

CUMMINS CONNECTION

**TIME TO PLACE YOUR ORDER
BEFORE FRIDAY 8TH DEC 2023**

WE WILL HAVE ALL THE CHRISTMAS GOODIES AVAILABLE, LIKE VENUS BAY PRAWNS, PORK ROLLS AND, OF COURSE, GLENN'S YUMMY LEG HAMS, AS WELL AS ALL OUR OTHER BEEF, LAMB, CHICKEN AND PORK PRODUCTS.

WE ARE WISHING EVERYONE A HAPPY,
STRESS-FREE CHRISTMAS.
FROM GLENN, NICOLE, AND OUR STAFF



PHONE, EMAIL OR POP IN YOUR
ORDER TODAY
CUMMINSMEATSTORE@BIGPOND.COM

VOL

240

CUMMINS, SA

NOVEMBER 2023

THIS MONTH



REMEMBRANCE DAY

**Saturday
11 November 2023**

Time 10:45am

**RSL Garden
of Remembrance
Memorial**

ALL WELCOME



Lower Eyre Health Advisory Council AGM

**Wednesday
15 November 2023**

Time 7:30pm

**Cummins Hotel
Conference room**

**GUEST SPEAKER
and information about
Cummins & Tumby Bay Health
Services for 2023**



STEPPING FORWARD Family Drug Support

**Wednesday
15 November 2023**

Time 6 pm - 8:30pm

**Our Town Cummins
48 Railway Tce**

**Alcohol and Drugs
Information
FREE Event - registrations
required
Contact 0490 785175**



**Stay up to date with all
the events
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 cdec@dclep.sa.gov.au



Government of South Australia
SA Health

The Lower Eyre District Health Advisory Council Inc. (LEHAC)

The AGM will be held on Wednesday 15 November 2023 at 7:30pm at the Cummins Community Hotel Conference room. Guest speaker YET TO BE CONFIRMED

LEHAC members consider issues, provide opinion and advocate for the Lower Eyre Health Services which encompasses the Cummins and Tumby Bay Hospitals, Aged Care facilities and medical services.

Residents of this community are encouraged to attend to support this important organisation associated with the Lower Eyre Health Service. All Welcome.

Current members are

Presiding member - Milos Sulda

Local member of Parliament (representative) - Pam Darling

Local government member - Margaret Fahey (Lower Eyre)

Local government member Julie Elliott (Tumby Bay Council)

Staff member - Jordie Caulfield

Community members - Elizabeth Mickan, Michelle Parker, Wendy Holman, Quinn Adams, Lynette Snodgrass.



Amy's Guitar kids presents ...

'Let's go to the Movies'

FULL HOUSE in the Cummins Hall

on Friday night.

Congratulations to all the performers

for an entertaining evening

CUMMINS CONNECTION

INFO DUE
22 November
2023

For planned distribution on
30 November 2023

Please send content to
cdec@dclep.sa.gov.au
or scan the QR code to submit via
our website.



REMEMBRANCE DAY

Saturday 11th November

SERVICE 10:45 am

RSL GARDEN of REMEMBRANCE

Cnr Railway Tce & Tumby Bay Rd, CUMMINS

ALL WELCOME





South Australia

Cummins Meals On Wheels Awards

The Cummins Branch of Meals On Wheel conducted their AGM recently on Monday 23rd October at the Cummins Hotel, beginning with coffee and scones. Julie Wilksch then gave an interesting insight into her role as the Leisure and Lifestyle Coordinator of Miroma Place and the Eyre Peninsula.

Milestone Awards for the Cummins Branch were presented to recipients, with a total of 115 volunteer hours of delivering/driving to deliver meals. Five year awards were gained by Barb Boyce, Christina Haeusler and Janice Nicholls and a ten year award given to Leonie Phelps. Jo-Anne Quigley and Jacqui Nelligan have been delivering meals for twenty years and Margaret Phelps and Pat Speed received twenty five year awards.

The Cummins Meals On Wheels Branch has 60 active delivery/driver volunteers who are rostered on over a six week period. Sincere thanks to all our willing, reliable volunteers and also to the cooks at the Cummins Hospital who provide the meals for the clients. Any new delivery volunteers are always welcome.

Cummins Meals On Wheels Milestone Awards

Margaret Phelps (25 years), Jo-Anne Quigley (20 years), Barb Boyce and Christina Haeusler (5 years), Cathy Pearson (Cummins MOW President), Bronny Fitzgerald (Cummins MOW Volunteer Coordinator)

Absent - Pat Speed, Jacqui Nelligan, Leonie Phelps, Janice Nicholls.





CUMMINS SCHOOL COMMUNITY LIBRARY



✉ cummins.library@libraries.sa.gov.au

🌐 www.libraries.sa.gov.au/cummins

☎ 86762476

📱 Follow us on Facebook or Instagram 📷

What's on in your local library:



Board Games: Monday afternoons from 2.00-4.00.

A variety of board games for everyone to enjoy!



Craft-er-noon: Tuesday afternoons from 2.00-4.00.

Come along to work on your current craft projects, with like minded people in the comfort of the library.



Digital Assist: Thursday afternoons from 2.00-4.00 by appointment.

Contact us for assistance with your digital devices, and we will endeavour to help you to the best of our ability.



Baby Bounce: Friday mornings from 9.30.

We offer a fun filled, 25 minute session of songs and nursery rhymes, with dancing encouraged! Suitable for ages 0-5 and their caregivers. No bookings required and all welcome!



Nature Play: Friday mornings following Baby Bounce.

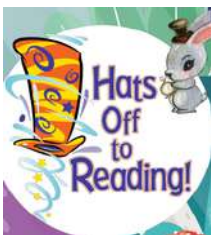
Enjoy activities and free play in our developing Nature Play garden. From making mud pies, to enjoying scavenger hunts or planting seeds, there is something for everyone in this relaxed, outdoor environment.



Specialised Inclusive Resources:

We have an excellent range of resources, games and activities available for families to borrow, with thanks to SIES (formerly Seru). They are a great additional, educational support for various ages to assist your child's development. Pop in to peruse the selection.

SAVE THE DATE!



