

# The Coffin Bay Sun

October 2020



Initiative of the Coffin  
Bay Progress  
Association

[coffinbaysun@gmail.com](mailto:coffinbaysun@gmail.com)

## WHAT'S ON IN COFFIN BAY IN OCTOBER!

SUNDAY 4<sup>TH</sup> – COFFIN BAY MARKETS @ THE COFFIN BAY HALL

PUBLIC HOLIDAY MONDAY 5<sup>TH</sup> – BAMB FORESHORE MARKETS

SATURDAY 24<sup>TH</sup> – SUNDAY 25<sup>TH</sup> – THE FUNKY JUNKY N' MORE POP UP SHOP @ COFFIN BAY  
HALL

SATURDAY 24<sup>TH</sup> – SUNDAY 25<sup>TH</sup> – FIDDLESTIX OPEN GARDENS @ 58 HOLLY RISE, COFFIN BAY



## Coffin Bay Progress Association



## PRESIDENTS REPORT

Hello Coffin Bay,

The Bar area in the Hall is finally finished and looking fantastic. We used local tradesmen to complete this project and I would like to thank the following for a job well done. Carpenter Peter Bald, Plumber Rick Myers, Electrician John Gill and tiler Nick Bray. Les, Mark, Turtle, Bill & John volunteered a huge amount of hours and without them this area would never have been finished, thank you so much guys. New and extra fans will be going up soon which will help cool the Hall in the summer months.

Playgroup is using the Hall once again after a long break due to Covid19 and it was lovely to see the little ones having fun on their first day back.

One of Dr Rowe's patients has offered to paint the room in the Hall for her and we should be able to start working on that room soon. If anyone can spare a few hours to help at some stage that would be greatly appreciated, just give me a call and let me know.

It's that time of the year again when I start to apply for Grant money, I wish this was spaced out over the whole year and not just a few weeks but never mind it's worth the effort. One Grant will be for the complete rebuild of the swimming pontoons, this is the idea of Fi Gordon & Shane Smith and they would love to see this project finished before summer.

Don't forget to keep the following dates free and enjoy what will be on offer in Coffin Bay during October, fingers crossed we have some lovely Spring weather by then. There will be Markets in the Hall on Sunday 4th and Progress will be having a Book Sale there, so if you can donate any books please let one of us know and we can pick them up from you.

On Monday 5th there will be BAMB on the Foreshore from 12pm until 6pm, lots of great stalls, food and the Bouncing Castle will be there for the kids. Then on Sat 24th & Sunday 25th SA Open Gardens, hosted by the Bowyers will be held at 58 Holly Rise from 10am until 4.30pm. Don't miss the chance to see this beautiful, amazing garden. Progress will be manning the gate and serving refreshments on both days. If you are able to help us for an hour or two please contact me as we need more helpers.

On that same weekend Fi Gordon will be holding a market in the Hall on both days. Trash, treasure, new, old, there will be something for everyone and Fi is looking for donations of just about anything, money raised will go towards the swimming pontoons.

Cheers, Carol Fathers

### CONTACT US

**President:** Mrs Carol Fathers 0400 854 441

**Vice President:** Ms Rachel Saxby 0417 858 122

**Secretary:** Mrs Tracey Matheson 0431 424 790

**Public Officer:** Mrs Carol Fathers 0400 854 441

**Treasurer & Hall Booking Officer:** Mrs Linda Christian 0409 092 168

**Coffin Bay Sun:** Holly Gill 0424 989 360

**Hall Flag:** Sandra Peters 0408 895 674 – Peter & Lorraine Bradford 0428 854 138

**Progress Association meetings are held every 2<sup>nd</sup> Tuesday of the Month at 7pm in the Community Hall – All Welcome to attend.**

# *"Yachty" News*

Coffin Bay Yacht Club

The Yachting Season has begun!!!!



with

OPENING DAY

11<sup>TH</sup> OCTOBER

**We look forward to a great afternoon of sailing around the bay  
to begin this new season of competition and FUN!!**

We will also be welcoming Clayton Bay Boaties to the club once again with  
approximately 15 trailer sailors expected to arrive on the same day.

IT'S SAILS AHOY IN COFFINS for October!!!

**\*\*Interested in joining us out on the water? Want to have a go at sailing?**

*Just come on down to the Yachty . We will show you the ropes!!!!*



## Gardening Tip by Phil Siviour *Coffin Bay Gardening Service*

Earwigs are starting to invade our gardens. Keep on top of them by laying a beer trap where you see them in large numbers. Make sure to empty and refill regularly.

A good way to attract the bees to pollenate your zucchinis, cucumbers and pumpkins is to leave your brassicas when they start to flower and go to seed. Bees love the yellow flowers.

It is really important to mulch your vege gardens and fruit trees with summer approaching. Watering your citrus is critical during the early summer months.



In partnership with..

