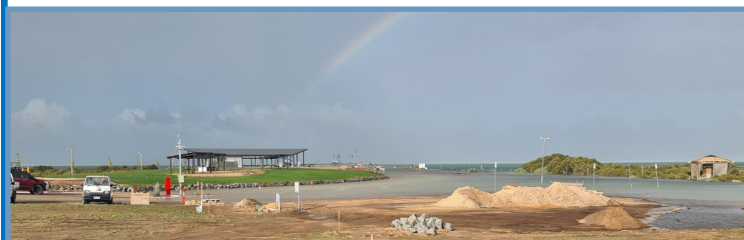


# June Newsletter

## CEO NEWS

### **Now that's a big tide!**

On Monday 30/5/22 we had quite a high tide forecast but the very strong onshore winds during the day pushed the rising water in spectacularly as you can see in the photo's. It certainly had the town abuzz, and the foreshore was a hive of activity as people came to have a look. The jetty didn't have much "freeboard" left and the boat ramp carpark was well underwater (to the right of the lawned area in the picture). It is a sure thing in Cowell that when Prawn Trawlers seek shelter in Franklin Harbour and moor at the jetty, wild weather is sure to follow, and as always it surely did.



### **Significant Roadworks in our area**

As well as council's own road crew, there are currently three other contractors working on roads in our district so please take extra care on the roads and slow down around roadworks. Specific area's to look out for are:

- Airy Road
- Utera Road
- Glynn Road
- Beach Road (last 3km into Port Gibbon)

In addition to the above, the Cowell-Kimba Road will, over the next 5 years, be widened and resealed. In the next few weeks this work will commence, as will some urgent works repairing sections that are failing.

**Shane Gill**  
Chief Executive Officer

### Info Bay Signage Vacancy

We currently have an advertising opportunity available for your business located in Cowell. Our Information Bay Sign has 2 Spots available for your business.

Sign 1 is a 600 x 600

Sign 2 is 600 x 1200

Please contact the Council for further information.



**Rainfall for June as at 16/06/2022**  
**23.6 mm**



### District Council of Franklin Harbour

A friendly reminder to tie-down rubbish in trailers when transporting to the landfill site.

There has been a number of incidents recently where rubbish has had to be collected from along Melrose Road as it hadn't been tied down. Expiations for littering may be issued for those identified as dropping their waste.

It is also an offence to carry an unsecured load under the Road Traffic Act 1961.

Please help keep our town beautiful.



## Are you enrolled to vote?

### (Are your details up-to-date)

Local Government (Council) Elections will take place in November 2022.

Participating in your local council election is one of the most direct ways you can make a difference to everyday life in your community, and voting is open to a wider range of people than State or Federal elections.

If you are enrolled for state elections in South Australia (for this Council area), you are automatically included on the council voters roll and will receive ballot papers through the post. All election materials, including your ballot papers, are mailed directly to the postal address you provided on the electoral roll. If you have changed your name or address you will need to update your enrolment details by visiting:

<https://www.aec.gov.au/enrol/update-my-details.htm>

If you are **not** enrolled on the State electoral roll you may be eligible to register on the council supplementary roll if:

- You have been resident at your current address for at least one month; or
- You are a sole owner/occupier of rateable property; or
- You are **not** an Australian citizen but you have been a resident at your current address for at least one month; or
- You are a landlord for rateable property; or
- You are an organisation/business owner or occupier of rateable property; or

You are a group of owners or occupiers of rateable property.

If you meet one or more of the criteria, you will need to apply.

**Please note:** Under the provisions of the Local Government (Elections) Act 1999, the Council Supplementary Roll is purged from 1 January in the year of an election. If previously enrolled on the Council Supplementary Roll, you need to reapply in order to receive a voting pack for the November 2022 Local Government elections.

Enrolment **must** be completed before **5pm 29 July 2022** to be eligible to vote.

If you are unsure or would like to check on your enrolment status, ring Bernadette at the Council office on 8629 2019.

Enrolment closes on the 29 July 2022.

## Nominate

Councils are responsible for many of the services provided in your community that make it such a great place to live and work, including street lighting, footpaths, playgrounds, halls, sporting facilities, rubbish and recycling, just to name a few.

