

THE FRANKLIN TIDE

Cowell & District Community News

LAUGHTER, CONNECTION AND HONEST CONVERSATIONS: MEN'S MENTAL HEALTH EVENING WITH MARC RYAN

The Commercial Hotel was filled with laughter, conversation and plenty of schnitzel on 'R U OK?' Day last month. Around 70 community members came together for a special Men's Mental Health Evening featuring Marc Ryan, better known as 'The Beautiful Bogan'.

With tables filled throughout the Commercial Hotel, the evening brought together a variety of people, creating a relaxed and welcoming atmosphere where everyone could share in an important conversation about mental health. Marc Ryan had the room captivated from the moment he began sharing his stories. With his trademark humour, honesty and passion, Marc had the audience in hysterics at times, proving that conversations about mental health don't always have to be heavy or uncomfortable.



Marc Ryan

Behind the laughs, however, was a deeply personal and powerful message. Drawing on his own lived experience with mental health, Marc shared anecdotal stories that reminded everyone in the room that life can be challenging, that people often carry struggles that aren't always noticed, and that speaking up and checking in with those around us can make a real difference.

The evening struck a wonderful balance between comedy and meaningful conversation. There was plenty of laughter around the tables, but also moments of reflection as Marc encouraged everyone to look out for one another and consider how they could help when someone might be struggling. Sometimes helping doesn't mean having the right words, finding a solution or trying to fix someone's problems. It might simply mean sitting beside someone, listening without judgement, offering a hug or letting them know that you're there for them.



L - R: Maria Papillo, Nicole Turner, Amy Norris, Marc Ryan, Stacey Franklin and Isiah Tape

MENTAL HEALTH NIGHT CONT.

The evening was made possible through a grant from Preventive Health SA and was a collaboration between the Commercial Hotel, Franklin Harbour Council and Cowell Library. Bringing the community together over dinner created an informal setting where people could connect, listen and enjoy each other's company while also taking away an important message about mental health. It was a night that demonstrated the power of community and that sometimes, a little laughter can open the door to some very important conversations.

A big thank you to Marc Ryan for sharing his humour, honesty and lived experience, and to everyone who came along and helped make the evening such a memorable and meaningful event. Remember sometimes you don't need to have the answers, you just need to be there.

While living on the Eyre Peninsula may feel isolating at times, help is available. West Coast Youth and Community Support and Mentally Fit EP are a wealth of knowledge and have provided a contact list. For more information, see their website or Facebook page. <https://www.wcycs.com.au/mentally-fit-ep>



Marc gets two thumbs up from Janell, Kate and Rick.



A great turnout at the Commercial Hotel

All Hours Help



Police, Fire, Ambulance - 000

For immediate assistance with any medical or mental health emergency or in any situation where you are not feeling safe.

Mental Health Triage - 131 465

Immediate clinical support for people having a mental health emergency. They may provide assessment over the phone or in your home and they can arrange follow-up support.

Lifeline - 131 114 || Text - 0477 13 11 14

A confidential service where you remain anonymous. An online crisis chat option also exists, for those who prefer this option.

Kids Helpline - 1800 551 800

Australia's only free, private and confidential phone and online counselling service for young people aged 5 to 25.

Men's Line - 1300 789 978

Phone, online or video counselling service for men with emotional health or relationship concerns.

Suicide Call Back Service - 1300 659 467

Phone, online or video counselling service for people affected by suicide.

Beyond Blue - 1300 224 636

Trained mental health professionals via phone or online chat who listen, provide information and advice, and point you in the right direction so you can seek further support.

Family Drug Support - 1300 368 186

Their goals are to help families of alcohol and other drug users become more resilient, gain coping skills and survive their journey intact.

Stand By - Support after Suicide - 0438 728 644

Contactable anytime to arrange free telephone or face-to-face support, at a time and place that is best for you. Follow up calls are continued for up to 12 months.

Open Arms - Veterans & Families Counselling - 1800 011 046

A free and confidential nationwide counselling and support service for members of the serving and ex-serving community, and their families.

1800 RESPECT - 1800 737 732

Support for people experiencing, or at risk of experiencing, sexual assault, domestic or family violence. Also support for friends and family, workers and professionals supporting someone experiencing, or at risk of experiencing sexual assault, domestic or family violence.

I3YARN - 13 92 76

If you, or someone you know, are feeling worried or no good, we encourage you to connect with I3YARN and talk with an Aboriginal or Torres Strait Islander Crisis Supporter.

Additional Supports

Butterfly Foundation - 1800 334 673

(*7:30am - 11:30pm every day) Whether you need support for yourself or someone you care about, you can chat if you are concerned about eating disorders or body image issues.

PANDA - 1300 726 306

(*Monday to Friday: 8:30am - 7:00pm & Saturday: 8:30am - 3:30pm)

PANDA - Perinatal Anxiety & Depression Australia - supports the mental health of parents and families during pregnancy and in their first year of parenthood.

QLife (LGBTIQ+ Service) - 1800 184 527 (*3pm-Midnight every day)

Free telephone and webchat support, delivered by trained LGBTIQ+ community members across the country. Their services are for LGBTIQ+ individuals, their friends and families.

Someone.health - www.someone.health

Offer bulk-billed, online psychologists who can help with many areas of mental health.

Remote Therapy - www.remotetherapy.com.au

Offer bulk-billed telehealth psychology appointments. Weekend and after hours appointments to suit any schedule, and all ages from 5-65+.

A WORD FROM THE MAYOR

As I type this today we have strong northerly winds pushing across the state, putting farmers on edge. It is a timely reminder to everyone that it is nearly the time of the year where we see an increase in trucks around our council area. Please take care when driving always but especially over these busy periods.

It also gives the community a chance to tidy their patch. By keeping the grass down and removing flammable products from around your home, you can give yourself a much better chance at getting through the bushfire season safely. It really is insurance money can't buy and it makes the district look wonderful. Fire danger season commences on October 15th. From this date forward there will be **NO FIRES PERMITTED**.

The proposed Wellness/Medical Centre plans for the old SA Water site have got the town buzzing BUT this project can only progress should an appropriate grant become available. By progressing to planning approval we will be eligible to apply for grants.

The annual Senior Citizens Christmas lunch is not far away. To be invited names must be into the council office NOW! If you or someone you know is over 65 and would like to go, call the office. The lunch will be held on the 4/12/26 at the Institute. The wonderful Parents and Friends committee are again catering and they always do a fabulous job.

Many thanks to Michelle Curtis who has installed the new PA system in the Institute. We are hoping it will provide a clearer and reliable sound for all that use the building.

Lastly, I wonder if anyone reading this has considered standing for Council? Nominations will be open in the new year and elections will be held in April. You could enjoy the experience and find it worthwhile to represent your community. Please feel free to discuss with any of the councillors listed below.

Mayor Rachel Deer.





