



CUMMINS

CONNECTION



April dates to remember

MON	TUE	WED	THU	FRI	SAT	SUN
1 <i>Easter Monday</i> PUBLIC HOLIDAY	2 Kindergym 9.30 Crafternoons @ Library 2.00pm	3 Kindergym 9.30 @ Gymnastics club	4 Youth Hub @ Our Town 3.30pm Digital Assist @ Library 2-4 by appt	5 Baby bounce 9.30 @ Library	6	7 Cummins Golf Club Opening Day
8 Library Boardgame afternoons 2-4	9 Kindergym 9.30 Crafternoons @ Library 2.00pm	10 Kindergym 9.30 @ Gymnastics club	11 Youth Hub @ Our Town 3.30pm Digital Assist @ Library 2-4 by appt	12 Baby bounce 9.30 @ Library Last day of School	13	14
15	16	17	18 Youth Hub @ Our Town 3.30pm	19	20 <i>Light Beats Cummins Hall April 20 - 28</i>	21
22	23	24	25 <i>Anzac Day</i> PUBLIC HOLIDAY & DAWN SERVICE	26	27	28
29 Library Boardgame afternoons 2-4 School Term 2 Starts	30 Kindergym 9.30 Crafternoons @ Library 2.00pm					





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 a special place. Whatever it is you need to say, simply email it to cdec@dclp.sa.gov.au



Royal Flying Doctor Service

Thank you to everyone who supported our recent Royal Flying Doctor Service Badge Day in Cummins. We raised an amazing \$939.70! Thanks also to the volunteer collectors - Roy, Elaine, Yvonne and Briony.

Many thanks!
Di Modra



*Thank You Liz
for the wonderful tribute to our
Sailors, Soldiers & Airmen
who never came home*

Lest We Forget

This mosaic, done by Liz Blacker can be seen on the stobie pole near Bascombe AutoAg, opposite the Garden of Remembrance

Cummins-Yeelanna RSL Sub-Branch

Are you interested in having a digital copy of the Cummins Connection emailed to you? Register your interest by sending an email to cdec@dclp.sa.gov.au and we will add you to the list!





Cummins & District War Memorial Swimming Pool: A Community Effort for Redevelopment

As the last rays of summer sun gently fade away, we bid adieu to another season at the Cummins & District War Memorial Swimming Pool. It's been a season filled with laughter, splashes, and memories, but as we prepare to close our doors for the winter, we reflect on the journey we've taken together and what the future holds for us.

Friday, March 22nd, marks the final public swimming day for the season. However, for those keen on a few more laps, fear not! Lap swimming will continue until Good Friday, offering a chance for some final strokes..

As we close the pool gates, it's essential to extend our deepest gratitude to the individuals who have made this season possible. First and foremost, a heartfelt thank you to our dedicated pool operator, Peter Hamilton, whose tireless efforts have kept our pool running smoothly throughout the summer months.

We also owe a debt of gratitude to our vigilant Pool Lifeguards - Sharni Blacker, Jade Blacker, Bree Shepperd, William Turner, and Max Pedler. Their commitment to safety ensured that every visitor enjoyed their time at the pool with peace of mind.

But our appreciation doesn't end there. The support of our community has been nothing short of phenomenal. From fundraising events to working bees, and lending a helping hand wherever needed, Cummins and its surrounding districts have rallied together to support our pool.

A special acknowledgment goes to Mick Howell, whose determination and generosity has driven the equipment shed project. It's through the efforts of individuals like Mick that we see our community projects take shape, ensuring our facilities are fit for purpose.

Looking ahead, the Redevelopment Steering Group is diligently working with Hydrilla to finalize costings, plans, and timelines for the redevelopment of our beloved swimming pool precinct. While significant progress has been made in accumulating funding, there remains a shortfall of approximately \$450,000. The reality is that our aging pool has struggled to keep up this season, and the Committee believes it may not be operational for the 2024-2025 season, even if the redevelopment hasn't commenced. This underscores the urgency of our situation, and we need your help.

