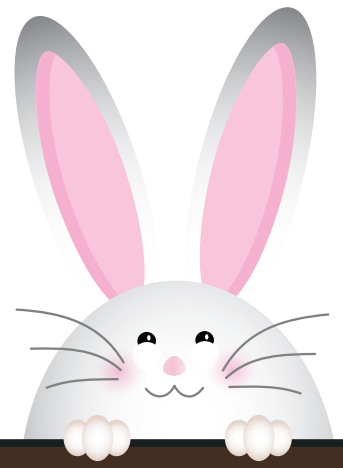


CUMMINS CONNECTION



PRESENTED BY COUNTRY ARTS SA & NEXUS ARTS WITH SUPPORT FROM CUMMINS & DISTRICT ENTERPRISE COMMITTEE

SABOR • A • CUBA & • LAZARO • NUMA

THURSDAY 21 APRIL, CUMMINS HALL

STRAIGHT FROM THE HEART OF CUBA!



VOL	CUMMINS, SA
223	APRIL 2022

THIS MONTH

EVENT



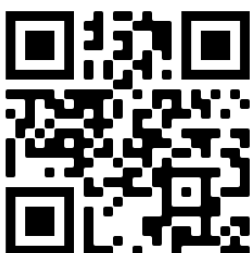
SABOR A CUBA

April 21st - Cummins Hall

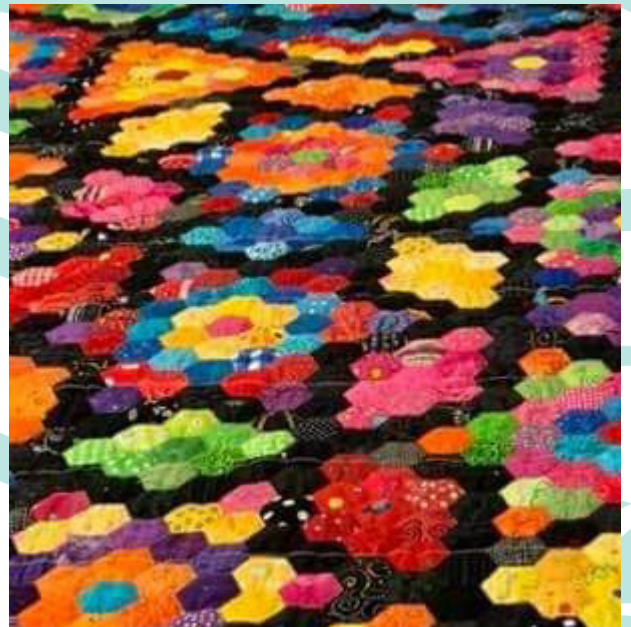
Workshop: 3-4pm

Music Show: 7:30pm

You'll want to cha-cha and salsa to the rhythms of Cuba with Sabor a Cuba! Traditional Cuban sounds and a hint of Spanish spice in the mix makes for an immersive experience that will have you moving in your seat! Also available is an interactive workshop, earlier in the day, on musicality and all the elements of Cuban Son (the genre that gave rise to salsa) with trumpeter Lazaro Numa. Get your tickets here:



EVENT



AUTUMN EXHIBITION

April 29th to May 1st

Cummins Hall - Various times

As part of SALT Festival, the Cummins Stitiching Ladies will be presenting their Autumn Quilting Exhibition. Come and see their amazing creations during the last weekend of April. More info on page 14.

THIS MONTH

DIY



UFO (UN-FINISHED OBJECT) DAY

Cummins Men's Shed

April 7th - 10am to 12pm

Are you a victim of UFO's? Un-Finished Objects that is! If you're not sure what to do with all those abandoned DIY projects around the house and/or have a project in metal/wood that just needs some help to get finished, the Cummins Men's Shed members are offering a number of sessions for anyone to bring along their project and they can provide advice and equipment to help you finish that UFO. More info on page 5.

EVENT



SALT FESTIVAL

April 22nd-May 1st

Various Locations

SALT is a festival celebrating possibility and the astonishing things which happen when innovative people come together.

It celebrates the impact of people converging through creative practice in arts, innovation, culture, conferences and discussion, providing platforms for innovators and professionals to contribute and connect.

For more info on events happening in Cummins, and/or around the Eyre Peninsula, visit: saltfestival.com.au

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

CONTEMPLATING AUTUMN

Autumn is contemplative!
I filched that line - felt the lure of it
in my own autumn conflict somewhere
between grumpy old woman,
(oh! how I love her), and shonky philosopher,
a little gilt, furred about the edges,
catching the last late warmth.