Decisions about services, programs and infrastructure are made by an elected body. Becoming a councillor or mayor means you will help shape a wide range of policies and decisions that will impact on the short and long term future of your local community. The role of councillor is both challenging and rewarding. You can influence what happens in our community by nominating for a position on Council.

Periodic elections are held every 4 years with the one happening in November 2022. Key dates are listed below.

### 2022 TIMETABLE

#### **CLOSE OF ELECTORAL ROLL**

5:00 pm, Friday 29 July 2022

#### **NOMINATIONS OPEN**

Tuesday 23 August 2022

#### **NOMINATIONS CLOSE**

12 noon, Tuesday 6 September 2022

#### **MAILOUT BALLOT MATERIAL TO ELECTORS**

Friday 14 October—Thursday 20 October 2022

#### **CLOSE OF VOTING (POLLING DAY)**

5:00 pm, Thursday 10 November 2022

#### **SCRUTINY AND COUNT**

9:00 am, Saturday 12 November 2022



## District Council of Franklin Harbour

Council has recently received notification of loud music, both day and night, coming from residential homes.

We ask that you please be mindful of your neighbours who may be elderly, ill, shift workers or just don't enjoy your type of music.

It is an offence to 'disturb the peace' and quiet of the neighbourhood and can carry serious penalties, both in expiations or fines (up to \$20,000) and police involvement.

Thank you for your consideration.



Please join  
Cowell Area School Parents and Friends  
for our annual  
**SOUP DAYS**

Soup with bread roll  
Cake  
Tea and Coffee **\$9**

FRIDAY 24th JUNE &  
FRIDAY 29th JULY  
11:30am to 2pm  
Supper Room, Cowell Institute

Enquiries to Erin on 0400 834 998  
Takeaways will be available

All proceeds go directly to Cowell Area School



# Kerb Side Recycling

First and Third Tuesday of every month

- ♦ Paper
- ♦ Newspaper
- ♦ Magazines
- ♦ Catalogues
- ♦ Cardboard
- ♦ Shredded paper (contained inside paper bag or box)
- ♦ Milk containers
- ♦ Milk containers (rinsed with lids off)
- ♦ Aluminium cans & tin
- ♦ Plastic bottles & containers (rinsed with lids off)
- ♦ Yoghurt & butter containers (rinsed with lids off)
- ♦ Pizza boxes (without food scraps)





- ♦ Packaging contaminated with food (cling wrap, aluminium foil)
- ♦ Tissues & paper towel
- ♦ Empty & dry paint cans
- ♦ CD's, video tapes or tapes
- ♦ Clothing & fabrics
- ♦ Polystyrene foam packaging
- ♦ Polystyrene foam trays & cups
- ♦ Crockery or drinking glasses
- ♦ Glass
- ♦ Broken toys
- ♦ Non-rinsed containers
- ♦ Plastic lids from jars & bottles
- ♦ Plastic bags & other soft plastics
- ♦ Food scraps & garden waste
- ♦ Nappies



### Business Opportunity in Cowell – Nel's Cafe

This well-established high turnover business in the heart of the Main Street of Cowell is for sale, and represents a terrific opportunity to work for yourself.

Be quick! For more info call Jenel on: 0407 042 978



### RED CROSS

*Telecross (or Telephone Support) - a telephone support program that involves amazing Red Cross volunteers calling vulnerable community members to make sure they are safe and to have a good chat. This happens every morning, of everyday throughout the year!*

*Even Christmas!*

*If you are concerned about yourself, a family member or friend and you believe that a phone call in the morning would ease your mind or make sure your family member or friend is safe please call our office on 08 6557 1250 and we'd love to support you through this program.*