Grain For Good T-Ports



Donations to the Ruston
Proctor Steam Tractor

Growers can nominate the
Franklin Harbour Agricultural
Museum to receive the T-Ports
Grain for Good Donation

Contact Details for Elected Members

Mayor. RL Deer - 0427 005 720
deer@franklinharbour.sa.gov.au

Cr. SM Chase - 0429 704 600
chase@franklinharbour.sa.gov.au

Cr. K Baum - 0418 488 731
baum@franklinharbour.sa.gov.au

Cr. TP Rehn - 0428 292 239
rehn@franklinharbour.sa.gov.au

Cr. RJ Norris - 0401 282 457
norris@franklinharbour.sa.gov.au

2027 COUNCIL ELECTION DATES

MON 4/1	Close of Rolls 5:00 pm Monday 4 January 2027	▼
TUES 26/1	Nominations Open Tuesday 26 January 2027	▼
TUES 9/2	Nominations Close 12:00 noon Tuesday 9 February 2027	▼
THURS 11/3	Ballot Packs Mail-Out Period From Thursday 11 - Wednesday 17 March 2027	▼
WED 7/4	Voting Close (Polling Day) 5:00 pm Wednesday 7 April 2027	▼

JAN & ALLAN ZERNA - LIFE ON THE FARM AND THE ROAD TO COWELL

Welcome to Community Spotlight Allan and Jan Zerna, long time farmers and community members of Cowell.

Can you firstly tell us of your journey to Cowell and the start of your farming venture?

Jan (nee Mills) was born in Whyalla and as a youngster attended the Iron Baron School up to Year 7. There were 8 students when she started and that had grown to 40 when she left to attend high school at the Whyalla Technical High School as it was known back then. As a young adult, Jan worked at the National Bank in Whyalla.



Allan was born at the Cowell Hospital. His father's family came to the area in around 1910, and his mother was a Franklin whose family arrived here in 1900. Allan spent his early years at "Warryappa" farm and did Year 1 by correspondence school, then off to Cowell School for grades 2 to 7, then on to Whyalla Technical High School. When Allan finished high school in 1964, he did 3 years as a mechanical engineer cadet, but reckoned there was more to life so he headed off surfing in QLD, NSW and Tassie. Following the surfing journey, he came back to Cowell in 1969 and worked on his Uncle Bill Franklin's farm.

Jan and Allan met in a crowded, smoky, noisy disco at Whyalla's Gowrie Hotel, and married in 1972 (a drought year). They lived in Cowell for a short period before heading to travel through South Africa and Europe for 1974 and 1975. When they returned from their worldly journey, they lived in Lucky Bay, then "Hideaway" and continued to work for Uncle Bill. Allan and Jan bought their own farm "Janalla", which they moved into in 1985 with their 3 daughters.

What is it about Franklin Harbour and Cowell that you love most?

Both Allan and Jan love the generally mild climate (except when it's a drought), the small town friendliness, the easy-going lifestyle and living between the sea and the bush.

You are both deeply involved in the Cowell community, tell us what you are most proud of in terms of your contributions?

Jan reflects on her ongoing contributions and volunteer work but says her 20 years as a Red Cross volunteer driver would have to take top pride spot. Jan continues to volunteer with Meals on Wheels, (with Allan as the driver) and at the Uniting Church Op Shop. Allan is a Life Member with Apex and has made significant contributions to the Cowell Lions Club, the Farmers Federation, the Ag Bureau, the District Council of Franklin Harbour, the Franklin Harbour Community Development Group, the Cowell Amateur Arts Society and the Cricket and Basketball clubs. Allan was bestowed the District Council of Franklin Harbour Citizen of the Year Award in 2019.

Do you have any upcoming travels now that the farm chapter is nearly done and dusted?

Jan and Allan have travelled a fair bit over the past 12 years, and intend to do plenty into the future, including Southwest WA, and grandkid visits to Tassie, Brisbane and Adelaide.

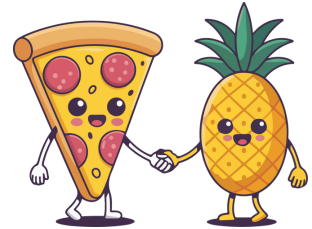
It seems the time is now to make your transition from the farm life to being townies, how are you feeling about the move?

Allan is most looking forward to no longer having to worry about sheep getting into the wrong paddock, but he's not looking forward to the 42 years of accumulated treasures that need to be either downsized or disposed of. Jan has mixed feelings, part of her wants to stay and part wants to make the move. Jan definitely wasn't moving until she her enjoyed her last winter wood fires.

Serious question, DOES PINEAPPLE BELONG ON PIZZA?

Jan – definitely NOT!!

Allan – Doesn't worry me, whatever floats your boat. Jan makes the pizza and won't ever put pineapple on them, so I guess I just go with the flow.



YOUTH SPOTLIGHT - CONNOR BOCK FOODLAND'S APPRENTICE BUTCHER

What made you want to become an apprentice butcher?

I became an apprentice butcher because I was searching for full-time work. The opportunity presented itself at the place I was already working, so I felt comfortable putting my name down.

What's your comfort level with all the knives, saws and other equipment used in butchery work?

At first I was nervous around all the gear, but a few months in, I'm more comfortable with almost anything. I'm confident that I'm careful enough, even without the glove, I won't cut myself.



What has been your most interesting learning so far?

The most interesting thing to learn was the process of breaking down a whole lamb. It's intricate and challenging work, which makes it really satisfying to get right.

Have you learnt lots about food safety and cross contamination issues?

There wasn't too much to learn about food safety and cross-contamination other than what was already obvious to me going in. For example, keeping the flies away from the workspace, don't use the same equipment for raw chicken and red meat, etc.

Have you ever broken down a whole animal (or watched how it is done)?

Just recently, within the last week of writing this, I've fully broken down my first whole lamb. I have been capable of taking off the legs for some time now, but the rest of the lamb gets broken down on a bandsaw, which I wasn't really ready to do until now.

Where do you see yourself in 5 years?

In five years, I'll be finished my apprenticeship and hopefully skilled enough to compare to my trainer. I hope at some point to experience working in an independent butcher shop rather than a retail butcher shop as well.

DK Mechanical Cowell



About Us

DK Mechanical Cowell is a family owned business based in Cowell S.A supporting the Eyre Peninsula & Mid North. Dual traded as both an Automotive and Agricultural mechanic with over 15 years of experience across multiple industries. Carrying out remote repairs on Agricultural, Machinery, Cars, Small Engines, Trailers/ Caravans & 4x4 accessory installations



Our Mission

We prioritize a client-centric approach, customizing our services to align with our customers needs to deliver expert service with high quality repairs to keep you moving with peace of mind.



Why Choose Us?

At DK Mechanical whether you need repairs or preventative maintenance - it's "not just a job". We pride ourselves on offering the highest quality service at affordable prices, as a local - family owned and operated business we aim to build lasting relationships with our customers.