After frenetic spring, the mad
excesses of summer fruiting,
autumn has its own quiet melody,
its colours rusted against
a spread of indigo,
a slipstream of moods,
the earthy smell of water.

I wrap autumn about me,
a cashmere season, tactile, soothing,
a lagoon of still air
hinting of valium as latent memories
jostle for gold among the rustle.
Yes! Contemplative. A good word.
I'm glad I filched it before intrusive winter
argues itself to destruction.

Patricia M. Virgin



ANZAC Day Dawn Service

0630am

Monday 25th April 2022

Garden of Remembrance

CUMMINS

(cnr Tumby Bay Road & Railway Tce)

Lest We Forget

Subject to COVID-19 on the Day





Want to finish those UFO's? (Un-Finished Object)

Do you have a project in metal/wood that just needs some help to get finished? The Cummins Men's Shed members are offering a number of sessions for anyone to bring along their project and they can provide advice and equipment to help you finish that UFO. Help to learn new skills is on offer.

Membership is required (\$50/year) which covers Insurance and use of all facilities in the Men's Shed for the year.

Bring along your project (or photograph) to Cummins Men's Shed on Thursday 7th April from 10am to 12 noon.

Have an initial assessment of what you want to achieve, and to organise time that suits to get the job done.

Phone Wendy Holman 0439870066 for further details.



CUMMINS CONNECTION

**INFO DUE
THURSDAY
APRIL 21st**

For planned distribution on
Thursday April 28th.
Please send content to
cdec@dclep.sa.gov.au

Uniting Church April Services

	Cummins New Beginnings	Yeelanna Uniting Church
3rd April	9am	11am
10th April	10am	9am
Good Friday 15th April	Combined at Yeelanna	11am
Easter Sunday 17th April	9am	Combined at Cummins
24th April	Combined at Yeelanna	10am Bikeathon with Lunch to follow

ARE YOU INTERESTED IN SUPPORTING OUR LOCAL ANNUAL COUNTRY SHOW?

Do you belong to the 'can do' community where the Cummins and district make things happen to keep our community alive?

Following two years where the Cummins A & H Society were not able to hold their Annual Show due to the Coronavirus restrictions which affected the whole world, we held our AGM earlier than usual, in December 2021, to start planning again. We have a young, enthusiastic committee, and with community support we will be holding the Annual Cummins Show again on Saturday, 9th October 2022. Brad Cooper was elected President, Michael Traeger Vice President, and Angie McGeever, from Port Lincoln, accepted the Secretary role. However, **we need community help to support our new active committee.**

WILL THE CUMMINS SHOW STILL BE A 'SHOW' WITHOUT AN INDOOR SECTION IN OUR PAVILION?

This includes displays of Garden Produce, Preserves, Cookery, Pot Plants Blooms & Floral Art, Needlework & Sewing, Handicrafts & Hobbies, Scrapbooking & Papercraft, Art, Photography, and more importantly, the Children's Section, where our PreSchool and School Children love to enter their colourful items to show their proud parents and community what they are capable of making.

The Show Auxiliary Committee which has always co-ordinated the Indoor Section of the Show in the Pavilion, requires a Pavilion Co-ordinator to make sure each section has a Head Steward to organise the classes in that section. This also means a Steward/s to help them, organise a judge and sponsors for gifts/ vouchers in that section. Pam Darling, past President, and Joyleen Pedler, past Secretary, have held this position for a number of years, and due to relocating to another district, or travelling and other interests, they have resigned from their position.

The Show Committee are looking for a new Pavilion Co-ordinator and also Head Stewards in the Cookery, Flowers, Needlework, Photography (Adults and Children) and the Children's Cookery Sections. The Show Auxiliary Committee, a sub-committee to the Show, called a meeting in early March to re-plan the Indoor Section for this year, but unfortunately there was a low attendance and some resignations were received from previous Head Stewards. It was an informal meeting, but there were still plenty of positive thoughts for our next Cummins Show.

**ACTION
NEEDS
TO BE TAKEN
NOW!**



HOW CAN **YOU** HELP?

If you're interested in being the Indoor Section Pavilion Co-ordinator, Head Steward, or assisting anywhere with the Cummins Show, please call Brad Cooper 0427 311 981 or Angie McGeever 0447 921 662.

Pam or Joyleen would also willingly give advice of the past for a new Co-ordinator or Head Steward.

Brad Cooper
President Cummins A & H Society



'The children are our future Show exhibitors.'



