We can’t believe it is that time of the year when we are about to have football and netball finals – how quickly that time has gone! Good luck to everyone who is participating this weekend – have fun, compete with good spirit and we hope you get the result that you’re after. It’s also a time when celebrations can often be marred by the influence of alcohol and the silly actions of a few. Please make good choices and look after each other. Take some time to read the information from the Well Being committee a bit later in the newsletter.

Testing
Progressive Achievement Testing (PAT) started this week with all of our students in Years 3-10 undertaking the PAT Vocab test and next week, students from Years 2-10 will sit the PAT Maths test. Everything has been going smoothly so far, with the students showing a positive attitude towards the testing, which give us valuable data about how students have progressed in the last 12 months.

APOLOGY: Last week we said that there would be some information attached to the newsletter for parents about how to read your child’s NAPLAN results, however, it missed the cut! It is in today’s newsletter, so please speak to us if you have any questions.

Book Week
Last week we celebrated Book Week with opportunities for students to show their Poetry writing and Art skills in two competitions around the theme – Australia! Story Country. We had some terrific entries and I was lucky enough to be involved in the judging of the poetry writing. Well done to all of the students who had a go (poetry is certainly not easy!) and especially to the following students who won year level prizes. Yr 1/2: Ethan Hanold, Yr 2/3: Nathan Carmody, Yr 4/5: Danielle Churchett, Yr 6: Taye Chase & Yr 7: Thomas Beinke.

Gala Day
The SRC has proposed that we hold a Gala Day in Term 4 and we are currently deciding on a date (that doesn’t clash with the myriad of activities planned). We are planning on making it a real community event and would love to have involvement from local groups and businesses. Watch this space for more information.

Rowan Ramsey
Each year the Member for Grey, Mr Rowan Ramsey MP, sponsors a Community award for a deserving individual (staff, parent or community member) who go that extra mile dedicating their time and skill to the school. School communities are invited to nominate someone who they think is a worthy recipient. A nomination form is included in this newsletter – please return to the Front office by September 16.

2017
We have begun the process of looking at classes and staffing for next year and, as part of this, it is important that we know numbers of students who will be attending in 2017. The number of students at school directly affects the number / configuration of classes and staffing.

If your child will not be here next year and you have not informed the school as yet, can you please notify us of your intentions asap.

We endeavour to meet the needs of each of our students when we look at our classes, so it is important that parents speak to us if they have any concerns. Whilst we can not meet requests regarding specific teachers, if you would like to discuss your child’s learning needs for 2017, please make an appointment to speak to your child’s teacher or a member of the Leadership team.

Catch up with a Cowell Kid
This week I headed back to the Year 6 class. Unfortunately 2 of the students who were meant to come for a catch-up were away, so we selected a few substitutes. Thanks to Tyler, Olivia, Joseph and Zac who kept me entertained for half an hour.

We had a chat about where they saw themselves in the future and all of them had some idea of the kind of thing they would like to do. Both Tyler and Zac are keen to go into the building industry. Tyler plans to do the Ag course at Cleve, go to TAFE to become a builder and then go back on the farm, where he will build a new house. Zac is thinking he might work on the farm first and then go into roofing (because he’s done it before and it was fun). Olivia is not sure what specific career she would like to pursue but thought she would probably go to Immanuel College (because her family has gone there) and then go on to university. After visiting the Field Days, Joseph thinks he would like to go into the Army.

All of the students enjoy the freedom and safety that goes with living in Cowell and the fact that there is space to ‘do stuff’. Having lived in Mussebrook previously, Zac likes being near the sea and being able to go fishing, whilst Olivia likes the opportunity to have lots of get togethers with friends and family. Joseph, who is heading to St. Joseph’s next term will miss his friends and the footy team.

Each of the students has their own strengths and things they could get better at, and we had quite a lengthy discussion about the importance of having a growth mindset – not giving up because you can’t do something but instead, thinking about ‘how’ you could improve and practice, practice, practice!! Zac is good at Maths because he doesn’t like to do much writing and enjoys problem solving, whilst Tyler prefers HPE, Art and Science because you get to be more active. Olivia enjoys Science (especially gardening) because you get to get outside and also enjoys writing on the computer. Zac enjoys Art, thinks Science is fun and also likes PE (but not yoga!) Olivia doesn’t really like Maths because it’s out of a text book but thinks she could get better with more practice. Zac would also like to get better at Maths but finds homework frustrating (this also resulted in some interesting discussion). Joseph is not a fan of English and Tyler would just like to get better at planning his work and time.
CONGRATULATIONS...
To Jake Green on attaining his Restricted Coxswains Licence. This is a great achievement (and huge responsibility) for a young person.
Thank you to all who have helped Jake, especially his mentors, Brian Green and Ettiene Posthumus.

