

CUMMINS CONNECTION

MAY 2011

105th EDITION

Cummins 

CUMMINS IGA 42-44 Railway Terrace Cummins SA 5631 PH: 86762004 FAX: 86762430 Mobile Darren's: 0408762928 and email: darren@cumminsiga.com

Cummins IGA has just celebrated it's 7th Birthday. Yes it's seven years since we bought the Cummins IGA supermarket in 2004.

In July 2007 we completed a major store expansion and refurbishment. Since then we have been able to provide a larger supermarket offer. We continue to stock all those well known and trusted brands. Lion custard powder is the best example of this. Lion custard powder is not stocked in every supermarket. Other local produce we stock is Bedford farm eggs, Local free range eggs, Wally's fruit which is in seasonal supply, Coolangatta Cut Flowers, Cummins Mill Flour and Bread premixes, Boston Bakery buns and pies, 5 Loaves Bakery loose bread rolls, Rawles Bakery rolls and buns, the ever popular Laucke CWA Scone Mix and Carrie Speed's homemade cakes and biscuits. Our fresh meat is provided by Cummins Meat store, Coffin Bay Meat store and Lincoln South Meats. Our fresh Chicken is from Adelaide Poultry, Ingham's and Coffin Bay Meat store. Our rotisserie Hot chickens are available week days and bookings are welcome. Our fruit and veg is delivered at least three times a week. We now have a Bendigo Bank ATM along with Bendigo Bank eftpos machines.



Are you aware of our Community Chest Program? Look in our brochure for the specials that are flagged by the Community Chest Logo. Each time one of these products are sold 2 cents is put aside. Each November we are notified of the balance and then we decide on a worthy recipient. On previous occasions it has been- Kapinnie Hall and Rec grounds, Cummins Christmas Wonderland on two occasions, Cummins Area School book award, Karkoo School book award, Cummins SA Ambulance, Cummins Swimming Pool, Cummins Rural Care, Cummins Youth Group. Through the continued support of the community we are able to support Charities and groups in return.

Don't forget the Fuel Rebate, not sure how it works? When you buy your fuel keep your receipt, come into the store and spend a minimum of \$30, present your fuel receipt to receive 4 cents per litre maximum of 70 litres off the price of your groceries. We also sell the Sunday Mail on Sunday's. Are you aware we also have an IGA Gift card, its a great gift idea, see any of the helpful staff for more details. Very popular with the kids is the IGA Kids Club, if your child is not registered please take an application form from the checkout. Once the child is registered they receive a coupon on their birthday asking them to present it at Cummins IGA for their free piece of fruit and snack.



For your convenience we welcome phone, fax or email orders, home deliveries within the Cummings township is available. If we don't already stock a particular product that you would like please ask one of our friendly staff for assistance. You can get online today and see our weekly special catalogue at www.iga.com.au

Don't forget that on May 20th we have the 5CC Meet Every Listener Live Broadcast outside of the supermarket for your chance to win the Mazda 3 Car. Come in on that day and fill in a entry form for your chance to win a new car.

ANZAC Day 2011

Despite the Easter-ANZAC / School holidays taking many folk away from Cummins, a wonderful crowd of about 200 people attend the Dawn Service on ANZAC Day at the Cummins Garden of Remembrance on the Tumby Bay Road. It was a beautiful morning to reflect on what ANZAC Day means to those present and the Service and Sacrifice given by so many Sailors, Soldiers & Airman over the past 97 years, so that we may live in a country that allows us so much freedom.

The Cummins-Yeelanna RSL Sub-branch President, Mr Geoff Holman welcomed all, with several members of the Community contributing to the Service. Pastor Howard Beard, Cummins Lutheran Church officiated as the Service Chaplain, Mrs Bev Branson sang Beccy Cole's "Poster Girl", about the entertainer snubbed by many after she visited Australian Troops overseas, Meg Haensel-Fuss delivered the ANZAC Requiem, Matt Sheehan was efficient as ever with handling the Australian Flag and the lovely Miss Kate Vigar chilled us all as usual with her rendition of the Last Post and Reveille.