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

WE ARE DELIGHTED TO BE RE-OPENING TO NORMAL OPERATING HOURS. OUR WEEKLY SERVICES, DIGITAL ASSIST, BABY BOUNCE AND THE NEW NATURE PLAY PROGRAM WILL ALSO RECOMMENCE
WE ADVISE AVOIDING RECESS AND LUNCHTIMES FOR YOUR OWN WELL BEING AND ARE LOOKING FORWARD TO SEEING YOU SOON.

Pre-school STEM programs running as 4 week sessions next term include:
Little Bang Discovery Club: Beginning Wed. May 11 at 10.00am for 4 weeks
Little Bang Discovery Plus (extension program): Wed. May 11 at 11.15 FULL
Little Bang Discovery Plus (extension program): Wed. June 15 at 11.15
Please phone 86762476 to register as spaces are limited.



Little Bang
Discovery Club

Pre-school STEM program:
finding fun in everyday science

4 Week program,
held at Cummins School Community Library
beginning Wed. May 11 @ 10.00am
Limited spaces, please phone 86762476
to register your scientist

Cummins School Community Library | Children's Discovery Museum | INSPIRING SOUTH AUSTRALIA making science visible | District Council of Lower Eyre Peninsula



Little BANG DISCOVERIES PLUS

Extended Science Program
for previous participants of
Little Bang Discovery Club

4 Week program,
held at Cummins School Community Library
beginning Wed. June 15 @ 11.15am
Limited spaces, please phone 86762476
to register your scientist

Cummins School Community Library | Children's Discovery Museum | INSPIRING SOUTH AUSTRALIA making science visible | District Council of Lower Eyre Peninsula

BABY BOUNCE



Baby Bounce is a 20 minute, rhyming, musical session, held in the Cummins Library on Friday mornings of term, at 9.30. It is a relaxed, welcoming group, designed especially for babies, pre-schoolers and their caregivers to interact while enjoying nursery rhymes and songs. The social and educational benefits are endless!
Feel free to join us with your little one/s

NATURE PLAY



Nature Play begins at 10.00am on Fridays, offering a short, outside activity, followed by free play for pre-schoolers and their caregivers. This takes place in the space adjacent to the Library carpark, and is a work-in-progress, with the aim being, to build together a sustainable, sensory garden, while enjoying the many benefits of play in our natural world.
Old clothes, hats and insect repellent recommended.

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

The Cummins Library Staff & Volunteers would like to wish you a.....

Happy & Safe Easter

We are **CLOSED**

over the Easter Weekend

You can still access e-books, audio books and magazines 24/7 from our home page at

www.libraries.sa.gov.au/cummins



stottysbuilding.com.au

STOTTYS BUILDING

**CALL KLINT
0428 823 308**

BLD232015

YEELANNA UNITING CHURCH
INVITES YOU TO A

COCKALEECHIE BIKEATHON

RAISING AWARENESS & FUNDS
FOR FRONTIER
SERVICES



KICKS OFF AFTER OUR 10AM
SERVICE AT YEELANNA

BBQ LUNCH TO FOLLOW
AT COCKALEECHIE - BYO
SALAD & DESSERT

DONATIONS GRATEFULLY REQUESTED FOR ENTRY & BBQ MEAT

CHECK OUT FRONTIERSERVICES.ORG/ABOUT TO READ MORE ON FRONTIER SERVICES

**Do you follow
Cummins War on Waste
on Facebook?**

We're now on Instagram too!

**Follow us to learn lots of tips, hints and
education on how we can reduce our
wasteful impact on our environment.**



Follow Us!



WE ARE HIRING!

HOME LOAN SPECIALIST

Known internally as a Customer Relationship Manager, you will be responsible for the success of our customers via the provision of relevant products and services that truly meet their financial and wealth needs.

You will play an integral part in driving growth via business development activities and processing and assessing loans. Our Customer Relationship Manager is not just a lender; you will also be a key member of the leadership team. In addition, you will actively engage the team to ensure their continued growth in the lending space; uplifting their capability through effective training and coaching covering relationship focussed conversations, sales and referral skills and development of product knowledge.

We are looking for a motivated person who isn't afraid to ask for the business, has a passion for lending and thrives on developing and mentoring a team. This position is located at Community Bank Cummins District. The role is Permanent Full time or part time hours.

