

**CUMMINS**  
CONNECTION

*Family  
Fun Day*

2022

**CUMMINS  
GOLF CLUB**



VOL  
**226**

CUMMINS, SA

JULY 2022

# THIS MONTH



## Writers SA Drop-In Session

*July 5th- 3pm to 6pm*  
*Cummins School*  
*Community Library*

Are you an aspiring writer? Do you enjoy storytelling? If the answer to these questions is 'yes', then call into the Library for a chat with Writers SA EP Coordinator, Eliza Wuttke, where you can discuss your writing projects, goals and challenges.

A free social initiative

for people living in our

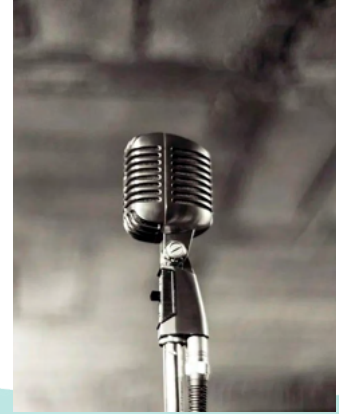
district aged 55+



## Creating Connections

*July 14th- 1pm*  
*Cummins Hall*  
*(RSVP essential)*

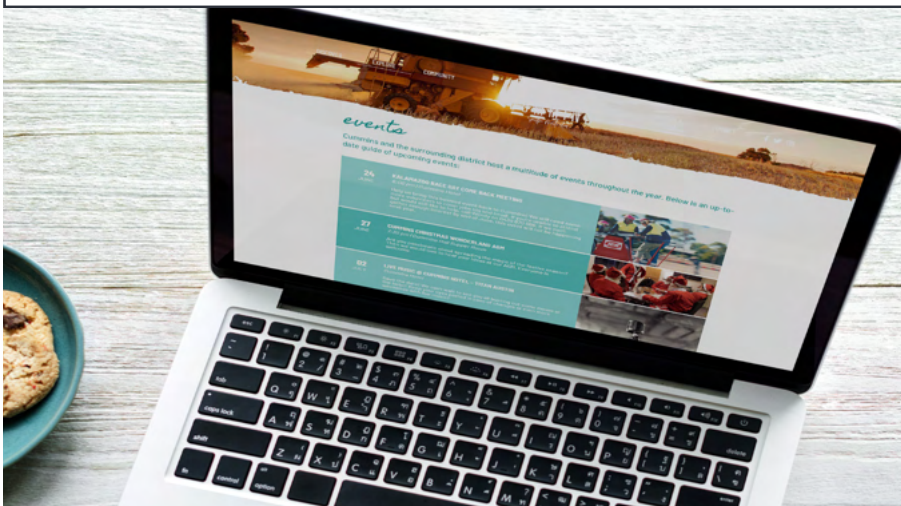
Council has partnered with the Red Cross to bring this program back to our residents who are aged 55 and over. This month's free event is all about meditation and mindfulness. More info on page 8.



## Live Music @ Cummins Hotel

*Various dates*

Music and dancing are back, and to celebrate, the Cummins Hotel have a line-up of local artists ready to entertain you with live music on selected weekends all through July and August. Check out their Facebook page for dates, times, and more information.



**Never miss an event  
in Cummins!  
Scan the QR code to  
explore!**



# 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 [cumminsconnection@gmail.com](mailto:cumminsconnection@gmail.com)*

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The Southern Eyre Hunt Club wishes to express their immense gratitude to the Cummins Community and businesses. We are very grateful and appreciate your generous contribution and involvement, without your incredible support, hosting the SA Hunt Clubs Association Combined State Hunt would not have been the huge success it was. So proud to be part of such a proactive and outstanding caring community.

Our sincere thanks to all involved.

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CUMMINS CONNECTION

***INFO DUE TUESDAY  
JULY 19TH***

For planned distribution on  
Tuesday July 26th.

**REMINDER: NEW EMAIL ADDRESS!**

Please send content to  
[cumminsconnection@gmail.com](mailto:cumminsconnection@gmail.com)

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# Cummins Golf Club



## Family Fun Day 2022

Sunday July 24th 2022

STABLEFORD COMPETITION

Mens & Ladies \$10 Day Fee

Mixed Team Event

NAMES IN BY 11am

### Nibbles and Dinner

All Partners, Wives, Children welcome

Nibbles from 3pm onwards

Dinner

Memphis Burgers & Chips \$12

Chicken nuggets & Chips \$5

**Betta**  
HOME LIVING

# Raine & Horne®

## David & Bec | Cummins

Property Consultants



### Local Business Opportunities



40 Bruce Terrace, Cummins  
Price on Application



42-46 Bruce Terrace, Cummins  
\$3,600,000 + Stock



60 Bruce Terrace, Cummins  
Price on Application



42-44 Railway Terrace, Cummins  
Price on Application



54 Bruce Terrace, Cummins  
SOLD

... Be your own boss!!

**David Guidera**  
**0427 762 566**  
david@mga.com

**Bec Habner**  
**0427 171 279**  
rebecca.habner@mga.com

**Cummins & Surrounds**  
rh.com.au/portlincoln



**A:** 19-21 Tumby Bay Rd

**P:** 08 8676 2210

**E:** admin@cumminsmedical.com.au



**University of Adelaide Medical Students**

We welcome our final placement of 5th Year Medical Students for 2022

**Simone Richards**



**Hoi-Hang Yu**



They will be here from July 11th until August 5th.

If you see them out and about, please say hello & help us to make them feel welcome



Please be Aware— If you are attending the practice for any reason, masks are still a requirement of entry.

