

CONGRATULATIONS EMMA!

Cummins Our Town Guardian

A huge congratulations to Emma Gale on being successfully appointed into the position of Guardian for the Cummins Our Town Team. Emma's role of Guardian is an integral one – she will oversee the day to day operations for the Our Town Cummins team, and will assist in inducting our new team members into their positions once we get to that point, as well as ensuring that we are putting our plan into place and effectively delivering it to the community, whilst liaising with all of our stakeholders.

We may have been pretty quiet on the socials lately, but that is because the wheels have been turning behind the scenes, and we are super excited to see some movement on a space and some roles being advertised in the very near future. Keep your eyes peeled for some announcements very soon!



CUMMINS

vol CUMMINS, SA
215 JULY 2021

THIS MONTH

HISTORY



INTERESTING LOCAL HISTORY

Opposite the intersection of Bruce Terrace and McFarlane Street are two power poles. These are remnants from the early days of power supply in Cummins. "In 1939 Bill Umlauf started the 'Cummins Electricity Supply' designing and making their own poles.... Bill Umlauf and family came from Port Neill in 1936, purchasing Mr Charlie Laube's blacksmith shop and starting 'Umlauf's Motor and General Engineering Works' (currently Pringles).... an inventive man, Bill manufactured extension steering units for tractors, power takeoffs, stone rollers, concrete mixers and gas producers. He converted cars to buckboards and car engines to marine engines, fitting them into fishing boats.... Bob Reed who had previously worked for Mr Charlie Laube and continued with Umlaufs, started the engine and threw the switch for the official opening of the 'Cummins Electricity Supply'." Cummins: Its People and History

HEALTH



WOMEN'S HEALTH NIGHT-FOCUSING ON MENOPAUSE

Cummins Ramblers Clubrooms July 30th, 6:30 pm.

An informative evening about that 'M' word. Guest speakers include local physiotherapist Connie Andrew, and GP Dr. Leanne Schroeder. Two-course meal provided and bar facilities available. For more info and for booking details, see page 15, or visit https://www.facebook.com/empoweringlowereyre

THIS MONTH

KIDS



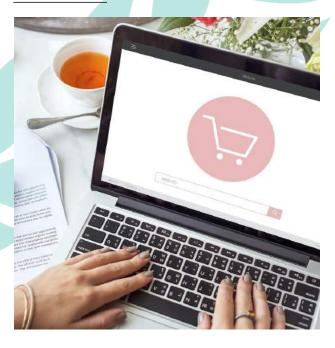
SEW & CREATE CLASS

Cummins Hall Supper Room July 16th - Various times.

Kids 10 years-old and above are invited to this Sew & Create Class during the school holidays. Learn how to make scrunchies, microwave bowl holders, and hanging pocket/baskets.

There are two sessions available and limited spots, so be quick!
See contact details on page 11.

BUSINESS



SHOP LOCAL SA - FREE INFORMATION WORKSHOP

July 14th

Cummins Hotel - 7:30am to 8:30am

Is your business currently taking orders 24/7? If the answer is No, you might be interested to know that, in a market changed by a global pandemic, 55.4% of sales happen during non-business hours (a.k.a online,), so if you would like to find out how you can increase your sales and tap into a whole new market, then this workshop is for you.

You're invited to learn more about how to sell online in a supported way with Shop Local SA - South Australia's online market-place designed to support local businesses. Scan this QR code to register online:



WORDS FROM

THE COMMUNITY

Have you got news to tell the community? Maybe you'd just like to thank someone, write a little poem for everyone's enjoyment, or simply highlight the little things that make Cummins such a special place.

Whatever it is you need to say, simply email it to cdec@dclep.sa.gov.au

OH! I WANT A NEW BIKINI

Oh! I want a new bikini to enhance me slender shape,
I want it like I never wanted more.
I want the new bikini that I saw in Matthews shop
So I can strut me stuff on Moonta's shore.