SRC Report
This term the SRC have been very busy. The points group have continued to complete uniform checks of students to earn points. On Friday a new way to earn points will be put in play. Each class will nominate students who they think have met the certain criteria. The criteria will change every fortnight. For example, one week it may be someone who is friendly, and another week it might be someone who shows respect. The people who are nominated will then win points for their house teams. Later on in this term there will be a week where there will be fun activities held at lunch. Each day there will be something different and students can earn points for their house.
The other group have been working towards holding a dress up day. It has been decided to hold it later on in the term. More details will be given out at a later date. It has also been decided that there will be a Gala Day this year to raise money for the school. It will be held early in term 4.
The SRC have also decided to help out at Barb Shearer’s Benefit concert. This will be held on the 23rd of September. The proceeds from this night will be raised for the school.

DATES TO REMEMBER

TERM 3

WEEK 8 14/9 - Pool Management AGM 4pm in Library
WEEK 9 23/9 - Student Free Day
WEEK 10 27/9 - Yr 6 & 7 Cricket in Lock
- Yr 8 & 9 A Side in Lock
28/9 - Yr 7 Aboriginal Education Session
29/9 - Yr 4, 5 & 6 Aboriginal Education
- Yr 8, 9 & 10 Aboriginal Education
30/9 - Last day Term 3, school finishes at 2:20pm

LOST PROPERTY BOX IS OVERFLOWING
This box will be emptied at the end of THIS week and all unclaimed items will go to the Op Shop.
Please come in & check through for any of your child’s belongings prior to this being emptied.

Robotics in Science Week
Last week the Year 7-9 students and other schools from around the region, visited Cummins Area School and enjoyed a range of fun and challenging activities that involved robotics. They said:
- It was good to meet new people from other places.
- It was fun building the big catapult out of wood, rubber bands, sticky tape and string, then shooting a tennis ball or clay with it!
- We enjoyed making a pop stick bridge and testing it with weights.
- We had a task to create something which entertained a baby – we created a machine which had a motor with a toothbrush, which was pretty cool.
- We programmed little robots to follow a certain course.
- We made balloon cars.
- Everyone did two challenges each.
- We didn’t win the challenge, but it was really fun experimenting.

2016 Cowell Area School Year Book
AVAILABLE VIA PRE-ORDER ONLY
Should you wish to purchase a school magazine this year, they MUST be pre-ordered and paid for prior to the beginning of Term 4. They will not be available to purchase outright.
If you would like to order a 2016 Cowell Area School Year Book please complete the order form below & return it to the front office of the school with full payment by Friday 30th September.

2016 Cowell Area School Year Book Order Form
I _________________________________ would like to order ______________ (quantity) 2016 Cowell Area School Year Books at a cost of $20.00 each. I have enclosed full payment of $________________ with this order and I understand that the school will contact me when the books are ready for collection.

Signed: __________________________________ Date: ________/_______/________
WELLBEING

Alcohol and Young People

The end of sports competitions is often a time of celebration and young people can find themselves in unfamiliar circumstances where alcohol is available. According to results from the 2016 Resilient Youth Survey, of the fifty three Year 6-10 CAS students who completed the survey, 6 students self reported to drinking alcohol (11.3%).

The National Health and Medical Research Council (NHMRC) guidelines state that for children and young people under 18 years of age, not drinking is the safest option.

Risk of injury and self-harm Dangerous behaviour is more likely among young people when they drink than among older drinkers. Young people are generally physically smaller and have a lower tolerance for alcohol, which can contribute to the risk of death due to an alcohol overdose.

Effect on brain development The brain is still developing in the teenage years. Drinking early may damage the area of the brain that is responsible for decision-making, memory, and emotions.

Mental health Drinking alcohol increases the risk of developing mental health and social problems, especially when a person starts drinking at a young age.

Age young people start to drink The earlier a child is introduced to alcohol the more likely they are to develop problems with alcohol later in life. Young people should therefore delay their first drink for as long as possible.

What can parents do? While young people are influenced by many groups, such as the media, their friends and siblings, parents continue to be the greatest influence. Parents can play an important role in their children’s attitudes towards, and use of, alcohol and other drugs.

Be the world’s expert on your child: Think about how susceptible your child is to the influence of peers and the attitudes and behaviours of their friends.