### 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

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

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

**Flu vaccinations and Covid-19 vaccinations are still available**

**Please call 08 8676 2210 or go to hotdoc.com.au to arrange your appointment**



#### Ordering Repeat Scripts & Referrals Online

This is an easy convenient way to order repeat scripts & repeat referrals without the need for a Doctor's appointment.

A fee of \$20 applies for this service

#### Booking appointments

Choose your preferred Doctor for your preferred day, at your preferred location - Cummins or Coffin Bay

Go to hotdoc.com.au or download the app

### Coffin Bay Clinic

**Dr Leanne Schroeder-Perrang**

**Tuesdays from 2pm**

**Dr Gerard Quigley**

**Wednesdays from 2pm**

**Please call 08 8676 2210 to secure an appointment or go to hotdoc.com.au**

# Pastie Drive

Fundraiser for Cummins Bowling Club

*Large*                      *\$35 Dozen*

*Medium*                    *\$25 Dozen*

*Cocktail*                   *\$15 Dozen*

First cook up 1st July.  
Phone or text orders to  
Helen Mickan  
0427 854 476



CUMMINS COMMUNITY  
**OP SHOP**

# AGM

**8th August 2022**

**@ Cummins Community Op Shop**

**@ 1 pm**

**Committee Meeting to follow**

**ALL WELCOME**

☎ 8676 2245  
ABN 79 704 403

🕒 Tuesday to Friday 10am - 4pm

PO Box 49  
54 Bruce Tce  
Cummins SA 5631  
cumminsopshop@gmail.com

# CREATING CONNECTIONS

FREE events for residents of the District Council of Lower Eyre Peninsula aged over 55



the power of humanity



B-BALANCED CONNECTIONS

*Meditation & Mindfulness*

THURSDAY 14TH JULY  
CUMMINS INSTITUTE AT 1PM

Bookings Essential!  
Please call the Council  
Office on 08 86760400.  
Community Bus available





# CUMMINS SCHOOL COMMUNITY LIBRARY



## IS ALWAYS OPEN ONLINE

**EXPLORE OUR MANY ONLINE SERVICES**  
**WWW.LIBRARIES.SA.GOV.AU/CUMMINS**  
**PHONE US ON 86762476 FOR INFORMATION**

### BOOK 'N' BICKIE

Feel free to join us for a walk down memory lane when we view some of our historic photo collection, hopefully put names to faces and gather relevant information.

**Thursday July 14 @ 1.00pm**  
**Afternoon tea supplied. RSVPs appreciated**



### WRITERS SA DROP-IN SESSION

Are you an aspiring writer? Do you enjoy storytelling or creative prose? If so, call in to the Library on **Tuesday July 5 between 3.30 - 6.00** for a 'Drop-in Session' with Writers SA EP rep., Eliza. **Inspiration guaranteed!**



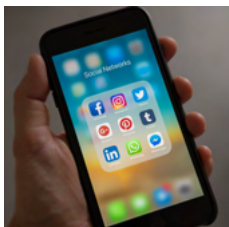
### SCHOOL HOLIDAY HOURS AND ACTIVITIES

School holidays are just around the corner, and we will be open with self-paced craft activities, puzzles, giant board games and colouring available. Our Nature Play garden will be open on **Wednesdays and Thursdays**-adult supervision is required. **Feel free to pop in with the family and enjoy our warm, relaxed library.**

*Library Holiday Hours*  
 Mon.: CLOSED  
 Tues.: 9.00-5.00  
 Wed.: 9.00-5.00  
 Thurs.: 9.00-6.00  
 Fri.: 9.00-5.00  
 Sat.: 9.00-12.00  
 Closed daily for lunch:  
 1.30 -2.30

### DIGITAL ASSIST


Next month's theme is 'Getting to know your device'. Make your appointment for Thursday afternoons between **2.30-4.30** and we can show you some handy hints or endeavour to help with your digital queries. **Phone 86762476 for more details.**



### 'COVER TO COVER' BOOK CLUB

Our next book club is **Thursday, July 7 @2.30pm**, sharing our 'mystery' reads, before beginning 'Book 1 of a series'. **Afternoon tea supplied. All welcome.**





# 2022 National Carer Survey

(Project ID 6233)

Lower Eyre Health Advisory Council (LEHAC) has been asked to notify our community about a National study on what Carers face in caring for a family member or friend. The study is conducted as a collaboration of State and Territory Carer Organisations with researchers from The University of NSW, University of Sydney, and University of Melbourne.

In accepting the invitation to take part, you are asked to complete a 20 minute survey questionnaire. The survey is anonymous, and you do not have to answer any questions you do not want to.

By sharing your opinions and experiences, you will help the State and Territory Carer organisations advocate for greater recognition and support of carers across Australia.

Findings will be used to identify areas of greatest need amongst carers across Australia, and the particular need of different carer groups (e.g different geographic locations, different care recipient conditions, etc).

**The survey must be completed before 31st July 2022.**

Scan this QR code to  
access the survey.

The online survey can  
be done at any time  
that suits you.





## **b-balanced-connections**

### **Holistic Counselling**

Are you feeling a bit stuck in life?  
Not sure of your path ahead?  
Are you feeling stressed or anxious?  
Do you need someone to talk to?

Holistic Counselling focuses on mind, body and spirit as a whole. A variety of holistic techniques are offered to build self esteem, self confidence, reduce anxiety and create awareness. Treatments such as crystal healing, meridian therapy and guided meditation are offered in connection with counselling and also independently, for relaxation, energy flow and balance.

You have nothing to lose and everything to gain, so self discover, self develop and help yourself to improve the quality of your life.

For appointments:-

Phone 0447 778 863 or email [b.balanced.connections@gmail.com](mailto:b.balanced.connections@gmail.com)



**Visiting Cummins Institute weekly on Thursdays**



**MY LIFE\*\*\*\*\*MY POWER\*\*\*\*\*MY PEACE**