

CUMMINS CONNECTION



SINCE 2017, CONSTANTLY ASSISTING MEMBERS
OF OUR COMMUNITY WITH GUIDANCE AND
SUPPORT WITH MENTAL HEALTH ISSUES AND
DIRECTING THEM TO APPROPRIATE HELP.

EMPOWERING *lower* EYRE



VOL

211

CUMMINS, SA

MARCH 2021

THIS MONTH

EVENTS



AIR EP/GRDC -FROST RISK MANAGEMENT WORKSHOP

March 17th - 9am to 1pm

Cummins Hall

For grain growers interested in learning how to better understand and manage frost risk, this workshop will provide the latest research and risk management strategies, utilising a range of innovative tools and approaches.

The workshops have been developed by leading experts on frost management, including Dr Peter Hayman, Mick Faulkner, Michael Moodie and Kenton Porker. There will be plenty of opportunity for Q&A and farmer discussions. For more info and RSVP, visit <https://airep.com.au>

COMMUNITY



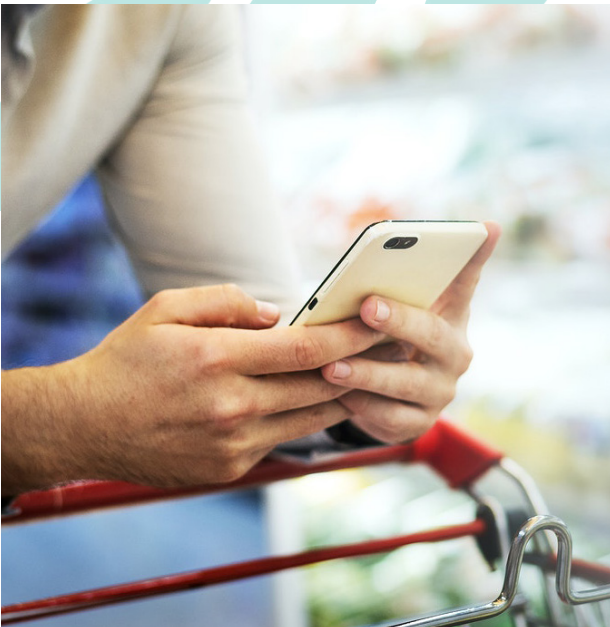
CUMMINS SWAP CART

New Beginnings Church

72 Bruce Tce

Full of homegrown goodness, the swap cart is always booming with fresh produce and other delights. Find this local gem sitting on the verandah of the New Beginnings Church, and see for yourself the available selection of homemade preserves, eggs, vegetables, fruits, seedlings, herbs, books, and more. No money needed, just bring something to share.

SHOPPING



CUMMINS IGA ONLINE STORE

16a Railway Tce, Cummins

Click and collect or get it delivered to your door, whatever you choose you're guaranteed the best quality products from your local supermarket.

Shop now from the comfort of your couch by visiting cumminsiga.com.au

SOCIAL



WELCOME TO CUMMINS COMMUNITY BBQ TEA

*February 26th- 5 to 7pm
Cummins Railway Triangle Park*

Recently moved to or started working in Cummins? Then get ready for a warm welcome from the friendliest community in the EP! Join us, and the Cummins Area School, on at the Railway Triangle Park for a Community BBQ Tea.

Meat is supplied, just BYO drinks (strictly no glassware, please) and a salad to share. A great opportunity to meet the locals!

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

SEA-SKY AFFAIR

[Winner, Open Poetry Competition, Society of Women Writers Australia, Queensland Branch 1997]

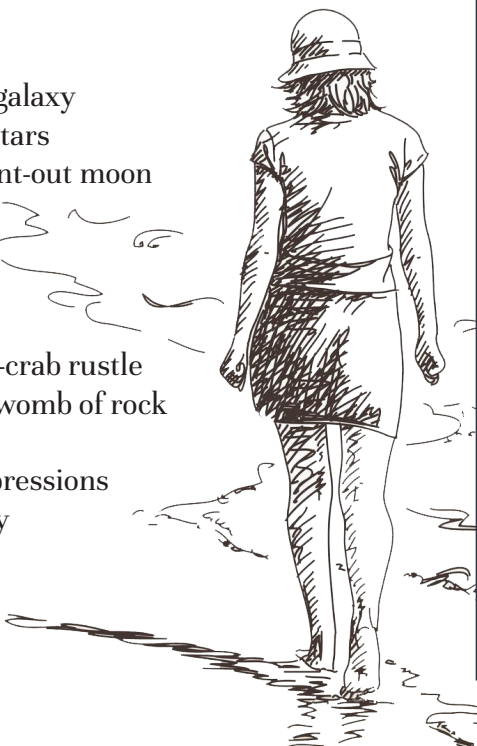
no moon tonight no breeze
sand-crabs rustle over crackled shells
in the ebon air
the sea is the sky
stars tickle my feet

if I walk from this pale ring
of beach into the sea-sky
I'll walkk on stars
a stellarnaut
the first I tell myself

if I swim out
into the beckoning galaxy
I will float in the stars
like some ol burnt-out moon
and vanish perhaps
into a black hole
before my time