We are delighted to announce a staggering donation by WG Fuss & Sons towards our redevelopment of \$50,000.00!!!! We are inspired by this amazingly generous gift to our community and thank the Fuss family for their ongoing support.

We urge you to keep an eye out for information regarding business sponsorship, private donations, fundraising events, and other opportunities to support this critical project. Together, we can ensure that future generations can enjoy the benefits of a safe, modern swimming facility right here in our community. As we close this chapter of the swimming season, let's embrace the spirit of community and work together to make the Cummins & District War Memorial Swimming Pool redevelopment a reality. Thank you for your continued support and dedication.





World Day of Prayer Service

The Cummins Catholic church hosted the 2024 World Day of Prayer Service on Friday 1 March at 10am, which had been prepared by women from Palestine, with the theme "I beg you.....bear with one another in love".

Marg Phelps led the service, ably supported by other ladies from St Andrews Parish, in particular, Josie Hammond who organised the overheads and the music for the day.

Diane Secker read the Bible verse taken from Paul's letter to the Ephesians, chapter 4 verses 1-5.

Three stories from Palestine women, Eleonor, Lina, & Sara was read out by Gladys Hall, (Anglican); Elaine Jericho, (Lutheran) and Christine Kelly (Uniting Church).

The intercessory prayers were read by Janette Haarsma for women everywhere, for the world and those in need and also refugees and the sick. The 2024 Bible Society Australia WDP project "Living Stones" film was shown.

This project offers a centre for Bible engagement and Christian community-building in Palestine – encouraging women, students and families with God's word and inspiring them to be true "salt and light" in troubled times. An offering was taken up and \$355 will be sent to the World Day of Prayer SA/NT committee to support this project.

Fr John Folkman gave the prayer of thanksgiving before the Lutheran representatives were called upon to be commissioned for hosting the WD of P in 2025.

The Lord's Prayer followed by a closing hymn and words of commitment and blessing ended the service. Beryl Taylor was acknowledged for her efforts over the years she was involved in WD of P services, and wished well in her future "retirement from active duty".

Everyone adjourned to the hall for a cuppa, refreshments and continued friendship.





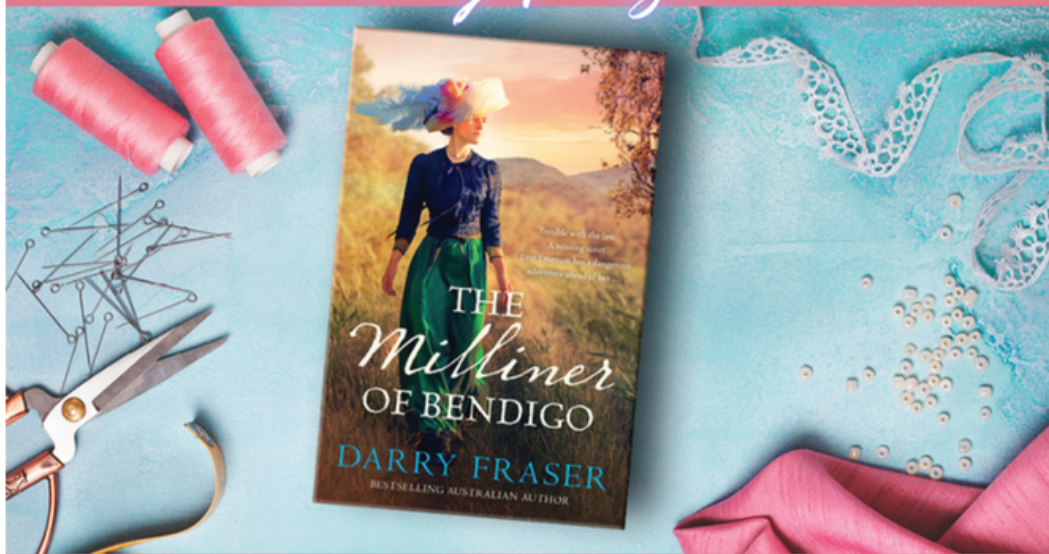
CUMMINS SCHOOL COMMUNITY LIBRARY

✉ cummins.library@libraries.sa.gov.au
 🌐 www.libraries.sa.gov.au/cummins
 ☎ 86762476
 📺 Follow us on Facebook or Instagram



IN CONVERSATION WITH...