### 34° SOUTH CATERING..

Bookings & Catering: 0429 856 104  
Club Function Hire: Cassie 0428 873 131  
[www.coffinbaysportingclub.com](http://www.coffinbaysportingclub.com)



**BOWLS**  
Wednesday & Saturday Competition..  
have a roll any other time!  
Contact MIKE: 0428 395 754

**GOLF**  
Full Member \$165  
Juniors \$39  
Contact STEVE: 0427 854 379

**Green fee players WELCOME**

Thursday MENS competition – names in by noon  
Tuesday LADIES Competition – names in by 11am  
Sunday MENS & LADIES – names in by noon



*34° South*  
Catering

**Chef Clayle Henning & team  
are back in the kitchen!**

**SATURDAY**  
6pm ~ 8.30pm

**SUNDAY Breakfast**  
8.30am ~ 11.30am

**WEDNESDAY Snitty Night**  
6pm ~ 8.30pm

**\*\*BOOKINGS ESSENTIAL\*\***

Find us at the top of  
Giles Road, COFFIN BAY





## A contribution from The Eyre and Far North Local Health Network

The Eyre and Far North Local Health Network would like to say a big THANK YOU to Patsy for her incredible service as a Community nurse to the Coffin Bay community over 23 years.

The community nursing service is recognised as a valuable service for the Coffin Bay community and we will be continuing to provide services Monday, Wednesday and Friday excluding Public Holidays with clients having the choice regarding the location for the delivery of their nursing services, either in the home setting or in a clinic setting.

In response to COVID-19 social distancing requirements a booking-in process has been implemented and Coffin Bay clients can book in and choose to have their services provided either at the clinic or in their home. To book an appointment or make a referral please phone 8683 2200, and ask to speak with the Intake Officer. A nurse will then phone you to discuss a suitable appointment time.

In January 2021 the Coffin Bay Community Nursing clinic-based services will be moving to new premises, utilising clinical consulting rooms at Dr Gerard Quigley's Coffin Bay Practice. The current three-day per week schedule for Coffin Bay providing clinic and in-home nursing services will be maintained.

*Goodbye and thank you!*

*I'm devastated to announce that because of health reasons, I am unable to return to Coffins as your Community Nurse.*

*I am still able to work, but in a non-clinical nursing position, based in Port Lincoln.*

*For 23 years I have had the pleasure of working in Coffin Bay and the surrounding communities, experiencing the good times and the bad with so many of you.*

*Thank you so much for making every work day enjoyable!*

*I will miss you all!*

*Take care,*

*Patsy*





The Coffin Bay Yacht Club is a vibrant community club that is run and worked by VOLUNTEERS!

We need your help in our family friendly club, by volunteering your time in the kitchen. Just once a month on the roster would be appreciated!



### **Coffin Bay Bowling Club Needs You!!**

With several members having retired from bowls or moved away, we are needing new players to join our club and enjoy our fantastic sport.

Our friendly group of members will welcome any interested persons, regardless of playing ability or experience to come along and enjoy the game of bowls. Our facilities are arguably the best on Eyre Peninsula, and members can enjoy bowls from social bowls through to pennant competition.

If you think you might like to give bowls a try, contact

**Paul Phillips - 0411 881 474**

or

**Peter and Lorraine Shepperd  
0427 103 492**

## **Volunteer in your Community**



Lower Eyre  
**Coastcare**  
Association

Enjoy the outdoors growing plants and exploring the coast? Need help identifying a bird or a plant? Want to get some exercise and help look after our coast? Do you have other skills to contribute such as social media management or graphic design?

Join us outdoors and get some gentle physical exercise, improve your mood and life and a sense of achievement in volunteering. We undertake varied activities around the coastline of Lower Eyre Peninsula.

**Join us for an hour or two or for the morning, last Monday of the month. Meet at Coffin Bay boat ramp BBQ area, 8.30 am. Visitors most welcome. Or contact us if you would like to assist in other less physical ways**

Check us out on Facebook to stay up to date with our current projects.

For more information email [lowereyrecoastcare@gmail.com](mailto:lowereyrecoastcare@gmail.com) or call Kerry 0498 387 961

### **Volunteers caring for our coast**

### **Pricing 2020**

Front page	2/3 page \$20 per month
Meet the locals	½ page free (one per month)
Business listing	Business name + phone number \$5 per year
1/8 page	\$3 per month or \$30/year
¼ page	\$5 per month or \$50/year
½ Page	\$8 per month or \$80/year
Full page	\$15 per month

Invoices will be sent from The Coffin Bay Progress Association on booking. Please contact the editor [coffinbaysun@gmail.com](mailto:coffinbaysun@gmail.com) to arrange your advertising for 2020

All advertising is editable at any time throughout the year at no extra charge.

Please keep your adverts up to date and include any monthly special events.

## Friends of Coffin Bay Parks



Friends of Coffin Bay Parks  
PO Box 152  
Coffin Bay 5607  
dettes46@bigpond.com

President: Graham Baker  
Secretary: Bernadette Saunders  
Treasurer: Sonia Richards

Friends of Parks undertake a variety of activities within the National Park, Kellidie Conservation Park and Wanilla reserves. Seed collecting, track maintenance, tube stock growing and revegetation. New members are always welcome. Our usual working bees are held on 2nd Monday of the month.

*Volunteers working with DEW in conserving and managing our national parks*

### **TAI CHI – Every Saturday Morning** **8.50am for a 9am start – 9.45am**

HELD EVERY SATURDAY MORNING AT THE YACHT CLUB OR ON THE LAWNED AREA NEXT TO THE CLUB

Gold coin donation which is given to a charity.

We follow an easy Tai Chi DVD by Master George Lee of Adelaide.

Come and give it a try!  
Carol PH: **8685 4442** M: **040 085 4441**

## Coffin Bay Playgroup

Meet at the Coffin Bay Hall on Mondays 10am-12 noon during school term. Bring \$2 entry and a piece of fruit to share.

**Visitors are welcome.**

### **CEA-SIDE STITCHERS**

We meet Friday mornings 9-12 at Coffin Bay Golf Clubrooms.

