

Cummins Connection

April 2020, Edition 202



Lower Eyre Family Practice

The Cummins Community Assistance Group - Is looking to help you!

These are difficult times and a situation none of us have experienced in our lifetime, but our community is rallying to provide help to one another.

The community must try and slow down the spread of Corona Virus (COVID 19).

It is highly important to implement serious measures in the way we go about our lives.

This includes staying at home unless for groceries, medical needs, support/care, or work – where it cannot be done from home. Refer to 'health.gov.au' or local media for current guidelines as these are changing daily.

Our community is serious about slowing the spread of this potentially fatal disease. Humans are the only way this virus can spread. Staying at home is the best option. As we socially isolate, it is also important to check in with yourself to make sure you remain okay. You may be able to access social media, the internet, the television or a phone. All of these things can assist in keeping you in contact with your family and friends. However, we are aware that a lot of people in our Community do not have access to this sort or range of communication.

With the closing of most public gatherings and venues, you may find your support systems being very limited. The places you used to interact with people have now closed. We want to make sure that you are okay and will

continue to be okay for however long this process takes. We want you to know where you can access any sort of assistance or support that you may require which will help limit the need for all of our community to be out in public spaces.

Assistance or Support for the following examples, which are not limited: Do you have enough food? Are you able to cook for yourself? Do you have enough medications? Do you have an issue with plumbing or heating? Do you need help with your new phone? Do you feel like talking to someone for a chat about something other than the virus?

If you need help, there are people willing to offer their assistance, the **Cummins Community Assistance Group** is forming. Lower Eyre Family Practice is acting as the registration point for this support concept. Please phone the clinic on **86762210** to register. Once you have registered, you will receive an easy to understand information package about the finer details of how this support concept will work.

Our aim is to provide the best support we can as we all experience this pandemic together. Please note that if you have any medical or health issues, you need to contact your health provider.



Lower Eyre Family Practice

Dr G. C. Quigley Pty Ltd | ABN: 68 008 284 740 | ACN: 0008 284 740

Phone: 8676 2210

Dr Gerard Quigley
Prov 270353H

EN Cathy Pearson
EN Karen Lynch
RN Meg Shirley
RN Helen Sommerville

UPDATE

24/03/2020

2.45PM

For ALL attendees at
Cummins Ramblers Football Clubrooms
On
17 March, 2020

The latest advice is that all attendees **MUST** self-isolate for 14 days from the date of the meeting.

Attendees who **DO NOT** have symptoms, **DO NOT** need to be tested, but should monitor for symptoms while in isolation

Attendees who **DO HAVE** symptoms should call Lower Eyre Family Practice or another medical clinic, to arrange an appointment for testing.

To contact IGA call 8676 2004

**COMMUNITY
HOUR**

**Tuesday 24th Mar
7:30am to 8:30am**



WHERE THE *locals* MATTER

LOWER EYRE FAMILY PRACTICE

ask that ALL PATIENTS REMAIN
IN THEIR CARS when attending
their GP appointments.

PLEASE CALL RECEPTION ON
ARRIVAL (86762210) AND
REMAIN IN YOUR CAR

YOU WILL BE CALLED WHEN
THE GP IS READY

This will assist with achieving appropriate social
distancing

Please alert reception if you require urgent attention or if it is
unsafe for you to remain in your car.

COUNCIL NEWS

COVID-19 update

Council would like to advise that both the Cummins and Port Lincoln offices are operating under normal opening hours, with any changes to be advised through Council's website and Facebook page.

Visit the following websites to stay up to date with State and Federal Government information and resources on COVID-19 (Coronavirus):

SA Health: www.sahealth.sa.gov.au/COVID2019

National Health updates: - www.health.gov.au

Business support: www.business.gov.au or treasury.gov.au/coronavirus/businesses

Australian Taxation Office: www.ato.gov.au/Individuals/Dealing-with-disasters/In-detail/Specific-disasters/COVID-19/

Department of Social Services: www.dss.gov.au/about-the-department/coronavirus-covid-19-information-and-support

How to claim the JobSeeker Payment: www.servicesaustralia.gov.au/individuals/services/centrelink/jobseeker-payment/how-claim

Community grants

Council have selected the following organisations to receive a share of the \$50,000 pool for the 2019/20 Community Grants.

Community capital grants

Mount Hope Soldiers Memorial Hall (\$4,850) for guttering; Cummins Christmas Wonderland (\$12,500) for a storage shed, and Louth Bay Community Club (\$7,622) for a solar and battery system.

Community Reserve grants

Coulta Community Water Scheme (\$6,250) to expand the existing community water scheme for township and CFS use; Friends of Cummins Cemetery (\$6,250)

for entrance gates; Cummins and District Tourism Committee (\$6,250) for five entrance signs to Cummins and Coffin Bay Progress Association (\$6,250) for a desalination plant at Morgan Reserve.

For more information refer to Agenda Items F112 FN/11/20 and FN/12/20 in Council's March Agenda & Minutes.