Darry Fraser



Wed. April 10 @10.00am

RSVP to 86762476

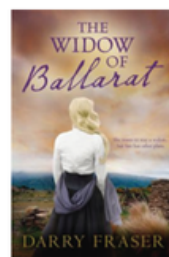
Upcoming author visit!

It is with great excitement that we share the upcoming visit to our library from Australian author, Darry Fraser.

With over 10 books to her name, Darry's love of the genre of historical drama is reflected in her success.

Her most recent release is 'The Milliner of Bendigo.'

We invite you to join us as we welcome Darry to the Cummins Library, Wednesday April 10 @10.00am.





CUMMINS SCHOOL COMMUNITY LIBRARY



✉ cummins.library@libraries.sa.gov.au

🌐 www.libraries.sa.gov.au/cummins

☎ 86762476

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Step back in time...

Cummins and District War Memorial Swimming Pool

Photos courtesy of Bob Reynolds-Rowe family.



Preparing the site.



Construction of pools



Visit www.libraries.sa.gov.au/cummins and click on the Local History link for more images.



April 2024

What's New At



Lower Eyre Family Practice



A: 19-21 Tumby Bay Rd

P: 08 8676 2210

E: admin@cumminsmedical.com.au

SKIN CHECKS

Lower Eyre Family Practice offer comprehensive skin checks with an experienced GP



During a skin check, any concerning lesions are recorded with our MoleMate device for further assessment or monitoring. If required, removal of the lesion is arranged through the Cummins Hospital by the same GP

Lower Eyre Family Practice

Influenza Vaccination Program:

Influenza vaccinations will commence in April

Annual Flu Vax is recommended for any person aged 6 months and over

Flu Vax are funded for the following groups:

- Children aged 6 months to less than 5 years
- Pregnant women (at any stage of pregnancy)
- First Nations people aged 6 months and over
- People aged 65 years and over
- People aged 6 months and over with certain medical conditions

Private purchase Flu Vax & workplace vaccination clinics available

To book call 8676 2210 or book online via hotdoc.com.au

Upcoming Locum:

Dr Judith Stanley

21 April to 27 April, 2024

Dr Johanna Muller

28 April to 4 May, 2024

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

Lower Eyre Family Practice will be closed for the Easter Long Weekend

Friday 29 March to Monday 1 April, 2024

Happy Easter!!

For Emergency After Hours, Please call the Cummins & District Memorial Hospital 08 8676 0200

Lower Eyre Family Practice

Will be closed Thursday, April 25th, 2024 for the ANZAC day Public Holiday.

LEST WE FORGET

For Emergency After Hours, Please call the Cummins & District Memorial Hospital 08 8676 0200



Get to know our Scholarship Recipients



Kylie Shepperd

Kylie received a \$5,000 Scholarship as part of our Community Upskill Program for her study of a Diploma of Early Childhood Education & Care

I would like to say a big thank you to the Community Bank - Cummins District for the amazing Community Upskill Scholarship that I was very fortunate to receive.

It has helped me immensely with the purchase of study equipment, including a much-needed upgrade of a new laptop (something I'm using almost on a daily basis for my studies), stationery and course materials. It will also help with travel costs to TAFE for training over the upcoming 2 years of the course.

I am very grateful to have been chosen as a recipient, I will continue to serve the community by taking care of the little people of our district. They are our future!



Holly Gale

Holly received a \$5,000 Scholarship as part of our School Leaver Program for her study of a Bachelor's Degree in Human Movement & Business (Sports and Recreation Management)

This scholarship has helped me immensely with my move to Adelaide and the start of my University journey. I chose to stay at St Marks residential college, and majority of the scholarship has been put towards my accomodation for this year, and a small portion will go towards a new laptop for my studies.