We extend an invitation to anyone (residents or visitors) interested in **quilting, sewing or needlework** to join us at our weekly get together.

Bring along your machine or knitting etc. All welcome.



### **COFFIN BAY COMMUNITY CHURCH** **CNR HAGGARTY & TAPLEY STS**

(LUTHERAN & UNITING CHURCHES IN AUSTRALIA, WORSHIPPING TOGETHER IN CHRISTIAN UNITY.)

To help keep people safe through this difficult period, there will be no organised church services until the Government deems it safe. The members of the Community Church will continue praying not only for our small Community but for the world situation and we look forward to welcoming all to services in the future.

Romans 8: "For I am convinced that nothing in all creation can separate us from the love of God that is in Christ Jesus our Lord."



**OPEN GARDENS SA & HELEN & MIKE BOWYER invite you to**

# **'FIDDLESTIX'**

**58 HOLLY RISE COFFIN BAY**

**24<sup>TH</sup> & 25<sup>TH</sup> OCTOBER, 10AM - 4.30PM**

**REFRESHMENTS AVAILABLE (COFFIN BAY PROGRESS ASSOC.)**

**PLANT & CRAFT STALL, RAFFLE, KID'S PLAY AREA**

**KID'S CRAFT TABLE 11AM – 1PM (FREE)**

**ADULTS \$8 ENTRY; CONCESSION \$6; CHILDREN UNDER 18 FREE**

**(FUNDRAISER FOR COFFIN BAY PROGRESS ASSOCIATION)**



**WANDER around the GARDEN, WALK the LABYRINTH, VISIT the CHOOKS,  
CHECKOUT the VEGGIE PATCH, BRING THE KIDS TO PLAY.**

**(Covid safe rules will apply)**



# Cummins Recyclers

We are in Coffin Bay  
**Sunday October 11<sup>th</sup>**  
10am till 1pm  
6-8 Lawrie Street  
Phone Heather: 0429 082 656

## Cummins Op Shop

Cummins Op Shop will be trial Opening On Monday's from October (excluding Public Holidays). Open Mon-Friday 10am-4pm. Summer Stock now available! Always grateful for Donations.

All proceeds from sales are donated to local community organisations. In the past 24 years of operation the Op Shop has donated 240k to the community plus covered operation costs.

Please call Jane to make donations 0418 697 179

## Pete Bald

Licensed Carpenter



Pergolas, Sheds, Carports,  
Verandahs & General Repairs

Over 30 years' experience in the  
Building Industry

Ph: 0419 824 233 for a free quote

## @Active

ADVENTURE FITNESS | HAPPY HIRE

### "Your One Stop Fun Shop"

NEW Kayaks, Stand up Paddleboards,  
Surfboards, Mountain Bikes, Fishing Gear ,  
Snorkelling Gear, Ski/Fishing Boat (guided hire)

**ALSO**, specialising in tours last 25 years  
4WD tag along and tours, Fatbike, Sandbike  
adventures, Nocturnal wildlife tours etc.

Mobile **0408 896 258**

**[www.dunebustersportlincoln.info](http://www.dunebustersportlincoln.info)**

## Pilates classes at the Community Hall!

Every Tuesday morning at 9:30am  
(10am during school holidays).

Please contact Alyssa on  
**0438 021 638** for more information.

Everyone is welcome, however  
numbers are limited



ADORE YOUR CORE  
PILATES

## Coffin Bay Pharmacy

Please kindly note that the operating timing for  
pharmacy has changed

MONDAY to FRIDAY: 9:30 AM TO 5 PM

SATURDAY: 9:30 AM TO 12 PM

SUNDAY AND PUBLIC HOLIDAYS: CLOSED

Address: 2 Flinders Avenue, Coffin Bay, SA-5607

Phone: 08-8685 4080

Proudly presented by Coffin Bay Progress Association

# BAMM

Beach



Monday

5th

October

12-6pm



Arts



Music



Markets



Coffin Bay Foreshore, next to the Yacht Club

*Catering by: Coffin Bay Progress Assn, Coffin Bay Takeaway, Smoky Uppercuts BBQ, Frosting and Sprinkles, Coffin Bay Yacht Club*



Featuring our famous Art Gazebo, filled with fabulous pieces for sale and great entertainment for the kids with Xtreme Kites and Paddle's jumping castle and Sumo Suits! Plus live music in the form of buskers, organised by Pt Lincoln Music World. Please be generous and support our wonderful buskers, as they entertain you. And of course, HEAPS of market stalls with a great variety of goods!

For more info, contact Rachel on 0417858122

## JENKO ELECTRICAL SERVICES

Servicing the Lower Eyre Peninsula



- Domestic
- Commercial
- Industrial
- Split System Aircons
- LED Lighting

Contact Andrew Jenkins on  
0418856125 or [jenkins2@jenko.com.au](mailto:jenkins2@jenko.com.au)



RICK MYERS  
**Plumbing & Gas**

**0409 151 200**

[rickmyersplumbing@gmail.com](mailto:rickmyersplumbing@gmail.com)

Lic PGE 256 137





**Dewtex** Coatings

For Rendering, Plastering, Texture Coatings,  
Repairs or Sprucing up your home

Steven Dew 0413 126 347

No job too small



## Coffin Bay Pizza & Takeaway

are now located at Shop 4/61 Esplanade  
next door to 1802 Restaurant

**Business Hours are Wednesday - Monday 4pm - 9pm**  
**Tuesday Closed**

Open all Public Holidays except Christmas Day

Phone 0481 897 426 or Leave a Message on our FB  
Page under "Coffin Bay Takeaway "

## LOCAL GRAPHIC DESIGNER

Logos

Business Cards & Flyers

**Business Stationary**  
(Letterhead's & other Documents)

**Specialised Designs**  
(Wedding, Birthday & Special Occasion Invitations)

+ More...