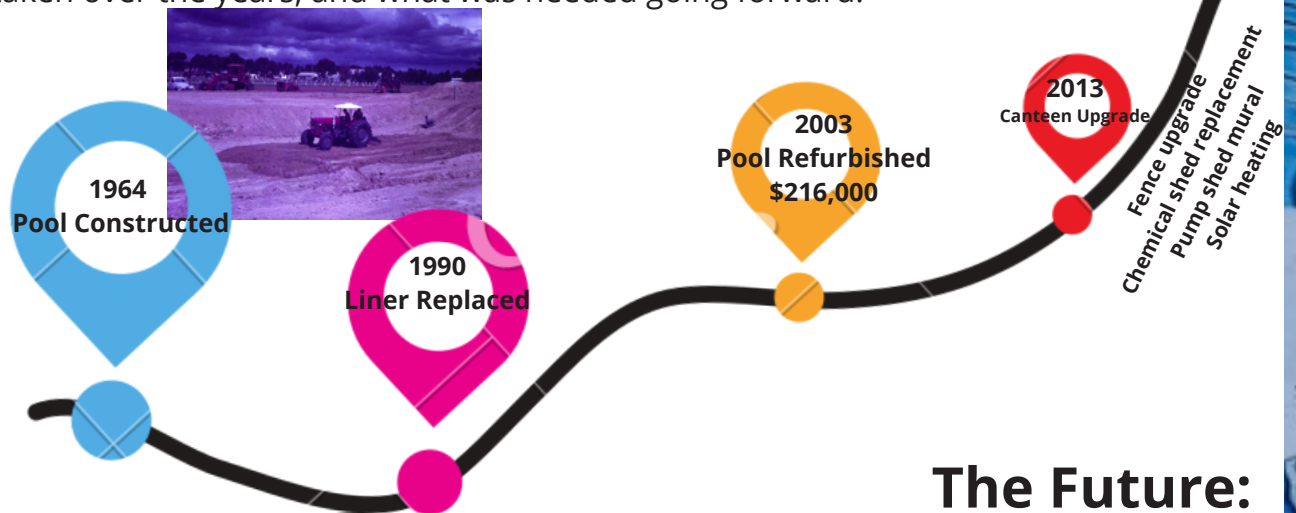
For further information, and to apply visit <https://careers-ext.bendigoadelaide.com.au/jobs/customer-relationship-manager-community-bank-cummins-district-sa-south-australia-australia>

Cummins & Districts War Memorial Swimming Pool COMMUNITY FORUM

The Cummins Swimming Pool Committee is seeking enthusiastic and forward-thinking volunteers to help drive much-needed pool and facility upgrades.

A well-attended Community Forum gave the Committee the ability to gauge the community's future needs for the facility and take on new ideas.

President Mel Dickinson gave an outline of the pool history, in particular major projects undertaken over the years, and what was needed going forward.



The Future:

There are several significant issues:

- Original sand filters and pump are still in use and have needed to be replaced for several years. (\$60,000).
- There is a large crack in the concrete on the northern end of the pool that has been repaired several times and has reappeared. The resulting water leak is causing cancer in the concrete and reinforcement (\$10,000).
- Options to fix include covering the crack with a new liner (\$130,000), fibreglass (\$170,000) or retile for a long-term solution (\$250,000).
- Baby pool needs new fibreglass (\$20,000).
- The meeting discussed what the value of the pool was to the community, to help guide any future upgrade plans. See next page for meeting suggestions.
- *Note - quotes are 1-3 years old.*

Help Needed:

The Swimming Pool Committee wishes to form a Steering Group to drive the Pool Upgrade project. Some current members of the Committee will be part of the Steering Group, but it is looking for enthusiastic, committed, forward thinking people to join.

Objectives of this group will be to:

- Explore options for repair of the pool including getting quotes.
- Look at the precinct as a whole, consider upgrading to ensure it is fit for the future.
- Research and apply for funding opportunities.
- Look at a business model to ensure feasibility.

IF YOU ARE INTERESTED IN BEING PART OF THE STEERING GROUP PLEASE GET IN TOUCH WITH MEL DICKINSON, KIRSTY FOX OR HEATHER NORTON BY APRIL 10TH 2022

WHAT WE VALUE

- Only 25m pool outside of Pt Lincoln on LEP - regionally significant for community and schools
- Family Friendly
- Lap swimming
- Squads
- Private functions

MUST HAVE

- THE FACILITY!!!!
- Crack at northern end to be repaired
- Sand filters & pump replaced
- Accessibility for all

LIKE TO HAVE - Dream Big

- Water play area / Slide
- Shave the lip off pools to make it more family friendly and safer
- All year round use
 - enclose one end for people to get in / out of under cover
 - BUT, there are benefits of being completely open air (e.g. COVID)
- Lap swimming an any time of the day in the season - upgrade entry system to allow monitoring.
- Incorporate a gym facility
- Employ a pool manager
- Look at the precinct as a whole
- BUT:
 - how would increasing time/facilities be managed by a volunteer committee
 - IF, local government or other took over management we lose control - some of our current practices (age of supervisors etc.) may no longer be allowed
 - How much can the footprint be expanded given the location of the pool - only to the south??