Wreaths were laid on behalf of the RSL by Mr Geoff Holman, Legacy by Mr David Mickan, War Widows by Mrs Jenny Goosens, CFS by Mr Russell Branson, SA Ambulance Service by Mrs Tammy Dunbar, SES by Mr Brian Phelps, DCLEP by Mr Paul Pedler and Cummins Area School by Miss Ellie Mae Siegert.

The local 'Sing Australia' Singers accompanied by Mr Ian Pearson on keyboard, sang prior to the President's welcome and led the crowd with the singing of the Naval Hymn, Eternal Father and the first verses of the Australian and New Zealand National Anthems.

It was great to see serving and ex-serving members of the Community attending the Service in Naval and Army uniforms. The Navy was represented by Paul Sheehan, Matt Sheehan and Meg Haensel-Fuss, with the Army represented by Gary Branson.



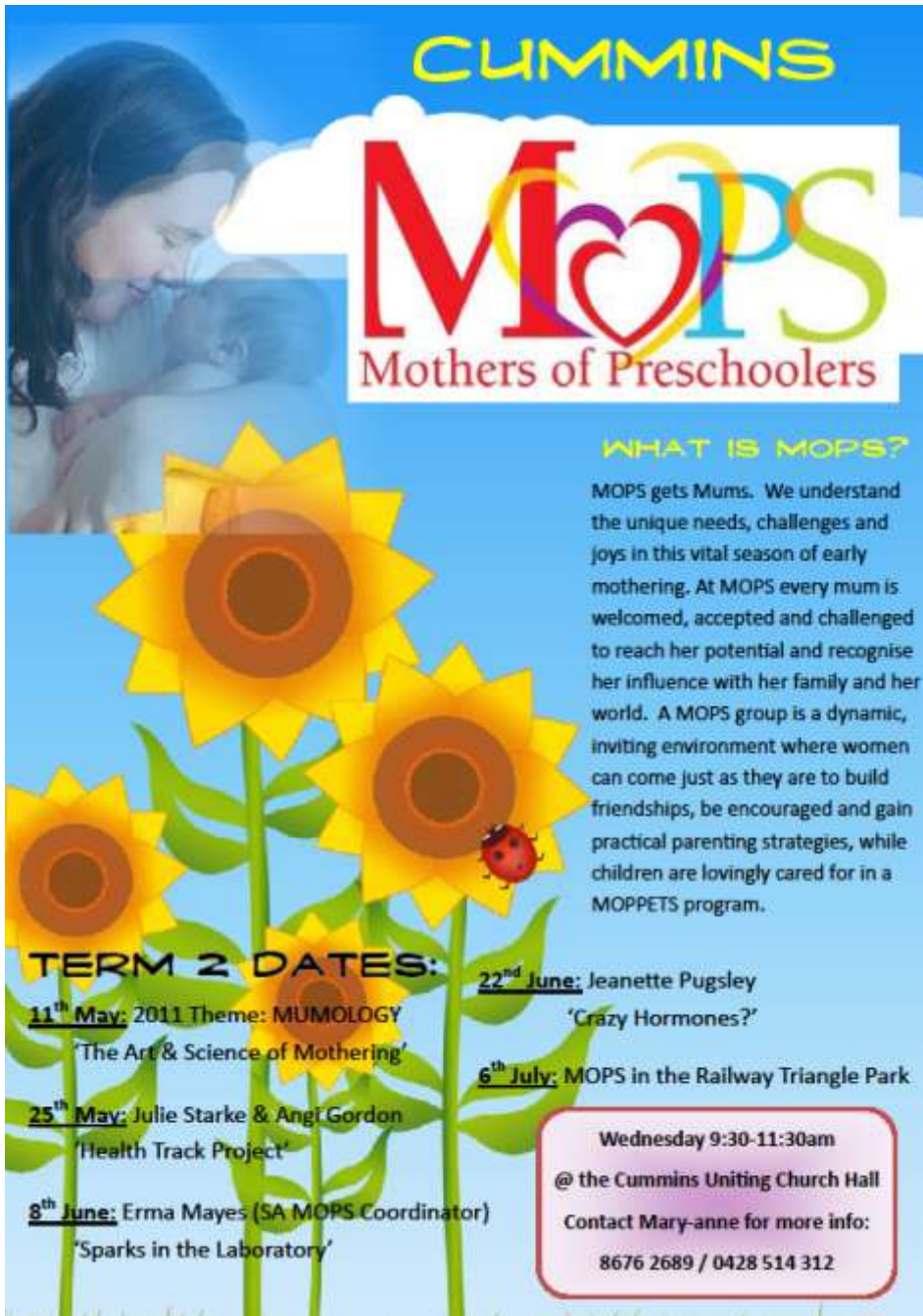
On completion of the Service, many of the crowd joined with Service and ex-service personnel to March from the Garden of Remembrance to the RSL Hall, where a breakfast of bacon, eggs, toast, tea, coffee & rum and ANZAC biscuits were served.