Visit [www.maddogcreative.com.au](http://www.maddogcreative.com.au) to view some of my work!

Contact: Holly Gill on 0424 989 360 or [holly@maddogcreative.com.au](mailto:holly@maddogcreative.com.au)



Musical Instruments from  
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Got a mooring or Need a mooring?

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**Now offering Mooring Inspection  
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**Buying and Selling Moorings**

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admin@puretankcleaning.com.au

0407 357 853



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**0407 556 096**

[www.johngillelectrical.com.au](http://www.johngillelectrical.com.au) [johngillelectrical@gmail.com](mailto:johngillelectrical@gmail.com)

PGE: 196673



## Beachcomber open longer

Beachcomber's holiday hours are 8am to 6pm

And from when the General Store closes on Oct 19<sup>th</sup> Beachcomber will be open 7am to 7pm.

Come in early for hot food ready to go, great coffee, fuel, cigarettes etc.

Kitchen open all day till 6.30, check out our menu here in the Sun.

Lots of new giftware and stock in store, let us know if there's something we can get in for you.



*Fashion*  
*Comfort*  
*Style*  
*Shape*

## SAVE THE DATE...

POP UP STALL  
COFFIN BAY BAMM  
'Beach, Arts, Music, Markets'

**MONDAY 5th OCTOBER**  
**12pm - 6pm**

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Affordable Fashion  
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[www.kallinyallakurves.com.au](http://www.kallinyallakurves.com.au)





DONATIONS WANTED

# JOIN US FOR A PONTOONS FUNDRAISER

**THE FUNKY  
JUNKY  
N'MORE  
POP-UP  
SHOP**

Furniture in good used condition, tagged electrical items, clean clothes, toys and other funky junk are most welcome!

All proceeds will go towards repairing the Coffin Bay community swimming pontoons.

**OCTOBER  
24 - 25**

10AM - 4PM COFFIN BAY COMMUNITY HALL

TALK TO FI GORDON AT THE COFFIN BAY POST OFFICE  
M.0421 927 309

### **A message from The Coffin Bay Sun Editor – Holly!**

Thank you all that contribute to the Coffin Bay Sun each month. Without you and the Progress Association there would be no Coffin Bay Sun!

I would like to take this time to reiterate a couple of items regarding the Sun:

- The contribution deadline is the 24<sup>th</sup> of each month (unless otherwise specified). If your contributions are not received by that date – you will miss being placed in that month's edition.
- If you are wanting to contribute an entire page please send this through as a PDF.
- If you are contributing anything smaller than an entire page such as a ½ page or ¼ page a word doc or ideally a jpg would be the preference.

Lastly, please remember that I volunteer my time to put the Sun together, so if I've accidentally missed anyone's contributions or I am late to respond to an email then I apologise in advance.

Thank you! And I am looking forward to a busy October in Coffin Bay.

Regards, Holly Gill



Whats new at

# Lower Eyre Family Practice

**A** Tumby Bay Road, Cummins SA 5631 **P** 08 8676 2210 **E** admin@cumminsmedical.com.au

## Welcome



**Lower Eyre Family Practice would like to welcome**

**Jenna Holman to the team!**

**Jenna will be joining us as a Practice Nurse.**

**Please help us to make her feel welcome.**

**Do you suffer from a Chronic Medical Condition,**

**including, but not limited to;**

**heart disease, diabetes, COPD, asthma, cystic fibrosis, arthritis, cancer, dementia, Alzheimer disease, Crohn's disease, multiple sclerosis, Parkinson's disease or a mood disorder?**

**A GP Management Plan (GPMP), can help people with chronic medical conditions, by providing an organised approach to care.**

**What this plan does:**

**Identifies your health & care needs**

**Sets out the services to be provided by you GP**

**Lists the actions you can take to help manage your condition**

**Includes the coordination of preventative health activities, blood tests, medication reviews, specialist referrals & Allied Health referrals.**

**Speak to the Practice Nurse today and find out if a GPMP would benefit you.**

**\*this is a bulk billed service\***

## HotDoc

**Book Appointments and Request Repeat Prescriptions Online!**

Patients can book appointments online for both our Cummins and Coffin Bay Clinics through HotDoc.

Current patients can now also use the site to request scripts from their preferred GP.

To book appointments, or request your scripts download the HotDoc app or search for our clinics at:

**hotdoc.com.au**

**REMINDER: During the COVID pandemic it is still important to keep up to date with childhood immunisations**



**NEED ANY WELDING OR  
GENERAL MAINTENANCE  
DONE**

THEN BILL HUGHES CAN HELP.

OVER 40 YEARS EXPERIENCE

MIG, ALUMINIUM, STAINLESS STEEL

FENCING, GATES, TRAILER AND BOAT

REPAIRS ETC.

CAN COME TO YOU...

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ABN 30599344696

## **Southern Cross Pest Control Coffin Bay**

For all your pest eradication  
needs.

Specialist in termite control.

All other types of health and  
nuisance pests.