• Automotive & Agricultural

Service & Repair

- Automotive logbook servicing
- Suspension, Brakes & Exhaust repairs
- Tractor & Harvester inspections, servicing & repairs

• Small Engine Service & Repair

- Grain Augers
- Lawn Mowers
- Generators
- Chainsaws

• Mobile Mechanic

- With our field service unit we are fully equipped to come to you for your convenience.

• After Hours Service

- Ran in to trouble but no one's open? We provide an after hours service to keep down time to a minimum

• Needing Parts?

- With our large range of suppliers we can assist you with the very best in after market parts



0400 071 628



DK Mechanical Cowell



10 Warnes Street Cowell S.A 5602

AGM NOTICE

Franklin Harbour Community Development Group invite you to their AGM, to be held at the Cowell Lions Shed on Wednesday 21st October. The meeting will commence at 6:30pm.

Everyone welcome.



LIONS CLUB OF COWELL SUNDAY MARKETS



THE COWELL LIONS MARKETS RETURN ON SUNDAY, 4 OCTOBER, AND WE'D LOVE TO SEE PLENTY OF LOCALS AND VISITORS COME ALONG!

- ENJOY A CUPPA
- CATCH UP WITH FRIENDS
- BROWSE THE STALLS
- SUPPORT OUR LOCAL COMMUNITY

STALLHOLDERS WANTED!

GOT HOMEMADE GOODIES, CRAFTS, PLANTS, PRODUCE, GIFTS OR SOMETHING A LITTLE DIFFERENT? WE'D LOVE TO HAVE YOU JOIN US!

STALLHOLDER INFORMATION

- STALLS - \$10
- GAZEBO HIRE - \$15
- SET-UP FROM 7.30AM
- MARKETS 9AM-1PM

BOOKINGS & ENQUIRIES:

MARKET MANAGER ZORB - 0427 292 088

COME ALONG, SUPPORT YOUR COMMUNITY AND HELP MAKE THE COWELL LIONS MARKETS A GREAT PLACE TO SHOP, CATCH UP AND ENJOY A RELAXED SUNDAY MORNING TOGETHER!

MARKET DATES

4 OCTOBER 2026
1 NOVEMBER 2026
6 DECEMBER 2026
3 JANUARY 2027
7 FEBRUARY 2027
7 MARCH 2027
4 APRIL 2027

Got something to sell or advertise?

Did you know that you can advertise your garage sale or your items for sale in our newsletter?



Visit Cowell School Community Library to place your ad.



Come and join us

Cowell Singers



Do you love to sing? Want to be part of a fun and welcoming community? Come add your voice to our choir!

Starting
Monday October 12th
1:30pm

Cowell Lutheran Hall

For more information contact
Michelle 0428856604

Help spot H5 bird flu



AVOID

Avoid contact with sick or dead birds and wildlife. Keep pets away.



RECORD

Record what you see. Take photos or video if you can.



REPORT

Report it to the Emergency Animal Disease Hotline.

1800 675 888



Government of
South Australia

Find out more at
birdflu.sa.gov.au



This month Cowell Hospital Auxiliary are celebrating 80 years. With such an amazing milestone it seems timely to share their history and fundraising efforts within our community.



History & Fundraising Activities

The main aim of the Hospital Auxiliary is to purchase goods and equipment for the hospital and hostel to ensure patient comfort. When the Auxiliary was formed in 1946, it is reported in the Franklin Harbour Centenary book many forms of fundraising included afternoon teas in the Main Street tea rooms and at football matches. As well as hospital balls, wedding catering, card tournaments, pet shows, trading tables, sheep dog trials and raffles. The money was used to buy linen, blankets, mattresses, pillows, crockery, bed covers, nursery equipment, curtains, small televisions, a haemoglobin machine and the part cost of an autoclave. In 1952 the Auxiliary raised money with public support to install a bell system in the hospital as a memorial to Sister Mary McFarlane, who was lost at sea on the hospital ship 'Centaur' on May 14th, 1943. A memorial plaque was later placed in the hospital foyer in memory of Sister McFarlane.

Over the years the Auxiliary has done many forms of fundraising such as;

Bed Push - Arno Bay to Cowell where staff and others collected donations along the way.

Hospital Fetes - These were huge days, which involved staff and community members, with many types of stalls, fashion parades, fun things to do for kids, and Apex train. The staff were busy beforehand making crafty things, pastry cook-ups, jams and preserves, all done in the hospital kitchen. The Auxiliary always did a Devonshire afternoon tea from the Nurses' Home, which is now Allied Health rooms. Besides steak sandwiches and sausages, fish and chips were cooked in Don Kolosche's 'famous cooking van'. Doctor Thompson was always a celebrity in one form or another, and thousands of dollars were made from these days.



Bed Push 1989 L-R: Di Hanson, Leanne Kolosche, Linda O'Goerk, Meryl Schultz

Melbourne Cup Luncheons - Held at different venues being Marg McFarlane's garden on the Esplanade, Pat Kaden's garden (extremely hot week with Dudley saw water at all hours!), Sports Complex and then the last few at the Franklin Harbour Hotel as guests required a TAB.

Garden Parties - Always held in Glenys Kolosche's beautiful garden on Kimba Road. These were huge days with much preparation but a lot of fun was had by all including Long Stay patients such as Thora Stocker who made a 'grand entrance' when her wheelchair got away! These days were always very well supported by older members of the community.



Other forms of fundraising were clearing sales, hospital balls and even a Car Trial. Many hours went into the planning of the Car Trial route beforehand, getting participants and workers on the day, manning checkpoints, prizes for the winners and finishing with a barbeque.

It was great to see how the Staff, Hospital Board and Auxiliary all worked together to make these events successful. The last few years, money raised has been through Catering, thus we encourage younger members of the Community to join. Social visits have been to Port Neill museum, Iron Duke mine, Workshop 26 at Kimba, Whyalla One Steel and Ship and locally Eyre Hatchery.

Purchases – over the years have included smaller items such as Pentaflex mattresses, television sets, urns, barbeques, blood donor chairs etc. Larger donations of Hospital equipment which the Health budget doesn't always cover have been:

Vertical drapes for sunroom – \$2590

Hospital pergola – \$4500

Bair Hugger full Body Blanket – \$2200

Patient Lifter – \$3800

Palliative Care Room (memory of Phyl Harris) – \$3000

Air Comfort Chair – \$2095

Arjo Maxi Lifter with scales – \$8600

Lounge chairs for patients – \$7100

Portable Shower Trolley – \$7700

Sara-Steddy's (2) Patient lifters – \$4200

Holland Blinds for Sunroom – \$5000

Advanced Training Mannequin – \$8500

Blinds for Ivy Caire Room and Hostel – \$3400

Hostel Pergola – \$4500

Blinds for Hostel Lounge – \$1400

Respiratory Support Machine – \$10,500



In the foreground - Linda Burke (Deputy, Sue Story in the patient lifter, Kim Nicolson (EO/ Don)



Since 2010 the Hospital Auxiliary has donated close to \$100,000.