The Cummins-Yeelanna RSL Sub-branch would like to thank all who contributed to the ANZAC Service, in particular, Pastor Howard Beard, the Cummins CFS Members, Greg Hurrell, Graeme Fuss & Ian Rogers for cooking the breaky; Mrs Jenny Goosens for organising the food and kitchen and to the wonderful Ladies, and the odd fella, who helped with serving and the cleaning up; the Cummins SES for traffic control; Jamie Letton for his drumming during the March; Bascombe's Auto Ag for electrical

power, Sing Australia; anyone we missed naming, our apologies and lastly a big THANK YOU to all who attend our Service.

Hope you can join us all again next year.



CUMMINS

MOPS
Mothers of Preschoolers

WHAT IS MOPS?

MOPS gets Mums. We understand the unique needs, challenges and joys in this vital season of early mothering. At MOPS every mum is welcomed, accepted and challenged to reach her potential and recognise her influence with her family and her world. A MOPS group is a dynamic, inviting environment where women can come just as they are to build friendships, be encouraged and gain practical parenting strategies, while children are lovingly cared for in a MOPPETS program.

TERM 2 DATES:

11th May: 2011 Theme: MUMOLOGY
'The Art & Science of Mothering'

25th May: Julie Starke & Angi Gordon
'Health Track Project'

8th June: Erma Mayes (SA MOPS Coordinator)
'Sparks in the Laboratory'

22nd June: Jeanette Pugsley
'Crazy Hormones?'

6th July: MOPS in the Railway Triangle Park

Wednesday 9:30-11:30am
@ the Cummins Uniting Church Hall
Contact Mary-anne for more info:
8676 2689 / 0428 514 312



THANK YOU

The Cummins-Yeelanna RSL Sub-branch would like to THANK very much the Cummins and Districts Community for their wonderful generous support for the April ANZAC APPEAL

A fantastic amount of \$1287-25 was raised for ex-Servicemen & Women who need assistance.

Lest We Forget



AUTUMN Check List

- ◇ Remove undergrowth and dead vegetation
- ◇ Check for ANY fire hazards and remove
- ◇ Inform your neighbours before burning off
- ◇ Monitor any fire restrictions

Prepare

Act

Survive

Website: www.cfs.sa.gov.au

Marble Range CWA Group Table Day

Marble Range Country Women's Association Group Table Day will be held in the Karkoo Kooplex on Thursday, 5th May 2011. The six branches will be competing for the Betty Ashman Memorial Shield, with a "Pioneers" theme.

The afternoons programme will be opened by Australia Day Citizen of the Year for the District Council of Lower Eyre peninsula, John Treloar.

There will also be a competition for three articles displayed on a chair, this is open to members and non members. For more information please contact Gladys Hall or Ronda Glover. On display will be articles depicting the pioneer days as an extra attraction.

There will be a trading table and raffle.

Admission \$5 includes afternoon tea. Doors open at 1pm. Opening 1.30pm.

In the morning while the judging is being carried out, anyone is invited to the Kooplex to hear Lisa Fitzgerald speak about her interesting cook book. This is open to members and non members, starting at 10.30am until 11.30am.