Creating Connections

Please be advised all Creating Connections activities for 2020 have been cancelled until further notice due to COVID-19.

New website

Council has launched a new website – please be aware some links and information is still being updated but staff are endeavouring to have this sorted as soon as possible.

Carpark consultation

Public consultation is open for the proposed authorisation to alter the road reserve at 100 The Esplanade, Coffin Bay as noted in the February general meeting motion W&I/06/20.

The alteration to road reserve is for the construction of formalised car parking facilities adjacent Oyster HQ.

The design allows for a total of 15 car parks including a disabled access park and one (1) dedicated bus park. Council require the parks to be provided on a 2:1 ratio for business to public use.

For more information visit Council's website from March 26. Submissions close at 5pm on Friday, April 23.



New bench seat

A bench seat near the jetty at Louth Bay has been installed with the assistance of Council after Calypso Star Charters generously offered to provide

it to the Louth Bay Coastal Action Group.

Settlers Road work

Repairs to the Settlers Road floodway just south of the Marrie Road intersection are underway. Even in the driest part of the year, the area is water-logged making the timing of this project challenging and this led to postponements of the project over the last year.

COMMUNITY NEWS

Cummins School-Community Library

As part of Federal Government measures to control the spread of COVID-19 the Cummins School – Community Library is closed to the public. As at 25 March 2020 it will remain open to students and staff during school hours.

Boosting Female Founders Initiative

The Department of Industry, Science, Energy and Resources is now accepting Expressions of Interest for Round One of the Boosting Female Founders Initiative.

The program aims to help female founders to access early stage capital to grow their startups in national and international markets.

The program will provide grants between \$25,000 and \$400,000 on a co-contribution basis to successful applicants. Applications close on April 14 – visit business.gov.au/BFF

Australian Young Writers' Creative Writing Competition

'Mental Health Matters' is the theme for the 2020 Australian Young Writers Creative Writing Competition for students from Years 5 to 12. Submit your play, poem or story to the Mental Health Foundation Australia by July 31 – for more information visit www.mhfa.org.au

AMP's Tomorrow Fund

Grants of \$5,000 to \$100,000 are available to cover a range

of activities, including training, travel and equipment costs, living expenses, rent and research.

Any Australian working in any field – including art, athletics, social enterprise, technology, health, music and more – can apply.

Applications close at 4pm (AEST) on Wednesday, April 15 – for more information visit ampstomorrowfund.com.au

PIRSA Regional Growth Fund

Competitive round closes on May 11 with grants from \$50,000 to \$2million to create jobs, grow export opportunities, and strengthen regional communities. Applicants are expected to meet half of the project costs. For more information go to www.pir.sa.gov.au/regions/regional-growth-fund

Eyre Peninsula Community Foundation

Applications for Tertiary Scholarships for students moving away from home for University studies in 2020 are now open. Three scholarships are available, worth \$2000 each. Applications close on April 2. Further information is available from www.epcf.com.au

Sports Grants

The State Government's Office for Recreation, Sport and Racing have several grant programs aimed at helping communities and clubs access equipment and develop facilities to support sport. For further information have a look at www.orsr.sa.gov.au/funding/apply-for-funding

Grants SA

One-off funding to support community participation, wellbeing and quality of life for South Australians. Under certain circumstances it can be used for community facility upgrades. The Major Round is expected to open in April and the Minor Round in May. For further information go to dhs.sa.gov.au/services/grants-for-organisations/grants-sa



Rules apply from midnight
Wednesday, 25 Mar

Announced by the Prime Minister tonight

TO CLOSE

- Beauty, nail and tattoo shops, massage (excluding health related)
- Real estate auctions and inspections
- Amusement parks, arcades, play centres - indoor and outdoor
- Yoga, pilates, wellness centres
- Pools, sporting activities
- Galleries, libraries, community and recreation centres

OPEN WITH RESTRICTIONS

- Food courts in shopping centres - takeaway only
- Hairdressers/barbers - with strict social distancing and 30min per client
- Boot camps/ PT limited to ten people with social distancing
- Weddings with only the couple, celebrant and witnesses
- No more than ten at funerals
- Outdoor food markets to be addressed by the states

OTHER

- Stay at home unless for - groceries, exercise, medical needs, care/support, work where it cannot be from home
- Visits to homes should have very small numbers
- Do not congregate outside in groups
- Schools remain open
- Overseas travel ban implemented from tomorrow

DISTRICT COUNCIL OF LOWER EYRE PENINSULA

CREATING CONNECTIONS

CANCELLED

To protect the welfare of participants, we regretfully advise that our Creating Connections program has been temporarily suspended until further notice.

We apologise for any inconvenience.