We are celebrating our 80th Birthday on **Thursday 22nd October in Ivy Caire Centre at 2pm**. An invitation is extended to our community to join us for this special occasion, especially past & present members.



2012 Visit to Iron Duke



2009 Christmas Party at the Commercial Hotel

Keen to keep up to date with local news?

Email council@franklinharbour.sa.gov.au to receive your community newsletter by email each month.



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Tyres**

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HOURS OF OPERATION

CREATIVE ART: MONDAYS 10am to 2pm

MOSAICS: TUESDAY NIGHTS 6-8pm

OPEN SAT & SUN: 10am to 2pm

DONATION:

\$20.00 DAYTIME

\$30.00 NIGHTS & WEEKENDS

TYPES OF ART

PAINTING, SCULPTURE, MOSAICS
STENCILING, MANDALA ART, FLUID ART,
GOURD ART.

ALL ART MATERIALS ARE PROVIDED!!

INCLUDING, PAINTS, ACRYLICS,
WATERCOLOURS, MEDIUMS, AIR-DRY CLAY,
COLLAGE SCULPTURE, CHARCOALS,
PASTELS, PENCILS, MOSAIC TILES ETC.



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Masseuse - Kayleen Turnbull

REMEDIAL & RELAXING MASSAGE

Are you experiencing any of the following:

- Persistent shoulder, back, neck, legs, arms or headache pain and discomfort.
- Muscular issues from pre-existing work/sport/injuries.

Regular treatment will relieve and improve joint flexibility, muscular pain and increase circulation. If you fit into any of these areas, call & make an appointment by phoning 0427 020 299.

Supporting the community since 1995.

Health fund claimable & gift vouchers available.



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Government of South Australia
Office for Recreation, Sport and Racing

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OVER 60 YEARS OF FUN FILLED WATER SAFETY EDUCATION
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Boneseed control update

In September, our Landscape Officers carried out Boneseed control and drone surveying along 6 km of roadsides and priority sites, including Range Rd and Cowell-Mangalo Rd.

After consistent seasonal control of the priority sites, we found and treated 50 Boneseed plants, less than previous years, indicating eradication is close.

We encourage landholders to keep an eye out for Boneseed on their own properties and get in touch with us for advice if they spot any.

Boxthorn and Gazania control update

During August and September, our contractors undertook African boxthorn control on more than 85 km of roadsides, including the Lincoln Hwy, Birdseye Hwy, Cowell-Kimba Rd, Franklin Rd and Malleehen Rd.

More than 3000 Boxthorns were treated, marking the end of the optimal season to treat Boxthorn, as it can become less active and dormant during warmer months, especially summer. Additionally, almost 30 m² patches of Gazania were treated, as they were found opportunistically in the same area.

Watch for Khaki weed and Summer Grasses

With the recent warmer days, summer-active weeds like Khaki weed and invasive grasses like Buffel grass, African love grass, and Fountain grass can take advantage of the conditions and start seeding early.

We encourage the community to stay alert and control any early outbreaks on private properties ahead of the arrival of the summer season.



Figure 1: Khaki weed



Figure 2: Guy Nelson, new Whyalla-based Landscape officer



Figure 3: *Dactylopius cochineal* biocontrol agent for Cacti *Opuntia* sp.

Biocontrol agent available for prickly pear cactus

This spring is the prime season to treat invasive Opuntoid Cacti species using a biocontrol agent *Dactylopius* – commonly referred to as cochineal beetle. This is known as one of the most cost-effective treatments, as it can achieve up to 60-80% eradication in just a few years, depending on the size of the infestation.

If you have a prickly pear infestation in your property, get in contact with us to register your interest in cochineal release.

New Landscape Officer Guy Nelson

The EP Landscape Board has recently added a new member to the Eastern District team, welcoming Guy Nelson as new full-time Landscape Officer based in Whyalla.

Guy brings valuable experience from the public sector in environmental management, entomology, and productive landscapes protection, which will help our team and the community address landscape priorities on the eastern Eyre Peninsula.

Heritage Agreement funding opportunity

The Native Vegetation Council announced continuity of the Heritage Agreement (HA) Grants Programs until 2030, which will support existing HA with funding to undertake on-ground works that enhance local biodiversity.

If you are a HA owner, you may be eligible to apply for grants of up to \$25,000 (medium), \$100,000 (large), or \$200,000 (multi-property). Find more on the [Heritage Agreement Grants Program webpage](#) or contact your nearest Landscape Officer.

Sharon Swan.com

Photographer specialising in portraits, nature and fine art prints. Whether it's a family photo you'll hang on the wall or a piece of Eyre Peninsula that feels like home - I'd love to help.

www.sharonswan.com

E: Sharon@sharonswan.com

Facebook: sharonswanphotography

Framed work also available at the Lunchroom Cafe



Feel like playing cards?

Join us at the Uniting Church on Mondays & Wednesdays between 12.45pm - 3.30pm.

Mon: Bridge and Hand & Foot

Wed: Hand & Foot

\$2 per session includes tea, coffee & a biscuit.

Everyone welcome including learners.



Contact Angie on
0429 150 545



YARNOHOLICS

If you're interested in yarning, knitting, crocheting or chatting about the above, come along to our craft afternoons. For more information contact Trish Chatwin through Yarnoholics of Cowell and Surrounds on Facebook.

Cowell Commercial Hotel
18th Oct, 8th Nov & 22nd Nov.
1pm - 4.30pm



Hidden Treasures Around Town

Colourful rocks and tiny statues are popping up around Cowell, tucked into unexpected places for anyone to find. It's a growing little treasure hunt and anyone can join. Paint, hide, discover, repeat.



Enjoy the chase if you dare! Spot one?

Snap a photo and share the joy on the Cowell Community - Anything goes Facebook page.



Northern Eyre Peninsula Health Alliance
Championing equitable healthcare for our region

You told us:
"Finding healthcare information shouldn't be so hard!"

We listened.

Introducing:



Your new healthcare information service



Visiting healthcare calendar



Service provider directory



Health and wellbeing news



Local events and updates



Visit nepha.com.au

Find services, visiting providers, news and updates

A regional initiative by the Northern Eyre Peninsula Health Alliance (NEPHA), representing the districts of Cleve, Cowell (Franklin Harbour), Elliston, Kimba, Streaky Bay and Wudinna.

Did you know?

You can pick up a copy of this newsletter at the Council Office, Post Office and the Library.

You can also have your Council Rates Notices emailed. Contact the Council on 8629 2019 to be added to the either email list.

Have something to share, advertise or even a story you think we should cover?