Scholastic Book Fair:

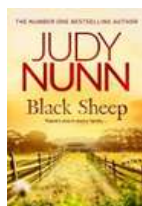
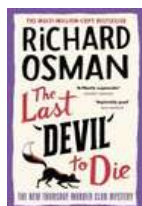
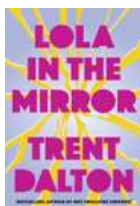
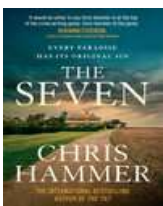
It's about books. It's about your children. It's about fun! It's our Scholastic Book Fair – a special time for our entire school community, in the library during Week 6, Nov. 20-25

It's a perfect time to explore the affordable books and products with your children. Plus, a portion of the sales benefits our library directly, allowing us to purchase books from Scholastic for no cost!



Cover to Cover Book Club: First Thursday of each month @2.30.

New release books for all ages and interests, arriving weekly!





48 RAILWAY TERRACE,
CUMMINS SA



November 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Youth Hub open, 3.30pm Be Heard, 12pm-2pm	3	4
5	6 Youth Hotdesk, 3.30pm	7 Walking Group, 8.45am @ Town Oval	8	9 Youth Hub open, 3.30pm Be Heard, 12pm-2pm	10	11
12	13 Youth Hotdesk, 3.30pm	14 Walking Group, 8.45am @ Town Oval	15	16 Youth Hub open, 3.30pm Be Heard, 12pm-2pm	17	18
19	20 Youth Hotdesk, 3.30pm	21 Walking Group, 8.45am @ Town Oval	22	23 Youth Hub open, 3.30pm Be Heard, 12pm-2pm	24 Mums & Bubs Morning Tea, 10am @ Library	25
26	27 Youth Hotdesk, 3.30pm	28 Walking Group, 8.45am @ Town Oval	29	30 The Village Arts, 6.30pm Youth Hub open, 3.30pm Be Heard, 12pm-2pm		

YOUTH HOT DESK

Monday Afternoons, 3.30 - 5.30pm at The Village
Aimed at students 12 to 17 years old, we are opening The Village as a quiet place to study or complete homework.

You will need access to your own internet, or hotspot but we have desks, stationary, supervision and probably a snack or 2.

THE VILLAGE YOUTH HUB

Our Youth Hub is open again for our youth. Every Thursday night during term 4. Food and drinks are provided.

Aimed at ages 12-17, the village provides a safe space for our youth to connect with their peers.

THE GIVING VILLAGE

Do you know of a local person or family that could use a helping hand? We want to lend a hand to those in our Cummins community who are going through major life changes, enduring financial or personal hardships, or even just having a bad week. We are ready to gift community members vouchers, help around the home, a listening ear, or any way their nominators see fit. Scan the QR code included in this Connection to nominate someone.

HOT DESKS

Did you know that we have desks available to hire during the week? Whether you need a spot to work from while waiting for school pick up, a place to complete an exam, or somewhere with a secure internet connection, we've got you!

Head to <https://www.picktime.com/hotdeskscummins> to book a time.

DEPRESSION & ANXIETY GROUP

We are thrilled to announce the launch of our brand-new support group, "Embrace, Empower, and Thrive" (EET), dedicated to helping individuals navigate the challenging journey of living with depression and anxiety.

Why Join EET? Community and Connection, Education and Resources, Empowerment, Inspiration and Hope, and Confidentiality and Support.

Participating in "Embrace, Empower, and Thrive" is a brave step towards regaining control over your life. No one should journey through depression and anxiety alone. By joining our group, you're committing to your well-being and giving yourself the gift of support and empowerment. Please contact sean@ourtowncummins.com.au.

COMMUNITY BANK - CUMMINS DISTRICT
PROUDLY PRESENT THE

Community Wishing Tree



ARE YOU ABLE TO PROVIDE A GIFT, OR
FOOD FOR SOMEONE LESS FORTUNATE
THAN YOU THIS CHRISTMAS?

WE INVITE YOU TO COME AND PLACE
YOUR ITEMS UNDER OUR TREE
LOCATED AT 18 RAILWAY TERRACE,
CUMMINS FROM MONDAY 27TH
NOVEMBER 2023.

ALL DONATIONS MUST BE BRAND
NEW, UNWRAPPED AND
NEED TO BE RECEIVED BY
MONDAY 11TH DECEMBER 2023.

DONATIONS WILL BE DISTRIBUTED
TO FAMILIES IN NEED THROUGH
WEST COAST YOUTH &
COMMUNITY SUPPORT IN OUR
WIDER COMMUNITY.

West Coast
**YOUTH AND
COMMUNITY**
Support

Community Bank
Cummins District

 Bendigo Bank



2023
Cummins
Christmas
Wonderland



OPEN
1ST - 28TH DECEMBER
10AM - 5PM





CHRISTMAS DAY
2 - 5PM

Santa Visits
16th Dec to 24th Dec
10am - 12pm and 2 - 4 pm

Cummins
Community Hall

GOLD COIN DONATION

Any Enquiries Please Contact
Grace Coombs 0408 832 127



SAVE THE DATE FOR THE
CUMMINS CHRISTMAS FESTIVAL
FRIDAY, DECEMBER 15

**PLEASE JOIN US FOR THE
ANNUAL CUMMINS CHRISTMAS FESTIVAL
STARTING AT 6PM WITH:
★ A STREET PARADE
★ FOLLOWED BY FOOD & ENTERTAINMENT
AT THE RAILWAY TRIANGLE PARK AND...
FIREWORKS!!!**



Businesses & community groups

★ **start planning your parade float!**

★ **if you would like a food stall at the park, please
contact Katrina Phelps on 0439 837 223 or
message our Facebook page**

★ **www.facebook.com/cumminschristmasfestival**



Light It Up Cummins

CHRISTMAS FESTIVAL LIGHTS COMPETITION

ADD SOME SPARKLE TO CUMMINS THIS
FESTIVE SEASON!

DECORATE YOUR HOME WITH CHRISTMAS
LIGHTS AND DECORATIONS, ENSURE YOUR
LIGHTS ARE TURNED ON FOR JUDGING ON
WEDNESDAY 20TH DECEMBER 2023.