2020



SOUTH AUSTRALIA BORDER RESTRICTIONS

EFFECTIVE IMMEDIATELY

Everyone entering South Australia
will be required to self-isolate for
14-days from their arrival

This will be supported by border control
from 4pm on Tuesday 24 March 2020

SAHEALTH.SA.GOV.AU



Government of South Australia
SA Health



NOTICE OF TEMPORARY CLOSURE OF CUMMINS HOTEL

Our dear valued clients and community. You won't be surprised to find I'm being kept awake at night, wondering, how did they get it so wrong?! How did they let the burden of decision regarding the safety of our community vs economy fall on the shoulders of business owners?

I'm stressed, and tired of constantly worrying about what is the right decision to make, not only for ourselves and our business, but the community as a whole. I was hopeful, and welcoming of a directive from the Government for complete shut down in order to flatten the rate of spread of COVID-19, a clear and strong direction so the Government could protect us, and the decision of who to protect, and how, wouldn't be mine, or that of other small business owners.

I have no doubt there are many other small businesses feeling the same, while we are being told to stay open to the public, every other piece of advice in regards to social responsibility goes directly against the 'permission' we are granted to operate with, under changed conditions. As such, for the safety of our community, our staff and patrons, and personally as a business owner, employer and community member, I feel it's time to close our doors. We have tried our best to keep our doors open for our community, but now I am closing FOR our community.

This is not an easy decision. It is riddled with great anxiety. It creates much fear for our future, and those of our employees. But, my greatest fears fall around the future of the community as a whole, and the safety of the compromised in these conditions. So, I take my lead from New Zealand's management of this situation and we are giving our ourselves a couple days to wind down business, supply our community, and support our staff, before we close the doors.

So as of 1pm Saturday 28th we will be CLOSED FOR ALL BUSINESS.

Please, stay calm, follow hygienic practices and social distancing, and our staff will do the best to serve you in a systematic and safe manner.

I stress, I cannot tell you how long this closure will be for, so please be understanding. I will be ongoingly monitoring the situation and government advice to make a further consideration this coming Monday 30th March.

No doubt this is an unknown and extremely difficult time for all. The decisions we make must be bigger than the individual. Each of us must consider the long-term picture and listen to our medical professionals. I believe we will back to business sooner if we act NOW. To clean up the mess, we need to act to stop making more mess.

We are committed to offering a service to the Cummins Community for the years to come, and all our decisions are made with that in mind. We truly look forward to seeing all your faces again soon and will never take for granted that opportunity.

Stand by for an update a time frame for closure.

How we trade the coming days...



OPENING HOURS: Thursday 26th :: 9am – 9pm
Friday 27th :: 9am – 9pm
Saturday 28th :: 9am – 1pm

BOTTLESHOP SERVICE:

DRIVE THROUGH

- Stay in your car
- We will come to you
- We will take and gather your order supplying mobile EFTPOS terminal for Payment / preferably NO CASH PAYMENTS
- For large orders phone or SMS ahead
(SAME DAY PICK UP ONLY)
CALL Ph: 8676 2002 or CALL/SMS Ph: 0431 439 085
- Supply CC details with order and we will process payment
(A receipt will be texted to your phone)

WALK THROUGH

- Wait on the [X] on pavement
- We will come to you
- We will take and gather your order, supplying mobile EFTPOS terminal for Payment – preferably NO CASH PAYMENTS

*For purchases Drive / Walk through a receipt can be texted to your phone upon request

*Strictly NO account charges

March 14, 2020

TO OUR VALUED CUSTOMERS

It is with much sadness that after 29 years operating the Cummins Newsagency, we will be closing the doors 26/4/2020.

We have tried to sell the business for the last 5 years, but have had no takers, so we have decided to retire.

We thank you for all your support and friendship you have given to us over the years, and we look forward to seeing you all socially.

Be on the lookout for heavily discounted items closer to the closing date, (the balloons will be flying), EFT and cash sales for these items, thank you.

If you have papers ordered in your box please collect by Saturday 25/4/2020, by 11.30, when we will lock up for the last time.

Monthly accounts will be closed on Wednesday 22/4/2020, which will include items up to Saturday 25/4/2020.

Kind Regards

Lyall and Neidra Dolling

CUMMINS NEWSAGENCY

Announcement

As a directive from the Prime Minister, the Cummins School Community Library will be **CLOSED** to the community after midnight Wed. 25/03.

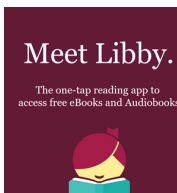
We encourage use of online resources, Libby and Press Reader, but are unable to offer regular services after this date.

Please contact us via phone or email with any questions or queries.

"It goes against every fibre of my librarian being to say this, but the time has come for us to stop looking for loopholes to continue services and join the chorus of trusted institutions sending the message to the community that they should stay in their homes, and that we will be here when it's all over."

Ben Footner, President, Public Libraries SA

Follow our Facebook page for regular updates.





Please Note!

**Due to COVID-19 and current restrictions
Our Trading Hours have changed**

Monday - Wednesday
7am until 7:30pm

Thursday & Friday
7am until 8pm

Saturday
8am until 8pm

Sunday
9am until 7.30pm

Kitchen closes half an hour before closing

We apologise for any
inconvenience
Hours are subject to change



Pleased to Meet You, With Meat to Please You.

