



# CULCAIRN OASIS

CULCAIRN & DISTRICT NEWSLETTER  
JUNE 2024



## CULCAIRN MPS NEWS

Hello and welcome to news from the residents at the Culcairn MPS.

We have been very lucky to have three students from St Pauls in Walla Walla here for a week of work experience. We had a young man that was working alongside our community nurses, as well as two young ladies here in the RAC. One worked with our nursing staff and another in the activity program. We wish all three the best for their futures.

A big congratulations to our team for becoming finalists in the MLHD Excellence Awards being held next month. Our Gym Project has been nominated in the Enriching Consumer Experience section for their work with "fun, fitness and friendship at the gym". We wish them all the best.



Another big thank you to our amazing community nurse Maz for all her beautifully handmade rugs, bags and dementia fiddle muffs and blankets for our residents. Many of our residents are now the proud owners of some stunning rugs that have pockets in them to keep hands warm. If there is anyone in the community that has some material or wool that they were thinking of giving away, we would really appreciate it for Maz to make more for our residents.



## L.H.A.C. HEALTH MATTERS

On May 23rd the Local Health Advisory Committee held its **Biggest Morning Tea** to support our local border Cancer Centre in Albury. We raised \$2948.30 with all the money being donated to the Cancer Centre in Albury.

We met at 6:30am to prepare sandwiches and a willing team of helpers packed over 140 morning tea orders to be delivered around town, to businesses and schools. The great support from these customers was most encouraging.

Meanwhile, back at the Uniting Church hall tables were set and we welcomed over 70 people, to have morning tea with us. People came from Holbrook and Henty and the surrounding area as well as many locals. It was a great opportunity to catch up with friends and raise money for a worthy cause.

The raffle was a great meat tray from Stuart's Butchery and was won by Judy Lee.

Thanks to all who participated, either by donating, working, purchasing or involvement in any way. A Great Community effort.

The Winner of the Mavis Gardiner Scholarship will be announced at our June meeting so watch out for all the details in the JULY OASIS!



## CULCAIRN OASIS POLICY STATEMENT

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### DEADLINE

**Next deadline—12pm Tues 2<sup>nd</sup> July 2024**

Folding Date—Fri 5<sup>th</sup> July 2024 at 1pm

Delivery Date—Wed 10<sup>th</sup> July 2024

We prefer articles and advertising to be emailed to: [culcairnoasis@outlook.com](mailto:culcairnoasis@outlook.com) or phone 02 6029 8291 for more information.

ADVERTISING SIZES	CHARGES
<i>Per issue</i>	
Classified 1/16 page	\$11.00
1/8 page	\$22.00
1/4 page	\$44.00
1/2 page (check for availability)	\$88.00
Full page (check for availability)	\$176.00
Flyer insert (excluding printing)	\$100.00
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[www.greaterhume.nsw.gov.au](http://www.greaterhume.nsw.gov.au)

## HEALTH SERVICES AVAILABLE AT CULCAIRN

- **Sarkon Clinic**—open Tuesday/Wednesday 8.30am – 4.30pm. Ph: 6048 6112 Mon-Fri for appointment.
- **Antenatal Clinic**—Dr Pria open Tuesdays/ minor procedures. Ph: 6048 6122

### Services available at Culcairn Medical Practice

**Ph: 6066 5700 Mon to Fri for appointments**

23 Balfour St, Culcairn, Open Monday and Thursday each week, plus the 1<sup>st</sup> and 3<sup>rd</sup> Friday of each month. Opening hours are 9.00am to 5.00pm. Dr Bond provides a full range of services and all Vaccinations are available.

- **Pathology**—Monday and Thursday 8.30am to 12pm. Ph: 6066 5700
- **Dietician**—Ph: 6066 5700 for appointment
- **Diabetes Educator**—Ph: 6066 5700 for an appointment
- **Physiotherapist**— Claire Lawson Ph: 0424 721648
- **Podiatry**—Monday (every 4<sup>th</sup> week). Ph: 6021 3338
- **Speech Pathology**—Ph: 6066 5700 for an appointment

### Services available at Culcairn Hospital Ph: 60446100

- **Radiology**—Tuesday, 9.30am to 2pm
- **Pathology**—Wednesday, 8am to 12pm
- **Community Health Nurse**—Monday to Thursday
- **Child & Family Health Nurse**—provides Childhood & School immunisations & health check-ups every Monday, Tuesday & Wednesday
- **Adolescent Counselling**—as per local need
- **Relationships Australia**—as per local need, Ph. 6923 9119
- **Women's Health Clinic**—last Thursday of the month, Ph. 6058 1800
- **Clinical Audiologist** (Hearing Australia) - bi-monthly, by appointment, Ph. 13 44 32
- **Drug & Alcohol service**—onsite once per week and via Telehealth appointment on a needs basis
- **MHECS Mental Health Clinician**—as per local need



## HENTY-CULCAIRN PROBUS

Henty-Culcairn Probus club met at Culcairn Bowling Club Wednesday 8th May. Our President Warren Berkery opened the meeting, and the National anthem was sung.