ENTRY TO THIS COMPETITION IS **FREE!**

REGISTER YOUR OWN HOME, OR
NOMINATIONS WELCOMED -
CONTACT AMANDA - 0439 851 744 OR
CUMMINSBP@OUTLOOK.COM.AU

1ST PRIZE - \$250

2ND PRIZE - \$150

3RD PRIZE - \$100

PEOPLE'S CHOICE - \$150

PROUDLY SUPPORTED BY

Community Bank
Cummins District

B Bendigo Bank



A: 19-21 Tumby Bay Rd

P: 08 8676 2210

E: admin@cumminsmedical.com.au

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

Upcoming Locum

Dr Johanna Muller

12 to 18 November



Book appointments, order repeat prescriptions or
repeat referrals.

go to hotdoc.com.au or download the app

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

ZONTA SAYS NO

To Violence against Families

Zonta of Lower Eyre participates in the International promotion of No Violence in families with “**16 days of Activism**” from 25th November to 10th December. There will be Orange ribbons placed in towns and pamphlets, strategically placed, available for the community.

WE WILL REMEMBER THEM

Cummins-Yeelanna RSL Fundraiser & Poppy Appeal

Please
Buy a Poppy, Badge, Pen
or

Give a Donation

RSL Members will be outside
Five Loaves Bakery
from 8am to 2pm

Friday 10th November



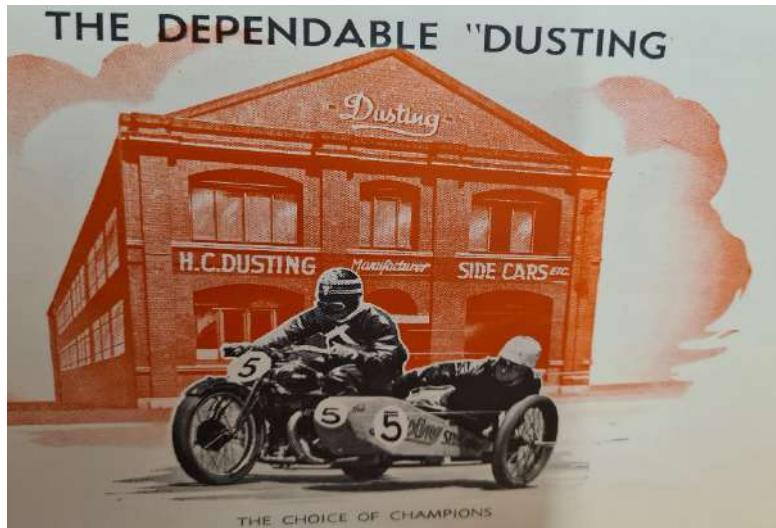
Lest We Forget

EFT Donations can also be made at:
BSB 633 000 Account No. 112324876
Account Name: Cummins-Yeelanna RSL

Sales & donations fundraise for our local
Veterans and Veteran Support Services

THANK YOU for your Support

BSA M20 1945 500 Side valve



With thanks to Keith Coventry for sharing his story of this project -

“ The BSA M20 1945 500 side valve bike was bought from a farmer at Wasleys near Hamley Bridge with a friend. We worked together at Wakefield Trucks in 1978.

This has been a long-term project and has done several location shifts with Anna and myself.



Keith with children Alison and David posing on the bike

Then it was leaving my shed and moving to Wudinna to live with David Coventry for several years and then finding residence at the Cummins Men’s shed when I retired from Bascombe AutoAg.

Son David is now sponsoring the next rebuild and fitting of the “dusting sidecar”. I also am having help and inspiration through the camaraderie and moral support of the members at the Cummins Men’s Shed.

This was one of the best moves I did. A team effort!

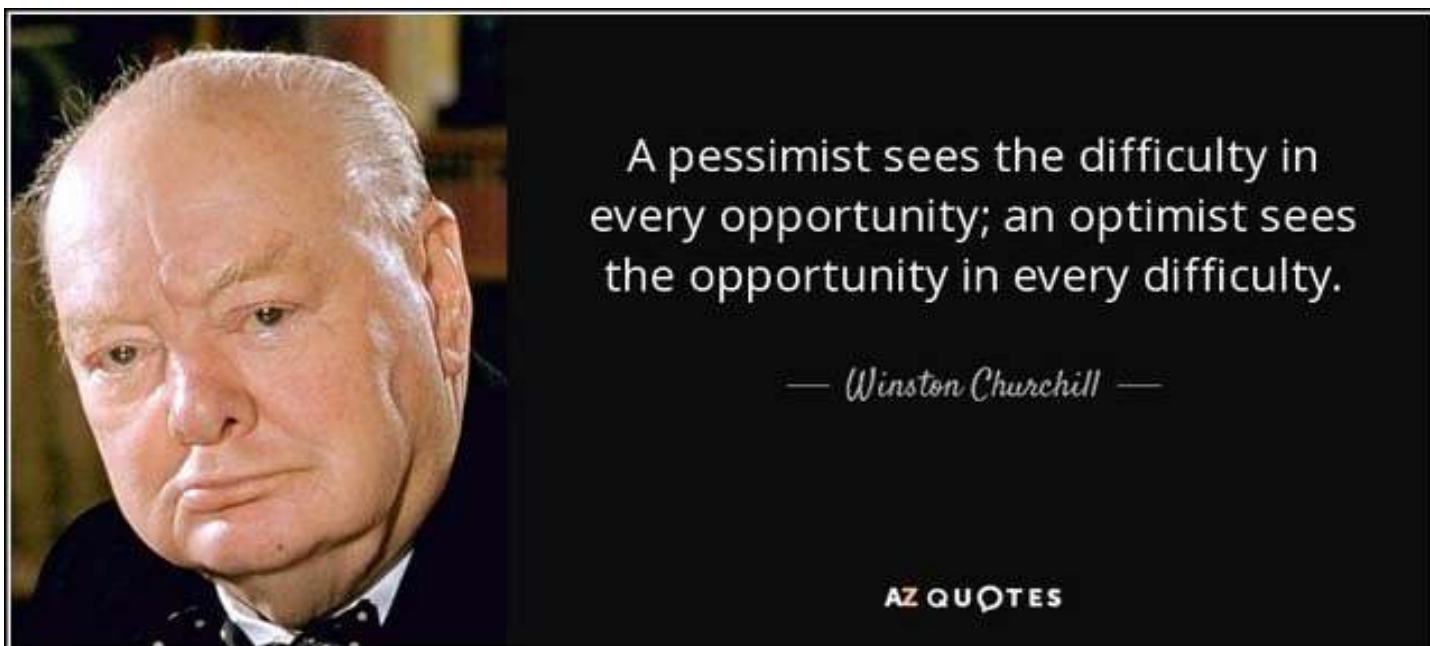
- Using the carpentry skills of Greg Hurrell and Barry Boyce, they have effortlessly restored an old RAA Service tub, with very little work to achieve a great professional result.
- With no mounting brackets on the bike Chris Jones engineered a bike work platform and rear mount of a very high standard.
- Richard Scott doing the sand blasting of many parts
- Terry Habner and Warren Doudle helping with assembly throughout the build.