Call Jim Grose

**0458 741 712**

## **“Reach Out” in Coffin Bay**



Do you want assistance or information about how to access Red Cross support services? Come see one of our helpful staff at our “**Reach Out.**” session.

**When:** Last Tuesday of the Month

**Where:** Coffin Bay Library

**Time:** 10:00am – 12:00noon

**Bookings Required**

**Phone:** Cummins Library 8676 2476

Please contact our Port Lincoln Red Cross office for more information.

20 Edinburgh Street, Port Lincoln P: 08 8683 0551

Office hours: 9am to 5pm Monday to Friday



**the  
power of  
humanity**



## General Classifieds

### Dr Claire Rowe

Every Wednesday 9-5pm  
1<sup>st</sup> & 3<sup>rd</sup> Thursday of the month  
9-5pm

She works out of the  
**Coffin Bay Community Health  
Centre**, Corner of Hawson St &  
Flinders Ave.

For appointments and  
messages for Dr Rowe please  
call **8683 2077**

### A.A. MEETINGS

Please Contact  
0427 854 585  
0427 944 985

### WASTE TRANSFER STATION OPERATING TIMES

#### **Coffin Bay**

Facility is open to the public during the following hours:

**Tuesday – 2pm to 4pm**

**Wednesday – 9am to Noon**

**Sunday – 9am to 12 Noon**

[www.lowereyrepeninsula.sa.gov.au](http://www.lowereyrepeninsula.sa.gov.au)

Make sure you send the editor the details of your events and  
what your community groups are achieving at  
**CoffinBaySun@gmail.com** before the **24<sup>th</sup> of the month** to get  
into the next issue of 'The Coffin Bay Sun'!!

**If you would like your copy of the Coffin Bay Sun emailed to you  
(in COLOUR!) then let us know via [coffinbaysun@gmail.com](mailto:coffinbaysun@gmail.com)**

**Coffin Bay Gardening Service**  
Phil Siviour – 0428 868 545

**Steve's Gardening & Handyman  
Service**  
Steve Nettle – 0427 854 379

**Origin Energy Agent**  
Steve Nettle – 0427 854 379

**John Gill Electrical** – 0407 556 096

**Ken Cairns Plumbing** – 0427 854 585

**Stotty's Building**  
Klint – 0439 339 407

**Qualified Carpenter**  
Shannon Fry – 0422 595 852

**Qualified Carpenter**  
Peter Bald – 0419 824 233

**Local Carpenter – House  
Maintenance & Improvement**  
Marty Bratasiuk – 0433 071 640

**Noel's Flyscreen Service**  
Noel Saxby – 0400 233 366

**Coffin Bay Linen Hire & Laundry  
Service**  
Sharon – 0488 515 132

**Rendering & Plastering**  
Steven – 0413 126 347

**Majoor Contracting**  
Luke Majoor – 0421 752 537

**Open Eyre Events**  
Charmaine – 0428 668 642

**Reptile Removal and Relocation**  
Including injured bird rehabilitation  
Rob – 0427 563 685

**Justice of the Peace (JP)**  
Ian Gordon – 8685 4417

**Local Graphic Designer**  
Holly Gill - 0424989360

# Country Health Connect

## Coffin Bay Community Nursing Service

Coffin Bay Nursing Services are a valued service to the Coffin Bay community. Services are available every week on a Monday, Wednesday and Friday, excluding Public Holidays.

We want to ensure the service is provided as efficiently as possible whilst managing physical distancing requirements that support the safety and wellbeing of our clients and community. To enable this Community Nursing services are available in either the clinic or in the client's home.

To manage physical distancing requirements and support in home services we have introduced a Booking-In system.

To book an appointment or make a referral please phone 8683 2200, and ask to speak with the Intake Officer. A nurse will then phone you to discuss a suitable appointment time.



**COUNTRY  
HEALTH  
CONNECT**

Call us on 1800 944 912

[www.countryhealthconnect.sa.gov.au](http://www.countryhealthconnect.sa.gov.au)

Funded by the Australian Government Department of Health. Although funding for these services has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.





## Library News



Watch our Facebook page for news of **Trish Stringer** (Australian Author) visiting **Friday 23 October** at our **Cummins Library Branch**.

[www.facebook.com/CumminsLibrary](https://www.facebook.com/CumminsLibrary)



### Opt-in to start keeping a record of your borrowing history

Like to have a list of what you've borrowed from our libraries? Use it to keep track of the books you've already read or even to inspire your next reading pick! To opt-in to our handy new service, just log in to **'My Account'** on the catalogue at

[www.libraries.sa.gov.au/cummins](http://www.libraries.sa.gov.au/cummins).

See the easy instructions at: [www.libraries.sa.gov.au/borrowinghistory](http://www.libraries.sa.gov.au/borrowinghistory)

**Note:** opting-in cannot be done via the Libraries SA App, however you will be able to view your borrowing history via the App once you have opted-in.

### Young Teen Book Club

Is your child aged 10 – 14 years and interested in joining a monthly *Young Teen Book Club* online via Zoom? Unley Libraries have extended an invitation to young teens in rural communities to join this new book club. If you are interested, please get in touch with Amelia at Unley Libraries – [abirve@unley.sa.gov.au](mailto:abirve@unley.sa.gov.au)

**Ancestry Library Edition** has been extended due to the continued impact of Covid-19 through to December 31, 2020. To access, go to our library page:

[www.libraries.sa.gov.au/cummins](http://www.libraries.sa.gov.au/cummins), click on Ancestry icon on right hand menu. Access is then through the link in the information about **Coronavirus COVID-19**. You will need your library card number and PIN. Please contact us for more information on 8676 2476.