I return to the sand-crab rustle
anchor myself to a womb of rock
and drink deep
Milky-Way impressions
of the sea-sky

Pat Virgin



ZONTA
CLUB OF
LOWER EYRE INC
MEMBER OF ZONTA INTERNATIONAL
EMPOWERING WOMEN
THROUGH SERVICE & ADVOCACY

The Zonta Club of Lower Eyre extends an invitation to attend our **Lunch Meeting**

Wednesday 17 March 2021
12.30pm at Cummins Hotel

Guest Speaker – Anna Richardson

will speak about her life's "stepping stones"
she has taken to being proprietor of Cummins IGA

RSVP by Monday 15 March
Jane Smith 0427 765 053
jane.annaleey@gmail.com

Aerotech provides South Australia's rural community with aerial support for agriculture and firefighting.

We are currently looking for ground crew at our West Coast (Cummins) Airbase to support our operations.

Duties will include but are not limited to:

- Mixing and loading various substances, both liquid and solid, into aircraft.
- Ground support vehicle and loading equipment maintenance.
- General shed and yard work.
- Fuel truck driving.

Must haves:

- Unrestricted Driver's license.
- Positive and safe 'can do' attitude.
- Some basic mechanical knowledge.
- Flexibility, as the work is weather dependant.
- Ability to work in a team orientated environment.
- Ability to work unsupervised.

Desirable:

- Forklift.
- HR license.
- DG license.
- First aid.
- Contracting experience.

However, training can be provided for the successful applicant. This position would be ideally suited for someone who lives within 40 min driving distance from Cummins.

Applications close 12/03/2021.

Send your resumes to: cummins@aerotech.net.au

All enquiries Matt Sheehan 0429 842 093.

KangaRural
Mini Freight
Service



Servicing Cummins Monday - Friday

All your freight needs!
Same day delivery from Port Lincoln available
- cut off time 2.30pm
call Shane 0428 179 331

CUMMINS CONNECTION

**INFO DUE
MARCH
18TH**

For planned distribution on
Thursday March 25th

Please send content to
cdec@dlep.sa.gov.au



Cummins twinkle toes 2020

Thirty-five ballerinas enjoyed Cummins Twinkle Toes in 2020. It was great to be able to run it amongst Covid restrictions and still give the girls the opportunity to dance and have fun. Big thanks to the Cummins Lutheran Church for use of their hall and facilities. Jenna Harder for her beautiful certificates. Second St Bakes for amazing end of year biscuits, and talented photography by Leesh Laube. Thanks once again to you all for your support of my pre school ballet classes and I look forward to welcoming the next wave of ballerinas later this year.

Miss Sophie



CLASS 1: L-R - Banjo Rowe, Charlie Meaney, Isla Harris, Evie Lawrie, Mabel Ness, Macy Wedd, Scarlett Puckridge, Layla Glover, Imogen Pedler, Violet Blacker, Stella Letton. Absent: Audrey Mickan.

Photo by Alicia Laube



*CLASS 2: L-R - Fleur Andrew Hannah Telfer, Ivy Doudle, Annabel Goldsmith, Freya Puckridge, Elena Kelly, Yasmin Northcott, Otilie Wright, Indy Skinner, Eloise Jolly, Absent: Bella Jolly, Finley Rowsell.
Photo by Alicia Laube*



*CLASS 3: L-R - Layla Bowey, Adaline Lawrie, Lucy Bowey, Hazel Telfer, Florence Telfer, Emily Boehm, Ava Randall, Lacie Beard, Elke Doudle, Sadie Puckridge, Miss Sophie. Absent: Zera Rowsell.
Photo by Alicia Laube*

CUMMINS CHRISTIAN COMMUNITY PRESENTS

CAROLS IN THE PARK

The evening of Sunday 20th December saw the long awaited Cummins Community Carol's event take place at the oh-so-lush, newly grassed western end of the Railway Triangle. Despite the looming dark clouds in the shape of Covid-19 and actual dark clouds, crowd-goers braved the scattered drops of rain and were treated to two hours of musical delight.