Oh! I want that new bikini with its G-string at the south And two really fetching dollars on the north So I can strut me body like a model on the stage And have the fellas whistling as I sport.

Oh! I'd choose me new bikini like I never chose before, All gold lame trimmed with gems to catch the light So they'd chase me hard on our silver sandy beach As I twinkled like a star both day and night.

Oh! I'd shimmer and I'd shimmy as I strutted on the pier,

I'd bedazzle every eye for half a mile, I'd sparkle in the sea like those mermaids in the gulf - -Enough to make the very Angels smile.

Oh! I want a new bikini like I had when I was young, When I loved the long and sunny summer days But reality is winning is what the mirror tells, 'Too late. Too late,' is all it says.

Patricia M. Virgin



I made quite a ceremony of placing on my window sill mixed roses in crystal bowl and watched them catch sunbeams in loopings and flickerings of cool flames veined with ferny green shadows then as each feather of breeze floated their elusive perfume into the room like a breath of heaven I knew once again why I braved the thorns at pruning time

Patricia M. Virgin

ANOTHER FIRST FOR CUMMINS (THE CAN DO TOWN)

Visits to the cemetery are usually sad. On this occasion of the Opening of the Upgraded Cemetery, the sun shone and people streamed through the impressive new gates, curious to see what the cemetery committee had achieved.

The committed volunteers had ideas aplenty and as money became available they were put in place. The committee have worked tirelessly for many months and the improvements are obvious with a fresh cared for look.

For some of the early settlers and later generations volunteering became necessary to advance the town We paid homage to many of them on guided walks lead by the current volunteers.

Who would have thought a cemetery walk could be so interesting. Another first!

To top it off after several acknowledgements afternoon tea was served.

Only "our town" could achieve this inspiring day. Many thanks to the the generous volunteers and supporters we do appreciate your hard work.

No more sad resting place.

Genny Secker



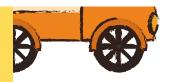
KANGA RURAL MINI-FREIGHT SERVICE



All your freight needs!

SAME DAY DELIVERY FROM PORT LINCOLN AVAILABLE CUT OFF TIME 2:30 PM

CALL LYNN ON 0427822780







CUMMINS MEALS ON WHEELS AGM

TO BE HELD AT THE CUMMINS HOTEL

MONDAY 19th JULY
MORNING TEA FROM 10.00 - 10.30am

WILL BE FOLLOWED BY THE MEETING AND
GUEST SPEAKER, PETREA GLOVER.
VOLUNTEERS ARE WELCOME TO BRING A FRIEND



What's New At



A: 19-21 Tumby Bay Rd

P: 08 8676 2210 E: admin@cumminsmedical.com.au

Covid-19 Vaccine update

Our Clinics for the administration of the
Covid-19 vaccine are well underway.

It has been lovely to see the steady stream of
community members at both our Coffin Bay
and Cummins clinics, attending for their
initial dose of the AstraZeneca vaccine.

We are still taking bookings.

For those wishing to book an appointment,
who are 60 and older please call

8676 2210



We welcome our final 6th Year Medical Student for the year, Hendrew Duvenage, who will be with us until July 17th.

Please help us to make him feel welcome if you see him around Cummins, during his time here.

Upcoming Locums

Dr Andrew Miller 11 July to 17 July, 2021

PUBLIC & PRIVATE influenza vaccine AVAILABLE NOW. Please call the Practice to book your appointment on 8676 2210



Dr Gerard Quigley

Services Offered at our Practice

Health assessments for 45-49 year olds, over 75 year olds & people with disabilities

Women's Health, family planning and Cervical screens

Skin Check and Mole scanning



Dr Leanne Schroeder-Perrang

Vaccination: childhood schedule, school, adult, travel, flu and Covid-19

Lung Function testing and asthma management

Weight and measure checks for all ages

Chronic disease management through care planning

Pathology collection and point of care testing (INR) for warfarin

Home visits for those unable to access the clinic





CUMMINS CHRISTMAS FESTIVAL

FRIDAY, DECEMBER 10

The Cummins Christmas Festival committee has started planning for this year's parade and community event at the railway park. The event is set for Friday, December 10.