I am extremely grateful for the opportunity to move out of home and continue my educational journey, which likely would not have been possible without the generosity of Bendigo bank and their benevolent contribution towards my future!



Community Bank
Cummins District

Personal Banker

Do you enjoy making a difference?

- Are you passionate about delivering real service?
- Permanent Full time or Part time position, minimum 3-5 days per week
- Located in Cummins

We're growing and committed to providing caring, local banking services to our customers.

Through the unique Community Bank model, we have invested over \$6.1 million across our communities. We're proud of our investment in the prosperity of our community, and in particular, the future generations! On top of sponsorships, grants and scholarships, we're also involved in programs that develop future leaders - it's an attitude to growth and development that we encourage both in our community and within our branch.

As a Personal Banker, you'll provide outstanding service to our new and existing customers by tailoring solutions to meet their financial needs. You'll explore our customers' needs and provide financial solutions relevant to their lifestyle. You'll build strong relationships with new and existing customers and the wider community and develop and coach our team.

There's so much more to a career with Bendigo Bank than just banking. You bring your brilliant mind, and we'll help you take your learning to the next level with on-the-job training and external development opportunities - we want you to shine. After all, YOU are the difference that makes us the better big bank.

Visit bendigobank.com.au/jobs to find out more or to submit your application, quote reference number 939786. Applications close on Tuesday, 2nd April 2024.



Bendigo and Adelaide Bank Limited ABN 11 068 049 178, AFSL/Australian Credit Licence 237879 (1609416 - 36144547) 21/03/2024

Community Bank
Cummins District

Home Lending Specialist

Looking for the next step in your career?

- Do you enjoy delivering tailored financial solutions?
- Permanent Full time or Part time position, minimum 3-5 days per week
- Located in Cummins

We're growing and committed to providing caring, local banking services to our customers.

Through the unique Community Bank model, we have invested over \$6.1 million across our communities. We're proud of our investment in the prosperity of our community, and in particular, the future generations! On top of sponsorships, grants and scholarships, we're also involved in programs that develop future leaders - it's an attitude to growth and development that we encourage both in our community and within our branch.

As a Home Lending Specialist, you'll focus on the success of your customers by matching them with relevant products and services that meet their financial and wealth needs. You'll play an integral part in driving growth via business development activities and processing and assessing loans. You'll have a passion for lending and thrive on developing and mentoring a team.

There's so much more to a career with Bendigo Bank than just banking. You bring your brilliant mind, and we'll help you take your learning to the next level with on-the-job training and external development opportunities - we want you to shine. After all, YOU are the difference that makes us the better big bank.

Visit bendigobank.com.au/jobs to find out more or to submit your application, quote reference number 939785. Applications close on Tuesday, 2nd April 2024.



Bendigo and Adelaide Bank Limited ABN 11 068 049 178, AFSL/Australian Credit Licence 237879 (1609419 - 36147011) 21/03/2024



48 RAILWAY TERRACE,
CUMMINS SA



**Our
Town**
CUMMINS

YOUTH HOT DESK & YOUTH HUB

Hot Desks: 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.

Youth Hub open every Thursday from 3.30 - 5.30pm. For ages 12-17, it provides a safe space for our youth to connect with their peers.

HUMANS OF CUMMINS

Our new Stories Connector, Jodi is searching for community members willing to share some of their story as part of our Humans Of Cummins project. If you or someone you know would like to participate, you can contact Jodi on 0419 829 759 or pop in to Our Town on Thursdays or pop in to Our Town on Thursdays.

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.

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.

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.

