

SUNDAY OCTOBER 29,
2023

9am to 2:30pm

CUMMINS Community Garage Sale

Explore Cummins
and grab a bargain!

House & stall Registrations due before 13/10/23

Contact cdec@dclep.sa.gov.au

or text 0439 870 066

THIS MONTH



Cummins Community Garage Sale

Date 29 October 2023
Time 9 am - 2:30 pm

Houses around town, and stalls in Cummins Community Hall

Register your house before 13/10/23
No house in town? No problem -
“Trash & Treasure” market stalls in Cummins Hall.



Sustainable Living Fair

Date: 21 October 2023

Time 11am to 3pm

Location: CWA & Community Garden, CUMMINS

Join in to celebrate International Youth Day. Learn tips for sustainable living.

A free event organised by Our Town and partnering with Community Garden, Op Shop, Cummins IGA, Community Library



Cummins Show

Date Saturday 7 October 2023

Time 8 am - all day
@ Cummins Show grounds

112th Cummins Show offers something to entertain everyone.

Find details on Facebook @ Cummins Show & Ag Fair or pick up a show booklet in local businesses



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

A big thank you from us pram-pushers, to whoever made the railway crossing path that bit easier to navigate on wheels! Also thank you to the Mosaic Group for decorating our town with their artworks and brightening our walks.



Daylight Saving 2023

"The weather is heating up, the magpies are making themselves known and flowers are blooming..... means that many parts of the country are heading into daylight saving season." *ABC News*

**Daylight saving starts
at 2am on October 1**

Move your clock forward one hour

Daylight saving is followed in NSW, Victoria, SA, Tasmania, ACT, Norfolk Island
It is not observed in Qld, NT, WA, Christmas Is or Cocos Islands.

CUMMINS CONNECTION

**INFO DUE
25 October
2023**

For planned distribution on
31 October 2023

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



Humans of Cummins

CHAPTER THREE: Sean Toşoid

"I moved to Cummins in 1996 after marrying a local girl and all her family were here in Cummins. I was working in Port Lincoln and a job came up at the Cummins Hotel and we moved here. I had friends through work but didn't make too many more community connections until our kids started playing sport.

One of my happiest memories was in 1997 when our first child was born and then in 2001 when our daughter was born. Previous to having our children I had experienced mental health struggles. And upon reflection I realise this had been from a young age but then when my sister was killed in a car accident in 1998, I spiralled significantly.

I felt like I came full circle with my struggles once we had our kids because I had these amazing little people loving me unconditionally, looking up to me and relying on me.

Some of the highlights of being a dad have been watching them play sport and observing their developing resilience in life. They have been able to speak to me about anything and everything and I have loved and encouraged that. They even sometimes brought friends home who were struggling and just needing someone to listen to them.

Some challenges we faced over their childhood included having multiple hospitalisations while they were young and telling them that 'dad had a headache and had to go to hospital'. Later, when they were older, both kids revealed that they knew it wasn't headaches and something else entirely.

When their mum and I separated I had some really open and honest discussions with our kids about myself and life. At this time, they were about 16 and 20 years old. They were very supportive and their love for me never wavered. They just wanted their dad to be happy.

Now that I am a grandfather, I feel a different love altogether. Seeing your kids with their kids makes me burst with pride. When I watch my son instilling family values into his family life like the way he was brought

up, I feel extremely proud.

There is a sense of cheekiness when I interact with my grandson. The other day I let him have his bubble blower before bed even though his mum and dad said no! I ate the ears off his chocolate Easter bunny over Easter and last weekend I had a little dance with him at my 50th birthday party. He was so happy; it was so good. It made me think everything I have been through has been worthwhile.

I am now working in my dream job helping other people with mental health and wellbeing struggles at Our Town Cummins and as a community in home support carer. I still have bad days, but it will never be as bad as it was. I have implemented positive strategies and a strong support network. Embracing my sexuality and identity and becoming strong in who I am inspires me to help others. I used to struggle but I know now that being gay doesn't stop me being a dad, a son, a brother, a friend and a valued member of society."



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



Lower Eyre Family Practice



What's New At

A: 13-21 Tansley Bay Rd, Cummins & 561 Esplanade, Coffin Bay P: 08 8676 2210 E: admin@cumminsmedical.com.au Online: hotdoc.com.au

Coffin Bay Clinic

Dr Lenne 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



FIND US ON FACEBOOK



Lower Eyre Family Practice

For information about us, what's happening at our practice & the services we provide.