## Contact details & Elected Members

**Mayor RJ Walsh**

0429 862 922

walsh@franklinharbour.sa.gov.au

**Cr. S Franklin**

0427 296 001

franklin@franklinharbour.sa.gov.au

**Cr. TP Rehn**

0428 292 239

rehn@franklinharbour.sa.gov.au

**CONTACT DETAILS**

P 08 8629 2019

council@franklinharbour.sa.gov.au

www.franklinharbour.sa.gov.au

**Cr. DM Wagner**

0428 618 175

wagner@franklinharbour.sa.gov.au

**Cr. AG Giles**

0428 855 909

ggiles@franklinharbour.sa.gov.au

**Cr. RL Deer**

0427 005 720

deer@franklinharbour.sa.gov.au

**Emergency / Out of Hours**

0428 292 019

# Community News

## LIBRARY NEWS

### Library opening hours

#### Tuesday to Thursday

8.30am – 12.30pm

2.00pm – 4.00pm

#### Monday & Friday

Call & Collect available  
only

### Library policies

The South Australian Public Library Network has recently updated its **Privacy Statement** and **Acceptable Use Policy**. These updated documents will be in effect from 1<sup>st</sup> June 2022 and available for viewing in the library or to view online, visit [www.libraries.sa.gov.au/update2022](http://www.libraries.sa.gov.au/update2022)

### School Magazines/ Year Books

We would love to add to our collection any school magazines/ year books prior to 1990. If you have any at home that you don't know what to do with, please think about donating them to our collection.

### Home Delivery Schedule

We are now implementing a regular home delivery day, which will be the last Thursday of every month. If you are located in the township and would like to receive a delivery, whether it be particular titles or a bag of mixed titles please let us know, we are more than happy to deliver. If you can't get in to pick up your hold, we can drop that off too.



### Dr Joy O'Hazy

Please be advised that Dr Joy O'Hazy a Women's Health Practitioner will be conducting appointments at the Cowell Medical Practice once a month on the following dates: 29th June. Please contact the surgery on (08) 8629 2504 for an appointment.

### Feel Like Trying Your Hand in a Game of Cards?

Every Monday & Wednesday from 12:45pm to 4pm  
Cowell Uniting Church Hall located in Second Street  
Cost: \$2.00 with afternoon tea provided  
Card Games Include  
Bridge, Hand & Foot and many more  
For further information please contact :  
Angie Turner on 0429 150 545



### Being Digital

A big thank you to those members who attended our My Gov & Covid Vaccination session. Thank you for trusting in us to help and for your patience with completing the session. Our upcoming sessions are below and must be booked, so please either email us on [cowell.library@libraries.sa.gov.au](mailto:cowell.library@libraries.sa.gov.au) or phone on 8629 2320 to guarantee your spot.

Places are limited. **Upcoming Sessions:**

Thurs 23 June @ 10.30am – 12pm: Protecting your identity

Thurs 30 June @ 2pm – 3pm: Digital drop in

Thurs 7 July @ 10.30am – 12pm: Getting to know your device

*Digital drop in sessions are not on any particular subject, if you have a query or would like to learn more about something come and see us and we'll do our best to help.*

### Magazines

We are revamping our magazines for loan and have decided to add some more to our collection. Starting next month, we'll be adding Money, Graziher, On the Road, Australian Traveller and Wartime magazines. Unfortunately, we will no longer be subscribing to Australian Woodsmith magazine, although editions are still available as an eMagazine through Libby. Regretfully Family Circle has ceased publication so their magazines are no longer available at the library.

### Bookchat & cuppa group

Our next meeting is in the library on: **Tuesday 28<sup>th</sup> June at 2pm.**

### Events Calendar

If you have an event or meeting that is open to the public please notify Council and we will promote it in our dates to remember and on the Council website events calendar.



### Community News

If you would like something put on the community news page, please let the Council Office know via email to [council@franklinharbour.sa.gov.au](mailto:council@franklinharbour.sa.gov.au) or in person by the 2nd Friday of each month. Topics can include (but not limited to) sports results, births, deaths, special birthdays and good news stories.

### Cowell Refuse REMINDER

Just a friendly reminder that the Opening hours for the Cowell Refuse site will be **Monday, Wednesday & Friday 2pm to 4pm & Sunday 10am to 12 noon.**



## Cowell Country Fire Service—Membership

Cowell Fire Service is calling on residents to take on a new challenge and become a fire fighter. Without the Cowell Fire Service volunteers, rural communities like Cowell wouldn't have additional support for emergency and non-emergency callouts within the community and would rely on neighbouring communities to respond. Looking for local adults to support the community and the Fire team to ensure a reliable service is provided to the Cowell area. Training is provided and will adjust to your working schedule.