The one thing I have found that has been very helpful by going to the Men's Shed has been the stability of my mental health through sharing and the caring from all those blokes that come along to the Men's Shed.

Still some way to go with the renovation ... to be painted, re-wired, road tested



To be continued - In the pipeline, there is a 1952 BSA A7 owned by Steve Albrecht (his father's) and the Men's shed are custodians for restoration to happen.





2023 – 2024 FIRE SEASON commences

01 November - Eastern Eyre District

15 November - Lower Eyre District

The Cummins Bowling Club will be opened by CERC
(the Cummins Emergency Ready Committee)
to be used as a Community Refuge Facility on the following days:

'EXTREME' and 'CATASTROPHIC'
and, if a fire is going within 30kms of Cummins

CUMMINS EMERGENCY READY COMMITTEE (CERC)

DID YOU KNOW?

In the event of a Major Emergency impacting our Town / District,
such as a significant Bushfire event or extended power outage,
the **Cummins Bowling Club** has been identified as a
COMMUNITY NOMINATED REFUGE CENTRE

An A-frame sign will be placed on Bruce Tce opposite the entrance to the Town Oval
to indicate that the Bowling Club is open for use as a refuge.

*The Refuge Centre is available to ALL members of the Community to seek shelter
and to provide a level of personal comfort.*

Basic tea & coffee facilities, toilets, heating or cooling will be available.

DON'T forget to bring any personal Medication you may need.

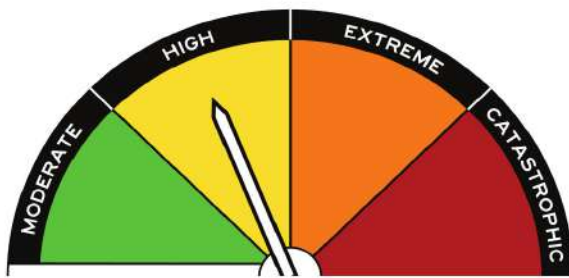
CERC is grateful to the Members of the Cummins Bowling Club in allowing
the use of their facilities in an emergency.

The Australian Fire Danger Rating System

WWW.FIREDANGERRATINGS.COM.AU



The Australian Fire Danger Rating levels are:



MODERATE

Plan and prepare

HIGH

Be ready to act

EXTREME

Take action now to protect life and property

CATASTROPHIC

For your survival, leave bushfire risk areas

The Australian Fire Danger Rating System (AFDRS) is informed by the new Fire Behaviour Index – a scale of fire danger that takes the latest in fire science and produces outputs across eight different fire behaviour models (compared to the previous two fire behaviour models). The system provides finer detail to support decisions about fire preparedness and bushfire suppression.

The Australian Fire Danger Rating System (AFDRS) Program has redesigned the forecasting of fire by:

- Improving the scientific accuracy behind fire danger predictions.
- Improving the way that fire danger is communicated.
- Providing government and industry with better decision-making tools.
- Reducing the costs associated with bushfire impacts.

For more information speak to:

Or visit: www.firedangerratings.com.au



The AFDRS is a national program funded by the Commonwealth and all the states and territories and delivered by local implementation teams.

The AFDRS is coordinated by NSW Rural Fire Service and AFAC (the National Council for Fire and Emergency Services), with support from the Bureau of Meteorology.



The Cummins CWA recently celebrated its 90th Birthday. The main core of this group has been involved for many years. Dawne Cooper as President, Marie Charlton as Secretary and Ann Appleton as Treasurer.

Jan Nitschke and Dawne Cooper both presented some fascinating stories from the past. They would really like to make 100 years but desperately need a few new members!

Karkoo was also invited to join in the celebrations as they were also celebrating their 90th. Note Elliston also celebrated their 90th a few weeks earlier.

Become a member and learn how to make 'The perfect sponge' or a 'Rabbit Marshmallow'. New Crafts are taught each year. Try your hand at the CWA scones. Stay at CWA accommodation around the State. *Rosii Pedler*

Smiling CWA members: Dawne Cooper, Elizabeth Proctor, Thelma Street, Rosii Pedler, Peta Fuss, Valerie Hill, Emma Gale, Jan Nitschke



HOSTED BY CUMMINS CATHOLIC WOMEN'S LEAGUE



Hi everyone,

You are invited for another ecumenical Christmas GET TOGETHER with Devonshire

“MORNING TEA” @ \$5 /head and fellowship.



**TO BE HELD AT THE CUMMINS HOTEL
AT 10AM ON WEDNESDAY, DEC 6TH 2023**

We hope you can join us for this gathering!

Donations towards Centacare, Pt Lincoln for Christmas hampers will be collected on the day.

**PLEASE RSVP BY MON 4TH DECEMBER WITH NO'S ATTENDING: -
TO Marg Phelps 0429 130 553 or marg.phelps@bigpond.com**

NEWS FROM THE GARDEN



01

Community memberships coming in 2024 - a way for you to join our green thumb community and support the sustainability of the garden

02

We've been busy little bees spreading our green-fingered passion at community events this year! Our diary was full of fun, but the Cummins Show and Sustainability Fair really stole our hearts.