52 Bruce Tce. Cummins 8676 2046

**phone orders & payments
welcome**

**we are able to process
orders with little to no
contact**

phone the shop on arrival

Glen, Nicole & staff

ORDERS WELCOMED BY EMAIL
cumminsmeatstore@bigpond.com



YOUR HOROSCOPE THIS WEEK



ARIES

You'll be spending
time in your home



LIBRA

You'll be spending
time in your home



TAURUS

You'll be spending
time in your home



SCORPIO

You'll be spending
time in your home



GEMINI

You'll be spending
time in your home



SAGITTARIUS

You'll be spending
time in your home



CANCER

You'll be spending
time in your home



CAPRICORN

You'll be spending
time in your home



LEO

You'll be spending
time in your home



AQUARIUS

You'll be spending
time in your home



VIRGO

You'll be spending
time in your home



PISCES

You'll be spending
time in your home

Drive Thru Service

Lincoln Rural is providing a Drive Thru service for our
customers at both our Port Lincoln & Cummins Store

- Please phone ahead and speak to our friendly staff about the goods you require.
- We will package them up for you and deliver to your vehicle upon arrival.
- EFTPOS facilities are available over the phone for your convenience.

Port Lincoln 8682 2711

Cummins 8676 2003





All Hours Help

Kids Helpline 1800 551 800

Speak to a counsellor from the beach, your bedroom, the couch, in an empty classroom—anywhere you feel safe; you don't even have to give your name. "We care and we listen, anytime for any reason".

Mental Health Services 131 465

Feeling scared, anxious and alone? Help is just a phone call away. Speak to someone who understands how you feel. Access to a mental health team and psychiatrists without having to leave the house.

Lifeline 131 114

Afraid that you might hurt yourself? Desperate for help? Worried about someone you know? What's one phone call that could save your life? No judgement. No trace.

Regional Access 1300 032 186

Are you over 16 and living in rural SA? Regional Access is staffed by professionally trained counsellors who are ready to listen, support and encourage.

Beyond Blue 1300 224 636

Phone 24/7 for depression, anxiety and related disorders, as well as online information at www.beyondblue.org.au

1800 RESPECT 1800 737 732

1800 Respect is a National sexual assault, domestic and family violence counselling service.

Suicide Callback Service 1300 659 467

Free nationwide 24/7 professional telephone, online and video counselling for ANYONE impacted by suicide.

Mensline Australia 1300 789 978

Telephone support, information and referral service for men with family and relationship concerns.



ANZAC DAY

25 APRIL

Due to the unforeseen effects of the COVID-19 (coronavirus) pandemic, the ANZAC Day Service, March and Breakfast in Cummins has been *CANCELLED*.

We ask that you still please observe this day on Saturday April 25, in the form of taking a few minutes during the day to reflect on what ANZAC Day means and

to remember and the Men & Women of the Australian Defence Force and their Families, who served and are still serving their Country.

Donations can still be made to the ANZAC Appeal, please ring or text Meg 0428 365 470 for details

Thank you
Cummins-Yeelanna RSL Sub-branch

ANZACS

WE WILL REMEMBER THEM

Lest We Forget





ANZAC Day 2020



The tradition of this commemorated day, April 25th, ANZAC Day, began in 1916, to remember and honour those men and women who had been giving their lives for the past 20 months in World War I, the Great War, the war to end all wars. Sadly in 1916, they did not know that this horrific war would go on for another two and a half years and the effects would be still felt many, many decades later.

ANZAC Day 1940, and it was with great sadness that we now remembered and honoured those men and women not only from the First World War, but a new generation as the Second World War progressed, only finally ending in September 1945; and now, 75 years on, this year marks the end of World War II.

Our Men and Women have in the last 75 years again given their Service, throughout the world in times of conflict, Korea, Vietnam, the Middle-East - Iraq & Afghanistan, and the numerous Nations near and far, proudly wear the Australian Flag on their shoulders and the sky blue beret of U.N. Peacekeepers.

So what is this "ANZAC thing" about.
It is about mateship, born in a time of difficulty, horror and the need to work together to survive.
It is also about the fun times, those people we met who influence our whole lives, whether for good or bad.
It is about experience, about learning and growing as a person.
It is about pride and honour.
ANZAC Day is not about the glorification of war, it is about the struggle for peace.
ANZAC Day is about thanking those Men & Women and their Families, who gave up their normal lives and went away, those who came back and those who didn't, so that we may live with the right to a free voice, a free choice.



*We Will Remember Them,
Lest We Forget*



Meg Haensel-Fuss



At 10am THURSDAY 26/3/20 we will switch all fuel purchases over to the OPT (Fuel Outdoor Payment Terminal).

This facility is super easy to use with instructions displayed clearly for customers * DEBIT CARD AND MOGAS CARD ONLY

Our admin staff will be on site and able to assist ONLY where necessary, in line with recommended hygiene and social distancing practices.

