707

Craft Group

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

Rokeby Girls' & Boys' Brigades

Adventure for girls & boys 5-18yrs. Thu 5:30 - 7:30pm, at Emmanuel School. Libby 0416 277 101 | eneduljee@gmail.com

Sandford Scout Group Friends

Fun, community service and adventure! 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 <u>0418 526 002</u>

St Barnabas Community Church, SA

Morning service, Sun. 10am. W/bee 10am, 1st Sat./month. |Rachel Todd, 6239 9706 | Jane Beavan 6239 9244.

Exercise & activities

Bingo @ the South Arm Community Centre

1st Tues each month 7pm. \$15 for 15 games. BYO welcome. <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

Wed 5:30pm, Thu 5:30pm, Sat 8am Sandford Community Hall .First Class Free Susan <u>0488 707 056</u> | <u>Facebook</u> | <u>evolvefitnessaus@gmail.com</u>

Jayne Martin Yoga

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

Pilates - South Arm

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

South Arm Fitness & Wellness Hub

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

Tennis Court

\$10/hr. Book at South Arm Store or after hours. Kate <u>0409 845 245</u>.

Yoga at Lauderdale Hall

Strength & calm Asana, pranayama, Yoga Nidra & meditation. Wed 10.30-12pm. Margaret <u>0428 252 560</u>

Food & dining

Fresh fish delivered door to door

Every second Wed 11am-1pm. 30+ years. Robyn 0438 721 448 | robdaze@bigpond.com

Opossum Bay Store

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

South Arm RSL & Community Club

Great meals, take-away, bottle shop.

Dinner 7 days + lunch on Sun Pizza - Fri/Sat;

Asian - Sun/Mon/Tue/Thu. A la carte Wed/Fri/
Sat. ph 6239 9171

Touch of the MO Cafe

Wed to Sun 8:30am-2:00pm. Brunch, Chef's specials, snack menu, coffee cafe smoothies and more. Phone 6295 5532 | Facebook.

Gardening

AJs Lawnmowing & Maintenance

6 Calverton Place, South Arm. Call Andrew for a free quote 6239 9863 | 0422 992 479

Emma Parker Garden Supplies

Pea straw \$15/bale. 0409 555 098

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 sbishtas@gmail.com</u>

The Snail Whisperer

Bothered by snails eating your veggies and flowers?. Free removal and collection.
Alistair 0417 457 140

Worm poo and worms

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

Home & property

Activ8 Electrical & Data Contractor

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

Flatrock Concrete

Formwork, concrete & excavations Justin 0439 915 386

Greg Steinbauer

Gardening, odd jobs + home maintenance. 0419 136 693 | gstein101@gmail.com

House-sitter Clare

Experienced, reliable, mature & local. Excellent references. <u>0450 417 061</u>

Interior Design

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

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 <u>0499 279 561</u>

Snoopy's Gas Fitting

Install, service and maintain. Brett Newell 0448 877 062 | sssnoopy11@gmail.com

Tassie handyman

Maintenance, carpentry, painting, fencing, small l/scaping, windows & doors.

0448 667 732 | Facebook

Weekly Cleans Mon-Fri

Malena 0419 670 446

Health Services

Converse Online Speech and Art Therapy

Building confident communicators. 0487 718 750 | www.conversetherapy.com.au admin@conversetherapy.com.au

South Arm Community Pharmacy

4/3120 South Arm Rd <u>03 6239 9529</u>, Fax 03 6239 9600 <u>info@southarmpharmacy.com.au</u> 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

Genealogy Research

Start your family tree or solve a 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 pre-tertiary + tertiary. Can help with essays, English etc. 0477 771 040

Maurice Potter History Room

SA Community Centre. Join the History Facebook group. history@southarm.tas.au Michael Topfer 0400 416 099

Transport & equipment

South Arm Peninsula Community Bus

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

Wheelchairs and walker

Short-term loans to SA RSL Sub-Branch Members and Defence Services personnel (and dependents). Peter 0477 706 497

Venue Hire

Calverton Hall & Oval Hall Hire

Cherie <u>0409 217 975</u> | Kate <u>0409 845 245</u> Tennis court after A/H as above. Tennis court key during the day still available at the shop.

South Arm Community Centre

Special occasions, interest group or business meetings, workshops etc. <u>0407 875 460</u> | <u>SAPRAPres@southarm.tas.au</u>

Volunteering

Coastcare Opossum Bay & South Arm

1st Sunday each month. 10am -12noon. Different venues. Robyn 0400 119 519

Coastcare Pipeclay

Autumn, Spring & Clean Up Aust Day working bees. <u>0408 121 304</u> Search for us on Facebook or <u>pipeclaycoastcare@outlook.com</u>

Wildcare - Deslacs (Clifton)

info@wildcaredeslacs.org

Coastcare Mortimer Bay

Leanne <u>0408 498 468</u> | mortimerbay@landcaretas.org.au

South Arm Fire Station

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

Sandford Fire Station

Training each Monday 7.30pm
Paul Lawler, Brigade Chief 0409 305 808

Friends of Opossum Bay Park

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

Clifton Beach Surf Life Saving Club

President Anthony Chapman 0437 946 675 | Nicole Davey, 0492 979 625 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 <u>0419 614 457</u>

South Air Water

Damien <u>0417 928 377</u>

Streamline Water

Wayne 0418 125 096

Wellbeing & health

Acupuncture & Chinese Medicine

Dr Bec Emmerton (TCM). Treating pain, fertility, women's health, 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 .Tania <u>0458 528 258</u> www.pamperroom.com.au

Lomi Lomi Massage

Traditional Hawaiian healing in South Arm. Relaxation. Rejuvenation. Reenergizing. Val 0408 267 887