A display of the up-and-coming musical talent in our district was first off the blocks, with performances by many of our local guitar students, ably guided by their teacher, Amy Maddern. For many of these musicians, it was their first opportunity to sing and play in-front of a large crowd, and they handled the experience with confidence and enthusiasm despite more than a few nervous tummies.

Following the guitar showcase, Lily Glover mesmerised the crowd with her renditions of 'Ninnananna' and 'Vivaldi's Concert No. 5 for Flute'. Both pieces were part of Lily's year 12 music examination, and a testament to the hard-work and many hours she has dedicated to flute throughout her schooling. And who knows – perhaps her performance will act as encouragement to other aspiring musicians within our community.



Then it was time for the main event – Carols! A slightly different looking band to the last few years greeted the audience, starting us off with a rousing invitation in 'Oh Come all ye Faithful'. Other classics followed such as 'We Three Kings', 'Away in a Manger' and 'Oh Holy Night'. The crowd added their voices to those of Katelyn Randall, Elly Whittaker and Elsie Maddern, a further display of musicianship in the youth of our community, filling the night air with praise, celebration and reflection.

Once again, the item pieces were a firm favourite with the audience. 'Come See the Saviour', led by the kids and supported by Amy Maddern, had everyone bopping along, while Elly, Elsie and Katelyn gave us pause for reflection, singing 'When I Think Upon Christmas'. For something a little different, a number of local church kids, supported by an enthusiastic chorus of young crowd participants, delighted the audience by acting out the nativity story for everyone.

Councillor Steve Woolley spoke on behalf of the District Council of Lower Eyre Peninsula, while Father Kevin Matthews shared a Christmas message, as well as a blessing in the ancient language of the Cocata people (who were originally Kukatja from the Kimberlies from where they migrated). And keeping the evening running smoothly, while simultaneously entertaining the crowd, was our ever-able and delightful MC, Elizabeth Burns.

Donation tins were available alongside Covid-safe check-in and hygiene stations, and thanks to the generous contributions of community members, we were able to raise \$430 to go towards the Royal Flying Doctors Service and the Cummins Community Garden.

As always, many thanks must go to many people. Thank you to the District Council of Lower Eyre Peninsula, specifically Bec Murnane, Gary Jutzen and David Hall for their support in letting us utilise the Western end of the Railway Triangle for the event. Thanks also must go to the Cummins Recreation Centre Committee for allowing us to hold the town oval as our 'back-up'. Once again, Lower Eyre Family Practice assisted with the printing of booklets (designed by Ashley Lawrie), and Bendigo Bank supplied pencils and the marquee – thank you for your ongoing support.

Thanks to the band co-ordinators Coral Wagner and Amy Maddern, and to the members of the band who didn't miss a beat (or if you did, no-one noticed!) - Katelyn Randall , Elly Whittaker, Amanda MacGillivray, Elsie & Amy Maddern, Jamie Kidney, Robyn Modra, Kathy Turnbull, Lily & Petrea Glover. Thanks also to our amazing local sound and lights technicians, David Pearson & Steve Albrecht (& the Uniting Church), for the use of their equipment, time and knowledge.



To those that helped with setting-up, managing check-in stations, the nativity skit and pack-up, thank-you for your time and energy – it's always a busy time of year in our district and we value you giving up some of yours to help us with this event.

Thank you to the Carol's Committee, and specifically the Catholic Church whose turn it was to host this year's Carols. The decision-making, organising, logistics and hands-on-help required for an event such as this is made all the easier with a great team around it, partners included.

And finally, the biggest thanks must go to everyone who came along to be a part of Carols 2020. 2000 years ago, we were blessed with the arrival of Christ into our world, and each year it is an honour to share this celebration with you all. While there were no fireworks to awe us this time around, between a rainbow and stunning sunset, God's own light display was on show for us all instead!

- *The Combined Christian Churches of Cummins Carols in the Park organising Committee*





COFFIN BAY CLINIC

After a trial period offering virtual consults for Coffin Bay, we have found the preference of patients is for telephone or in person consults rather than via video.

The Doctor's at Lower Eyre Family Practice cover on call at the Cummins and Memorial Hospital, as well as daily consults at our Cummins Clinic, which is a 24/7 commitment.