GREAT FLINDERS FOOTBALL LEAGUE

CELEBRATING 100 years of FOOTBALL

WHERE? **CUMMINS OVAL**
WHEN? **SATURDAY MAY 21st 2011**

FOOTBALL AND NETBALL SIDES FROM **PORT LINCOLN** WILL PLAY AGAINST THE **GREAT FLINDERS** LEAGUE TEAMS

A DISPLAY OF **MEMORABILIA** WILL BE SET UP IN THE **CUMMINS BOWLING CLUB ROOMS**.

CANTEEN AND BAR FACILITIES WILL BE AVAILABLE ALL DAY.

A LAUNCH OF THE **GREAT FLINDERS HISTORY BOOK**.

A CELEBRATORY **GUERNSEY** WILL BE WORN BY PLAYERS AND AUCTIONED OFF AFTER THE MATCH.

A **DINNER** WILL BE HELD IN THE CUMMINS HALL AFTER THE MATCHES.
(Tickets Available in April)

EVERY FAMILY WHO HAS BEEN INVOLVED IN FOOTBALL OR NETBALL
over the past 100 years is welcome to attend the day and the dinner.

Please indicate your interest in attending the dinner by leaving your names at the Cummins Post Office with GFFL Treasurer K Nicholls. : 86762020

PLEASE COME ALONG AND SUPPORT OUR LOCAL TEAMS AGAINST THE OLD RIVALS, PORT LINCOLN.

Cummins Art Group Progressive Auction

A collection of paintings created and donated by the Cummins Art Group will be available for a "progressive auction".

They will be displayed at :
5 Loaves Bakery from 2nd to the 16th May
Cummins Post Office from 17th May to the 2nd of June

The successful highest bidders will be revealed at the biggest morning tea held at the Cummins Bowling Club on Friday 3rd of June.

All moneys to be donated to the
Anti Cancer Foundation



WANTED

The Cummins Hall Committee are looking for volunteers to wait on tables at the Great Flinders Football League 100 year celebration Dinner.

Saturday May 21, 2011

Anyone interested

(Male or female, any age we would be happy to accept your help)

please contact:

Sandy Jones 86762208

Jacinta Howell 86762358

Catering for this function is a fundraiser for the Cummins Hall.



Australia's
**BIGGEST
MORNING
TEA**

FRIDAY

3rd June 2011

10am

Cummins Bowling Club

Raffles Drawn

Lots of Prizes

Bring a Tea Cosy for
competition

Please bring a plate of
Morning Tea

TRADING TABLE

Enquiries

Grace Coombs 86762769

Cummins Art Group

"progressive auction"

Final Day

Highest Bidder revealed

W A N T E D

Plastic pots 8inch / 20cm diameter x 8
inch / 20cm high

for planting out past era wheat & barley
to display at the 100th Cummins Show.

Please contact Graeme 0428 867 621
or 8676 2741 ah – will collect.

Thank you.

CUMMINS SHOW HANDICRAFT EXHIBITION

THE Cummins Show is celebrating its 100th anniversary on the 8th October this year. Planning has begun on a 3-4 day exhibition of vintage and modern day handicrafts to be held in the Cummins Hall to coincide with this event.

The patchwork, scrapbooking, craft and stitching groups have been invited to contribute and we are inviting any individuals who have any handiwork, vintage or modern, done by themselves or deceased family members to exhibit and become involved.

Each display will require a framed photo of that crafter to be placed amongst the craft to create an atmosphere of celebration and memory of that individual and their talent.

Some suggested crafts are: all needleworks (hand & machine), artwork, weaving, and any CWA crafts.

Anyone willing to display their items please contact me at any time.

This exhibition promises to be a truly memorable event.

Grace Coombs
Co-ordinator
86762769

Coolangatta



Cut Flowers

(Coming Event)

Mother's Day Flower Market

Flower Farm Cummins

Friday May 6 9am - 5pm
Saturday May 7 9am - 12pm
Sunday May 8 10am - 1pm

Bunches, Bowls, Baskets & Boxes of flowers
for sale

*Call in for all your flowers & gifts or ring
and place an order*

WG FUSS & SONS
PO Box 96, CUMMI NS 5631
Ph Farm 08 86762112



is available again
under new ownership.
Strychnine based mouse bait
that works quickly.
For more information phone
Kym or Julie on (08) 8676 6008
Only available to rural landholders with
a chem.-cert licence.