Email us at

cowellcommunitynewsletter@gmail.com and

follow us on Facebook.

From the Archives...



Opening of the Supper room, January 1962



Cowell Show day, 1961,
slide taken from the silos.

Riddle Me This

I can fill a room
without taking up any
space. ?

I can disappear the
moment you try to
catch me.

? The quieter
everything becomes,
the easier I am to
hear.

What am I?

Find the answer on page 26

B+A

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ALYCE 0437915518

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CHAIR YOGA

in COWELL

on Tuesday at 11am at the Cowell Library



COME ALONG AND GIVE IT A TRY!

This is a low impact class which can help with
mobility, strength and balance, all from the
comfort of your chair! A gentle and revitalising
class designed to be safe, enjoyable and suitable
for all levels of mobility.

\$10 per 45 minute class

Please call Lynda for info

0428 191 962

COWELL ART & CRAFT SHOP

Find us in the Institute Building
next to the Information Centre,
Main Street, Cowell.



Come in and browse our range of craft, gifts,
souvenirs, baked goods and preserves.
Proud sponsors of the RFDS.

OPENING HOURS

TUES - FRI 10am - 3.30pm

SAT - SUN 10am - 2pm

Cowell PLAYGROUP

Ages 0-5 + Parents/Carers

every Thursday morning – during the school term

9:30 – 11:30am

at the Uniting Church Hall

cost – \$5 per term/family

Now servicing Cowell & Surrounds



Plumbing and gas fitting services now
available in Cowell and surrounding areas

- Drain clearing and CCTB inspections
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- Renovations
- Leak detection
- Gas services and installations

Call 86458122 for enquiries
Alt: 0418 843 535
carlsons@internode.on.net

If you have anything you'd like to add to our
Community Calendar or newsletter, please email
us at cowellcommunitynewsletter@gmail.com

PHOTO OF THE MONTH



Mandi McFarlane captured this incredible photograph in front of Remembrance Park. Timed perfectly! Mandi also wrote how wonderful the park and foreshore looks. I have to agree, especially at this time of the day.



Got a Photo Worth Sharing?

We would love to see the moments that inspire you!

Share a favourite photo of a beautiful sunset, local wildlife, a community event, a special place, or any moment that made you smile.

Send your photo along with a few words about where it was taken and why it means something to you.

Submit it through our Facebook page or by email.

Your photo could be featured as our next Photo of the Month!

Cowell Lions Lending a Hand

The Lions Club of Cowell has been busy at a recent working bee, putting their skills to good use making **play tables for their little buddies at the Cowell Early Childhood Centre**.

The project is part of the special connection developing between Lions members and the kindy children through their buddy program.

It's another great example of generations working together and Lions supporting our youngest community members. We enjoyed our recent visit to the centre and were glad to see the tables being put to good use!



A Special Final Visit with Our Kindy Buddies

Cowell Lions members recently enjoyed their final mentoring visit with the children at the **Cowell Early Childhood Centre**, wrapping up what has been a wonderful experience for both the children and our Lions.

It was another busy morning! The children and Lions attended to the worm farm and collected some more **worm tea**, made gingerbread men, decorated cupcakes and bagged up a fresh batch of the ever-popular **Nuts & Bolts**.

With all their hard work, the market stall outside the Post Office was soon overflowing with fresh new stock ready for sale!

Perhaps the most special moment came when we heard that one of the kindy children had been particularly excited to come to kindy that Tuesday because **his Lions friends were coming to visit**. ❤️

A beautiful reminder that this mentoring program has been about much more than cooking, gardening and making things together, it's been about friendships, connection and bringing generations together in our community.

Cowell Lions Dinner Meeting

The Lions Club of Cowell recently enjoyed a seafood dinner meeting at the Lions Den, with guest speakers **Paul McIlvride, CEO of BST Oyster Supplies**, and **Ron Tremaine**.

Paul spoke about possible solutions for the future of the Cowell Boardwalk, while Ron shared his knowledge and thoughts on the future of the shellfish industry, as well as his special razorfish entrée recipe.

Kingsley entertained everyone with the Lions Song, and the evening finished on a celebratory note with a birthday cake for **Lion Jack**.

A big thank you to **Janet and her wonderful team of kitchen helpers** for preparing a delicious seafood dinner featuring razorfish and blue salmon.

It was a great evening of good food, interesting discussion and Lions fellowship.





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REMEMBRANCE DAY SERVICE

LEST WE FORGET

WEDNESDAY
11 NOVEMBER 2026

10:40 AM

AT THE
COWELL CENOTAPH

After the service
the RSL will be open
for a cuppa and drinks.

ALL WELCOME

GOLD COIN DONATION FOR

POPPY APPEAL

APPRECIATED

COWELL RSL SUB-BRANCH NEWS

RSL Poppy Appeal

The RSL Poppy Appeal is an important opportunity for our community to remember and honour those who have served, and to support veterans and their families.

By purchasing a poppy or making a donation, you can help the RSL continue its vital work supporting veterans in need. Every contribution, large or small, makes a difference.

We encourage everyone to support the Poppy Appeal and wear a poppy with pride as a symbol of remembrance, respect and gratitude.

Poppies can be purchased on **Tuesday 10th November** outside Foodland, between 9am and 12pm.



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dave@davesblinds.com.au



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COVERING THE EYRE PENINSULA
Call for a free measure & quote