03

Get your gardening gloves ready for the ultimate CCG Opening Day in 2024! Stay tuned to our socials for the big day's juicy details and loads of fun activities to get your green on!

03

Curious about the garden or eager to lend a hand? Reach out to Emma Gale at 0415 490 060 for all the juicy deets!



find us on Facebook

CUMMINS DISTRICT COMMUNITY UPSKILL PROGRAM

After the success of the 2022 program, we are opening applications for the 2023 Cummins District Community Upskill Program from Wednesday 1 November 2023.

Through our last program, we funded 4 successful applicants, each with a scholarship to assist with their further studies.

One of our successful applicants was Sophie Blacker. Our scholarship has enabled Sophie to undertake studies in a Bachelor of Education degree.



This program is aimed to assist academically motivated individuals from Cummins and surrounding districts aged 21 years and older, with the intention of upskilling our local community to further enhance our workforce, and then retain them in our community.

If you are considering University, TAFE or RTO studies next year and reside in the Cummins District then the Community Upskill Program could be for you. Information can be found here on the Community Enterprise Foundation website -

www.cia.communityenterprisefoundation.com.au

For more information - contact Amanda on 0439 851 744 or via email - cumminsbp@outlook.com.au

 **Bendigo Bank**

**Community Bank
Cummins District**



OUR

Giving Village

LOCALS SUPPORTING LOCALS

NOMINATIONS NOW OPEN

To nominate a worthy family or individual, scan the QR code or collect a hard copy from Our Town Cummins.



We realise that many people in our community will experience adversity. That's why **Our Town Cummins** has partnered with **Empowering Lower Eyre** and **Community Bendigo Bank - Cummins District** to create a "locals supporting locals" initiative. Aimed at reducing stigma through a whole-of-community support system, we want to lend a hand to those in our Cummins community who are going through major life changes, enduring financial or personal hardships, or even just having a bad week. We are ready to gift community members vouchers, help around the home, a listening ear, or any way their nominators see fit.

CONTACT: OURGIVINGVILLAGE@GMAIL.COM

PROJECT PARTNERS:





CUMMINS HOTEL NEWS

"Harvest is coming, and we've got all your needs covered."



WHAT WE SERVE + OUR FAVOURTIES

ICED FRAPPE

We have a variety of milk drinks including frappes and iced milk drinks for the adults and kids.
OUR PICK: Iced Coffee

LUNCH MENU

Summer lunch menu has been released. Check it out now on Facebook or on our website.
OUR PICK: Fish Taco

NEW SPECIALS

Weekly specials have new summer vibe. With salads and more.
OUR PICK: Fries with Special Topping

CHRISTMAS PARTY

Book your Christmas functions now. Beer garden, dining room or conference room.
OUR PICK: Beer Garden

SCHNITZEL MENU \$22

Every Wednesday night 5pm - 8pm schnitzel menu is available DINE IN ONLY. Pick a beef or chicken schnitzel, topping and side salad of your choice for \$22.

SALAD PACKS \$3.5

Old favourite salads are back available to add to a meal of your choice or takeaway for convenience. Tangy tomato pasta, Garden salad, coleslaw and weekly chef creation.

KITCHEN OPEN @ 5PM

Our kitchen is open :
12noon - 2pm 7 DAYS
5pm - 8pm MON - SAT
*6:30pm FRI + SAT
We start cooking from 5PM for all needs on the go, after work or for your little ones.

PIZZA DEALS

We have a range of deals to feed all the family big or small. Offers great saving when purchasing multiple pizzas.
See our PIZZA DEALS for the best bargain buy.


Convenience is key
DRIVE THROUGH



All our food and beverage service are available to pick up in our drive through. Simply call and book your time for pick up.

 www.cumminshotel.com.au

 @cumminshotel

 36 - 38 Railway Tce
Cummins SA 5631

NOEL'S FLYSCREEN SERVICE

Phone: 0400233 366

I re-mesh fly screens and doors on site. I carry a wide range of rollers to replace in sliding screen doors as well as glass doors. Locks in all doors can also be replaced.



Some security doors can be converted from the old honeycomb style to the new modern perforated mesh which is far more secure and pleasing to the eye. Just wipe over with a damp cloth to clean.



I have been manufacturing security doors and flyscreens for the past 23 years.

This is a mobile service and I come to you so you are not without security.

Tea Trail at Home

Please join us at
Miroma Hostel to experience this
virtual event hosted by the Nature Festival 2023

We will run this over three weeks on a Thursday beginning:

- Thursday, November 23 at 10am – Australian Tea Experience in Park 17
- Thursday, November 30 at 10am – Japanese Tea Experience in Osmond Gardens/Himeji Japanese Gardens
- Thursday, December 7 at 10am – English High Tea in the Pioneer Women's Gardens

Participants will be immersed in a tapestry of flavours, scents, and stories that will invigorate their senses.

Each event will run for approx. 30 minutes together with morning tea.

Please RSVP to Julie on 8676 0201 to secure a spot or if you have any questions

Humans of Cummins

CHAPTER FOUR: Danni Skinner

"I met my late husband Brad in 2009 at the age of 18 and moved to his farm at Karkoo in 2010. Prior to getting married we did some travelling around Aus and had spent 2 years renovating our forever home. Brad and I got married on the 27th October 2018 and not even 2 months later, on 23rd December, suddenly and tragically Brad died while out diving on a fishing trip. I was 27, and he was 31.

Brad was an infectious person. He had the ability to light up every room he walked in, people would always gravitate towards him. He had a presence; he was confident but not cocky; he was the life of the party. He made people feel welcome. He was quick-witted, and this made him a very funny man. I loved how Brad could make me laugh all the time. In Brad I found my soulmate, my protector, my rock, my best friend. Brad made me feel loved, he was home. He was a great teacher when teaching me new things on the farm and he was so patient.

In the first 6 months of grief, I felt many emotions. Mostly I felt numb, and it was a blur. It is a foggy memory of a time where I was just surviving each day. I didn't keep routine and I slept when I felt tired. Honestly, I just felt so lost but also a huge sense of disbelief. Ernie, our dog was a big part of me getting up each day. He needed to be fed and exercised. He would nudge my arm with his nose and stare at me with these puppy dog eyes. I had a friend say to me during this time, "if you just get up and go for a 5 minute walk each day, you have done something". It can be incredibly hard to get moving when you don't even feel like living.