Frequent cleaning of the OPT key pad and bowser handles will be done throughout the day.

Over counter fuel purchases can still be made between 8.30-10am until this Friday only.

We thank you for your understanding at this time and hope with these extra measures in place we can all come out the other side sooner rather than later.

THE UNKNOWN SOLDIER

At the going down of the sun....I crouched in a shallow trench
on that hell of exposed beaches....steeply rising
foothills bare of cover....a landscape pockmarked with war's
inevitable litter....piles of stores....equipment....
ammunition....and the weird contortions of death,
sculptured in Australian flesh....I saw the going down
of sun on the first ANZAC day....
the chaotic maelstrom of Australian bleeding.

I fought in the frozen mud of the Somme....
in a blazing Destroyer exploding in the North Sea....
I fought on the perimeter at Tobruk....crashed in the
flaming wreckage of a fighter in New Guinea....
lived with the damned and the place cursed
with the name Changi.

I was your mate....the kid across the street....
the Med student at Graduation....the mechanic in the
corner Garage....the Baker who brought you bread....
the Gardener who cut your lawn....
the Clerk who sent your phone bill.

I was an Army private....a Naval Commander....
an Airforce Bombardier....no man knows me....
no name marks my tomb....for I am every Australian
Serviceman....I am the Unknown Soldier.

I died for a cause I held just, in the service of my land....
that you and yours may serve in freedom....
I am Gallipoli, I am the Somme, I am Tobruk, I am Kapyong,
I am Vietnam, I am Iraq and Afghanistan,
....I am proud to be Australian.

*We will remember them,
Lest we forget.*

**POP A TEDDY IN YOUR WINDOW &
GO ON YOUR OWN BEAR HUNT!**

Something to do if your able to be
out in the car or walking - something
for the kids to spot.

We're Going on a Bear Hunt
Michael Rosen Helen Oxenbury



FIRST HOME LOAN DEPOSIT SCHEME

First home buyer 5% minimum deposit.*

Ask us about it.



Bendigo Bank

The better big bank.

*Terms, conditions, fees, charges, lending and eligibility criteria apply. All information is correct as at 22 January 2020 and is subject to change. Full details available on application. Credit provided by Bendigo and Adelaide Bank Limited ABN 11 068 049 178 Australian Credit License 237879. (1407201-1411641) (01/20)

Don't assume our local businesses are closed or have ceased operations

For more information and updates visit social media channels.

f @CumminsSouthAustralia
t @cummins_sa



#flattenthecurve
#stopthespread

Dear Community

For the health, safety and well-being of customers, employees and communities, some businesses have had to cease operations. Many have had to alter operations.

We ask that if you are unsure if a business or service is still operating please visit their social media pages or contact them directly by phone or email to find out the most up to date information and how you can still access them. Many have established alternative ways to service their clients.

We feel that the best way to serve you in light of Covid-19 is to closely follow the guidelines set by the Department of Health and our state and health officials.

We encourage everyone to remain indoors and keep safe! Thank you, and we look forward to serving you once again.



A SAFETY REMINDER

**CUMMINS OPP SHOP
CLOSED & CAN NOT
RECEIVE DONATIONS AT
THIS TIME.
PLEASE REFRAIN FROM
LEAVING ITEMS.**

thank you cummins op-shop volunteers

SAVE THE DATE!

CUMMINS
COMMUNITY
TURNING 20!

CUSTOMER FUNCTION TO BE
HELD ON THIS DATE
MORE INFORMATION TO COME

03
27
20

**POSTPONED UNTIL
FURTHER NOTICE**



IMPORTANT ANNOUNCEMENT 23/03/2020

In line with the Federal Government's closure of all indoor sporting venues, the **Cummins Gymnastics & Kindergym Club** will be cancelling its programs, effective immediately until further notice.

This includes its weekly *Kindergym* sessions, upcoming *Come & Try* scheduled for March 30, *general gymnastics sessions and birthday parties*.

While it is disappointing, the health of our members and community is of utmost importance, and we encourage our gymnasts keep up their training at home, whether it be stretching in front of the television, or practising handstands and cartwheels on the back lawn. These are all fundamental basics, which will help our gymnasts stay strong and coordinated, and hit the ground running when we recommence sessions, whenever that may be.