RELIGIOUS SERVICES

COWELL UNITING SERVICES

Sunday 18th October

2pm - Afternoon Tea

Sunday 25th October

11am

Sunday 1st November

11am



COWELL CATHOLIC SERVICES

Saturday 17th October

5pm

Sunday 25th October

11am

Sunday 1st November

8.30am

Sunday 8th November

9am Communion Service

Saturday 14th November

5pm

Sunday 22nd November

11am

CHRISTIAN FELLOWSHIP

COWELL

Sunday Meetings

10am The Lords Supper

10.30am Family Service

COWELL LUTHERAN SERVICES

Sunday 18th October

9.30 - Lay Reading

Sunday 25th October

9.30 - Lay Reading

Sunday 1st November

9.30 - Lay Reading

Sunday 8th November

11am - Ps Brian Keller

Sunday 15th November

9.30 - Lay Reading

Franklin Harbour Tide Times

Tide times published on willyweather.com.au

Correct as at 7th October 2026

THU 15 Oct 6:48 am 1.92 m 2:10 pm 0.53 m 6:59 pm 1.06 m 11:57 pm 0.43 m	FRI 16 Oct 7:13 am 1.84 m 2:39 pm 0.67 m 7:08 pm 1.01 m	SAT 17 Oct 12:11 am 0.42 m 7:38 am 1.73 m 3:19 pm 0.8 m 7:06 pm 0.94 m	SUN 18 Oct 12:17 am 0.46 m 8:01 am 1.61 m 4:48 pm 0.89 m 5:54 pm 0.89 m	MON 19 Oct 12:13 am 0.53 m 8:19 am 1.47 m 11:46 pm 0.62 m
TUE 20 Oct 8:07 am 1.31 m 10:22 pm 0.67 m	WED 21 Oct 6:29 am 1.2 m 10:19 am 1.12 m 2:18 pm 1.2 m 9:43 pm 0.65 m	THU 22 Oct 4:52 am 1.25 m 10:26 am 0.93 m 3:25 pm 1.21 m 9:45 pm 0.63 m	FRI 23 Oct 4:30 am 1.39 m 10:50 am 0.73 m 4:13 pm 1.23 m 10:00 pm 0.62 m	SAT 24 Oct 4:34 am 1.55 m 11:20 am 0.56 m 4:52 pm 1.25 m 10:22 pm 0.63 m
SUN 25 Oct 4:49 am 1.68 m 11:52 am 0.42 m 5:27 pm 1.26 m 10:45 pm 0.63 m	MON 26 Oct 5:11 am 1.77 m 12:27 pm 0.34 m 5:57 pm 1.25 m 11:04 pm 0.63 m	TUE 27 Oct 5:35 am 1.83 m 1:02 pm 0.33 m 6:22 pm 1.18 m 11:15 pm 0.6 m	WED 28 Oct 6:00 am 1.87 m 1:40 pm 0.39 m 6:41 pm 1.07 m 11:16 pm 0.55 m	THU 29 Oct 6:24 am 1.89 m 2:22 pm 0.49 m 6:52 pm 0.93 m 11:19 pm 0.47 m
FRI 30 Oct 6:46 am 1.89 m 3:13 pm 0.61 m 6:47 pm 0.8 m 11:23 pm 0.39 m	SAT 31 Oct 7:09 am 1.86 m 4:43 pm 0.7 m 6:04 pm 0.71 m 11:26 pm 0.35 m	SUN 1 Nov 7:30 am 1.79 m 11:19 pm 0.36 m	MON 2 Nov 7:49 am 1.66 m 10:51 pm 0.42 m	TUE 3 Nov 7:54 am 1.49 m 10:15 pm 0.5 m
WED 4 Nov 7:08 am 1.31 m 9:52 pm 0.59 m	THU 5 Nov 5:15 am 1.25 m 11:16 am 0.95 m 3:19 pm 1.07 m 9:42 pm 0.67 m	FRI 6 Nov 4:15 am 1.4 m 11:19 am 0.72 m 4:17 pm 1.04 m 9:34 pm 0.73 m	SAT 7 Nov 4:12 am 1.6 m 11:40 am 0.53 m 4:57 pm 1.01 m 9:25 pm 0.74 m	SUN 8 Nov 4:26 am 1.77 m 12:06 pm 0.39 m 5:26 pm 1 m 9:30 pm 0.72 m
MON 9 Nov 4:48 am 1.89 m 12:33 pm 0.32 m 5:48 pm 0.99 m 9:51 pm 0.66 m	TUE 10 Nov 5:15 am 1.97 m 1:00 pm 0.32 m 6:06 pm 0.98 m 10:18 pm 0.59 m	WED 11 Nov 5:43 am 2 m 1:28 pm 0.36 m 6:23 pm 0.97 m 10:46 pm 0.52 m	THU 12 Nov 6:11 am 1.99 m 1:56 pm 0.43 m 6:40 pm 0.95 m 11:13 pm 0.47 m	Low tide High tide

COMMUNITY CONNECT

Royal Flying Doctor Service

Thursday 5th Nov @ 10am

The RDFS team will share the latest news, upcoming event and updates on how fundraising efforts are making a difference.

Join us for a cuppa and scones for a gold coin donation. All proceeds support our Cowell RFDS.

RSVP appreciated for catering & seating please.



Armchair Yoga

Every **Tuesday at 11am** with Lynda Turner on the big TV. \$10 per session.



Frustrated by technology?
Need help with your phone or laptop?
Don't know how to spot a scam email?



Help is here!
Book in for a one on one
with us. Appointments
available every
Wednesday morning.



Libraries
SA

Contact the library on
8629 2320 to book in.

COMMUNITY CONNECT



Thursday 29th Oct @ 10am

Landscape SA will share their current projects in our local area including pest management, as well as tools and opportunities for householders and landholders.

Bring along your questions too, and stay for morning tea. RSVP appreciated for catering & seating please.

GIRLS' DAY IN BOTANICAL WREATH WORKSHOP

SUNDAY 29TH NOVEMBER 1PM - 3PM

Take some time out to feed the soul, get creative and enjoy a little girl time!

Join us for a relaxing afternoon creating something beautiful with a gorgeous mix of dried and fresh flowers as you design your very own floral wreath to take home.



\$ \$70 per person

Bring your own nibbles to share

Please bring your garden snips

Book your spot with the Library on 8629 2320.
Due to limited spots, payment is required by 13th November