During that time my mum became my rock, she did everything I needed. As well as our close tight knit group of friends. I stayed with different friends

during the first 2 months, I couldn't be on my own. So lucky with the support from family and friends.

I am also grateful for the support from the Cummins community. I remember deliveries of boxes and boxes of food from local businesses that filled up my freezers for months, a special quilt that was made with love from the Cummins stitchers, a chook house that Brad was making me for Christmas that year that needed finishing, and unbeknownst to me was taken into the Cummins men's shed to be finished and then delivered, endless flowers, vouchers, meals, cards, outpouring messages of love. This town is truly amazing in times of need.

In the 2nd half of that first year, grief had made a home and it was so consuming. Reality had come to the fore front. Some of my friends were announcing first pregnancies and the new and next chapters of their lives were unfolding and this is essentially where I thought we would be around this time.

This is when and how I started to understand the concept of secondary losses. Loss of a future life with Brad, any children we would have, the life we had started to build together, our dreams and goals



for the future. All gone, ripped away in a moment in time.

As Brad's first anniversary approached, I remember feeling a heaviness in my body and at this stage still in disbelief. I went to the beach with family and friends that day and was overcome with emotion the entire day. It was a tough one.

At the start of 2020 I hit rock bottom, a newer low. I knew I needed to get some help. Seeing our friends progress with their families was a major trigger for my grief. I was and still am extremely happy for them, but it was hard to face. The reality set in of Brad not ever coming back.

I started seeing a professional, but the process didn't feel right, I didn't feel like it was for me. Writing became a big healer, which then led me to connect with other young widows, all around Australia. Through social media, these ladies were sharing their experiences and when I read their heartfelt posts, and stories, I felt less alone and realised I wasn't the only one going through this at my age.

I started sharing my thoughts, and my words were resonating and helping others which made me feel useful in a time of despair. Writing lifted the heaviness of grief; it was an outlet. I'm not sure where it comes from, I didn't like English at school, but the passion and heartbreak just pours out.

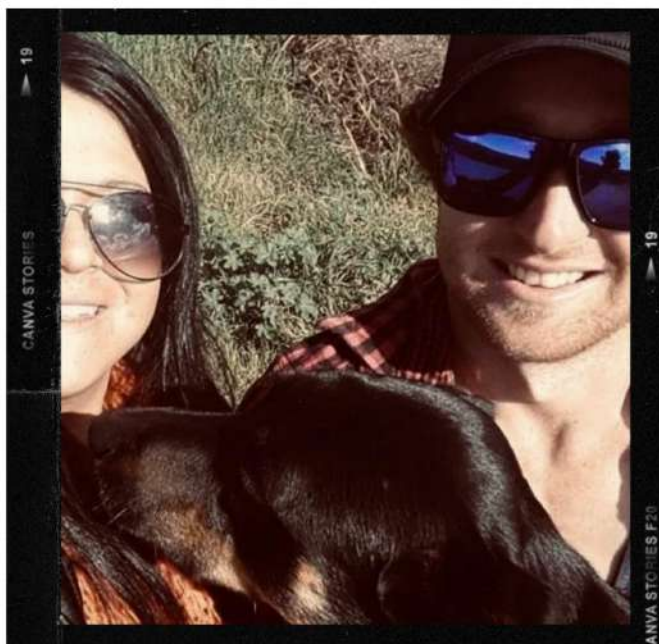
2020 was a Covid year and just when I thought I would get back out and socialise, we had these lockdowns. I was already feeling isolated, but I was at a point to dip my toe into becoming social again. I felt this held me back for another year.

I have always been a social butterfly; I love to connect with people, and I had been an introvert for a considerable amount of time and needed to get back out in the world.

In 2021 I was still following our home club United Yeelanna, but every time I went to the club rooms, I felt a sense of sadness and anger. Everything was the same, except it wasn't for me. It was hard for my mental health to be in the same environment when Brad was no longer there. It was emotionally and mentally challenging.

I had a realisation that something had to change. I knew staying in the same space wasn't helping me. In some ways home is a bit like that now. It's home, but it's not.

In 2022, I decided to move clubs. I had some



friends in another club and went to a few of their home games. Being around familiar but different faces, felt lighter. I didn't feel that sense of "Brad's not here".

This decision made me feel like I was starting to live again. During this time, I was forced to make some tough decisions. I decided to start studying (something I hadn't done since I was 17) which gave me a sense of purpose, something to look forward to, and keep my mind active.

Writing happens when I'm feeling down, and studying happens when I feel motivated and eager to learn new things. It has been hard to keep focus amongst the grief, it has been a bit of a stop and start journey, but it's been a good distraction for me at times.

Returning to netball last year after 5 years off was physically hard, being older now, I didn't seem to bounce back as quick as the last time I played, but the connection with the team and new people was something I needed.

It's been 4 and ½ years now. I feel like it has gone so quickly, but also snail pace simultaneously. My grief now is a lot less heavy and consuming. It is not my every thought. I can laugh, go out and have fun. There are still days of heaviness, but it has lifted to some degree.

Grief comes in waves. I can have a rough patch for a month, but I know it will not always feel like this and this is the difference between the early days and now.

In the beginning it was a rough sea with big waves crashing down on me constantly. There are a lot less waves now than there used to be. I still miss him immensely, but the sadness is not keeping me back from living anymore.

I have done a little bit of traveling/holidaying since Brad's been gone after reconnecting with a few old friendships which have been lovely. Getting away every now and then has done wonders.

I have just bought a van and plan to escape on weekends whenever I feel the need to and go further afield if I get brave enough.

People often comment on how I seem to always look like I'm having a good time and loving life. Social media might give that impression at times, and I do genuinely have fun these days and life is going along ok, but it doesn't mean I don't miss Brad and feel grief for his absence. I always will. Guilt was something I really had to learn to deal with. Laughing and having fun knowing my husband couldn't. Guilt around making plans and socialising. Guilt around big events, weddings, and birthdays because he should have been here for them.