Games Night

QUIZ NIGHT - BACK 2 SKOOL

Friday 5th April, 7.00pm
THE VILLAGE, OUR TOWN CUMMINS, 48 RAILWAY TCE

More Info or to book a Seat
ALLY MOONEY
ALLY@OURTOWNCUMMINS.COM.AU

Nature's Curiosities Citizen Science with Kellie Taylor

1ST MONDAY OF THE MONTH, 6.30PM
OUR TOWN CUMMINS, 48 RAILWAY TCE

SESSIONS WILL INVOLVE A GUIDED INTRODUCTION TO THE MANY ONLINE CITIZEN SCIENCE PROGRAMS OUT THERE SUCH AS:

- Counting the Iguana's from drone images in Madagascar
- Helping to digitalise historic insect observations into the museum records
- Logging your local bird/fish/lizard/insect observations in iNaturalist

EXTRA INFO
BYO device: laptop/iPad/smart phone with data; but don't let that stop you - please let us know if access will be challenging.

TO LEARN MORE:
Emma: emma@ourtowncummins.com.au
Kellie: info@epanalysis.com.au



48 RAILWAY TERRACE,
CUMMINS SA



**Our
Town**
CUMMINS

WHAT'S ON / APRIL 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	EASTER 1	2 WALKING GROUP, TOWN OVAL 8.45am MUMS & BUBS @ THE VILLAGE, 10am	3	4 YOUTH HUB, 3.30pm BE HEARD @ THE VILLAGE, 12pm	5 TRIVIA NIGHT, 6.00pm DEPRESSION & ANXIETY GROUP, 4pm	6
7	8 CITIZEN SCIENCE WITH KELLIE, 6.30pm YOUTH HOT DESK, 3.30-5.30pm	9 WALKING GROUP, TOWN OVAL 8.45am MUMS & BUBS @ THE VILLAGE, 10am	10	11 YOUTH HUB, 3.30pm BE HEARD @ THE VILLAGE, 12pm	12 COFFEE & CAKE, 10.00am	13
14	15	16 WALKING GROUP, TOWN OVAL 8.45am MUMS & BUBS @ THE VILLAGE, 10am	17	18 THE VILLAGE ARTS, 6.30pm BE HEARD @ THE VILLAGE, 12pm	19 OPEN MIC NIGHT, 6.00pm DEPRESSION & ANXIETY GROUP, 4pm	20
21	22	23 WALKING GROUP, TOWN OVAL 8.45am MUMS & BUBS @ THE VILLAGE, 10am	24	ANZAC DAY 25	26 CULTURAL NIGHT, 6.00pm	27
28	29 YOUTH HOT DESK, 3.30-5.30pm	30 WALKING GROUP, TOWN OVAL 8.45am MUMS & BUBS @ THE VILLAGE, 10am				




OPEN MIC Night



FREE ENTRY

ALL AGES

FRIDAY 19 APRIL | OUR TOWN VILLAGE

FROM 6.00PM

[ALLY@OURTOWNCUMMINS.COM.AU](mailto:ally@ourtowncummins.com.au)



COFFEE, CAKE & CONNECT

SAVE THESE DATES

- Thursday, March 14
- Friday, April 12
- Friday, May 10
- Friday, June 14
- Friday, July 12
- Friday, August 9
- Friday, September 13
- Friday, October 11
- Friday, November 8
- Friday, December 13




FROM 10.00AM
48 RAILWAY TERRACE

IF YOU WOULD LIKE US TO HOST A MORNING TEA AT YOUR WORK PLACE PLEASE CONTACT ALLY. ALLY@OURTOWNCUMMINS.COM.AU




A JOURNEY ACROSS CULTURE

A NIGHT OF CUISINE, ART + MUSIC

EXPRESSION OF INTEREST

SHARE YOUR CULTURE

If you have a beloved family dish, traditional clothing or artefacts, or enjoy playing traditional music, we invite you to share your cultural heritage at our cultural night on April 26th at Our Town Cummins.

Whether you'd like to participate in person or from afar, we welcome your involvement in showcasing your culture to our community.

For more details or to express your interest, please contact Ally or Matilda.

matilda@ourtowncummins.com.au
ally@ourtowncummins.com.au



Games Night

Come hang out with us every month on a Friday night for a blast of a game night!