Preventative Health Initiative (PHI)

Lower Eyre

We are constantly reminded to be physically active and eat better...*but*

- Are we **able** to do this?
- Do we have the **time**?
- Do we have the **skills or know how**?
- Can we **afford** it?
- Is it **available** and **accessible** to our community?
- Do we have **suitable environments** and **resources**?
- How do I **get involved**?

How can we make this happen?

The aim of the **healthTrack** project is to build the capacity of communities through increasing the opportunities for people to participate in physical activity and achieve better levels of nutrition, eg:

- **Support** for existing and new **Physical Activity and Nutritional Programs** eg:
 - **Equipment**
 - **Training & Education**
 - **Funding**
 - **Promotion**
 - **Resources**
- **Partnerships** with a '**whole of communities**' focus that may include
 - **Local Council**
 - **Local Business**
 - **Education**
 - **Community Groups**
 - **Health**
 - **Non Government Organisations**
- **healthTrack Small Grants Program** available to assist communities
- **Supportive environments** that enable physical activity and good nutrition
- **Community Awareness and Education**
- **Training and Up-skilling** communities

healthTrack is an opportunity for communities and organisations to work together to make this happen. The '**healthTrack**' project steers away from 'traditional' service delivery and 'telling people' what they should be doing, to directly focusing on community development, capacity building and assisting communities. This in turn, will provide individuals with opportunities to participate in activities, events, programs and projects that encourage physical activity and good nutrition throughout their lives.

If you are interested, c'mon get on!

healthTrack team members can be contacted through Lower Eyre Community Health on 8676 2287 or 0459 844 847. If you would like to keep up to date with information, events, activities and funding opportunities we will add you to our mailing list. Please don't hesitate to get in touch and we look forward to talking with you.

Angela Cordon	Assistant Project Officer	angela.cordon@health.sa.gov.au
Julie Starke	Physical Activity Coordinator Nutrition Coordinator	julie.starke@health.sa.gov.au
Jacqui Clark	Project Officer	jacqui.clark@health.sa.gov.au 8626 1310 or 0459 820 543

CHIROPRACTOR

Now at a location near you

Cummins- Tuesday & Friday am
Tumby Bay –Wed am (every other)
Port Lincoln- Monday to Friday

For appointments call
Port Lincoln Chiro **86830899**

UPDATE on the “Adopt a Room Project” March 30th 2011

In November 2010, Leo Haarsma suggested this project for the District and the “Adopt a Room Project” was born.

Since then, we have had numerous tragedies to deal with but the Project will continue.

Lower Eyre Health Advisory Council was in favour of opening an account “Adopt a Room Project” with the Cummins & District Memorial Hospital Women’s Auxiliary.

- A charitable institution.
- Deductable gift recipient.

The Women’s Auxiliary executive have agreed in principle but need to ratify this proposal at the April 2011 meeting. “To hold paid pledges until they are required.” We are also investigating attaching an NGR. Grower card to this account so farmers can donate grain next year, instead of Cash.

The response has been very positive with many pledges being received.

After walking the corridors and rooms of the Cummins & District Hospital, it has been visible that this task is a large one.

- 4 rooms require heating and cooling as they have none. There are non-functioning air conditioner still in one window.
- At least 3 rooms require complete bathrooms to be installed as the bathroom servicing the room is across the corridor or not wheelchair accessible.
- 2 bathrooms Plumbing is antiquated. Wall and floor tiles need to be replaced.
- Shower chairs are not fixed to the wall of the shower for easy use. Exhaust fans. Shelving in showers. Tiling to the ceiling for easier cleaning. Building cupboard around existing vanities for storage. Hand wash basin in room for hygiene. Shelving near vanity for personal items.
- Privacy curtaining does not follow beds.
- Bedside furnishings have no lockable drawer for patient’s valuable items. A combination wardrobe, bedside cupboard or 5 drawer cupboard may be required.
- Remove unwanted and unused built in wardrobes to open up rooms for easier mobility.
- Replace floor covering and skirtings. Replace curtains in windows and privacy runners.
- day chairs in some rooms.
- cordless phone for patients incoming calls is required.
- Larger Television for ward rooms.
- 2nd Oxygen outlet in ward room.
- Power points to be installed in each room.
- Room lighting needs attention with a night light required.
- Shelving required for flowers and cards.