This unfortunately means the ability to travel to Coffin Bay for consultations at the present time, is not possible.

Dr Quigley is committed to servicing the Coffin Bay community and will commence in person consults as soon as we have the resources.

Until this happens, please call
8676 2210

and our Reception staff will be happy to arrange a telephone consult or an in person consult at our Cummins location.



VISITING MEDICAL STUDENTS

You may notice some new faces around Cummins at the moment. Throughout 2021 we will be welcoming a steady stream of Medical students from The University of Adelaide.

Currently we have three students in house.

Emily, who is here for 2 weeks, a first year through the John Flynn Placement Program. She recently spent a day at Korinya Farm gate, which was a wonderful experience for her

& we thank Mary-anne and Scott Mickan for their kind offer to host.

Patrick and Jessica, who are 5th year medical students - have arrived fresh from their previous placement in Whyalla and will be spending 6 weeks with us.



We are also happy to welcome Registered Nurse, Helen Sommerville back from maternity leave.

Helen will be back one day a month beginning in March.



Australia Day Awards - Business of the Year

What a privilege it is to serve this community and an honour to receive this acknowledgement. We have a great team at Lower Eyre Family Practice and everyone played their part and continues to do so as we adjust to the challenges presented by Covid-19, while also managing the every day health needs of our valued patients.



CUMMINS SCHOOL COMMUNITY LIBRARY

SAVE THE DATE:

SUN. APRIL 18 @2.00 PM

An author Panel will be visiting the Library, including a renowned SA Author, who is also participating in Adelaide Writers' Week... watch this space!

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BOOK DELIVERY SERVICE

Book Delivery Service has resumed in the Cummins township, on the LAST Thursday of each month, for those aged 70+, unable to access the Library. Contact us via phone 86762476 to register.

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BABY BOUNCE

This 30 minute session, devoted to nursery rhyme and songs for babies, toddlers and their caregivers, has been an integral part of our Library for many years. We thoroughly enjoy our Friday mornings with these special, little people at 9.30, encouraging their literacy development with repetition and rhymes. It is a true pleasure to be spend time with our youngest patrons and we welcome any new arrivals.

DIGITAL ASSIST



Australian Government

Be Connected

Every Australian online.



Cummins School Community Library

Digital Assist

Thurs: 2.00 - 4.00 pm

Appointment by phone: 8676 2476

www.beconnected.esafety.gov.au

Cummins School Community Library is proud to offer a "Digital Assist" service, each Thursday during term time between 2.00 - 4.00 by appointment. Barbie and Robyn can help you navigate your phone, iPad/tablet or internet issues.

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CUMMINS COMMUNITY
OP SHOP

Volunteers needed


Volunteer roles include sorting and selling donated goods.

Revenue raised from the store is directed back into the Cummins and District Community. In 2020 the Op Shop donated \$24,000 to the local community.

You may volunteer for one three hour shift per month or more often. The roster is drawn up each month so if you are unavailable just let us know not to roster you on.

Application forms are available in the store

For more information contact Judy 0428867650

 8676 2245
ABN 79 704 403

 Monday - Friday 10am - 4pm

PO Box 49
54 Bruce Tce
Cummins SA 5631

LET'S TALK SCAMS

Recently, we have been made aware of a customer who has been targeted through a scam in our local community.

This is a timely reminder for us all, if you feel that something you receive, whether it be a letter, email, text message or phone call doesn't seem quite right, please always pop into 18 Railway Terrace, and talk to us, or give us a call on 8676 2997 before you proceed any further.

If you have, or do experience any scams, please report this to the local Police.

The link below runs through a few different scams currently circulating, and provides some good resources to be aware of.

www.bendigobank.com.au/help/security/financial-crimes/scams/

General Cyber Security Steps include -

Never open attachments or click on links in emails or social media messages from unknown senders.

Be cautious when answering calls from unfamiliar numbers or talking to or following instructions from someone you do not know.

Change your online account passwords regularly. If you email yourself passwords for other online accounts, change these as well.

Enable multi-factor authentication for your online accounts where possible.

Ensure you have up-to-date anti-virus software installed on any device used to access online accounts.

2020 COMMUNITY INVESTMENT PROGRAM & AGM WRAP UP

Community Bank - Cummins District held their Annual General Meeting in November of 2020, and presented the successful recipients of their Community Investment Round, with over **\$183,000** being invested back into local clubs and community groups, and a further \$100,000 committed to a future health project that is in the pipeline.