**Quick Tip:** Next time you are reading a non-fiction book about a historical event or people, use Ancestry Library Edition to learn more about the real-life characters and locations via historical and genealogical records!

**Digital Support WILL NOT be available on Tuesday 6 October.  
Weekly support will continue from Tuesday 13 October.**

### Want to know more?

#### Coffin Bay Branch Hours:

Tuesday 10.00 – 12.00 noon  
Coffin Bay Hall

Saturday 10.00 – 12 noon  
(08) 8676 2476

[www.libraries.sa.gov.au/cummins](http://www.libraries.sa.gov.au/cummins)





Halloween

# DISCO

Coffin Bay Community Hall

*Saturday 31st*

*October, 6-9pm*

**Gold coin entry per child**

Free cordial and snacks provided.

Some snacks available for purchase.

(Cheap)

We hope to see you all dressed up in your spookiest costumes!

**All ages kids**





## COFFIN BAY GENERAL STORE

# MENU

08 8685 4052



### BREAKFAST MENU

BACON & EGG SANDWICH \$7  
BACON & EGG BURGER \$8

BREKKIE BURGER \$9.50  
BACON, EGG, HASH BROWN  
CHEESE, TOMATO

CAFÉ BREAKFAST \$14  
2 RASHERS OF BACON,  
2 EGGS (POACHED OR FRIED),  
TOMATO, TOAST

ALSO AVAILABLE WITH  
HASH BROWN \$1.80  
SAUSAGE \$1  
MUSHROOMS \$1

### HOT CHIPS

SMALL \$5  
MEDIUM \$7  
LARGE \$8

GRAVY  
SMALL \$2  
LARGE \$2.50

WEDGES \$8  
WITH SOUR CREAM & SWEET CHILLI SAUCE

CHIKO ROLL \$3.50

SMALL DIM SIM \$1.50

LARGE DIM SIM \$3

CHEESE KRANSKY \$2.50

POTATO CAKE \$1.50

HASH BROWN \$1.80

CHICKEN NUGGETS 80c

DEVIL CHICKEN WINGS \$2

BATTERED SAV \$5

### FISH (EACH)

HOKI \$2  
GARFISH \$5.50  
BUTTERFISH \$7  
LOCAL FLAKE \$7  
LOCAL WHITING \$8

CALAMARI RING 80c  
SEAFOOD STICK \$3

### FISH PACKS

2 PIECES OF FISH, CHIPS  
LEMON, TARTARE SAUCE

GARFISH \$14  
BUTTERFISH \$17  
LOCAL FLAKE \$17  
LOCAL WHITING \$19

1 PIECE OF FISH, CHIPS  
LEMON, TARTARE SAUCE

GARFISH \$9.50  
BUTTERFISH \$11  
LOCAL FLAKE \$11  
LOCAL WHITING \$12

FISHERMAN'S BASKET \$16  
1 PIECE GARFISH, 2 CALAMARI RINGS  
2 SCALLOPS, 2 PRAWN CUTLETS, CHIPS  
LEMON, TARTARE SAUCE

CALAMARI PACK \$9.50  
6 CALAMARI RINGS, CHIPS  
LEMON, TARTARE SAUCE



KITCHEN HOURS AND PRICES ARE SEASONAL  
SEE STAFF OR CALL US FOR DETAILS

### BURGERS

CHEESE BURGER \$8  
BEEF, ONION, CHEESE  
TOMATO SAUCE

HAMBURGER  
BEEF SCHNITZEL BURGER  
STEAK SANDWICH

PLAIN \$10  
LETTUCE, TOMATO, CHEESE  
ONION, TOMATO SAUCE

WITH THE LOT \$12.50  
LETTUCE, TOMATO, CUCUMBER, CARROT  
BEETROOT, ONION, PINEAPPLE, EGG  
BACON, TOMATO SAUCE

CHICKEN SCHNITZEL BURGER

PLAIN \$10  
LETTUCE, TOMATO, CHEESE  
MAYO

WITH THE LOT \$12.50  
LETTUCE, TOMATO, CARROT, CUCUMBER  
BEETROOT, RED ONION, PINEAPPLE  
BACON, MAYO

YIROS \$10  
LAMB OR CHICKEN WITH  
LETTUCE, TOMATO, CHEESE  
RED ONION, TZATZIKI SAUCE

SWEET CHILLI CHICKEN WRAP \$9.50  
2 CHILLI CHICKEN TENDERS, LETTUCE  
CHEESE, TOMATO, CUCUMBER  
SWEET CHILLI SAUCE, MAYO

FISH SUB \$10  
HOKI  
LETTUCE, TOMATO, TARTARE SAUCE



### HOT DOGS

WITH SAUCE/MUSTARD \$6  
WITH CHEESE & SAUCE/MUSTARD \$7

DOUGLAS DOG \$8  
BACON, CHEESE, ONION, BBQ SAUCE

DRUMMOND DOG \$8  
HAM, CHEESE, PINEAPPLE, SAUCE

DUTTON DOG \$8  
HAM, CHEESE, SAUCE/MUSTARD

### MEAL PACKS

DEVIL CHICKEN WING PACK \$10  
3 CHICKEN WINGS WITH CHIPS

CHICKEN NUGGET PACK \$8  
6 CHICKEN NUGGETS  
CHIPS, TOMATO SAUCE

SCHNITZEL PACK  
WITH CHIPS & GRAVY  
CHICKEN OR BEEF  
\$12.50

CHIPS & GRAVY \$7.50

POPCORN CHICKEN PIECES  
\$6 A BUCKET





## Coffin Bay

*If you are a local, you would already know me, but if you're a visitor to Coffin Bay, my name is Mike Bowyer and I am your local real estate agent, working for Raine & Horne, the oldest, family owned, real estate firm in Australia.*