More details to come as we progress plans however if you are keen to be involved, we are only a small committee and welcome new helpers. If you'd like to be involved, please get in touch with one of the committee members or email the CDEC project officer at cdec@dclep.sa.gov.au.



Our next meeting will be held on Friday, July 2 at 1pm for lunch at the Cummins Hotel.



Committee members: Jenna Hughes, Tarnya Branson, Leanne Seaman and Katrina Phelps





AGM

9th August 2021

@ Cummins New Beginnings Uniting Church

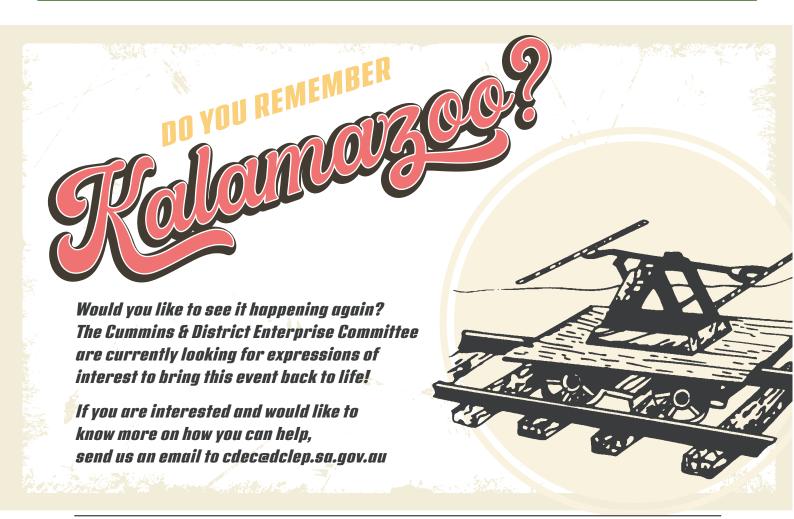
@ 1 pm

Committee Meeting to follow

ALL WELCOME

8676 2245 ABN 79 704 403 Monday to Friday 10am - 4pm

PO Box 49 54 Bruce Tce Cummins SA 5631





The Cummins Mosaic Group is starting two new community projects, and would love to see some new faces! If you're looking for a creative outlet, or would simply like to enjoy some great company, then this is for you! Come check out some of their current work or bring your own personal project; everybody is welcome to share their ideas and learn about this unique art form, no experience needed.

You can find the Mosaic Group every Tuesday, from 10:30am to 3pm, at their fantastic workshop at the back of the Cummins Hall.

For enquiries, please contact Wendy on 0439 870 066



CUMMINS PRESCHOOL & RURAL CARE FUNDRAISER

Orders Close Tuesday 27th July
Designs Submitted by Tuesday 3rd August
Templates & Order Forms Available from the Preschool.
For more information, please contact Paige Dahlitz,
0409 476 664.





THE CUMMINS COMMUNITY GARAGE SALE IS BACK! SUNDAY SEPTEMBER 26TH, 2021 9AM - 2:30PM

NO HOUSE IN TOWN? NO PROBLEM!

"TRASH & TREASURE" MARKET STALLS WILL BE AVAILABLE

FOR HIRE AT THE CUMMINS HALL.

SEND YOUR REGISTRATION FORMS TO CDEC@DCLEP.SA.GOV.AU

BEFORE SEPTEMBER 1ST, 2021



address PO BOX 41, Cummins SA 5631 phone (08) 8676 0400 fax (08) 8676 2375 e-mail cdec@dclep.sa.gov.au web www.explorecummins.com.au

COMMUNITY GARAGE SALE REGISTRATION FORM – HOUSE

To be returned to Adriana Salas at the District Council of Lower Eyre Peninsula Office, PO Box 41 Cummins, or cdec@dclep.sa.gov.au no later than Wednesday, September 1st 2021.