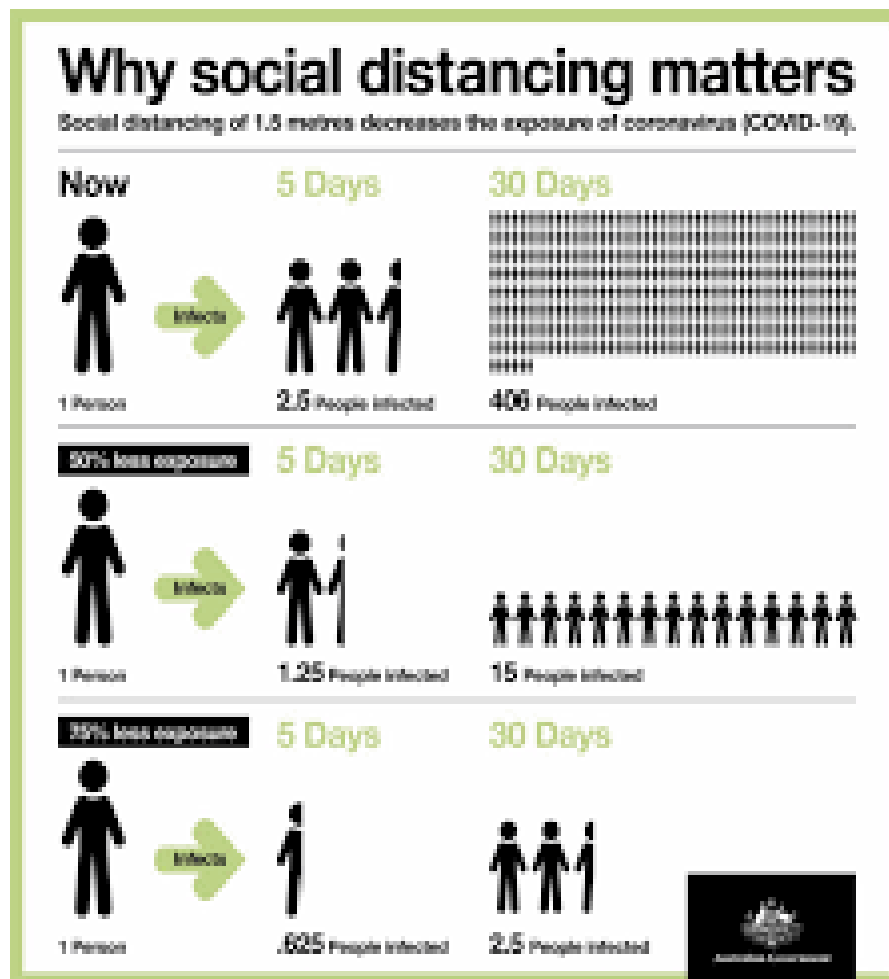
On a positive note, the Club looks forward to introducing its new coaches, after many volunteers completed their training during the off-season. This includes Amanda Puckridge, our new Kindergym coordinator, who has taken the reins with assistance from Coral Wagner, Amy Lawrie and Sophie Blacker already this year.

While this is all on hold for now, the Club looks forward to updating its members with its new coaches, policies and plans, and of course getting back on the floor, when it is safe to do so.

Please keep checking our Club's Facebook page for updates and news.

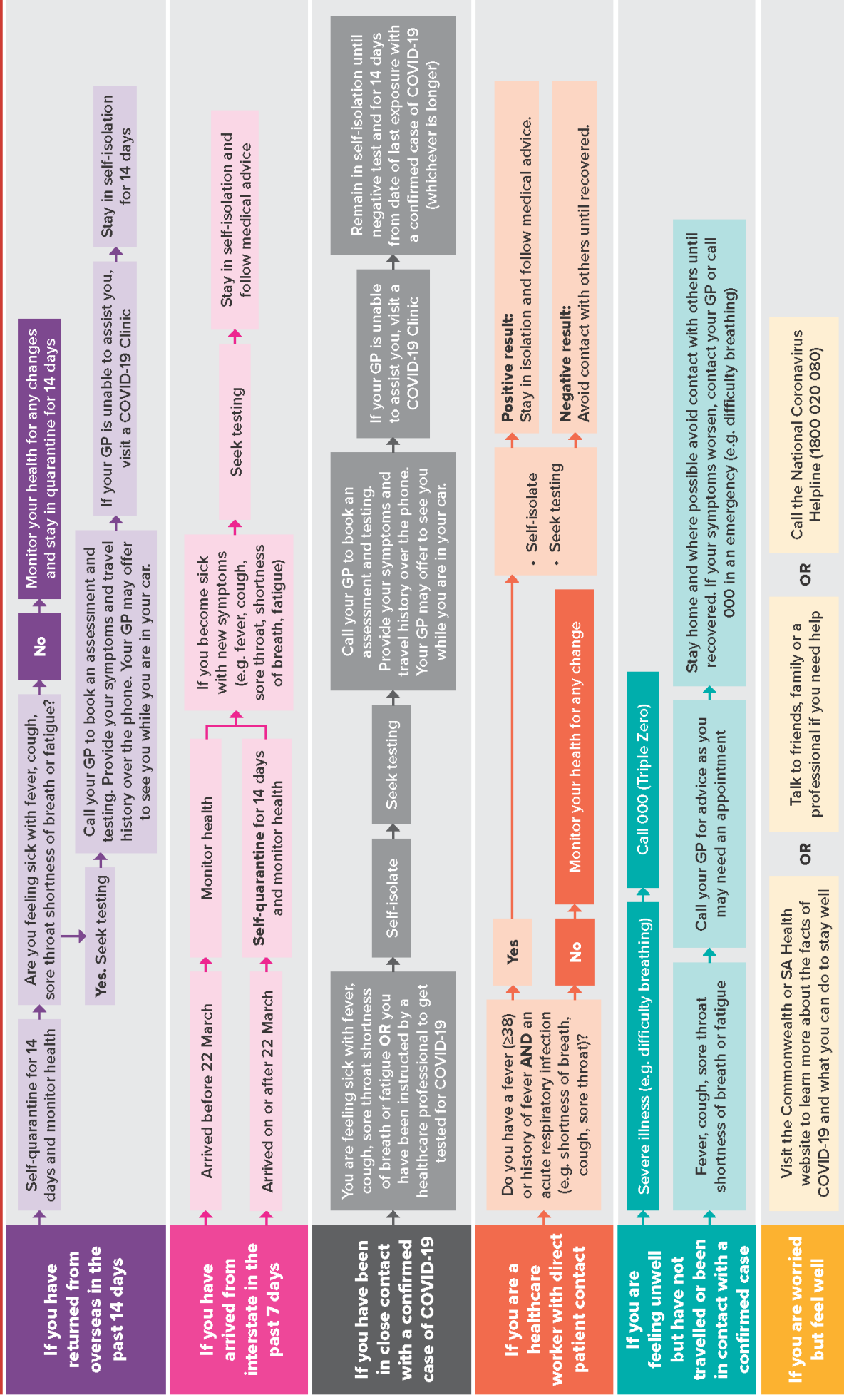
Thank you for your support.