FUNDING IDEAS

- Increase usage throughout the year
 - Pool playgroup
 - Advertise with physios etc. for use in rehabilitation / personal training
- Pledges from the community
- Support from user groups such as Department for Education, other communities that use the facility (fundraising partnerships)
- Increase cost of membership
- Grant opportunities - many grants require significant contributions from group (up to 50:50)
- Develop a business model to determine how best to meet needs
- DCLEP have already allocated \$40,000 as seed funding as well as providing annual ongoing funding for the running costs.
- Raise the pool as an important issue for our community at DCLEP Budget time

COMMUNITY FORUM BRAINSTORM

The poster features a dark wood-grain background with vibrant autumn maple leaves in shades of red, orange, and yellow scattered around the edges. A central yellow banner contains the main title. Above the banner, the text 'CUMMINS STITCHERS PRESENT' is enclosed in a white rectangular box. Below the banner, the event details are listed in white text.

CUMMINS STITCHERS PRESENT

AUTUMN EXHIBITION

FRIDAY APRIL 29TH
6PM - 9PM

SATURDAY APRIL 30TH
9AM - 5PM

SUNDAY MAY 1ST
9AM - 3PM

CUMMINS INSTITUTE
46 RAILWAY TCE, CUMMINS SA

Hey, Cummins!

LET'S
MAKE
IT
HAPPEN

Kalamazoo

Are you interested in seeing Kalamazoo happen again in our can-do community?

Come join us for a drink and a chat on Friday April 8th, from 6-6:30pm, at the Cummins Hotel, share your ideas, and find out how you can help us make this event a reality in 2023.

Looking for ACTIVE retirement?

U3A is an international volunteer organisation providing educational, creative and leisure opportunities in a friendly environment for people over 50 who are no longer in full-time employment.

There are 20 sites already operating in South Australia: only one on Eyre Peninsula at Whyalla.

U3A is “University of Third Age” with no accreditation, no assessments, no qualifications while you gain the pleasure of sharing knowledge and learning new skills. Usually meet during the day for courses which run a minimum of one hour, and can invite guest presenters to “teach” certain skills.

The idea is a learning co-operative which draws on the knowledge and skills of its members to organise and provide interest groups with low cost leisure learning and activities on a regular basis.

A meeting to gauge interest in starting an U3A group in Cummins is being held on Friday 1st April in Cummins Hall supper room from 5:30 to 6 pm. If unable to attend but keen to see this start up please SMS or phone Wendy Holman 0439870066.

Check out the SA website u3asouthaustralia.org.au which also offers online courses. More details at April 1st meeting, so please come along to share your thoughts.





A: 19-21 Tumbay Bay Rd

P: 08 8676 2210

E: admin@cumminsmedical.com.au

Flu vaccination 2022

This coming flu season experts are expecting a re-emergence of influenza cases. Australia has experienced 2 years of very low circulating influenza virus, so natural boosting of immunity has not occurred, possibly individuals did not seek vaccination since there was “no flu around”, and therefore immunity has likely waned.

Very young children, especially those under 3 years of age, have not likely experienced a first-time exposure to influenza virus so are at increased risk of contracting influenza.

We expect to be kicking off influenza vaccination from early April.

Please take this next step in protecting yourself, your family and our community during the ongoing Covid-19 pandemic.

Influenza vaccine will be available for all people aged 6 months and older.

We are not yet taking bookings; but will notify the community via Facebook when bookings open.

We look forward to seeing you all for another round of vaccinations!