Any forms or payments returned later than this date may result in the forfeit of sale participation. We ask that you place balloons or something bright and identifiable for your address on your footpath, or letter box, to help identify your sale.

| Contact Person | Phone Number |
|-------------------------|--|
| Property Address | |
| Opening Hours | Standard hours 9am-2:30pmOther (please detail) |
| · | esn't need to be every item – just large items & categories of items for sale) |
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| | |
| | |
| ••••• | |
| Other comments | |
| | |
| | |
| ••••• | |
| Please tick one of | the following: |
| ☐ I have enclosed | d my \$25 participation fee |
| ☐ I have transfer | red my \$25 participation fee via EFT with Reference |
| EFT Payments | BSB: 633 000 Acct: 111717344 |



address PO BOX 41, Cummins SA 5631 phone (08) 8676 0400 fax (08) 8676 2375 e-mail cdec@dclep.sa.gov.au web www.explorecummins.com.au

COMMUNITY GARAGE SALE REGISTRATION FORM – STALL

(Trash & Treasure Market)

To be returned to Adriana Salas at the District Council of Lower Eyre Peninsula Office, PO Box 41 Cummins, or cdec@dclep.sa.gov.au no later than Wednesday, September 1st 2021.

Any forms or payments returned later than this date may result in the forfeit of sale participation. Stall sites in the Hall are $2.5m \times 2m$ with table and chair included. Places in the Hall are limited. Standard opening hours apply 9am - 2:30pm.

| Contact Person Phone Number |
|--|
| Address |
| Items for sale (doesn't need to be every item – just large items & categories of items for sale) |
| |
| |
| |
| |
| |
| Other comments |
| |
| |
| |
| Please tick one of the following: |
| ☐ I have enclosed my \$20 participation fee |
| ☐ I have transferred my \$20 participation fee via EFT with Reference |

WOMEN'S HEALTH NIGHT *

FOCUSING ON MENOPAUSE

GUEST SPEAKERS

CONNIE ANDREW

PHYSIOTHERAPIST

DR LEANNE SCHROEDER

— GENERAL PRACTITIONER

MORE TO BE ANNOUNCED...

Friday 30th July - 6.30pm Cummins Ramblers Clubrooms

Meals provided - Bar open





MORE DETAILS TO FOLLOW ON FACEBOOK OR CONTACT:

INGRID 0427 762 608
MEL 0428 762 491

CUMMINS CONNECTION

INFO DUE JULY 22ND

For planned distribution on Thursday July 29th Please send content to cdec@dclep.sa.gov.au





WE ARE HIRING

We are looking for enthusiastic and passionate community members to join our team! The Connector roles listed are the lead and administrative roles that will work closely with the Our Town Cummins Core Team, The Guardian and the community, to support and implement the Framework developed in the Our Town Cummins Plan: *Connecting our Community, Educating our Community and Partnering Across our Community*. The Connectors will co-ordinate the delivery of events, activities and programs that contribute to the health and wellbeing of our community.

Community Connector

1 day per/week __

The Community Connector will support and implement *Community initiatives and partnerships* within the Our Town Cummins Plan. Developing and maintaining strong relationships with stakeholders, service providers, community groups and community members. They will be leading the team in establishing and testing a framework for "reaching in". As well as informing and educating community on who and what is Our Town Cummins.

Creative Connector

2 days per/week ___

The Creative Connector will lead all *Creative Initiatives* across the whole Our Town Cummins Initiative. Supporting the other connectors in their roles to maintain consistent branding. They will be leading a team to create content from the Plan such as Humans of Cummins, Human Library, managing all Our Town Cummins social media accounts, posters and video and image content.

Peer Connector

— 1 day per/week

The Peer Connector will establish a peer support network in Cummins to lead and implement peer initiatives within the Our Town Cummins Plan. Testing new ways to support each other through difficult life transitions. As well as trialling community response ideas like *Uber Dave*, mentoring and creating "safe enough" spaces.