Get the facts: There are a lot of myths about alcohol and other drugs. Use evidence-based sources to give your child the most accurate information.

Set a good example: You influence your child’s attitudes and behaviours, so if you drink responsibly your child is more likely to do the same later in life.

Be clear in your beliefs: Based on the evidence, clarify your view of alcohol and other drugs. The guidelines show evidence that parental monitoring and family rules about alcohol do reduce the likelihood of young people drinking.

Look for opportunities to start a conversation with your child: Keep conversations about alcohol and other drugs relaxed. Use relevant topics on the TV or radio and events as an opportunity to talk. It’s best to start talking about these issues early. Find out your child’s views about alcohol and other drugs. Talk about what they would do in different situations.

Make sure they understand the harms: Make sure your child has the right information about alcohol and other drugs and correct any myths. Talk about the benefits as well as the harms of different drugs and why someone might use them. Don’t exaggerate the harms as it will make you sound less credible.

Set rules and consequences: Explain your views on alcohol and other drugs and use the facts to back them up. Let your child know your rules and the consequences for breaking them. Help them develop ways of getting out of situations where their friends are using alcohol or other drugs and they don’t want to be embarrassed by not taking part.

CAS Wellbeing Committee
C. Peters – Deputy Principal


SCHOOL NEWS

Students and Adults rate the 2016 Canberra Camp

Students and adults who were part of the trip to Canberra, Sovereign Hill and Perisher were asked to complete a survey of many components of the trip. They were asked to give a score out of 5 for each component.

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<thead>
<tr>
<th>Component</th>
<th>Students Rating</th>
<th>Adults Rating</th>
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<tbody>
<tr>
<td>Sovereign Hill</td>
<td>4.5</td>
<td>3.7</td>
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<tr>
<td>Rock Climbing</td>
<td>4</td>
<td>3.5</td>
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<td>Parliament House</td>
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<td>4</td>
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<td>Electoral Education Office</td>
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<td>4.8</td>
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<td>National Gallery Australia</td>
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<td>Questacon</td>
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<td>Perisher Snowboarders</td>
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<tr>
<td>Perisher Skiers</td>
<td>4.6</td>
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Please note: in order to gain the PACER rebate, Parliament House, The Electoral Education Office, The Museum of Australian Democracy and the Australian War Memorial must all be components of the trip.

Planning for the trip scheduled for 2019 begins with this survey of students. It is great to see the high score that students rated the overall experience. Another particularly pleasing point from the figures above is the score that was achieved for the High Court. The High Court was scheduled for 10am on Thursday morning, the day after our visit to the snow fields. We were all visibly tired, however, a fair score was still achieved.

The year 8 class is currently preparing presentations of the experience that will be viewed by students who will be part of the proposed trip in 2019. Some of these presentations will also be shown at our end of term assembly that will be hosted by the Year 8/9 class. There are a huge number of photos that were taken on camp. Students are invited to copy some of the photos to their own devices.

A huge component of planning is organising fundraising. The quoted cost for students on the trip was $1050. Because of the success of fundraising, grants that we received and CAP funding from the school, we were able to lower the student cost for the trip to $400. As I have previously mentioned, the efforts of our parents and the generosity of the community were both huge and very much appreciated.

Next year some time, we will need to consider if the trip for 2019 will go ahead. If the trip goes ahead, it is the current Year 4, 5 and 6 classes that will participate. As part of these considerations, there will be discussions around the likelihood of monies being raised (through fundraising and successful grant applications) that will help to lower costs for the trip.
NAPLAN 2016 results will be provided to schools from mid-August to mid-September, depending on your state or territory Test Administration Authority.

If you are the parent of a student in Years 3, 5, 7 or 9 you will be receiving an individual report of your child’s results for the tests they sat in May. These tests in key areas of literacy and numeracy provide parents and educators with a snapshot of how students are progressing — individually, as part of their school community and as a nation.

NAPLAN results enable parents and teachers to see how students are progressing, not just within their class but also against national standards that have been agreed upon by all state and territory governments.

How do I read the results?

The front page of the student report provides some general information about the tests and an explanation of how to read the report.

The second and third pages have diagrams that show your child’s results for each area (literacy, numeracy, reading, writing, spelling, grammar and punctuation) on the common assessment scale. The common assessment scale has ten bands and is used to report results for Years 3, 5, 7 and 9 students. However, only the relevant six bands for each year level are shown on the student report.