Storytime & Baby Bounce

Tuesdays from 9:45am

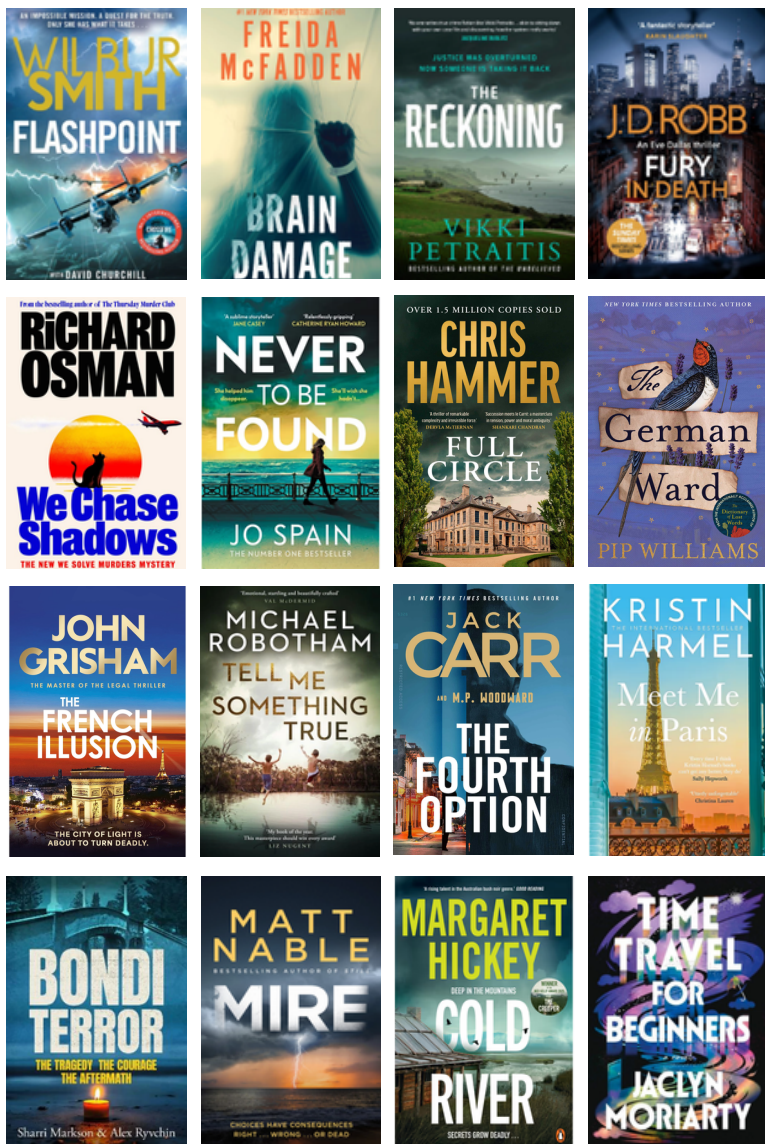
October 20th

November 3rd, 17th

December 1st



HOT NEW RELEASES



For the last few years we have been fortunate to be involved with Share the Dignity's - It's in the Bag initiative. Guided by our wonderful volunteers Eilish and Sally-Anne Griffiths, we have been thankful to host packing of handbags filled with essential toiletries for women escaping domestic violence. This year we are doing things a little differently. Eilish & Matt are expecting their second child very soon, so while Eilish and Sally-Anne are busy with baby preparations, we'll be accepting packed handbags and organising one drop off at the end of November.

If you would like to be involved this year, you still can! All you need is a backpack, handbag, or tote bag we don't mind, we just ask that it's **new** or in **great condition** and includes the essential items which are below. All items within the bag need to be new and sealed in original packaging.

Bags need to be dropped at the library before the **20th November**.

SCHOLASTIC Book Club

Thinking of Christmas gifts already?

Get a head start on your Christmas shopping with Scholastic Book Club! With loads of great books and gift ideas for children of all ages, you can tick a few presents off your list while supporting our school library.



Catalogues can be collected from the library, with two Book Club sales this term — one from mid-October and another in November.

Every purchase made through our library helps us earn rewards to purchase new books.

Adult Bag



Adult Bag Inclusions

- Period Products
- Shampoo
- Conditioner
- Toothbrush
- Toothpaste
- Deodorant (roll-on preferred)
- Soap or Body Wash

Ladies

Derby

D A Y

12pm OCTOBER 31 2026
Commercial Hotel, Cowell

\$70 PER PERSON
GLASS OF BUBBLES ON ARRIVAL
2 COURSE MEAL

RACE DAY FUN
Sweeps, Horse Auction,
Prizes, Fashion on the Field



ALL PROCEEDS TOWARDS
COWELL AREA SCHOOL
CANBERRA CAMP

TICKETS THROUGH
HUMANITIX



COWELL ART GROUP

A Way of Creating, Sharing & Inspiring

Find our gallery at the
Franklin Harbour Hotel.
A great selection of pieces for sale.

We are looking for new members, so pop
along and join us every 2nd Friday of the
month, 1pm - 4pm in the Franklin Harbour
Hotel Lounge room.

Don't worry if you're only a beginner.
Everyone is welcome.



BUILDING BETTER
HEALTHCARE FOR

Cowell & districts

CONVERSATION EVENT

guest speakers · community discussion · light refreshments

In 2025, you told us about your
experience accessing
healthcare in Cowell and
across the region.

Join us to hear what we
learned, see the progress
made, and how your feedback
is shaping what comes next.



	TUES, 27 OCT
	1PM - 3PM
	COWELL SCHOOL COMMUNITY LIBRARY

RSVP here:

Scan QR code
or call/text
0478 816 680



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*Great Deals for Your
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Yard Force
18" 144cc
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Mower

\$319

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Hand Spray Set
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\$20

Atlas 4Pce
Lounge Set

\$129

HOT PRICE

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Slim Cabinet
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White

\$79

Queen Galvanised
Rubbish Bin 55L

\$35



Open 7 Days | **08 8629 2073**

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healthcare
services at:

nepha.com.au

SUNDAY SCHOOL IS BACK AT COWELL LUTHERAN CHURCH!

Calling all kids aged 5 to 12! Come along for Bible devotion, games and craft, all built around Jesus' message of unconditional love and grace. Jess Jaeschke leads the lessons each Sunday, until Christmas, in the Lutheran Church Hall. All children are welcome! No church connection needed. Just bring a curious child who wants to learn more about Jesus.

WHEN TO COME

- Oct 18 - 9:30am
- Oct 25 - 9:30am
- Nov 1 - 9:30am
- Nov 8 - 11am
- Nov 15 - 9:30am
- Nov 22 - TBA
- Nov 29 - TBA
- Dec 6 - 9:30am
- Dec 13 - 11am
- Dec 20 - 9:30am



BETTER TOGETHER. WHEN COUNCIL AND COMMUNITY WORK AS ONE.

The repair of the historic Leillateah Lifeboat is a powerful example of what can be achieved when Council, volunteers and local residents work together towards a shared goal.

The Franklin Harbour History Museum volunteers have long played an important role in preserving and promoting Cowell's history. Through the operation of the Agricultural Museum and the Cowell Post Office Museum, the group helps protect the region's heritage while providing valuable experiences for residents and visitors alike.

In 2024, Council secured grant funding to construct a purpose-built display facility for the Leillateah Lifeboat. Working in partnership with the Franklin Harbour History Museum volunteers, the project was brought to life through the dedication and craftsmanship of local resident Ray Horder, who invested countless hours repairing the vessel.

Prior to the repair, the lifeboat had been exposed to the elements and was nearing a state beyond repair. Today, it is proudly housed in its own display museum, where visitors can learn about its history and its connection to the tragic Milford Crouch accident, an important chapter in the region's maritime heritage. The project has not only preserved a significant historical asset but has also created a lasting community attraction that contributes to local tourism and community pride.

Museum volunteers acknowledge that Council's ongoing support, including assistance with facilities, utilities and project funding, plays a vital role in helping community groups continue their important work.



The Leillateah Lifeboat repair stands as a lasting legacy of collaboration and demonstrates the remarkable outcomes that can be achieved when Council and community work together to preserve and celebrate local history for future generations.

A Great Start to the Bowling Season!

There was plenty of fun and friendly competition at the Cowell Bowling Club on Sunday September 27th as members gathered to celebrate the opening of the new season.

Last season's club champions, Rob Roberts and Angie Turner, had the honour of getting the season underway, with Rob rolling the jack and Angie sending down the first bowl.

The afternoon began with the always-popular spider competition, with Gavin Jones claiming bragging rights after finishing closest to the jack!

A fantastic 26 players took to the green, enjoying plenty of laughs and friendly competition. Congratulations to the winning team of Sue Grund, Gavin Jones, Gloria Kent and Angie Turner.