Youth Connector

1 day per/week

The Youth Connector will play the lead role in working alongside young people to connect, partner and advocate for youth led wellbeing initiatives. Collaborating with young people to create opportunities for youth leadership, especially in prevention and early intervention and setting up youth safe spaces for peer support such as just listening concept from the Our Town Cummins Plan.

Does this sound like you? Enquire now for full job description.

GET IN TOUCH

Please contact cumminsourtown@gmail.com to submit an application by providing a resume and a cover letter or video explaining which position you are applying for and why you would be perfect for the role.

Applications close 5pm 10/07/2021



HONDERLAND NEWS

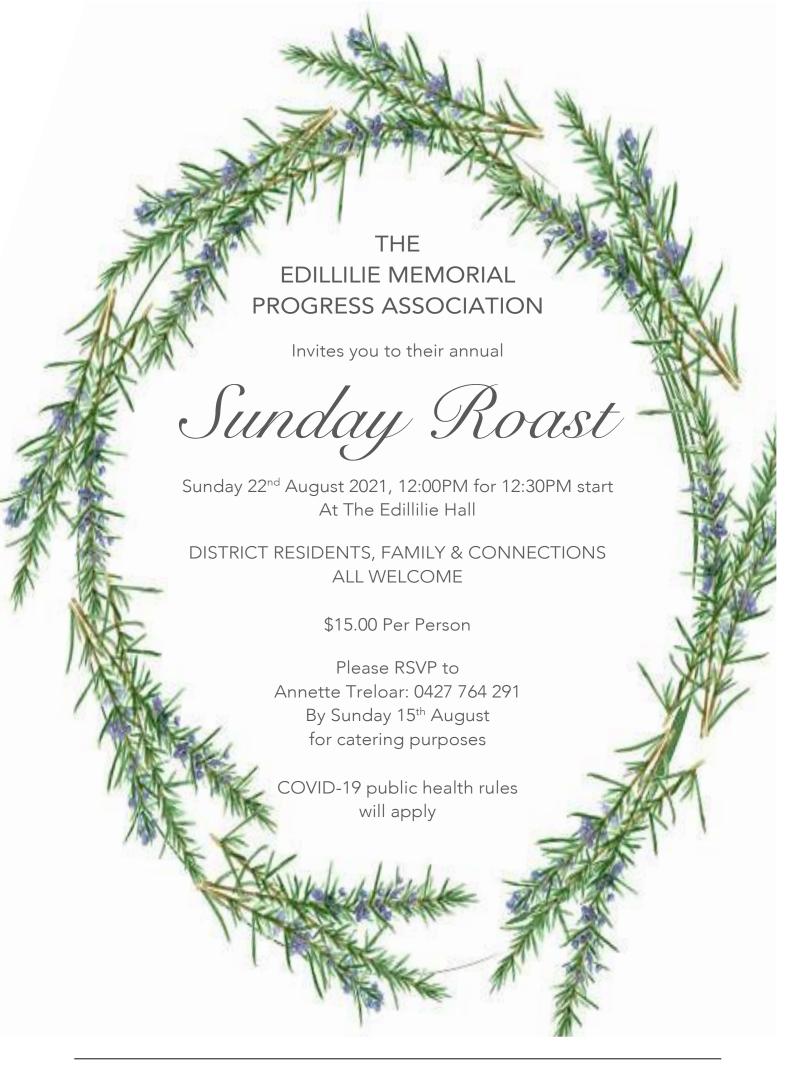
The Cummins Christmas Wonderland is looking at doing a Lego display at this year's Wonderland to involve community members. We are inviting people of all ages, from the young to the not so young, who are interested in Lego to exhibit their favourite Lego piece. It can be an original design or pre bought Lego-themed design that has not seen the light of day for a while.

For the Committee to know if this idea is viable, your display will need to be registered by 31st August, completed and handed in by 30th September. It is not intended to be a competition.

The exhibits would need to have been age appropriately challenging to build and to be inspiring for the public to view.

They would be displayed in a protected area during the Wonderland opening times in December.