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

 HotDoc

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



CUMMINS NEEDS A
**STRONG
FUTURE**

For Health Services in Cummins & District



Interested community members are being invited to join a Health Focus group
Meetings will be determined by members and activity.
Appreciate replies by 15.4.22

**CUMMINS & DISTRICT
HEALTH FOCUS IS AN
ESTABLISHED SUBGROUP
OF LOWER EYRE HEALTH
ADVISORY COUNCIL AND A
SUB-COMMITTEE OF THE
CUMMINS & DISTRICT
ENTERPRISE COMMITTEE.**

AIMS:

1. Maintain & enhance level of current health service delivery with GP, Allied Health, Primary Health care services, in home support and residential aged care.
2. Ensure an achievable Doctor succession plan.
3. Create a focus for Cummins within Health Industry eg in Aged Care/Rehabilitation services.
4. Ensure strong partnerships to achieve aims: with LEHAC, DCLEP, Hospital Auxilliary, Local Businesses, GPs and Medical clinic and Hospital staff, EFNLHN, and outside agency health professionals.

CUMMINS & DISTRICT HEALTH FOCUS

Discussions so far:

1. Infrastructure: Maintain & enhance level of current health service delivery through adequate and efficient work space:

- "Facilities Plan" of Health precinct: effective use of Hospital/Medical Clinic to address identified issues e.g, develop consulting spaces for expanded medical practice, accommodation needs of Hospital patient family, Allied Health office space/consulting rooms, storage (records/equipment/medical supplies.)

- Hospital services area upgrades (grounds/maintenance/kitchen/laundry/morgue.)

2. Recruitment: Doctor Succession Plan - Work/ life balance is critical for rural practice GPs. Need to attract more doctors and health professionals and ensure infrastructure meets needs of the workforce (housing/ consulting rooms/ treatment space/ records/ administration.)

- Consider models of best practice service delivery from other rural districts nationally. Appears "walk in- walk out" practice arrangements now the norm for medical professionals! Make Medical practice attractive to be a participant. Be Innovative! Considering co-op models operating interstate.

- Prepare business plan to look at feasibility of appropriate model for sustaining medical services in Cummins. Consolidate for the future!

3. Future Focus: Create a focus for Cummins within EP Health Industry. LEHAC has recommended Aged Care and Rehabilitation services.

IF YOU ARE INTERESTED IN BECOMING INVOLVED, PLEASE CALL LIZ MICKAN ON 0428372436 OR EMAIL MICKAN2018@GMAIL.COM

COUNCIL NEWS

Completion of Coffin Bay Cemetery Enhancements

Council allocated \$40,000 of grant funding towards improvements at the Coffin Bay Cemetery.

Last week Council staff completed the improvements which included:

- Multisided gazebo
- Two bench seats
- New entrance which includes mirror image garden beds.

These improvements really enhance the area, and we hope that family and visitors enjoy the new look and infrastructure.



Fishery Bay Funding

Council has been successful in securing \$135,000 funding under PIRSA's Recreational Fishing, Boating and Camping Facilities Fund Grant program and \$58,000 from the Department of Environment and Water to formalise camping at Fishery Bay.

The scope for campsite upgrades includes new campsite delineation, landscaping and signage. Council is thankful for the assistance of both PIRSA and DEW to deliver camping facilities at Fishery Bay.

Replacement of Drain – Charlton Gully Road

The construction team have just safely completed the replacement of a major drain that had failed on Charlton Gully Road. Council thanks the public for their patience whilst the team carried out this work.



Skate Park

The Skate Park at Cummins Rec Centre has had a reseal of the concrete surface this week by the Northern Maintenance Team. This reseal is an annual maintenance requirement to maximise the safety, function and enjoyment of the space for users and the broader community and ensures the facility remains a valuable and useable public asset.



My Local Services

Did you know you can report issues, get reminders to put bins out and keep up to date with Council news by downloading the My Local Services app?

Fire Permit Applications

A reminder that the Fire Danger Season is current and is due to end 15 April 2022. If you wish to burn off you are required to apply for a Fire Permit. Permits are available on Council's website. For any Enquiries please contact the General Inspector through the Council Office.

Online Camping Permits

With Easter and school holidays fast approaching, a reminder that Campground bookings are now taken through Council's Website using an online portal. Visit Council's website and click the link to book Campgrounds.

Flag at Half-Mast Information Sheet

Council has been receiving enquiries asking when we are allowed to lower the flag outside of the Cummins office to half-mast. While staff may be aware of services in the community, staff are only able to lower the flag upon notification from a funeral director (or the government). An information sheet outlining the requirements is available on [Councils website](#) for further information.

COMMUNITY NEWS

Donate to flood/ storm recovery effort

The Eyre Peninsula Community Foundation has activated its Eyre Peninsula Disaster Fund to assist with the recovery from the storm and flooding which hit Karkoo, Yeelanna and Cummins between 21-27 January. The EP Disaster Fund was established as a permanent fund with tax deductible status to respond as appropriate when unexpected crisis situations occur on Eyre Peninsula. Donations are tax deductible and will be used to assist those who are in necessitous circumstances as a result of the storm and/or flooding. Donate via direct deposit to BSB 633-000, Account 142 751 643 or call into any Bendigo Bank branch.