After the bowls, everyone gathered together to enjoy tea and a good catch-up. It was a wonderful way to kick off another season at the Cowell Bowling Club!



Social Bowls
for anybody to join in

starts on
Saturday 24 October

9.15 for a 9.30 start.

\$5 on the day.

Come along and have a go.

It's a game for everybody.

COWELL BOWLING CLUB AND THE COMMERCIAL HOTEL BAREFOOT BOWLS DAY SUNDAY 25th OCTOBER 2026

- * **MIXED TEAMS OF 4** *
- * **12.30pm FOR 1.00pm START** *
- * **\$25** PER PERSON INCLUDES *
- * **FEES, BBQ TEA & BOWLS SUPPLIED** *
- * **HEAPS OF PRIZES** *

COME AND SUPPORT THE COWELL BOWLS CLUB
AND THE COMMERCIAL HOTEL

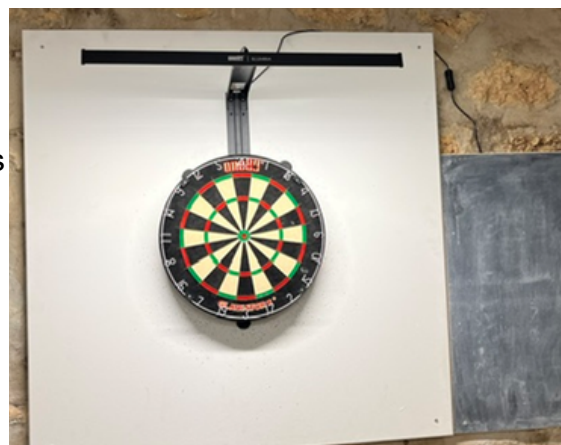
NOMINATE YOUR TEAM

COMMERCIAL HOTEL : **08 8629 2181**
BOWLS CLUB, ROBERT : 0427 348 933

SPONSORS: COMMERCIAL HOTEL

COWELL DARTS LEAGUE

All welcome to come on down to the RSL for darts on a Tuesday evening. Bar and nominations open from 6:45 PM play commences at 7:15 PM. Cowell Darts league has donated 2 x new boards and lights to the Cowell RSL to improve their facilities.



COWELL DARTS LEAGUE

DARTS TUESDAY NIGHT

BAR OPEN 6.30PM

START 7.15PM

VENUE COWELL RSL

GOOD DARTS • GREAT COMPANY • ALL WELCOME!

SEE YOU TUESDAY!

September Social Dart Results

High Peg out Men	Gary Martin	80
High Peg out Men Runner Up	Gary Martin	78
High Peg out Ladies	Sue Sully	50
High Peg out Ladies Runner Up	Sue Sully	39
High Aggregates Men	Gary Martin	3670
High Aggregates Men Runner Up	Matt Baker	1768
High Aggregates Ladies	Linda McGrath	552
High Aggregates Ladies Runner Up	Sue Sully	432
Most Peg out Men	Gary Martin	22
Most Peg out Men Runner Up	Tim Rehn	18
Most Peg out Ladies	Sue Sully	11
Most Peg out Ladies Runner Up	Linda McGrath	8
Total Aggregates for the month	14121	
Total Peg outs for the month	124	
Number of players for month	45	
180's	-	

JUNIOR TENNIS

TRAIING TO COMMENCE

AGED 8-16 YEARS

FRIDAY 23RD OCTOBER FROM 4PM

AT TENNIS COURTS

ALL WELCOME!

ALL SKILL LEVELS WELCOME
Whether you're new to tennis or have played before, we'd love to have you!

LEARN, GROW & IMPROVE
Develop new skills, build confidence and enjoy the game.

FUN, FRIENDS & TEAM SPIRIT
Be part of a fun, friendly and supportive club.

STAY ACTIVE & HEALTHY
Tennis is a great way to have fun, get active and stay healthy!

COWELL TENNIS CLUB

Contact the Secretary
Erin King
0400 834 998

COWELL SENIOR TENNIS

PLAYED ON FRIDAY NIGHTS

FROM MID OCTOBER UNTIL MARCH

SOCIAL TENNIS
EVERYONE IS WELCOME!

FOR MORE INFO ON HOW TO JOIN A TEAM OR FILL IN
CONTACT BRAD
0497574436

GET YOUR RACQUET, HAVE SOME FUN AND ENJOY GREAT COMPANY!

OCTOBER

15 Fire danger season commences
18 Sunday School commences - 9:30am
18 Community Garden Working Bee - 10 am
18 Yarnoholics - 1pm
20 Lions Club meeting - 7:30 pm
21 F/H Community Development Grp Mtg - 6.30pm
22 Hospital Auxiliary birthday celebration - 2pm
23 Junior tennis commences - 4pm
25 Barefoot Bowls - 12:30pm
27 NEPHA Conversation Afternoon - 1pm
29 Landscape SA talk at the Library - 10am
31 Ladies Derby Day at the Commercial - 12pm

DECEMBER

1 Storytime and Baby Bounce - 9:45am
4 Senior Citizens Christmas Party
6 Lions Market - 9am
14 School summer holidays
16 Council Meeting - 1pm
17 Museum Meeting
20 Community Garden Working Bee - 10am
24 Christmas Eve
25 Christmas

October's Riddle Me This: Answer - Sound

NOVEMBER

1 Lions Market - 9am
3 Storytime and Baby Bounce - 9.45am
5 RFDS Community talk at the Library - 10am
6 RFDS meeting - 11am
8 Yarnoholics - 1pm
11 Remembrance Day Service - 10:40am
11 Council Meeting - 1pm
15 Community Garden Working Bee - 10am
17 Lions Club Meeting - 7.30pm
17 Storytime and Baby Bounce - 9.45am
22 Yarnoholics - 1pm
26 Hospital Auxiliary meeting - 1.30pm
29 Girls' Day In - Botanical Wreaths - 1pm

SAVE THE DATE

SUNDAY 6th DECEMBER

COWELL LIONS TWILIGHT CHRISTMAS MARKETS AND CAROLS

MARKETS 3-7PM
COMMUNITY CAROLS 5PM

Main Street
Cowell



RSL WEEKLY EVENTS

Mon	SNOOKER	From 12pm	John Perry - 0457 668 774	
Mon	BINGO	Starts 7pm	Bar Open Tea/Coffee	Light supper provided 10 games
Tues	DARTS	Start 7pm	Bar Open	Matt Baker/Gary Martin
Wed	MORNING TEA	10am – 12 pm Museum Open	Cards/Board games available Scones (jam & cream)	
Thur	SNOOKER	1pm – 3pm	John Perry - 0457 668 774	
Fri	SOCIAL NIGHT	Open 5pm	Bar Open	Light meals

Contact details: cowellrslsecretary@gmail.com
(Linda McGrath 0477 362 585)

(A small fee applies to events)