We also provide information about other visiting health services & relevant seasonal health messages & advice.

There is a pinned post with a link to use HotDoc for appointment bookings or repeat script or referral requests

As part of the World Heart Day preventative health initiative LEFP invite you to book in for a free **Heart Health Check**

Who is eligible: All adults who are aged 45 years and above (50 years and above for Aboriginal and Torres Strait Islander peoples) and are not already known to have CVD are eligible for an annual Heart Health Check.

To book or for more information speak to one of our practice nurses



WORLD HEART DAY 29 SEP

Monday 16 October	11am—4.45pm
Tuesday 17 October	10am—6.30pm
Wednesday 18 October	10am—6.30pm
Thursday 19 October	7.30am—1pm



Give life. Give blood in Port Lincoln.

Port Lincoln Bowling Club
16 October to 19 October



Lower Eyre Family Practice Will be closed for the Labour Day Public Holiday Monday, October 2nd

For emergency & after hours, please call Cummins & Districts Memorial Hospital on 86760200



We've made it simple to order your repeat prescriptions

Book your favourite doctor any time of the day or night

Download the HotDoc app





48 RAILWAY TERRACE,
CUMMINS SA



**Our
Town**
CUMMINS

What's on

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Walking Group, 8.45am @ Town Oval	4	5 Be Heard, 12pm-2pm	6 Cold Sock Day Cold Socks Day Morning Tea, 10am	7
8	9	10 World Mental Health Day Walking Group, 8.45am @ Town Oval	11	12 Be Heard, 12pm-2pm	13	14
15	16 Youth Hotdesk, 3.30pm	17 Walking Group, 8.45am @ Town Oval	18	19 Rural Breakfast, 8am Be Heard, 12pm-2pm Youth Hub open, 5.30pm	20	21 International Youth Day Celebration
22	23 Youth Hotdesk, 3.30pm	24 Walking Group, 8.45am @ Town Oval	25	26 Be Heard, 12pm-2pm Youth Hub open, 5.30pm The Village Arts, 5.30pm	27	28
29	30 Youth Hotdesk, 3.30pm	31 Walking Group, 8.45am @ Town Oval				

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 3. Food and drinks are provided.

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

ONLINE CREATIVE CLUB

A weekly digital space for regional youth aged 13-18 in SA with an interest in Creative Arts. Term 4 focus is voice acting and Creative business foundations. For more info contact Liz Holley, or head to <https://ryt.org.au/teens-online-creative-club/>

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.

WEAR IT PURPLE DAY

Liz and Sean's efforts on Wear It Purple Day were a remarkable success, promoting awareness and inclusivity for our LGBTQ+ youth.

Events like this play a crucial role in fostering understanding, acceptance, and a sense of belonging for the LGBTQ+ community and their allies. Let's continue to support and uplift one another every day towards a more compassionate and understanding world.

Thank you all for being part of this beautiful journey towards a more compassionate and understanding world.



Calling all: Makers! Creatives! Green thumbs! Crafters! Photographers! Home chefs!

Cummins Show Pavilion wants YOU!

Please share the fruits of your hobbies and skills with us and the broader community this year at our local show on 7th of October.

- * Showcase the abundance of Cummins gardens * Print that cracker shot you snapped this year *
- * Show the rising generation your handi-craft skills * Make our pavilion an art gallery for a day *
- * Get our mouths watering with your delicious delights *

Don't be shy, get the whole family involved and enter your interest for all to enjoy!

Entries are open now and close 5pm Friday the 6th of Oct.

Online entries preferred: <https://showday.online> Show Office open 3rd- 6th for in-person entries.

See the show book (also on Cummins Show & Ag Fair Facebook) for more details.



WORLD POSTCARD DAY 1 October

Did you know that the 1st October is World Postcard Day? It's the perfect time to grab a Cummins Postcard, a free Australia Post one, or any postcard for that matter and send it to a friend or family member. I'm sure they'd love to receive some "real mail" just as much as you would!

Our family takes part in a worldwide postcard group called POSTCROSSING. It is a great hobby and learning activity for us. In the past three years we have sent/ received over 350 postcards and communicated with people from 48 different countries. It has been a really fun way to discover many places all over the world and we have added a few more things to our bucket list because of it.

It's also been a fantastic way to promote Cummins. On every card we send we include the Cummins website

www.explorecummins.com.au so that people can look it up. It's been amazing to hear back from people about what a great town we have, about how they'd love to visit the area one day, and even what a fantastic website we have for such a small community.