Sport grants

The Office for Recreation and Sport's Partnerships Program is open for applications. The grant program aims to create opportunities for collaboration between sport and recreation stakeholders, government and non-government bodies, and the for-profit and not-for-profit sector to build a more active state. Applications close at 12pm on 13 April – for more information visit www.orsr.sa.gov.au/grants/partnerships-program



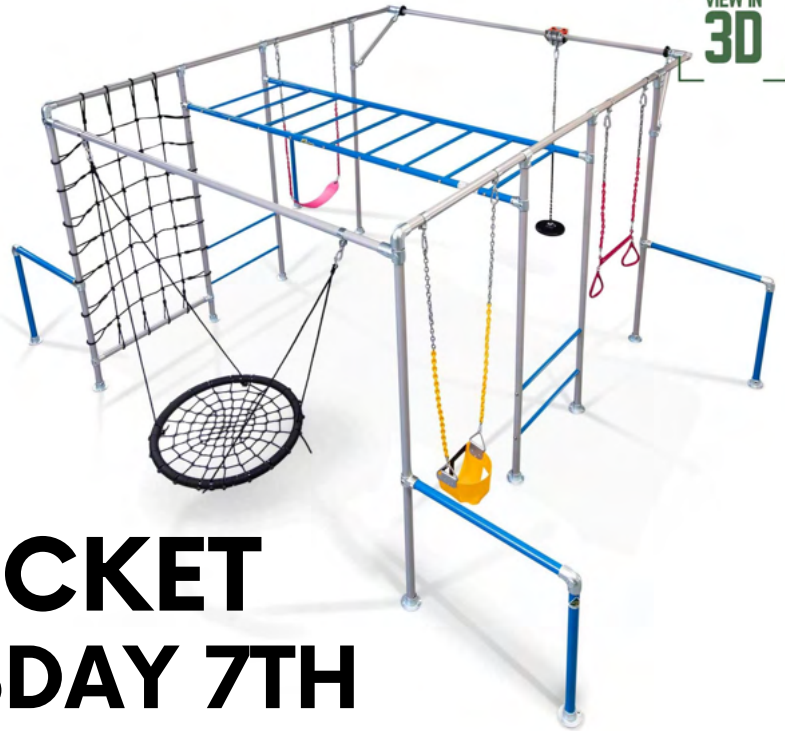
Download
My Local Services
on your smartphone today

CUMMINS AREA SCHOOL PRESCHOOL &
RURAL CARE PARENT COMMITTEE

MAJOR FUNDRAISER

VIEW IN
3D

**FUNKY MONKEY
BARS - THE
GORILLA PLUS**
RRP \$3,538.03 (including delivery)
OR \$2,500 CASH
WINNERS CHOICE!



\$20 PER TICKET
DRAWN THURSDAY 7TH
APRIL 2022

Tickets available via EFT and can be purchased
by contacting our Treasurer,
Ashley Lawrie on 0429 855 360, or message
through our Facebook Page - @CASPreschoolPC

Payment Details for tickets -
BSB: 633 000
ACC: 162 569 222
ACC NAME: A Lawrie
REF: First initial & last name

Thanks so much for supporting our local Preschool & Rural Care. Your support will enable us to upgrade our Outdoor Playspace even further!



SAVE THE DATE!

SALT

FESTIVAL 2022

As part of the SALT Festival, in conjunction with Eyre Writers, we are delighted to be hosting an Author Panel in the Library on

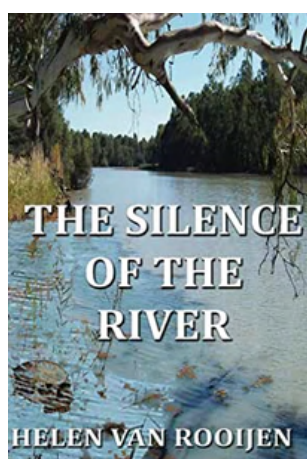
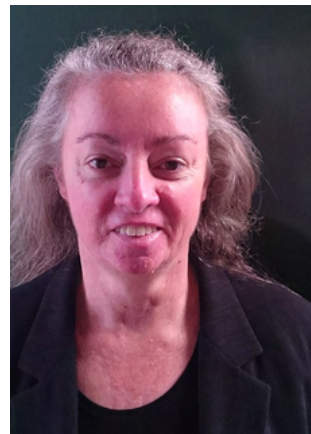
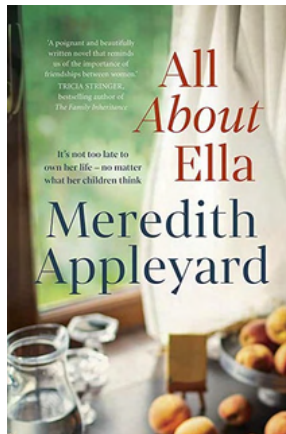
Sunday May 1: 2.30 - 4.00