As you can see the amount of \$10,000 per room is not going to go very far and we may have to combine two families or groups pledges to support one room.

We have had a total of 4 family groups, the Edillilie, Yeelanna, Cummins and Kapinnie Communities starting a pledge roundup but more pledges are welcome within these communities. Pledges are still required to fulfil the completion of the” Adopt a Room” Project.

Together let’s bring the rooms of the Cummins & District Memorial Hospital into the year 2011.

Monetary commitment for adopting a room at the Cummins & District Memorial Hospital

I/ we

of (Address)

email

Phone.

being a member of this family unit (name) community (name)

are committing in principle, the amount of \$ to contribute towards the room as part of the "Adopt a Room Project" for refurbishment at the Cummins & District Memorial Hospital.

I/ we understand this is not a legal commitment but it is my/our, promise or pledge so further planning is possible.

Family unit / Community / District / Family

Signed
...../...../.....

Date

Any queries please contact Liz Mickan 0428 372436 Home 08 86885072

Please return completed form to:

Trish Clarke Director of Nursing Cummins & District Memorial Hospital

As soon as possible.

Thank you. Liz Mickan

Email. mickan2@bigpond.com PO Box 52 Cummins 5631

CUMMINS LIONS CLUB

For Sale
Sawn sleepers for firewood
6x4 Trailer \$80-
8x5 Trailer \$120-

Contact Ian Rogers
86762614
Mobile 0429336692



LIONS CAR BOOT SALE

Sunday 15th May
Commencing 11.00am

Cummins Showground

Entries admitted from 9.00am

\$10.00 per vehicle
\$20.00 per vehicle & trailer

Refreshments available

Vendors are responsible for own property

Call Ian Rodgers 86762614
0429336692

Tony Olsson 86762177

DON'T



FORGET

WINTER

HOME FIRE SAFETY

Remember to check & clean your Fire-box,
Hearth,
Flue / Chimney
BEFORE
You light up this Winter.



Spend a few minutes to stay safe.



Photo from the Yeelanna Church Centenary held on Sunday
March 20, 2011

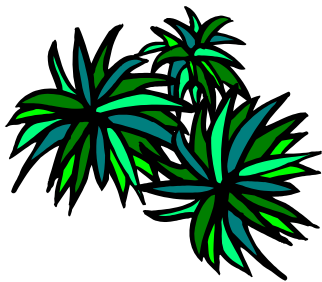
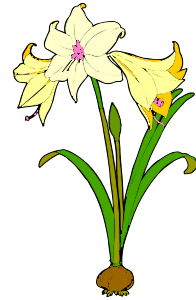
The Plant People

Will be in Cummins

Thursday 2nd June

9am - 5pm

Railway Triangle



For sale:
Natives
Exotics
Bulbs
And more



Enquiries:

Phone 0438855159

Email frankie@theplantpeople.com.au

WESTERN EYRE UNITING CHURCH

A promotional graphic for a dinner theatre event. It features a white plate with a fork on the left, a knife and spoon on the right, and the text "DINNER THEATRE with Covenant Players" in the center. To the right of the plate, the event details are listed: "Sunday May 8th, 5:30pm", "Music, meal, drama", "Cummins Uniting Church hall", "Music by Zoe Siviour", "2010 Relay for Life Talent Comp winner", "\$5 entry (discounts for families)", "RSVP to 8676 2013 by Thursday May 5th.", and "An offering will be collected to support the ministry of Covenant Players." At the bottom right is the "COVENANT PLAYERS" logo with the tagline "DRAMA IS WHAT WE DO".

DINNER THEATRE
with
Covenant Players

**Sunday May 8th,
5:30pm**
Music, meal, drama
Cummins Uniting Church hall
Music by Zoe Siviour
2010 Relay for Life Talent Comp winner
\$5 entry (discounts for families).
RSVP to 8676 2013 by Thursday May 5th.
An offering will be collected to support
the ministry of Covenant Players.