To find out more about becoming a fire fighter please contact Larry Young 0427 292 532 or June young on 0427 292 354



# WELLBEING TOOLKIT

### Wellbeing is more than being physically well

The World Health Organisation (WHO) defines health as 'a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity'. Wellbeing, and particularly **psychosocial wellbeing**, can be similarly defined as going beyond the lack of illness. The influential factors contributing to psychosocial wellbeing constantly change, are culturally defined and result in an ever-changing experience of psychosocial wellbeing.

### What is stress?

Stress is the body's natural way of getting the energy to work outside our normal comfort zone. Stress is often described as a feeling of being overloaded, wound up tight, tense and worried. We all experience stress at times. It can sometimes help to motivate us to get a task finished, or perform well. But stress can also be harmful. The longer we are under stress, the more tension we store in our mind and body<sup>2</sup>. Stress can interfere with our ability to get on with daily life and affects our physical and psychosocial wellbeing<sup>3</sup>. Being under stress for any length of time leads to typical reactions.

The general symptoms of stress are described below:

**Physical:** Dizzy, sweating, pale, trembling, palpitations, jumpy, nausea, diarrhoea, headache or other aches or pains, loss of appetite, increased desire for stimulants sugar, alcohol, tobacco, coffee. Bodily tension, fatigue and tightness in muscles. Weak feelings, tiredness, loss of energy and enthusiasm. Sleepy but cannot sleep, disturbed sleep, dreams and nightmares.

**Behavioural:** Apathy, restless, "black" humour, sleep disturbance, increased alcohol, tobacco, caffeine, changed behavioural patterns or habits (exercise, eating, sex) slurred or confused speech.

**Mental:** Poor memory, organisation, planning, decision making. Can't concentrate or remember details, low attention span. Confusion, misunderstanding. Forget names, lose track of thoughts. Trouble thinking clearly. Can't stop thinking about the worries all the time. Keep thinking about bad times in the past. Not speaking clearly, slurring words.

**Emotional:** Excitement, high spirits, cynicism, frustration, depression, vulnerable, suspiciousness. Inappropriate emotions e.g. Laughter, jokes. Feel detached from things, don't care anymore. Irritable, bad tempered, impatient and restless, unable to relax or keep still. Feeling overwhelmed, everything seems too hard or difficult. Tearful at times for no reason. Easily upset or hurt, oversensitive to what other do and say. Insecure and wanting to stay in familiar places with routines. Feeling very emotional, waves of anger or worry that are not reasonable.

**Social:** Excessive talking about the event or need of support, distrust, misunderstandings and conflict in close personal relationships. Feel others are to blame and get things all out of proportion. Can't feel happiness, enjoyment or affection for loved ones. Changed relationships with those close to you. Don't want to be with family or friends or always need to be around them. Have to talk about it all the time. Feel that others don't understand or don't seem to care.

**Existential/Spiritual Disillusionment:** Loss of interest, wonder what the point of it all, question values and philosophy of life, cynicism. Moody, gloomy, feeling sad and hopeless as though it will never end.

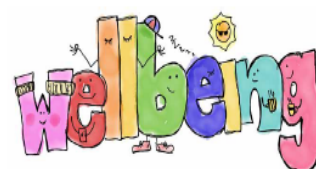
### The best way to combat stress is pleasure and leisure

Stress does not resolve spontaneously. Even with rest, it tends to perpetuate itself unless deliberate steps are taken to break the sequence of reactions that maintain it<sup>4</sup>. There are plenty of things that anyone can do which will help to break the stress cycle and reduce tension. Many simple pleasures will make a big difference to stress. **Enjoyment is the best antidote to stress.**

Looking after yourself is very important. This can be enhanced by social support, self awareness, self care, and connection to something larger than self.