Congratulations to the following recipients, we look forward to seeing your projects progress over the next 12 months -

- Cockaleeche Recreation & Hall Association - \$4,000 for history book
- Tooligie Hall Inc - \$4,852 for hall upgrades
- Mount Hope Soldiers Memorial Hall - \$6,250 for hall upgrades
- Cummins Country Women's Association - \$10,000 for a new kitchen
- Cummins & District Enterprise Committee - \$10,359 for gates at Cummins Cemetery
- Cummins & District Memorial Hospital - \$80,000 for RN Novice Program
- Cummins Cricket Club - \$4,000 for pitch upgrades
- West Coast Youth & Community Support - \$25,000 for Mentally Fit EP
- Cummins Districts War Memorial Swimming Pool - \$14,410 for a shed
- United Yeelanna Football Club - \$24,400 for Kooplex Activity Room



HAPPY 20TH BIRTHDAY TO US!



Special thanks to everyone who attended our 20th Birthday celebration on the 15th of December 2020.



Community Bank
Cummins District

FREE 2-DAY FOSTER CARE ORIENTATION



Thursdays, March 5 & March 12 from 9.15am – 5pm

An opportunity to find out if foster care is for you

BOOK ON 8683 0733



Centacare Catholic Country SA
32 Mortlock Terrace, Port Lincoln
www.cccsa.org.au





**CUMMINS WALKING TRACKS
OFFICIAL OPENING**

ON THE MORNING OF:
SATURDAY MARCH 27th



Cummins Bowling Club

Expression of Interest

Our Club is looking for a
Head Caterer to start
1st May 2021



Further Information
please call
Helen Mickan 0427854476

CUMMINS SUICIDE PREVENTION NETWORK, KNOWN AS EMPOWERING LOWER EYRE

We began officially in 2017. Since then we have brought the following to our community

- Chris Blowes speaking at the School and Institute on his shark attack.
- Chris Koch taking us on his amazing journey in the Cummins Institute, on being born without any limbs.
- Erin Phillips talking at the School, the local junior football and netball competition and a dinner at the hotel for local coaches and administrators.
- 2020 Get Out Music and Arts festival at the Cummins oval.
- Mental Health Week Cupcake stall in the town and deliveries to local businesses for the last 3 years.
- Emotional CPR training for our committee.
- Hand written Post Cards to the Cummins community during COVID 19.
- Matt Runnalls speaking at the School on managing anxiety and depression.
- Locally placed brochures with important information and many contacts for those struggling.
- World Suicide Prevention Day - Networking in the community.
- Established social media connections with Facebook, Instagram and Twitter.
- Laid wreaths at the ANZAC dawn service, to highlight suicide amongst service men and women.
- Supported the AFL Mental Health football round.
- Offered Youth and Adult Mental health training for our committee and community .
- ASSIST. SafeTalk and Roses in the Ocean training.
- Our group was a finalist in the State Community achievement awards.
- Attended the Cummins Show and Great Flinders Football and Netball grand finals.
- Cooked the BBQ at Traders night.
- Attended state and national conferences.
- 'In Safe Hands' gifts for Cummins 2020 year 12 students at their graduation.
- Supported the 'Our Town' committee in the last 2 years.
- Matt Curnow for community talks.

And coming up in April 2021 – the second Get Out Music and Arts Festival.

Our current committee is- Chair - John Treloar. Vice Chair - Emma Gale Secretary - Tegan Stephens
Treasurer – Mel Dickinson and Chelsea Newcombe, Ingrid Kennerley, Sarah Dickinson, Zoe Curtis, Rosie Pedler
Peta Fuss & Kris Speed.

We have always had 2 representative from the Cummins School .

We meet every 6 - 8 weeks (at the Cummins Hotel conference room)

As a committee we are constantly assisting members of our community with guidance and support with mental health issues and directing them to appropriate help.

BEHIND THE LOGO



When designing the Empowering Lower Eyre logo, I chose to use an enclosed fist as a symbol of the strength that those experiencing mental health and wellbeing issues have, as well as a symbol of the support that Empowering Lower Eyre provides.

A semicolon inside of the fist relates to how authors may use a semicolon to continue a sentence rather than finishing it, similar to how a person with mental health issues can choose to keep going as their story isn't over yet. Rosii Pedler guided me through this process and helped me choose the colours blue as it is calming, and pink which we believed showed love.

Tara Phelps



SAVE THE DATE!

Big News! After the huge success of Get Out 2020 we are thrilled to be coming back to do it all again for Get Out 2021 on Saturday April 10!