*Having lived and worked in Coffins for 28 years, I consider I have a reasonably good knowledge of our great little patch and the wider surrounds.*

*In these interesting times we are in, lots of people and businesses are doing it real tough, we have border restrictions and forget about overseas travel!*

*In my humble opinion, this will have a positive impact on the real estate market in beautiful, peaceful destinations like Coffin Bay.*

*The median price of houses in Coffin Bay has lifted by almost \$100,000 in the last 12 months. The number of sales has improved and I can only see it getting stronger.*

*If you're thinking of selling, please give me a call for an honest appraisal of your property.*

*At Raine & Horne, we have a strong commitment to Coffin Bay and I am available 7 days a week.*

*I thought I'd feature a local property each month and am pleased to lead off with 26 Grimm Road, a magnificent 2 storey home on 5000m2.*

*Exceptional outdoor entertaining area, views, great shedding, 5 bedrooms and beautifully presented....this house has it all.*

*The property will be open for inspection over the holidays, starting this Sunday 27<sup>th</sup> 11am to midday. Keep an eye out for my flyers for other properties open over these holidays.*

*I thought I might run with a monthly joke too, so if you have a good one, (has to be printable) email it to me at [mike.bowyer@ptlincoln.rh.com.au](mailto:mike.bowyer@ptlincoln.rh.com.au) or phone me on 0428854020*

*The best one will be included in next month's Coffin Bay Sun*

*Cheers Mike*





## South Australian Bushfire Garden Revival

### Lower Eyre Peninsula

# Thank you

**Thank you** to all who donated plant pots, garden tools and plants and to those who helped grow plants and clean up tools. Your assistance and effort was very much appreciated by residents in the Cudlee Creek and Port Lincoln outskirts affected by fire last summer. Thanks also to Dennis Transport, Lobethal Freight Lines and private vehicle drivers who helped us move the bulk of our plants and equipment to Kersbrook for the Cudlee Creek SA Bushfire Garden Revival Open Day on September 12<sup>th</sup>. I was pleased to be able to be there representing all who had contributed to this initiative from Eyre Peninsula to assist and to lend an ear where needed. A very overwhelming day.

This initiative is about so much more than re-establishing gardens impacted by fire in SA. These words from Kristy Barnes, founder of SABGR and mental health advocate):

*We do what we do here because we have experienced the benefits of garden therapy on our mental health. We know by engaging in the distraction therapy of gardening we can find not only improvement to our mental health on the day but can adopt this way of life for a longer term strategy for dealing with the effects of trauma on our overall wellbeing. Residents we have worked with over the last 5 years all tell us that they have experienced very positive mental health outcomes through garden therapy following their bushfire trauma.*

*It's why we are here and why hundreds of volunteers from our incredibly dedicated admin team to each one of our growers to our 27 collection points to our open day hosts and everyone in between. We all know what we do every day will help you on your recovery journey. One plant at a time.*

We will be continuing to fund raise for Kangaroo Island with the aim of an open day event next autumn.

### **Kerryn McEwan SA Bushfire Garden Revival Lower Eyre Peninsula**

SA community coming together to help those affected by bushfire. Donating, growing and helping to create new gardens for them to love for free whilst also focussing on the mental health benefits of garden therapy post trauma





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*Home Care Packages*



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# What's On Around Coffin Bay

October 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3 Tai Chi, Yacht Club 9am	4 Coffin Bay Markets 10AM @ Hall
5 Public Holiday Coffin Bay BMM Markets - Foreshore	6 Coffin Bay Library 10am - 12pm Pilates 9:30am, Town Hall Ladies Golf – Names in by 9AM or 12PM	7	8	9 Cea-side Stitches 9-12pm, Coffins Sporting Complex	10 Tai Chi, Yacht Club 9am	11 Cummins Recycling Open 10am till 1pm 6-8 Lawrie Street
12	13 Coffin Bay Library 10am - 12pm Pilates 9:30am, Town Hall Ladies Golf – Names in by 9AM or 12PM Progress Association Meeting 7PM @ Hall	14	15	16 Cea-side Stitches 9-12pm, Coffins Sporting Complex	17 Tai Chi, Yacht Club 9am	18
19	20 Coffin Bay Library 10am - 12pm Pilates 9:30am, Town Hall Ladies Golf – Names in by 9AM or 12PM	21	22	23 Cea-side Stitches 9-12pm, Coffins Sporting Complex	24 Coffin Bay Sun Submission Deadline Tai Chi, Yacht Club 9am Fiddlestix Open Garden The Funky Junky n' More Pop Up Shop – CB Hall	25 Fiddlestix Open Garden The Funky Junky n' More Pop Up Shop – CB Hall
26	27 Coffin Bay Library 10am - 12pm Pilates 9:30am, Town Hall Ladies Golf – Names in by 9AM or 12PM	28	29	30	31 Tai Chi, Yacht Club 9am Halloween Disco @ CB Hall 6-9pm	3