COVENANT PLAYERS
DRAMA IS WHAT WE DO

CUMMINS / YEELANNA CONGREGATION SERVICE TIMES

Sunday May 1st

Cummins - 10:00am Rev Matthew Carratt

Yeelanna - 5:00pm Rev Matthew Carratt

Sunday May 8th

10:00am Cummins/Yeelanna Combined

@ Yeelanna - Les Kammerman

Sunday May 15th

Cummins - 10:00am Jeanette Pugsley

Yeelanna - 10:00am Scott Mickan

Sunday May 22nd

Cummins - 10:00am Judy Hurrell

Yeelanna - 10:00am Glenys Tiller & Emma Arbon

Sunday May 29th

10:00am Cummins/Yeelanna Combined

@ Yeelanna - Matthew Carratt, HC

Sunday June 5th

Cummins - 10:00am Scott Mickan

Yeelanna - 5:00pm Matthew Carratt

SOMETHING FOR EVERYONE...

MOPS (Mothers of Preschoolers)

9:30-11:30am Wednesday May 11th

9:00-11:30am Wednesday May 25th



XRoad Kids Club:

Friday May 20th (after school)

Friday June 3rd (after school)



Youth Group - for Year 8+. Supper provided.

Friday May 6th - Night Hike/Bonfire. Meet at Cummins Uniting Church 7:00pm, return by 10:00pm.

Friday May 20th - Cleudo Night. Cummins Uniting Church hall. 7:00-9:30pm.

Friday June 3rd - **'Reverse Bunny Chase'**. Meet at Cummins Uniting Church 7:00pm, return by 10:00pm.

Still to come in Term 2 - Movie Night, Regional Youth Service and Op Shop Formal!



XRoad, MOPS and Youth Group are based at the Cummins Uniting Church property and run by volunteers from various local churches.

WESTERN EYRE UNITING CHURCH: Serving the Cummins, Yeelanna and Lock districts
For more information contact Julie Maxwell (Office Administrator) / 8676 6008 / weyreuc@bigpond.net.au

Scrap 'n' Chat 2011

9am-3pm

Wednesday 4th May, 2011

Cummins Hall Supper Room

Anyone welcome to come and scrap or
have a look, bring your knitting,
or stitching, have a coffee and a chat



Ally Harris & Brigette Hall have scrapbooking supplies for sale
More information contact Ally Harris 86876037 or Brigette Hall 86762087

No longer called
CUMMINS RECREATIONAL GROUP
Name change to L.E.A.P.
Lower Eyre Activity Program

Friendly get together for people 50 Years and older on Lower Eyre Peninsula
L.E.A.P Lower Eyre Activity Program offers entertainment and Companionship
Come along and have some fun

1st & 3rd Friday of each month

At

Recreational Room, Miroma Place Hostel

Starts at 1.30p.m.

Guest Speaker at 2.00p.m.

Homemade afternoon tea at 3.00p.m.

If you would like to know more about the group please contact
Lee-Ann Reid at West Coast HomeCare on 8682 2177 or call into the office at

Cummins Connection

THANKYOU TO OUR SPONSORS FOR 2011

- Cummins IGA
- Sirrah Signs
- District Council of Lower Eyre Peninsula who sponsor & support the production of the Cummins Connection

If you would like the Connection emailed please send your email address to Caro Miller carom@dclep.sa.gov.au

The Cummins Connection is produced under the auspices of the Cummins District Enterprise Committee at the offices of the District Council of Lower Eyre Peninsula.

Articles, information and advertisements should be lodged with Caro Miller at the Council Office before the last Thursday of each month. Email carom@dclep.sa.gov.

SPONSORSHIP & ADVERTISING

Any business or organisation who would like to sponsor the Cummins Connection in 2011 can contact Caro Miller at the Council Office 86762106 or email carom@dclep.sa.gov.au

Full Page Sponsor \$80-

Half Page \$40-

Community Group Information, articles & advertising is at no cost.

Cost for Business advertising ranges from \$5 for a small ad to \$40 for a full page.