- 5th April, 2024**
QUIZ NIGHT - BACK 2 SKOOL THEME
- 3rd May, 2024**
MINUTE 2 WIN IT - GLITTER & SPARKLES THEME
- 31st May, 2024**
BINGO - BLACK & WHITE THEME
- 28th June, 2024**
BOARDGAMES & CARDS - CRAZY HATS THEME
- 26th July, 2024**
BINGO NIGHT - CHRISTMAS IN JULY THEME
- 30th August, 2024**
FAMILY FUED - AUSTRALIAN THEME
- 27th September, 2024**
QUIZ NIGHT - FOOTY COLOURS THEME
- 25th October, 2024**
MURDER MYSTERY - HALLOWEEN THEME
- 29th November, 2024**
BINGO NIGHT - UGLY CHRISTMAS JUMPERS




More Info or to Book a Seat
ALLY@OURTOWNCUMMINS.COM.AU



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:





Stacey

I moved here to Cummins from Adelaide in February of 2014 after wanting to move here since I was 17 years old. I've always found Cummins to be a very connected space, much more than where I lived in the Adelaide Hills, or even Port Lincoln where I grew up. I felt Cummins had a brilliant sense of community and that's what attracted me here.

Prior to living here, I was born and raised in Port Lincoln and am the eldest of 3 siblings. I have 2 younger brothers, Kris and Ryan. When I was 2.5 years old, my youngest sibling, Ryan contracted encephalitis (fluid on the brain) when he was only 18 months, and this led to him having permanent brain damage and learning difficulties. Our dad was a lobster fisherman, and he wasn't home for much of the year, back then the cray season tended to go nearly 10 months of the year, so I had to help mum a lot. This in turn meant I felt an immense amount of pressure to be constantly responsible and grow up quickly.

I enjoyed school and attended Port Lincoln High School. I cruised through well enough and when I was 15, I was lucky enough to be given the opportunity by my parents to participate in the AFS Exchange program. I packed up life as I knew it, and headed to Burlington, Wisconsin, USA for 12 months.

I got over there in the middle of 1998 and in the November of that year, there was an attempted school shooting at the school I was attending. Five male students with grudges against some of the staff and students had plotted to carry out the atrocious act that we're all too familiar with in American schools today. Luckily one of the girlfriends of one of the supposed gunmen alerted authorities and they were stopped before getting to the school, but my host brother and I were woken at 6am by my host mom and told that there would be no going to school on this day. This shook me up a bit as I had recently had a heated

debate with one of the related students and after they were caught, we were notified that the 3 of them had a list of 3-4 people they wanted to kill. I had hoped that my name was not on that list.

Thankfully they didn't reach the school and the situation did not eventuate. When Mum found out she wanted me to come home straight away, but I was adamant that I wanted to stay and live my year out in Burlington.

In 1999 tragedy did strike and it was completely terrifying. In April, Columbine in Colorado had a school shooting. This was one of the first mass shootings to make international news and one of my good friend's cousins was killed. I remember it so vividly, like it was yesterday.

I came home from school that afternoon, chucked my bag on the ground as most teenagers did, grabbed something to eat and turned on the TV. I was transfixed, watching it all unfold on the news and it was so traumatic. I saw a SWAT team trying to pull a semi-conscious bloody body out of a window. The casualty was Partick Ireland. The SWAT team also helped other casualties and distraught families throughout the school site.

Just being exposed to this gave me some kind of PTSD, I am sure of it. I was nearly 16 and watching this all unfold on tv, and knowing this could have happened to us in our school 5 months earlier was so upsetting. I think because of all of this I'm scared of crowds in small spaces, especially where I don't know anyone, I always like to know where my exits are.

I am so grateful for my overall exchange experience though. I met so many people from all over the world during my stay in America and I am still connected with many of them now.

After I got back to Australia, I had a few jobs after



school. I worked at Blockbuster, Woolworths and the local Chiropractor. When I was 19, I went back to America to work as an au pair. I had been there only 6 months when mum rang to let me know of her leukaemia diagnosis.