Some tips for self care include:

- **Get good rest.** Sleep provides more energy, clearer thinking and helps you feel less overwhelmed.
- **Watch your diet and physical health.** Manage your intake of caffeine, alcohol, drugs, medication and take regular exercise.
- **Look after your relationships.** Communicate with people close to you. Lean on them if you need to. Accept or ask for their support if it helps you
- **Do things that make you happy.** As much as possible, take part in activities and interests that make you feel good
- **Stay connected with others.** Eg. workmates, neighbours, and other groups. Don't become isolated, as an individual or as a family<sup>5</sup>.



Building resilient businesses that tap into their strengths and support systems to overcome farming adversity and challenges.



Do you operate a South Australian grain or livestock business?  
Do you want to learn how to manage and adapt to risk?  
Do you want to improve your business' economic, environmental and social resilience?

Get subsidised access to leading advisers who will deliver both on-farm support and group workshop learning to prepare you and your business to bounce back in the face of adverse climate and other challenges through the new AgRi-Silience program, a joint project between Livestock SA and Grain Producers SA.

Participants will finish the program with a **Resilience Roadmap**, which will help you build resilience and boost productivity, profitability and sustainability over the long-term.

Local facilitators will deliver facilitated learning, expert guidance and coaching, along with the support of subject matter experts with specialist skills in strategic farm business management and planning, farm risk management and decision making, natural resource management and personal and social resilience.

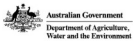
You will get one-on-one support from subject matter experts to help boost your business' resilience.

Each participating business is required to contribute \$500 (ex. GST) and, where there is a genuine need, may be able to access reimbursement for travel and childcare costs from PIRSA.

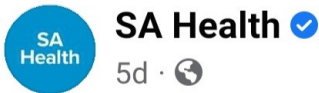
#### AGRI-SILIENCE WILL HELP YOU AND YOUR STAFF:

- Improve your financial literacy and, in the process, learn new ways to build the financial viability of your business.
- Become more confident in decision-making by conducting risk assessments.
- Learn new skills and techniques to build your own personal resilience.
- Become high-performing contributors regarding decision making and operations.

Apply now: [bit.ly/Livestock-Agri-Silience](https://bit.ly/Livestock-Agri-Silience)



This project is part of the Farm Business Resilience Program and is jointly funded through the Australian Government's Future Drought Fund and the Government of South Australia. Delivered by Livestock SA and Grain Producers SA.



New Rapid Antigen Test (RAT) Collection Points have opened across regional South Australia.

If you are a close contact, you can access a kit of two free rapid antigen tests from a RAT Collection Point.

#### ■ Cowell

The Cowell RAT Collection Point is located at Cowell Hospital and is integrated with the Cowell Hospital COVID-19 PCR testing site.

2.30pm to 3.30pm Monday to Friday and 2.00pm to 2.30pm Saturday, Sunday and Public Holidays

Drive-in

# MODERNA Vaccinations now available at Cowell Pharmacy

Moderna vaccines are available for those 12 years old and above. Vaccinations are by appointment only, so please reserve your slot by talking to staff or calling the pharmacy

FOR INQUIRIES,  
CALL US ON  
**8629 2064**



You must register on the SA Health website to collect your kit: [www.sahealth.sa.gov.au/COVIDRapidAntigenTesting](https://www.sahealth.sa.gov.au/COVIDRapidAntigenTesting)

## RAPID ANTIGEN TEST COLLECTION POINT

### New Collection Points

**CLEVE  
COWELL  
ELLISTON  
KINGSTON SE  
MAITLAND  
WUDINNA**

## SUNDAY SCHOOL AND CHURCH

In the early years of settlement in the Coolanie area, Church services were held in private homes. I believe the home of John and Mary Story was used very often as it was in a fairly central position. After a couple of years the people of this region decided to build a Sunday school. The site chosen was on William Jacob's property. This Sunday school was built by the residents and they named it "The Coolanie Wesleyan Sunday School and band of hope". This building was ready for occupation in 1885, later to be used by the Education department in 1892 until 1915. In 1906 it was to be known as the Coolanie Methodist Sunday School.