## Breakfast

### Beachy Works

Bacon , 2 eggs (poached, fried or scrambled),  
sausage, tomato, sauteed mushrooms and  
home-made baked beans on ciabatta **\$20**

### Bacon and Eggs

Crispy bacon and 2 eggs (poached, fried or  
scrambled) on toasted ciabatta **\$14**

### Eggs Benedict

2 poached eggs with hollandaise sauce on  
toasted ciabatta **\$13**  
with ham, bacon or smoked salmon **\$18**

### Bacon and Egg or Ham and Cheese

Sandwich **\$7.50**  
English muffin **\$8.50**  
Croissant **\$9**

### Pancakes

2 fluffy pancakes with poached pears drizzled  
with maple syrup **\$12**

### Avo Smash

Smashed avocado with fetta, chilli flakes and  
lemon on toasted ciabatta **\$13**

### Muesli

Crunchy muesli with yoghurt, milk and berries **\$11**

**Cinnamon Fruit Toast \$5**

### Extras

Egg	<b>\$2.50</b>	Chorizo	<b>\$4</b>	Mushrooms	<b>\$3</b>
Sausage	<b>\$3</b>	Bacon	<b>\$5</b>	Tomato	<b>\$3</b>
Wilted spinach			<b>\$3</b>		
Smoked Salmon			<b>\$5</b>		
Gluten free bread			<b>\$0.50</b>		



### Pizzas

**BBQ Chicken** BBQ sauce base with  
chicken, chorizo, sundried tomato,  
onion, mozzarella and tasty cheese **\$13.50**

**Hawaiian** Herbed tomato sauce  
base, ham, pineapple and tasty cheese **\$12**

**Meatlovers** BBQ sauce base, steak,  
ham, chorizo, red onion, tasty cheese  
and a hint of chilli **\$14.50**

**Vegetarian** Herbed tomato sauce  
base, olives, roasted capsicum, sundried  
tomato, red onion, tasty cheese, fetta  
and baby spinach **\$14**



**113 Esplanade**

**Coffin Bay**

**Next to the caravan park**

**Phone orders welcome**

**86854057**

**Kitchen open all day**

**Dine in or takeaway**

# All Day Menu

**Whiting**                      1 piece                      **\$11**  
    pack                              **\$14**  
    extra piece                      **\$9**

**Local Ocean Jacket**      1 piece                      **\$7**  
    pack                              **\$11**  
    extra piece                      **add \$6**

**Butterfish**                      1 piece                      **\$8**  
    pack                              **\$11**  
    extra piece                      **add \$7**

**Lemon Pepper Squid**    serve                              **\$10**  
    pack                              **\$13**

**Fisherman's Basket**    Crumbed prawns, lemon pepper squid, beer battered fish fillet, crumbed ocean jacket cheek and chips                      **\$23**

**Kid's Fish Pack**    **\$9**

**Fish Wrap**                      Beer battered or grilled fish fillet, lettuce, red onion, tomato and tartare                      **\$14**

**Chicken Wrap**                      Grilled Chicken breast, bacon, red onion, mixed lettuce, parmesan and aioli                      **\$13**

**Plain Hot Dog**                      with sauce                      **\$5.50**

**Calypso Hotdog**                      with bacon, cheese and sauce                      **\$8**

**Add side salad to any above**                      **\$4**

**Bucket of Prawns**      Local Spencer Gulf      **6 for \$12**  
    prawns with aioli and lemon wedges                      **12 for \$22**

**Caesar Salad**      Mixed lettuce, bacon, egg, anchovies, parmesan and dressing                      **\$12**  
    add grilled chicken                      **\$16**

**Beachy Burger**      House made seasoned beef pattie, bacon, egg, cheese, onion, tomato, lettuce and tomato relish                      **\$13**

**Plain Burger**      House made seasoned beef pattie, lettuce and tomato relish                      **\$9**

**Marble Range Burger**      Grilled chicken breast, avocado, sun-dried tomato, fetta, red onion and baby spinach                      **\$13**

**Gunyah Burger**      Beer battered fish, lettuce, tomato, red onion and tartare sauce                      **\$12**

**Steak Sandwich with the lot**      Grilled topside steak, bacon, egg, cheese, onion, tomato, lettuce and tomato relish                      **\$13**

**Steak Sandwich plain**      Grilled topside steak, lettuce and tomato relish                      **\$9**

**Add side of chips to any above**                      **\$3**

**Extras can be added to any above**

**Fresh Coffin Bay Oysters**    **6/12**

**Natural**                      with lemon                      **\$14/22**

**Japanese**                      with pickled ginger, soy sauce, wasabi and sesame seeds                      **\$16/25**

**Thai**                              with chilli, lime and fish sauce dressing                      **\$16/25**

**Kilpatrick**                      with bacon and house made Kilpatrick sauce                      **\$18/28**

**Closed**                      takeaway only                      **\$10/18**

**Hot Chips**    Cup                      **\$4**  
    Small                      **\$6**  
    Medium                      **\$7.50**  
    Large                      **\$9**

**Chips & Gravy**    Small                      **\$8**  
    Large                      **\$10**

**Wedges**    Small                      **\$7**  
    Medium                      **\$8.50**  
    Large                      **\$10**

**Wedges with sour cream and sweet chilli**                      Small                      **\$9**  
    Large                      **\$11**

**Chicken Nuggets**    Each                      **\$0.50**  
    6 with chips                      **\$6**

**Tub of Gravy**    **\$4**