It cut my 12-month working experience short and I came home straight away. She's been living with chronic myeloid leukaemia for over 20 years now and is, thankfully, still living her best life. In my late 20's, I moved from Lincoln to Adelaide, where I pursued my career as a youth worker with Aboriginal Family Support Services. This was both a fulfilling and challenging career, but when a job opportunity opened in Cummins, I decided to move back to the Eyre Peninsula and to a more rural lifestyle.

For as long as I can remember I have always been creative, and both my grandmas were very creative. I became interested in photography when I was in Adelaide and now, I mix photography with my art and my many travels. I really like portrait photography; because I am passionate about expressing and sharing people's emotions and telling stories.

I also love to travel, and this is also inspired by my family history research and strong desire to find out about my ancestors, and have been extremely lucky to have travelled to places where my ancestors are from.

On my mum's side of the family, my great grandpa emigrated from a Swedish island named Åland (now autonomous, but a part of the Finish kingdom) and he eventually settled in Port Lincoln. I have been fortunate enough to visit this island and my cousins who live there.

I have recently returned from travel around Europe and UK for 2 months which I explored on my own. For some people travelling by yourself may seem daunting but I thoroughly enjoyed it. I drove nearly 6000 miles in 5 weeks throughout the UK and saw a lot of fantastic places, challenging my mental, emotional and physical health as I explored from Cornwall to the Scottish Highlands and Outer Hebrides. I am currently planning my next trip, a walking holiday across Hadrian's Wall.

Putting my physical and mental health first has become a huge priority for me over the past 12 months. There's no time like the present to change

the way you do things.

I have recently been training for my waking holiday and have walked from Port Kenny to Venus Bay, Cummins to Edillilie, and Cummins to Yallunda Flat over several weekends.

I also enjoy the Village Arts, here at Our Town in Cummins, once a month and I am part of the Port Lincoln Art Group in Lincoln which I attend weekly. I'm lucky to currently have a piece hanging in the Port Lincoln Art Groups exhibition at the Nautilus Art Gallery.

I am also the current secretary of the Yallunda Flat A & H Society. It's a great committee to be part of. I am in awe of the community's commitment. They put in so much effort into making a great show every year and looking after the grounds.

Growing up in Port Lincoln, and later, Adelaide; at times I can find some of society's attitudes challenging in a small town. People can be so scared of change, and ideas that don't fit into traditional ideals, or beliefs. And while I am not afraid to push back to let people know that some things they say or do are inappropriate, I like to encourage people to find balance with new ideas and be open to things that make this community beautiful and us all different as individuals. It is important to me to acknowledge my privilege and to ally with minorities who sometimes face some of the outdated views held by society.





2024 Opening Day



Tee-up a great day with the family

Join us for a family golf day for the Opening of the 2024 season.

Ambrose competition open to all Men, Ladies and Juniors. Followed by a Snitzel dinner please bring a Salad. \$20pp
Nuggets & chips \$5

Sunday April 7th
Cummins Golf Course

Names in by 11am

Green Fees \$10
Students \$5





WSB DISTRIBUTORS

AGRICULTURAL & INDUSTRIAL MACHINERY

MECHANICAL & AUTO ELECTRICAL

PRECISION AGRICULTURE

1300 000 972

Introducing Garth, WSB Distributors Parts Interpreter

From Mines to Parts: A Journey with Garth Pentecost.

Before joining WSB, Garth spent 16 years in the mining industry, starting his career in Kalgoorlie, Western Australia. "I worked with explosives, handling everything from manufacture to distribution," Garth explained. "It was a valuable experience, and I eventually worked my way up to a supervisory role." Despite his success, Garth felt the pull of home and he decided to come back to his hometown "I missed the family and the ocean breeze of Port Lincoln," he said.

When asked about his decision to make the switch, Garth explained, "I had been considering a change for some time. Homesickness played a significant role, and when my sister saw the Parts Interpreter position advertised, she knew it would be a perfect fit." With her encouragement, Garth applied, ultimately finding himself at WSB.