The diagrams in the student report also show the range for the middle 60 per cent of students, the national average result and the national minimum standard for each year level. Reports in some states and territories show the school average.

The final page of the report has a table that provides a brief description of the skills students have typically demonstrated in the tests at each band.

How to read the achievement scale

A student’s result is shown on an achievement scale for each assessment area.

Results across the Years 3, 5, 7 and 9 literacy and numeracy assessments are reported on a scale from Band 1 to Band 10. The achievement scale represents increasing levels of skills and understandings demonstrated in the assessments.

For example, the large majority of results for Year 3 are reported across the range of Band 1 to Band 6, as illustrated in the diagram above.

What is ACARA?

As an independent authority, ACARA is tasked with improving learning for young Australians through the development and implementation of world class school curriculum, assessment and reporting. Our work is informed and guided by the generous assistance of a wide range of stakeholders, including teachers, principals, governments, education authorities, professional education associations, community groups and the general public. For more information, visit www.acara.edu.au.
WEEK 5 ACTIVITIES AT COWELL AREA SCHOOL

The Governor Visits

Staff v Students Volleyball Competition

Opening of the Cowell Skatepark
# ROWAN RAMSEY MP
## SCHOOL COMMUNITY AWARD
### NOMINATION 2016

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<th>Name of School</th>
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<th>Name of Award Recipient</th>
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<td><strong>Awarded in recognition of</strong> (Wording for Certificate 2 lines only please)</td>
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<th>Is the Recipient (please circle)</th>
<th>Parent</th>
<th>Community Member</th>
<th>Staff Member</th>
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<td>Name of Principal</td>
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<td>Name of Governing Council Chairperson</td>
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<td>Chairperson’s home or mobile phone number</td>
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<td>Chairperson’s signature</td>
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Please return to: Cowell Area School, 42 Story Road, Cowell SA 5602
or fax to 86292486

Prior to: 23rd September 2016

Enquiries: 86 292 150
**Literacy and Maths Tips to Help Your Child**

**Doing Maths Together at Home**

*Before School to Year 2.*

**Turning Maths into a Story**

By presenting mathematics as a story children can make links to their everyday life. Begin by reading books to your child that include numbers and counting.

Turn everyday events or objects into a maths story:

- Count the fruit in the fruit bowl.
- Cut fruit into six pieces.
- Count the pieces of toast you cooked at breakfast.
- Add the total of cutlery at the table.
- Count the number of people travelling in the car or the bus.

Encourage your child to draw and talk about the number of things in the pictures they have drawn. Write down your child’s ideas as a story. Here are some examples:

- There are five pieces of fruit in our bowl. Three are apples and two are bananas.
- My lunchbox has four things inside. One sandwich, one orange and two slices of cheese.

*Published by the Department of Education and Early Childhood Development, Melbourne*

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**New this Week**

**Children's Picture Books**

- The Little Prince by Antoine De Saint-Exupery

**Children's Fiction**

- Kaboom Kid: The Big Time by David Warner
- Ella Diaries: Ballet Backflip by Meredith Costain
- Ella Diaries: Dreams Come True by Meredith Costain

**Children's DVDs**

- Danger Mouse: Mission Improbable

**Children's / Teen Non-Fiction**

- The Puberty Book (Sixth edition) by Wendy Darvill and Kelsey Powell

**Adult Fiction**

- Black Notice by Patricia Cornwell
- The Red Earth by Kim Kelly
- Facing the Torturer by Francois Bizot

**Adult Non Fiction**

- End Game by Anthony D Barnosky

---

**Library Hours for Term 3**

- Monday—Thursday 8.30am—4pm
- Friday 8.30am—3pm

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**Community Connections**

**EP Creative Writing Group**

Next Meeting 7th Sept, 5.30pm in the Library

**Storytime**

Wednesdays from 9.15am in the Library

**Adult Book Club**

Next Meeting Thursday 1st Sept, 11am in the Library

---

**Getting frustrated with technology?**

Cowell Library is looking into holding a monthly “Tech Afternoon/Evening” at the Library covering:

- Borrowing eBooks
- Accessing free Wi-Fi
- Accessing free digital magazines
- New Apps for devices
- Computing basics

Interested? Contact Library Staff for more details.
**What a beaut**

Australia, with bountiful lands,  
that are a treat for the eyes.  
Guaranteed to meet your demands,  
And give you a surprise.

Australia presents many colours;  
Red, green, blue and more.  
All waiting for you,  
Outside your door.

With beautiful rocks  
And cool looking trees,  
Australia,  
is sure to please.