Cummins Gymnastics & Kindergym Club Inc



WHAT SHOULD YOU DO...

COVID-19



UPDATED 23 MARCH 2020

sahealth.sa.gov.au/COVID2019



Government of South Australia
SA Health

Dear Tourism Industry Colleagues,

The Government has announced [a raft of much needed measures](#) to assist our small business community, the foundation of the Eyre Peninsula's tourism industry.

When emotions are high and your whole being is flooded with stress it can be difficult to think and make decisions about asking for help.

Following are ten tips for helping businesses survive through COVID-19. Working through these will help you take control and put you in a better position to apply for the assistance you need. The tips have been adapted with permission from an article published in a SmartCompany newsletter and a newsletter by Adelaide Hills Tourism.

COVID-19: TEN TIPS FOR BUSINESS SURVIVAL

1. DO YOUR CASHFLOW FORECASTS *NOW*

You need details: wages, rent, tax, supplier payments, documented down to the day they're due. That's the moment you go from 'might be okay' to 'I must act now'. If people in your industry are saying, "if you can survive X months COVID-19 will all be over. Demand will take off again", assume it will be at least 50% longer.

2. UPDATE YOUR TERMS AND CONDITIONS

Check your cancellation clauses in your terms and conditions as this stands between you and your business extinction. Check you're not exposed and click [here](#) to see some information from the ACCC.

3. HAVE THE COVID-19 CHAT WITH SUPPLIERS

Talk to your regular suppliers and be honest. Ask them to help you survive, in whatever way they can, so you can be an ongoing customer in future.

4. TALK TO THE TAX OFFICE

Here's what you do: call the tax office and tell them honestly about the state of your business. Ask for a payment plan.

5. DON'T WAIT FOR THE GOVERNMENT TO RESCUE YOU

The whole point of owning a business is having control over your own destiny. Deal with your own affairs as if there was no government help coming.

6. COME UP WITH NEW IDEAS FOR YOUR PRICING AND TERMS

Think about how you can get paid up front. You want the work so bad but now is the time to tighten up your payment terms, not loosen them.

7. IS THERE SOMETHING ELSE YOU CAN DO FOR A BIT?

Like Exhibition Stand Constructor being smashed by cancellations, so they're doing kitchens and wardrobes for a sweet deal.

8. SERVICE THOSE SURVIVING CUSTOMERS LIKE NOTHING ELSE

There are still people with money. And you have a ton of excess capacity, both in staff and whatever else it is you do. Throw in the free dessert, the room upgrade, the matching belt, something to thank them for being a lovely person and spending cash with you instead of wasting it on another half-pallet of toilet paper.

9. ASSESS YOUR STAFFING LEVELS

And now we get to the elephant in the room. How long can you hold onto your staff? It's an ugly question but being in charge means facing up to ugly things.

10. TALK TO YOUR BANK

Remember you are a loyal customer, think of their profit levels, bring them into the picture, bring them to account as an industry group. The Australian Banking Association has announced all small businesses hit by the coronavirus pandemic will be able to access a six-month deferral of all loan repayments. The relief package would apply to more than \$100 billion in small business loans and could put \$8 billion back into the pockets of these companies. The package is subject to authorisation by the ACCC. For more information click [here](#).