If you'd like to know more about Postcrossing, please feel free to ask us or alternatively you can look up www.postcrossing.com to find out how it works and how to join etc. Joining is free - the only cost to you is the actual postcards and postage.

Happy World Postcard Day Jody & Peter Klemm

SAVE THE DATE FOR THE

Cummins Christmas Festival

FRIDAY DECEMBER 15

PLEASE JOIN US FOR THE
ANNUAL CUMMINS CHRISTMAS FESTIVAL

INCLUDING:

STREET PARADE, FATHER CHRISTMAS, FOOD &
ENTERTAINMENT AT THE RAILWAY TRIANGLE
PARK AND... FIREWORKS!!!



Businesses & community groups start planning your parade float. And if you would like a food stall at the Christmas Festival to provide dinner options for attendees, please get in touch with Katrina Phelps on 0439 837 223 or message our Facebook page,

www.facebook.com/cumminschristmasfestival.

And don't forget our annual Christmas Lights Competition.

More details coming soon!



Save
THE
date

CUMMINS CHRISTIAN
COMMUNITY PRESENTS

Cummins
Community
Carols

SUNDAY DEC. 17 2023
RAILWAY TRIANGLE



In partnership with:
Cummins Community Garden | Cummins
Community Op Shop | Cummins IGA
Cummins Community Library



Join us to celebrate International Youth Day

SUSTAINABLE LIVING FAIR

FREE
EVENT!

Saturday
21st
October
11am to 3pm

The Cummins Community
Garden & CWA, Bruce Terrace

**Come along and learn some tips for
sustainable living.**

Activities and Information Includes:

- Op Shop Fashion Parade
- Learn about growing your own veggies & Composting
- Sustainable food options
- Secondhand Book stall
- Home Energy Toolkit demo
- Reduce, Reuse, Recycle - Op Shop Tours
- A goody bag for all young people/youth that come along

Plus Lots More.....

For more Info: liz@ourtowncummins.com.au





CUMMINS SCHOOL COMMUNITY LIBRARY



✉ cummins.library@libraries.sa.gov.au

🌐 www.libraries.sa.gov.au/cummins

☎ 86762476

📱 Follow us on Facebook or Instagram

Cummins School Community Library

School Holiday Opening Times

Monday: CLOSED
 Tuesday: 9.00am-5.00pm
 Wednesday: 9.00am-5.00pm
 Thursday: 9.00am-6.00pm
 Friday: 9.00am-5.00pm
 Saturday: 9.00am-12 Noon
 Sunday: CLOSED
 (Lunch Daily: Closed @ 1.30-2.30)

Reminder of our School Holiday Hours:
We will be open daily from Tuesday - Saturday, with giant board games, colouring, and plenty of space for families to enjoy.

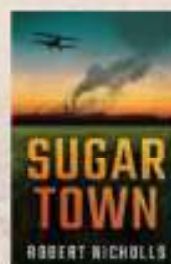
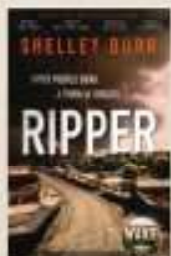
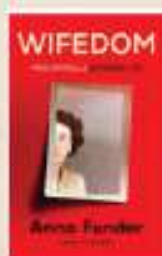
The Library apps, Libby and BorrowBox are always available, for all your Audio and eBook requirements.

Books for all the family, plus excellent if you have travel plans.

Borrow ebooks, audiobooks & magazines



New Arrivals for September...



There are a huge range of new release books arriving weekly...follow our Enterprise page and place your hold on the Libraries SA app.

Call in and peruse the great selection!





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:



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.

Small Business Fundamentals Program

RDAEP will be delivering the Small Business Fundamentals Program across our region. The program aims to equip you with essential business knowledge and capabilities critical for long-term sustainability and growth.

What's on offer:

- A minimum of 12 free workshops will be delivered across the region
- Subsidised one-on-one mentoring and training sessions

Please complete the survey



Pizza Night Revival

Friday 22 September 2023

Hosted by St Paul Lutheran Church members

Congratulations to the organisers, cooks and assistants who provided a delicious smorgasbord of food. The event provided great fellowship, easy listening music by Robyn Modra, and an enjoyable community get together opportunity.

The Lutheran Hall was buzzing
a gathering together for all ages.