HERE'S CHEERS TO





THINKING ABOUT VOLUNTEERING IN CUMMINS BUT DON'T KNOW WHERE TO START?

Visit https://explorecummins.com.au/volunteer to see all the volunteering opportunities available in our town



Cummins District Community Investment Program

A Community Grant can support your organisation when it needs it the most.

Applications open Monday 2 August, 2021

bendigobank.com.au/foundation



Community Enterprise Foundation™

HOSPITAL AUXILIARY REPORT FROM JUNE MEETING

35 attended the June meeting held in the Hotel Conference Room, 20 had lunch together prior to the meeting, we have been doing this for the last few meetings and it has proven to be a great time to catch up. Guest speaker was Dr. Leanne Shroder-Perang & her husband Andre. They spoke from the heart, thanking the community for making them so welcome when they arrived. They told the story of when they decided to immigrate to Australia, their journey to get here was a long hard one with many obstacles, but they say they would do it all again if they had to. From exams, having Covid, Health issues but was over whelmed by the support they got from Dr. Quigley during the journey.

Jan Phelps thanked them and presented them with a token of appreciation. Wendy Holman gave an out line of the different reports that the LEHAC receive and what is happening, they are looking for more members from Tumby Bay, the Cummins Medical Clinic is in need of extensions.

The purchase of a palliative care bed was discussed at the last meeting & again at this meeting, it was decided that we would purchase one and another bed as well. The hospital to source the beds.

We received a letter & chocolates from the Hospital in recognition of National Volunteers Week, which was in May. Our next meeting is July 20th & is the AGM. This will be held in the Hotel Conference Room starting at 1.30pm, once again we will be having lunch prior to the meeting for anyone that would like to join us, let Leanne know on 0428877452 by 19th if you'd like to have lunch so we can book in.

We are looking for new members, we are working for our Hospital & Miroma, with only 6 meetings per year, so please feel free to come along .

Leanne Seaman Secretary







CUMMINS SCHOOL COMMUNITY LIBRARY

DIGITAL ASSIST:

Our upcoming program for Digital Assist, beginning next term on Thursday afternoon from 2.00 - 4.00pm. Please phone 86762476 to register for a session or two.

| Date | Session | Attendee Requirements |
|----------------|-------------------------------------|---|
| Thursday 29/07 | Digital Assist | Bring your device, passwords and power cords |
| Thursday 05/08 | How to register your dog and cat | Bring your device, passwords and power cords |
| Thursday 12/08 | Digital Assist | Bring your device, passwords and power cords |
| Thursday 19/08 | CANVA Be Connected | Bring your device, passwords and power cords |
| Thursday 26/08 | Digital Assist | Bring your device, passwords and power cords |
| Thursday 02/09 | Basic Photo editing | Bring your device, passwords and power cords |
| Thursday 09/09 | Digital Assist | Bring your device, passwords and power cords |
| Thursday 16/09 | Ancestry.com Trove | Bring your device, passwords and power cords |

www.beconnected.esafety.gov.au

SCHOOL HOLIDAY ACTIVITIES... INCLUDING: SCIENCE FAIRS:

It is with great excitement and gratitude, that we are able to offer School Holiday Science Fairs!
With thanks to the Cummins Community Op. Shop and the Board of the Cummins Hotel, for their generous donations, we have purchased NEW equipment to share with you and your young scientists.

The Science Fairs will be held on Thursday, 8 July and Wednesday 14 July Sessions include:

10.00 - 11.00am: All About Plants
Explore the fascinating world of
plants, examining structure,
function and making a flower
pressing to take home.

11.15 - 12.15: Unbelievabubble

Make our own secret bubble mixture and craft some bubble blowing devices to take home

1.30 - 2.30pm: Dino Doings

Explore the science of fossils and create a fizzy dinosaur egg to take home.

2.45 -3.30pm: Icebergs and potions Revisit Little Bang Discovery Club's favourite experiments.

REGISTRATIONS ESSENTIAL