A land that consists  
of colourful looks,  
With sheep, cows, roosters,  
kangaroos and chooks.

The kids play in the  
fields of wheat and barley,  
As their Uncle  
Starts up his Harley.

He looks over and says,  
“Be good you little blighters”,  
They reply, “We’ll be good little kids,  
Us ankle biters!”.

The sun peaks over the clouds,  
The kangaroos come out in crowds.  
The rain, the sound,  
They all look up and turn around.

Drenching from head to toe,  
They get off the ground.  
With a leap and a bound,  
Off they go.

The gum trees  
Sway in the wind.  
As the rain falls down,  
Upon the tin.

A farmer in tattered clothes  
With boots fixed with tape,  
Looks over his paddock and says,  
“What a lovely landscape!”.

The old fella in his old rusty ute,  
Looks down upon the land,  
And mutters to himself,  
“What a beaut‘.”.

*By: Thomas Beinke, Yr 7*

---

**Australian Outback Poem**

Plenty of kangaroos  
Down south, with those long drops and flies,  
Chasing down them emus  
With their big fat eyes.

What about them mozzies?  
With their blood sucking noses,  
All around them Aussies  
And those kids squirting each other with hoses.

Up in Uluru there’s possums on walk about,  
 Fitzy and Smithy fishin’ up in Darwin for barramundi  
The wild camels running down the desert with their long snout,  
Hopefully they’ll all be back by Sun’dy.

*By: Taye Chase, Yr 6*

---

**Australia**

**Aussie outback**  
Uluru a big red rock  
Soil that is golden  
Tassie devils wild around  
Rich and rare  
Aboriginal people on this island  
Landmarks  
It’s a lovely place to be  
Australian animals all around

*By: Danielle Churchett, Yr 4/5*

---

**Thukeri**

The men went into the river  
Had the great spirit  
Until the men came to the riverbank  
Keeping all of the juicy Thukeri  
Each juicy Thukeri had very sharp bones  
Ran to the village to tell them what happened  
In the water, leave the fish to repopulate.

*By: Ethan Hanold, Yr 1/2*
**COMMUNITY NEWS**

**COWELL FOOTBALL NETBALL CATERING**

**THURSDAY 1/9/16**

**Kitchen Roster**

6-8pm
Greg Oldfield, Maria Papillo, Kylie McFarlane, Abbey Mills & Matthew Oldfield.

8pm sharp
Sarah Walker, Hannah Wight, Lewis Helps & Zane Wykamp.

**Bar Roster**

6-7.30pm 7.30pm 9-Close
M. Inglis  J. McFarlane  D. Milton
C. Smith

**COMMUNITY NEWS**

**COWELL FOOTBALL/NETBALL CLUBS**

The club will be open this Thursday night for the final tea for this season. Come along and wish the Senior Colts, E & E2 Grades the best of luck as they prepare for their Grandfinal games this weekend.

The clubrooms will be open this Saturday night to celebrate those playing in the Grandfinal. BBQ tea will be available, all welcome.

**JUNIOR WIND UP**

The Football and Netball Junior Wind Up will be held on Thursday 8th September in the clubrooms. All Junior players will receive a complimentary meal and drink.

Presentations will commence at 5:45pm.

**SUNDAY SCHOOL**

Sunday School is on again at 10am this Sunday 4th September. Children of all ages are welcome to join in – See you there.

---

**Position Vacant Commercial Hotel**

**Casual cook/chef**

20 to 30 hours per week

- Energetic & enthusiastic person
- Must be able to work in a team environment
- Work under pressure
- Includes working Weekdays, Weekend, Nights & School holidays
- Must be flexible with hours
- Experience is necessary
- More information call 0437295276

Please send resume to:

Attention: Kylie Martens
email : info@cowellhotel.com.au or
PO Box 406 Cowell 5602

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**COMMUNITY NEWS**

**Operation Christmas Child Project**

A BIG thank you to those who are making up a Christmas boxes or have donated items into our front office box.

This week - Week 6 please consider donating something for school for an underprivileged child. e.g. exercise book, pencil case, pens, pencils, colouring pencils, sharpener, eraser etc. Remember they need to fit into a shoe box

Kind regards, Ruth Tonkin.

---

**COWELL FOOTBALL & NETBALL CLUB**

**Senior Wind Up 2016**

- 3 COURSE MEAL
- SUBSIDISED DRINKS
- LIVE ENTERTAINMENT
- TROPHY PRESENTATIONS

**SATURDAY 10TH SEPTEMBER**

@ THE COWELL SPORTING COMPLEX

DOORS OPEN AT 6PM, FOR A 6.30PM START.