Cooks in the Kitchen - Nick Mickan, Travis Wagner, Chelsea Mickan, Leon Modra.
Many others were camera shy!



A great selection of pizzas
offering a variety of flavours.



The camp kitchen for pizza production

BARWELL BOY Lunch in Cummins

A Barwell Boy/ Little Brothers lunch has been organised for Friday 6 October at 12 noon at the Cummins Hotel for anyone interested in attending.

If you have Barwell Boy or Little Brother stories please bring them along.

Contact Beth on 0428 564 337 to make a booking for the Hotel.



ACOUSTIC
CREATIVE MUSIC

20th October 2023, 7pm

Cummins Institute

Amy's Guitar kids presents ...

'Let's go to the Movies'

Guitar concert with a twist!

(BYO Nibbles)

All Welcome, All Donations at the door

for the Cummins Memorial Hospital

Amy- 0429090276

SAVE the Date!

Cummins Christmas

Markets

Sunday 3 December 2023

Details in next month's Connection



*5 Loaves Bakery will be open on
Sunday 29 October
during Cummins Garage Sale*

Also Open on 3 December for Cummins Christmas Market Day

CDEC NEWSLETTER

On 13 September the Cummins District Enterprise Committee held its AGM. Each subcommittee presented a report of their activities over the past year. Excerpts from these will be reproduced in the Connection over the next few months.

Cummins Caravan Park

The Caravan Park continues to attract travellers during most of the year to add to the busy seasonal harvest bookings. This year has seen quite an increase in overnight stays, and longer term bookings for those employed locally and not able to find rental.

Working with Helen and Hayden at the Cummins Deli for bookings for the Caravan Park has been reasonably hassle free. They have sold the business and the new owner Bharash Jakati is happy to continue with arrangements.

Sandy and Haley shared the cleaning, laundry and maintaining the accommodation facilities around their already busy lives, until a few months ago when Haley found employment at the library and we looked for another cleaner. After advertising for a cleaner a temporary solution was offered but did not continue. Peter Hind now fills in that role. The committee is very appreciative of Pete and Sandy's efforts to keep park facilities clean, tidy and appealing.

Pete keeps the grounds to an impeccable standard, keeping a close eye on any repairs and maintenance and liaison with trades for power/ water/ gas and waste.

The CPO looks after the financial management of the Cummins Caravan Park and liaising with the Deli. This involves follow up with bookings, invoicing and paying accounts. The constant use of the Park through the year has meant the hours involved has not reduced through the seasons.

The large letters Welcome Cummins Caravan Park were installed and look impressive at the southern entry to Cummins. New TV's with improved reception have been put into the cabins and the ablution units are having mouldy ceilings removed and new ones installed by Harry Nowikow.

The Lease CDEC holds with DCLEP for the Caravan Park land is due for renewal on 31 October. The Caravan Park Committee notified the Council last year it will relinquish the lease this year. An asset audit has been conducted and the transfer of park assets will be provided to Council to safeguard continuing operations. Council considered the future of the Caravan Park in consultation with the Cummins Master Plan. It will now be a matter for Council to decide where this service can be developed.

A huge thank you to the committee members for their willing support in the operations of our caravan park, as the commitment of each member has kept the Caravan Park going. After 23 years the Cummins Caravan Park has proven its value for this town and district, and we trust it will continue as a caravan and cabin park held in high regard.

Outgoing 2023 Committee members: Wendy Holman/ Sandy Jones/ Haley Williams/ Peter Hind/ Anika Swaffer/ Chris Jones

Community Bank
Cummins District

Personal Banker

Do you enjoy making a difference?

- Are you passionate about delivering real service?
- Permanent Full time position - open to Part time options
- Located in Cummins

Community Bank Cummins District is a proud and successful organisation that has had a significant positive influence on Cummins and surrounding areas. Our business has experienced substantial growth and now includes Agency's located in Tumby Bay, Cleve and Wudinna. Through the unique Bendigo & Adelaide Bank Community Bank model, we have invested over \$6 million across our communities by means of sponsorship, grants, scholarships and dividend payments to local shareholders. Employment opportunities have arisen due to our growth, and we encourage your consideration to join our dynamic team.

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](https://www.bendigobank.com.au/jobs) to find out more or to submit your application, quote reference number 935276. Applications close on Sunday, 15th October 2023.



Bendigo and Adelaide Bank Limited ABN 11 066 040 178, AFSL/Australian Credit Licence 237879 (1600418 - 31950540) 26/09/2023