I have been to 15 weddings since Brad passed and 2 more, I couldn't make. I wear my wedding rings when I go to weddings, so a part of him could be there. Brad will be 36 in July. I feel anger around his birthday. When someone dies young, it's hard to accept because it's not normal. I am now older than Brad when he died, and I feel guilty for each of my birthdays, and I certainly don't feel like I have lived long enough which makes me feel so much for him.

I always found my grandparents' relationship inspiring. When I pictured a life to create, I thought of them. They had 4 kids, had lots of grandies and travelled the world. They passed at age 87 and 91.

I remember this special moment I had with grandma right before she passed away. I was lying on the bed with her looking at photos in a photo album when she pointed to Brad and said, 'who is that young man? I know him, don't I?' I replied with 'yes, that's Brad, my husband, sadly he is no longer with us.' Grandma grabbed my hand, and we cried together as I laid on the bed with her.

I remember thinking we were feeling the same thing. She wanted to be back with grandpa, and I wanted to be with Brad, though I knew she would soon be, but I had a full life to live. I never thought that being the second youngest grandchild out of

so many that I would be in the same shoes as my grandma. We had a special, but heartbreaking connection.

Presently, I know I am fortunate and lucky to have wonderful friends in many different circles within the Cummins community and district. So many people have played a part in my healing journey. They have picked me up from the first moments through to now. I'll be forever grateful.

My advice for anyone going through grief is: take it minute by minute, don't think about the next hour or week or future. It can be very overwhelming and scary. Get up, even just for a little while each day and do something that you enjoy for yourself. Don't shut yourself away from the world, it can be easy to do that. Connect with others that are going through something similar. Find your tribe. Above all else don't lose hope, you must have hope to keep going.

I know it feels heavy right now but when the times right and, in the future, it will not always feel this heavy.

I don't know what the future holds for me. I have a small business starting up soon, and a bit of travel in mind. I am hopeful for a happy life, and finding love after loss and having a family, but I'm not thinking too much about that just yet. We always had future plans, and those plans and dreams got shattered, so for once I'm just enjoying living in the moment because you never know what's around the corner.

Humans of Cummins aims to reduce stigma around mental health and wellbeing, encourage people to 'not judge a book by its cover' and further encourage a sense of connection with our community members to reduce a sense of isolation. If you or someone you know would love to take part in this project please reach out to Rhianna at rhianna@ourtowncummins.com.au

COMMITTEE BASICS

WORKSHOPS WITH SARAH PRIME

CEDUNA – CLEVE – PORT LINCOLN



Government of South Australia
Department of Primary Industries
and Regions

Committee Basics Workshops with Sarah Prime are coming to Ceduna, Cleve and Port Lincoln!

If you volunteer your time for a local committee, sporting group, council, progress association or community-based organisation this is for you.

If you are not part of a committee, but would some day like to be, this is a great place for you to start your learning!

What's in it for you?

- Build your confidence, insight and skills as a committee member,
- Understand different roles and responsibilities of committee members,
- Develop best practice committee admin, governance and basic organisational leadership.