Three years later the residents decided to erect a new church. Of course matters of this nature caused some division initially but finally it was decided to build the new Church on John Story's land, I feel sure the section was part of 77. When the Church foundation was laid, Grandma Mary laid the foundation stone on the 9th February 1909. We had a Sunday School prize of Dad's—a book—which was presented to him when he was 20 years of age. Unfortunately I cannot find this book now but when I last saw it the condition of the book was excellent.

In our home at Poodra there was an old organ complete with music. When families went visiting on Sundays it was usual to devote time to singing hymns. There were no musicians in our family so this organ was a family instrument that has a permanent home in a corner of our house. Oliver and Bub (Ivy) started learning music from Mrs. Westgarth; her husband was the Headmaster of the Cowell school. Eventually the organ was traded in on a piano to aid the girls with music studies.

At a meeting held on the 2nd August 1885, officers were appointed to the first Coolanie Wesleyan Sunday School and Band of Hope, under the direction of a superintendent and assistant teachers. On the 5th January 1892 an application was received by the Department of lands from Mr. William Jacobs, on behalf of the residents of Miltalie for two acres of his lease to be made available as a site for a day school and other public purposes. Approval was granted by the commissioner of Crown Lands for two acres of miscellaneous Lease 3443. the purchase price being L 1.4.0 (\$2.80). The site was surveyed on 5th July 1892, and the parcel of land was granted in the name of William Jacobs, G. Mildwaters, J. Story, R. Hornhardt and A Venning as trustees on 19th August 1892. (William Jacobs (Poodra), G. Mildwaters (R. Story's), J Story (Coolanie), R. Hornhardt (Brines), A Venning (Dean Jacobs). This school was closed as Miltalie No. 1 in 1915.

Trust minutes of August 1907, a strong movement was evident for a new building should be erected on this present site, but there was a great deal of opposition to this proposal. The site preferred was at Brines corner (situated near the gap). Twelve voted for this proposition and eight against. A subscription list was presented to the meeting a total of L 21.0.0 (\$42.00) was promised and was considered insufficient by those present. At a meeting held on August 23rd 1907, there were two men appointed to canvas the district, they were Mr. W. Smith and Mr. Francis Jacobs.

At a meeting held at the Miltalie School (School Hill) the subscription lists were presented, the largest amount was L 116.0.0 (\$232.00) in favour for the site on which this church stands today. The following persons were elected to act as Trustees with the power to add to this number. They were Messrs. M Searle, S. Jacobs, J. P. Story, and W. E. Hier. Later four more were added. They were William Jacobs (junior), Francis Jacobs, W. G. Smith and J. W. Atkinson.

The tender for the erection of the Church was let to Mr. D. Mundy; he would complete the building funding his own labour for the sun of L 95.0.0 (\$190.00). On completion Mr. Mundy sent his account to the trust for L 112.0.0 (\$224.00). He was not paid until all details of the account were investigated, eventually the amount was paid.

Building material was carted to the site by various members of the community. Mrs. W. Jacobs was recommended to lay the foundation stone. The Coolanie Church Trustees agreed that the eastern side of the Church be used as a day school. This was opened in 1922 and closed in the 1940's, when children of school ages were transported to the Cowell School.

# NEWSLETTER



## DATES TO REMEMBER

### DISTRICT COUNCIL OF FRANKLIN HARBOUR COUNCIL MEETING

Wednesday 13th July 2022 @ 1:00pm in Council Chambers

## Camping Around Franklin Harbour

Did you know that camping areas are provided in the following areas within the Franklin Harbour:

The RV Park, Beach Access Sites on Beach Road, Port Gibbon , Lucky Bay and Ulbana Weir (Payne's Weir)

All campers must have self contained toilet facilities except where toilet facilities are provided.

Permits are required to camp within the Port Gibbon & Lucky Bay area for \$15 per night per vehicle or \$75 per week per vehicle with a maximum stay of 14 days. These can be purchased at the allocated pay stations at the locations listed as well as the Council Office, Cowell Hardware, Cowell Roadhouse.

Permits are required at all other camp sites including Ulbana Weir, RV Park and accesses along Beach Road for \$10 per night per vehicle or \$50 per week per vehicle with a maximum stay of 14 days.

Local Residents and Rate Payers are able to camp at no cost.