- TICKETS $60 -

See Buzz, Emma Comody, Ashton Bolles, Megan Hornibrook or Emily Wykamp to purchase your ticket.

TICKET SALES END 3RD SEPTEMBER.

[The Idle Saints]

---

**NEWSLETTER ADVERTISING**

All newsletter advertisements need to be in to Kylie by 3:30pm on Mondays prior to publication the following Wednesday. Articles can be emailed to;

Kylie.McFarlane536@schools.sa.edu.au
KAYLEEN TURNBULL, Dip. Nat.

IN COWELL OPEN TUESDAYS
Consultation and surgery by appointment. Dog and Cat grooming available as well as rescued pets, see website www.whyallavet.com.au
Ph: 86292609 (Wednesdays) 86459926 (other days)

Emergencies: call the vet on 049806392

Consults Tues, Wed & Thurs From Cowell Allied Health Services Health fund claimable, Gift vouchers available
Ph: 0422 5061, 0427 020 269

Andrew & Sarah Bedell
9 Main Street, Cowell SA 5602
Phone/Fax 8629 2051

Our Butcher@Cowell
Opening Hours:
Monday to Friday
8:30am—5:30pm
Phone Orders Welcome Gift Vouchers Available

Make Our Butcher Your Butcher

Looking to rent in Cowell or Cleve?
tumbybay.eldersrealestate.com.au

For more information or to arrange a private inspection please contact us on
08 8688 6500
0428 882 949

Managing Cowell properties for over 9 years

Elders Real Estate
RLA 262 475

Franklin Electrical Solutions

• Building extensions on your home?
• Planning a new outdoor area?
• Building the shed of your dreams, or finally running power to it?

For quality solutions to your electrical problems

Contact Matt
0427 292 055

Cowell Volunteer Marine Rescue

Communications Centre
North Terrace COWELL
0457 957 221

Learn Boat Handling, Radio Procedure, Navigation Training—Monday—1700-1900hrs
For more information contact:
Training Officer: Dale Bailey
0429 054 969
Vice Commodore:
Malcolm Brine
0488 292 567

MV Trenching & Plumbing

* Specializes in connecting your home to the CWMS
* All plumbing adheres to SA standard & regulation codes.
* 15 years experience & knowledge of your homes individual connection needs

Call Mark for a consultation
Regarding your connection
0429 624 291
PK Plumbing Lic No 174307C

Offering support with:-
• Nutrition & Weight Management
• Comprehensive Health Assessment
• Maintaining Wellbeing
• Counselling
• Remedial/Lymphatic Massage
• Reflexology

Consults Tues. Wed & Thurs From Cowell Allied Health Services Health fund claimable, Gift vouchers available
Ph: 0422 5061, 0427 020 269

Franklin Harbour Button Club

BBQ TRAILER HIRE
$100 hire for 24hr period
Phone 0437 295 276

Ray White

SOLD

9 Stubing Street, Cleve
SOLD
By Stacey Stening 0429 292 944

Cowbell Recycling Depot
83 Cowell/Kimba Road
0427292322

OPEN HOURS:
Thursday 3:30pm to 5:00pm
Friday 2:30pm to 5:00pm
Sunday 10:00am to 1:00pm

There are no other customer orders.

Building on your home?
Planning a new outdoor area?
Building the shed of your dreams, or finally running power to it?

For all your Air conditioning & Refrigeration needs
CALL:
DAMO 0428884281
Lic No: AU30285

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Lic No: AU30285

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Regarding your connection
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Offering support with:-
• Nutrition & Weight Management
• Comprehensive Health Assessment
• Maintaining Wellbeing
• Counselling
• Remedial/Lymphatic Massage
• Reflexology

Consults Tues. Wed & Thurs From Cowell Allied Health Services Health fund claimable, Gift vouchers available
Ph: 0422 5061, 0427 020 269

Franklin Harbour Button Club

BBQ TRAILER HIRE
$100 hire for 24hr period
Phone 0437 295 276

Ray White

SOLD

9 Stubing Street, Cleve
SOLD
By Stacey Stening 0429 292 944

Cowbell Recycling Depot
83 Cowell/Kimba Road
0427292322

OPEN HOURS:
Thursday 3:30pm to 5:00pm
Friday 2:30pm to 5:00pm
Sunday 10:00am to 1:00pm

There are no other customer orders.

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