For more information, visit

<https://www.rdaep.org.au/committee-basics-workshops-with.../>

Port Lincoln

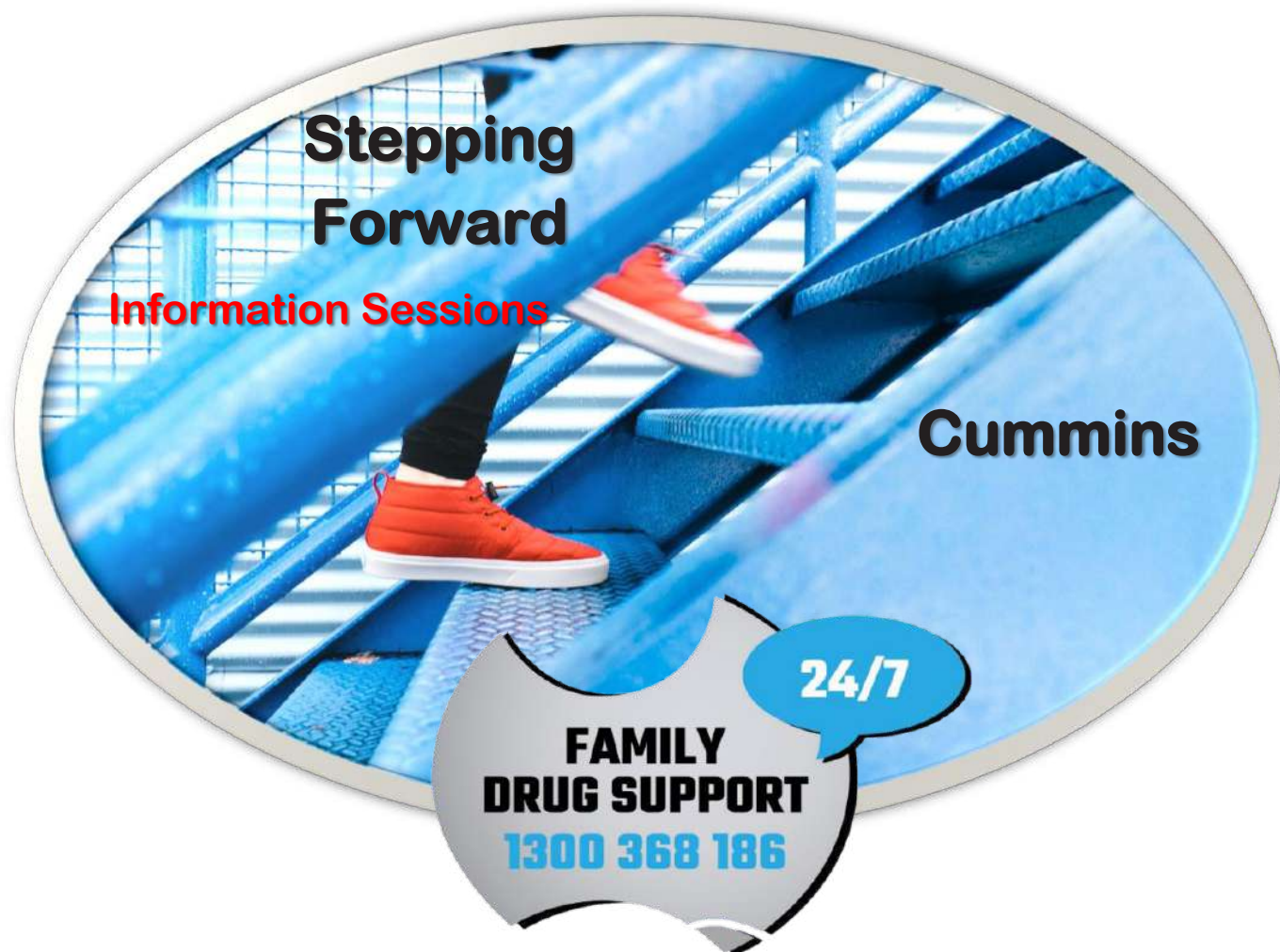
Thursday December 7th 2023

1pm – 5pm

Port Lincoln Yacht Club

Register here: <https://shorturl.at/aluwX>

FREE education sessions for families and friends, delivering useful information to those supporting someone using alcohol & other drugs



Wednesday 15 November 2023, 6.00pm-8.30pm

Our Town Cummins, 48 Railway Terrace, Cummins SA 5631

Alcohol & Drugs Information

- Types of drugs and their effects
- Dependence, tolerance and withdrawal
- Truths and assumptions about alcohol & other drugs
- How to have open conversations about alcohol and other drugs
- Support options and further education

FREE EVENT – registration required: <https://www.eventbrite.com.au/e/stepping-forward-cummins-alcohol-and-other-drugs-information-tickets-735138327527?aff=oddtcreator>.

OR contact Emma on 0490 785 175 emmag@fds.ngo.org.au.



Government of South Australia
SA Health



CREATING CONNECTIONS

Free events for residents of the Lower Eyre Council aged over 55

DAY TRIP TO

LOUTH BAY

THURSDAY 16TH NOVEMBER

Please call
08 86760400
to make a booking

COUNCIL NEWS



2024 Australia Day Awards

Do you know someone who makes our community a better place? Nominations are now open for the following awards to recognise the contributions individuals, events, organisations and business' have had on our community in the last year.

- Citizen of the Year
- Young Citizen of the Year
- Community Event or Community Organisation of the Year
- Business of the Year
- Employee of the Year

Award winners will be recognised at the Lower Eyre Council Australia Day breakfast and presentations in Cummins on Friday, 26 January 2024. Nomination forms are available on Council's website and in Council Offices.

For further information, please email mail@dclep.sa.gov.au.

Nominations close 5pm, 2 December 2023.

Murray Drive Resheeting

Resheeting Murray Drive commenced last Tuesday, 17 October 2023.

Please be mindful of the heavy machinery working in the area.

Community Grants

Council's Community Grants Program is open to community and sporting organisations with two categories available

- Community Halls Support Program
- Community Project Grant

Applications close 5pm, 3 November 2023. For more information and a copy of the application form, visit [Community Grants Program | Lower Eyre Peninsula Council](#)

Campgrounds Over Christmas

The Fishery Bay Campground is fully booked from 22 December 2023 to 4 January 2024. Greenly Beach, Farm Beach, Frenchman North and Louth Bay Campgrounds are nearly at full capacity to avoid disappointment make sure you book your site now!

There is still plenty of sites available at Tom Bott and Frenchman South Campgrounds.

Bookings can be made by visiting [Eyre Peninsula \(bookey.com\)](http://EyrePeninsula(bookey.com))



Second instalment Rates

Second instalment rate notices are expected to be sent out within the next week, and are due by 7 December 2023.

To make payment visit Council's website or feel free to visit or call either the Cummins or Port Lincoln Office.

If you wish to receive future notices by email, you can sign up through Ezybill by following this link <https://lowereyrepeninsula.ezybill.com.au/accoun/signin>

COMMUNITY NEWS

Level 1 Sports Trainer Course

The South Australia Sports Medicine Association have received funding from SPORT SA to provide subsidised sports trainers and sideline help Courses to South Australian sporting communities.

This course is great way for local trainers to upskill and gain accreditation before the winter sport season. And at a discounted rate!

The course will be held on Sunday, 26 November 2023 at the Lincoln South Football Club.

For more information or to register, visit www.sasma.com.au or email admin@sasma.com.au.

Active Club Program

The Active Club Program is now offering active recreation, sport, and recreation fishing clubs the opportunity to their share of more than \$1.2 million funding!

Active clubs are eligible for up to \$3,000 funding for programs and equipment that will benefit activity levels of South Australians.

Applications close Monday, 4 December 2023.

For more information, please visit <https://www.orsr.sa.gov.au/grants/active-club-program>



Lower Eyre Coast Care AGM

The Lower Eyre Coast Care Association will be holding their Annual General Meeting at 7pm on Tuesday, 31 October 2023 at the Coffin Bay Hall.

If you would like the opportunity to be involved in planning activities in the future and would like to learn more about our coast and marine environments, feel free to attend. Please send all enquiries to lowereyrecoastcare@gmail.com.





IMPORTANT INFORMATION
for
CUMMINS & DISTRICT

IN THE EVENT OF AN EMERGENCY:

- Remain calm
- Monitor the situation - download the AlertSA “app” to your mobile/smart phone or ipad
- Listen for updates on the radio
ABC am639 ABC am891 ABC am1485
5CC am765 89.9 MagicFM
have a battery powered radio and spare batteries for backup
- **Bushfire Safer Place:**
 most of Cummins township
 (for exact mapping details go to www.cfs.sa.gov.au)
- **Community Nominated Refuge Facility:**
 Cummins Bowling Club
- **Bushfire LAST Resort Refuges:**
Coffin Bay Yacht Club
Kapinnie Oval
Karkoo Oval
Mt. Hope Hall
North Shields Dorward Oval & Memorial Reserve
Wangary Oval
- CFS Bushfire Information Hotline:
 1800 362 361
- for more information go to:
 www.cfs.sa.gov.au