Live music • Food stalls • Colour Obstacle Course and much more

Follow Empowering Lower Eyre on Facebook for all the updates.

COUNCIL NEWS

Coffin Bay Master Plan

Future Urban and City Collective have been engaged by the District Council of Lower Eyre Peninsula to develop a Master Plan for the township of Coffin Bay. The Master Plan aims to guide the future development of Coffin Bay and in particular, will provide a blueprint for accommodating sensitive growth that is consistent with the character of Coffin Bay.

The community is an integral element of the Master Plan and we would like to hear your thoughts and comments to guide the aspirations for the long term future of Coffin Bay. You can have your say by:

- Register online to visit the team preparing the Master Plan at Coffin Bay Yacht Club between 4pm-7pm on Tuesday, February 16, where there will be opportunities to provide your feedback in person on the various elements of the Master Plan
- Undertaking an online survey – visit Council's website.

Due to COVID density obligations, advanced registration is required for attendance at the community information session and can be made online by visiting Council's website or Facebook page. If you are unable to access the internet, please call the Council office and staff will register attendance on your behalf.

New staff members

Admin Traineeship

Lara Howard-Ham has started her traineeship working primarily from the Cummins office, although will attend the Port Lincoln office periodically too in amongst other duties. Lara did work experience with Council in 2019.

Northern Construction (Advanced Plant Operator)

Vincent Jarmyn started his new role on January 4. Vince comes with a wealth of plant

experience from mines and steelworks.

Southern Maintenance (General Duties & Plant Op)

Sharon Baldock commenced in her new role on January 18 and comes to Council from WA, having worked in the mines on graders and various other plant. Sharon is originally from Port Lincoln and is looking forward to returning home.

Works Administration

Jess Inglis has been appointed to the Works Administration role. Jess has recently moved to Tumbly Bay from regional WA and will work Wednesday to Friday.

Development Administration

Jasmina Ribar began her new role on December 3 and works two days a week from Council's Port Lincoln branch office.



Viewing platform revamp

Council's Southern Maintenance Team is giving Coffin Bay's foreshore upper viewing platform a revamp. The beams were rotting due to the water damming below the structure.

ChemClear collection

Agsafe's ChemClear program is holding a collection in South Australia in April and May 2021. Agvet chemical users can now register their unwanted or obsolete agvet chemicals for collection by visiting the ChemClear website, www.chemclear.org.au or by calling 1800 008 182. Registrations close on 28 February 2021.

Get involved in cemetery works

Council has an allocation of \$40,000 in the current budget to undertake some works at the Coffin Bay Cemetery and

are looking to form a consultation group of up to six (6) interested Coffin Bay residents to represent their community and provide input to shape the improvements. If you would like to be part of this working group email mail@dclep.sa.gov.au.

COMMUNITY

TODAY show visiting Coffin Bay!

Channel 9's the TODAY show weather crew will be broadcasting from Coffin Bay on Monday, February 15 at Oyster HQ from 5.30am until 8am.

If you want to get your face on TV and say hi to friends and family members around Australia - make a sign and head to Oyster HQ!

The crew will head to Port Lincoln the next day – they will be broadcasting from the foreshore from 5.30am until 8am.

Friends for Good

Friends for Good, a charity committed to freeing people from loneliness and social isolation, is launching its FriendLine service in South Australia.

The FriendLine service will provide support and connection for those experiencing loneliness in our community. The service is unique as trained FriendLine volunteers are able to speak from shared experiences of loneliness with callers, providing those in need with a safe space to talk. FriendLine volunteers are being recruited locally so they can provide relevant referrals to other organisations if needed. The FriendLine is open from 2pm-8pm Monday & Friday; 2pm-6pm Tuesday-Thursday, and 2pm-5pm on weekends. The South Australian contact number is (08) 7078 6229 or freecall 1800 4 CHATS.

ADULTING, POST 2020

LEAVING, OR RECENTLY LEFT, HOME? KEEN TO HELP OTHER YOUNG PEOPLE TRANSITION TO ADULTHOOD? FROM THE LOWER EP?

✓ **OH, YEAH!... THEN COME HELP US CREATE A SURVIVAL PACK FOR ENTERING ADULTHOOD!**

Expressions of interest || 16-21 years old

FORTNIGHTLY MEETINGS || ZOOM & FACE-TO-FACE START FEB - END MAY || GIFT CARDS AWARDED FOR TIME

Contact Jim at WCYCS jimwcycs.com.au or 8683 0072