RDAWEP are updating and gathering tips and resources to help you manage your small business or organisation during the coronavirus and into the recovery phase. Click [here](#) to the RDAWEP website for further information. We would like to monitor and capture the impacts of COVID-19 on Eyre Peninsula. We are currently working on ensuring that the full impact of COVID-19 on Eyre Peninsula businesses and organisations is better understood, compiled and communicated to all levels of government and stakeholders. In order to do so, we need to hear your story. Please take a few minutes to explain the impact on your on your business or organisation [here](#).

In these uncertain times and if you are feeling like everything is all too much at the moment it might be worth talking to a counsellor. Mentally Fit EP have put together a list of counselling services that are known to them on the EP so for further details check out their [Facebook page](#).

[See the full tips at SmartBusiness >>](#)

[Ian Whitworth's Blog>>](#)

Other key sources of information:

[SA Health](#)

[Australian Department of Health](#)

[World Health Organization](#)

With kindness,

Sondra Stewart

Tourism Development Manager

Regional Development Australia – Whyalla & Eyre Peninsula

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0417 811 622

To our Customers, Carers & Families,

This letter explains what Meals on Wheels SA is doing to reduce the potential spread of novel coronavirus (COVID-19) and ensure our service to you can continue. We are following advice from the health authorities, recognising that older people may be more at risk.

All volunteers and staff are following our standard food safety procedures, good hand hygiene, and as an extra precaution are using hand sanitising gel between each home they visit. We have also asked our volunteers to maintain an arm's length distance away from you when delivering your meal.

You can help, too.

If you are able to come to the door, we will deliver your meal either onto a tray or place on a chair or table just inside your door. We will make arrangements if you cannot easily get to the door to receive your meal.

If you are unwell, have recently returned from an overseas trip, or have been told that you have been in contact with a person known to have the coronavirus please let us know by calling us free on 1800 854 453. We will make arrangements to ensure that you can still receive your home delivered meals, with some extra steps to keep our volunteers safe and well.

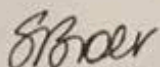
If you have any questions or concerns about how we are managing the coronavirus, please ring our Adelaide office on 8271 8700 during business hours.

If you would like further factual advice about the coronavirus you can contact the 24-hour National Coronavirus Health Information Line on 1800 020 080 or read the information published on the Department of Health website:

<https://www.health.gov.au/resources/publications/coronavirus-covid-19-what-you-need-to-know>

During this public health emergency we are doing all we can to protect our Meals on Wheels community and are asking for your support.

Sincerely



Sharyn Broer
Chief Executive Officer

World Day of Prayer, with the theme “Rise! Take your mat and walk!” that had been prepared by women from Zimbabwe, was held in Cummins at the Catholic Church at 10am on Friday 6 March 2020, and was hosted by the Catholic Women’s League.

The World Day of Prayer is a global ecumenical movement led by Christian women who welcome all to join in prayer and action for peace and justice.

The service began with a procession of three lit candles, words of love, faith and hope, a bible and a rolled up mat that were carried by Pauline Mickan, Jan Phelps, Wendy Treloar, Beryl Taylor and Diane Secker, while a Zimbabwean song was played.

The altar was decorated with coloured strips of silk material in green, yellow, red, black and white, while a map of Zimbabwe and flags along with some clay pots were on display.

The music played throughout the service was prepared by Josie Hammond, who also prepared the overheads, video clip and slides that were shown.

About thirty members from the Anglican, Catholic, Lutheran and Uniting churches were present along with Fr Kevin Matthews, Pastors Peter Klemm and Stephen Albrecht.

Catholic ladies; Terry Pedler, Joan Nelligan and Ann Doudle read a letter from Zimbabwe about their story, history and their religion.

Lutheran ladies; Beryl Taylor, Jody Klemm and Ann McAskill led the Prayer of Confession.

Anglican ladies, Wendy Treloar read the Bible Reading taken from John 5:2-9a, and Kay Baines and Gladys Hall read the Act of Commitment.

Instead of a speaker this year, Margaret Phelps spoke about the slide presentation that was shown by Josie Hammond about Zimbabwe.

A short film from the Bible Society was also shown explaining the project for this year – **Empowering Mothers of Children with a Disability.**

Joan Nelligan and Genny Secker took up the offering which amounted to \$260.80; this will go to support the Bible Society in their chosen project.

Uniting Church ladies, Judy Hurrell, Jan Phelps and Pastor Stephen Albrecht led the prayer of thanksgiving and intercession.

Diane Secker, Marg Phelps and Carmel Wauchope led the commissioning for the 2021 service – Vanuatu women have prepared on the theme “Build a Strong Foundation”. Beryl Taylor and Jody Klemm came forward to accept the role of coordinating the 2021 World Day of Prayer service in Cummins.

Following the service everyone gathered in the hall for morning tea and further fellowship.

Photos:

1. 124226 - Catholic Ladies: Back row Marg Phelps, Joyleen Pedler and Terry Pedler. Front: Pauline Mickan, Diane Secker, Ann Doudle and Josie Hammond.
2. 102042 - Lutheran Ladies: Jody Klemm, Beryl Taylor and Ann McAskill.