Join us as we welcome:

Meredith Appleyard, Catherine Evans, Helen van Rooijen & Diane Hester

as they discuss their latest releases and writing journey.

RSVPs essential to 86762476



04

APRIL

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1Apr	2
3	4	Men's Shed 9am-4pm Mosaic Group 10:30am @ Cummins Hall	Stitching Ladies 9:30am @ Cummins Hall Treasure Life Ride Fundraiser @ Cummins Hotel From 6pm	Men's Shed 9am-4pm UFO Day @ Men's Shed 10am-12pm	Baby Bounce 9:30am-10am Nature Play 10am U3A Meeting @ Cummins Hall Supper Room 5:30-6pm	8
10	11	Men's Shed 9am-4pm Mosaic Group 10:30am @ Cummins Hall	Stitching Ladies 9:30am @ Cummins Hall	Men's Shed 9am-4pm	9	16
17	18	Men's Shed 9am-4pm Mosaic Group 10:30am @ Cummins Hall	Stitching Ladies 9:30am @ Cummins Hall	Men's Shed 9am-4pm Sabor a Cuba (Workshop) 3pm-4pm Sabor a Cuba (Show) 7:30pm	22	23
24	ANZAC Day Dawn Service 6:30am	Men's Shed 9am-4pm Mosaic Group 10:30am @ Cummins Hall	Stitching Ladies 9:30am @ Cummins Hall	Men's Shed 9am-4pm	SALT Festival: Quilting Exhibition @ Cummins Hall 6pm-9pm	SALT Festival: Quilting Exhibition @ Cummins Hall 9am-5pm
25	26	27	28	29	30	



b-balanced-connections

**Thalia Fowler HH Dip.(H.C.)
Holistic Counsellor**

Visiting Cummins Thursday's - Cummins Institute

I would like to introduce myself and my business to Cummins. As a local to the Lower EP for most of my life some of you will know me already. ☺

In addition to my service in Port Lincoln, I am pleased to offer my Holistic Counselling service to Cummins on Thursday's each week. I studied through Health and Harmony College in Queensland and have also taught meditation in previous years. Since my 20's I have been holistically driven and influenced by many holistic healers and therapists of various domains which have led me to this career.

Holistic Counselling focuses on the mind, body and spirit as a whole (a little different from conventional counselling). In my practice I offer crystal healing, meridian therapy, guided meditation and deep breathing which provide relaxation and energy balance, enabling the body to calm, relax and balance energy flow providing improved overall function.

Other therapies used in combination with counselling include card analysis, dream therapy, colour therapy, art therapy and numerology. These all create discussion and awareness of personality strengths and weaknesses and provide opportunity to build self esteem, reduce stress and anxiety and *improve* coping mechanisms, health, vitality, self awareness, emotional well-being, peace and balance.

Don't require counselling? It's not a requirement to simply be able to enjoy and benefit from crystal healing, meridian therapy or guided meditation. I also offer these independently from counselling for relaxation and energy balance providing improved overall function for the mind, body and spirit and also possibly some much needed time out from the day to day challenges of life.

To book your appointment or for further information

phone or text: 0447 778 863

email: b.balanced.connections@gmail.com

f b-balanced-connections

"Become balanced and connected in your life"

MY LIFEMY POWER**MY PEACE**

ARE YOU OUR NEXT CDEC COMMUNITY PROJECT OFFICER?

This role is jointly funded by the Cummins & District Enterprise Committee, Cummins District Financial Services and Council, and provides administrative and project support to the CDEC to deliver community-led projects for the district.

If you have attention to detail, enjoy working with a diverse range of people and are passionate about your community, we want to hear from you!

The detail:

- 25 hours per fortnight.
- Flexible work arrangements available.
- Admin & bookkeeping experience preferred.
- Ability to pick up software programs quickly an advantage.

Scan the QR code for more information and details on how to apply



APPLY NOW!



Applications close 12 April 2022