44 members were present, and visitors were welcomed. Robyn Lane was officially made a new member with a badge presentation. Big news is that the beanie competition has reached 600 beanies and still rising. Big reveal is on 4th June 2024 from 6pm to 7.30pm. RSVP is necessary to take part.

Our five minute speaker was Beris Klemke. Beris married Lester and they have six children, 25 grandchildren and is soon to be a Great Nana. She has been involved in her church and youth groups and has been a sheep farmer's wife and she told us lots of lovely farming stories. Warren presented Beris with our Probus pen, and we thank her for giving us all a smile with a small share in her life.

After morning tea Gary Kenney introduced us to his friend of 40 years, Dr. Penny Vine. Dr. Vine belongs to Murray Valley Sanctuary Refugee Group who have a Facebook page of that name. Dr. Vine has been working with refugees for nearly 30 years, mostly assisting people on Humanitarian visas to settle in Albury Wodonga. She said that her work with refugees had heightened her awareness of the suffering of the aboriginal community. Many years ago, Dr. Vine, who was then working as a grief counsellor, came to Culcairn following the death in a car accident of five young people and gave us some ideas about surviving such a tragedy.

Dr. Vine has worked with parents after sudden deaths of babies and understands the trauma of mastectomy. Refugees are people who have been registered and are unable to return to country out of well-founded fear of being killed or imprisoned. These people are hoping that life could be better. We heard of water being available in displaced person camps for 2 hours, possibly and only 2 containers for water allowed.

We heard of people eventually being able to come to Australia with 202 humanitarian visas and the sponsored people having to repay air fare loans as they settle in. The funds are recycled to bring more people. These traumatised people, most often non-English speaking, with few belongings, are required to do 500 hours of English lessons, to fill out Centrelink paperwork for Newstart allowance and are required to look for work. They need kind people to help. To find out more information you can e-mail [Murrayvalleysanctuary@gmail.com](mailto:Murrayvalleysanctuary@gmail.com).

Thank you to Dr. Penny Vine for a most informative speech. Our next meeting is to be at Henty on the 12<sup>th</sup> June 2024 from 9.30am with a 10.00am start. Hope you might come and listen to our next speaker too.



**COOKING WITH FRIENDS** is also kicking off on Wednesday 12<sup>th</sup> June at 10.30am. Being hosted at the Holbrook Sporting Complex kitchen. Please let us know, as soon as possible, if you would like to come along, learn some new skills and enjoy a meal with friends. Limited transport available. We are also now able to assist you with your **DOMESTIC ASSISTANCE** and **PERSONAL CARE** services. Domestic Assistance can help you with maintaining a clean home, help you change your linen or do some washing, do your shopping and help with meal preparation. Personal Care services can help you with self-care, showering and dressing. If you have a My Aged Care referral and would like our friendly staff to help you, just let us know. We will soon be commencing **GROUP Social Support** activities and will be engaging with our clients to hear about what form you would like GROUP activities to take. Outings? Centre based crafts or hobbies? Other suggestions welcome. Other social support services available include friendly visitors, someone to help you with your shopping or attending appointments. If you would like to try the meals for yourself our would like more information about our other services call us and we will send you our menu and information. You can call on 60 363677 or visit our office at 114 Albury Street, Holbrook. Or you can call My Aged Care on 1800 200 422.

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With the new 3 bin system you'll have more space which means less waste that will end up in landfill which is better for our environment and our future.

Greater Hume — the way your bins are being collected is about to change! In June the following areas will be delivered new bins, a kitchen caddy, a collection calendar, compostable liners and an information pack to explain these changes.

- BURRUMBUTTOCK
- BROCKLESBY
- CULCAIRN
- GEROGERY
- HENTY
- HOLBROOK
- JINDERA
- MORVEN
- WALBUNDRIE
- WALLA WALLA
- WOOMARGAMA

Halve Waste's education team can visit your community group or school if you want to learn more head to [halvewaste.com.au](http://halvewaste.com.au)

More information is available at your council customer relations centres and the Greater Hume website.



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Ph 0418654416

Australian Christian Churches

- Kids Church programs Ages K-Yr 2 & Yr 3-6
  - Young Living Youth Yr 7-12 - Fridays 6:30-8:30pm
  - Little Living Playspace 0-5yrs - Tues 9:30-11:30am
- stay up to date on Facebook and Instagram.



Every Tuesday during the school

term 9:30am-11:30am

0-5yrs

37-39 Henty St Culcairn

Parking via Munro Street

Morning tea provided

Ph Amanda Stroh 0420363059



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