Adjusting to a new work-life balance proved challenging for Garth, "In the mines, I worked 12-hour days, with a schedule of 8 days on and 6 days off," he recalled. "Now, I have a more traditional weekend schedule and it took some getting used to." However, Garth notes the upside of more traditional working hours allow him to pursue his hobbies throughout the week as well as the weekend.



Outside of work, Garth's interest lies in the great outdoors, particularly the ocean. "I have a boat, and you can often find me fishing or diving around Coffin Bay and Port Lincoln," he shared. "Camping with family and friends is another favourite pastime, and I always make time for a round of golf whenever I can."

His love for fishing traces back to his upbringing in Port Lincoln. "With its beaches and fantastic fishing spots, it's no wonder it's in my DNA," Garth reflected. "My dad used to take us kids along whenever he could, and that love for the water stuck with me."

Garth's shift from the mines to WSB isn't just about a career change; it's about a new opportunity and staying close to what matters—family, friends, and outdoor adventures.

If you have any parts needs, Garth is the man for the job.

He will enjoy a good fishing yarn with you too!



April 20 - 28

Cummins Town Hall 10am - 4pm

Bookings required online

Sessions 20 minutes in length

Recommended Ages 4-10

Sponsored by Community Bank Cummins, from the team that brought you the 2023 SALT Festival smash-hit Sea of Light, Patch Theatre return with Light Beats—a brand-new interactive adventure for the whole family. Begin the experience by joining a performer to build a spectacular sound and light show. After this memorable musical experience, use colour-changing lights to explore a rainbow jungle of exotic animals. This visually captivating work will leave the whole family talking (and sharing photos) for weeks to come.

As this is a guided tour, tickets for this event are essential and available online from the SALT festival website. The event is free and any donations are welcome and able to be given at the door upon entry



25TH APRIL

WE WILL REMEMBER THEM



ANZACS

Lest We Forget

0630 Dawn Service

Thursday 25 April

Memorial,

Garden of Remembrance,
Tumby Bay Road, Cummins

Breakfast in RSL Hall 0730



CUMMINS-YEELANNA RSL SUB-BRANCH

April 19 - CYRSL Fundraiser & ANZAC Appeal Badge Day

RSL Members will be in outside Five Loaves Bakery raising money for our Veterans, please bring some coins along to make your donation.

Alternatively you can EFT your donation into our bank account:

Cummins-Yeelanna RSL; BSB 633-000; A/c No. 112324876

Thank you

April 25 - ANZAC Day

Dawn Service commences at 0630 at the Memorial, Garden of Remembrance, Tumby Bay Rd., Cummins.

The Service will be followed by a **March** to the RSL Hall on Bruce Tce; and a **Breakfast** will be served from 0730 for a donation to cover our costs.

ALL WELCOME

CYRSL enquires can be directed to the Secretary, Meg on 0428 365 470

Local businesses open over Easter

CUMMINS HOTEL

HAPPY Easter

TRADING HOURS - CUMMINS HOTEL

FRIDAY 29TH MARCH
CLOSED | GOOD FRIDAY

SATURDAY 30TH MARCH
10:00AM - 9:30PM | MEALS 12:00 - 2:00 + 5:00-8:00 PM

SUNDAY 31ST MARCH
10:00AM - 3:00PM | MEALS 12-2PM

MONDAY 1ST APRIL
10:00 - 1:30 | BOTTLE SHOP ONLY

CUMMINS IGA

Easter Trading Hours

FRIDAY 29 MARCH
CLOSED

SATURDAY 30 MARCH
9 AM - 1 PM

SUNDAY 31 MARCH
9 AM - 1 PM

MONDAY 1 APRIL
9 AM - 1 PM

CUMMINS DELI

WE ARE OPEN!

FRIDAY 29TH	8AM - 8PM
SATURDAY 30TH	8AM - 8PM
SUNDAY 31ST	8AM - 8PM
MONDAY 1ST	8AM - 8PM