

# CULCAIRN OASIS

CULCAIRN & DISTRICT NEWSLETTER SEPTEMBER 2024





#### **CULCAIRN MPS NEWS**

Hello and welcome to news from our Residents at Culcairn MPS! Our Arts in Health Project artworks have been changed over and we now have twenty new pieces of art to show off. Originally the collection was meant to be with us for three years but due to Covid, we have been given an extra twelve months to continue enjoying this wonderful pilot program. This project is aimed at meaningful ways for our Aged Care Residents to connect with each other and encourages conversation, improving the lives of those living with dementia.

Students from St Paul's College Walla Walla visit us once a fortnight and we have recently looked at a piece from Lenie Namatjira called "Mt Sonder Lookout, 2009". Both the students and Residents enjoyed recreating our own version of this artwork. See our colourful images on the left.

We would like to invite the local community to come in and join us for a session with the program. It will be a very relaxed environment with some of our residents. Everything will be supplied on the day including a cuppa and morning tea. You do not need to be an artist, I promise, I'm not and I love to create something. If this is something that you would be interested in, please email Toni on

toni.shutt@health.nsw.gov.au or call on 60446100 to register your interest.



#### **CULCAIRN OASIS POLICY STATEMENT**

This newsletter is for the purpose of disseminating information and articles free of charge for the benefit of the public. This information is not a substitute for professional advice and is not intended to be used as such. The editors do not accept any liability for any loss or damage incurred by use of or reliance on such information. The editors of Culcairn Oasis make every effort to ensure the quality of the information. However, the Culcairn Oasis cannot guarantee and assumes no legal liability or responsibility for the accuracy, currency or completeness of information.

It is the responsibility of contributors to secure permission for the use of any photographs or material provided for the Culcairn Oasis.

#### DEADLINE

#### Next deadline—12pm Mon 7th October 2024

Folding Date—Fri 11<sup>th</sup> October 2024 at 1pm Delivery Date—Wed 16<sup>th</sup> October 2024

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

Advertising Sizes	CHARGES
Per issue	
Classified 1/16 page	\$11.00
1/8 page	\$22.00
<sup>1</sup> ⁄4 page	\$44.00
<sup>1</sup> / <sub>2</sub> page (check for availability)	\$88.00
Full page (check for availability)	\$176.00
Flyer insert (excluding printing)	\$100.00
Pay for 5 ads get 1 free, pay for 10 get 2 free	

If you are a new advertiser, email us for information & a booking form.

#### LOCAL TRANSPORT MADE EASY

Available to all residents for medical appointments, local shopping, social or other purposes in Culcairn. For more information or bookings call David Gilmore 02 6029 8291 or Jan Scheuner 0488 212 905. P.S. If anyone else would like to volunteer their services please contact David or Jan.

#### OASIS NOT IN YOUR LETTERBOX?

If you have not received the Oasis in your letterbox, copies have been left at the following locations in Culcairn - Council Office, Foodworks and Feed the Soul Coffee Shop. You can also access the Oasis online at <u>https://</u> <u>www.greaterhume.nsw.gov.au/Newsroom/</u> <u>Culcairn-Oasis</u>

Please note this publication is available online at www.culcairn.nsw.au www.greaterhume.nsw.gov.au

# INTRODUCING SARAH, PUBLISHER FOR THE OASIS...

Hi! I'm new to Culcairn and thought what better way to become part of a community than to volunteer some time as publisher for the Oasis. I have come from a small country town and look forward to watching my family grow and become part of the community here.



A bit about me.... In the past few years my partner and I sold our farm and business, travelled Australia for a year in a caravan with our 3 kids and have since found ourselves back in Albury which is where I was born. I had been away from the area since I was 5 years old, when my parents and grandparents moved away. Now we

have settled in Culcairn, and we are all very happy to call Culcairn home.

Spending time at home on the weekend is great, especially now that football season is finished. I am looking forward to daylight savings, building our vegetable garden and starting renovations on our house. Last weekend we built a garden bed and fixed up the old shed for our chickens. I planted some choko's to grow a vine over our chook house which will give them some much needed shade from the summer sun.

Anyway, that's enough about me, I'd love to hear from you! I'm on a mission to gather as much community news to build on the Oasis and connect with our community. If you're a part of a sporting group, community organization, school, anyone with anything interesting to share, or suggestions, please send it through. Email your articles and suggestions to culcairnoasis@outlook.com.

CULCAIRN PRIMARY SCHOOL

MARKET STALLS • LIVE MUSIC • GAMES FOOD & DRINKS • KIDS ACTIVITIES • GOLD COIN ENTRY

#### **IN YOUR GARDEN - SEPTEMBER 2024**

After intermittent rain in August and longer, warmer days, Spring is in the air, officially 22nd September (Spring equinox) September 1st is Wattle Day. Many varieties are flowering now, but others flower throughout the year. The Golden Wattle (Acacia pycnantha) was named our National flower in 1988 .Acacia Verticillata provides a great refuge for small native birds.

VEGIES -Keep weeds in check and be alert for new Spring pests .Slugs and snails are deterred by dried crushed eggshells around young plants. Broad beans and peas are maturing well with some warmer weather. Watch potatoes as they are growing. Build hay or straw over plants to help protect from frost.

Many years ago when my father lived in Culcairn, he nursed his potatoes and always had new baby spuds for Christmas dinner. (as well as beans, carrots and zucchinis) It's still a bit early in this area to plant tomatoes in the Garden. You can put them in pots in a sheltered place. The soil is cold and we're still having frosts. When my "Feral" self sown cherry tomatoes shoot up I know the soil temperature is right and I can plant out my larger varieties (generally mid-late October) Wait until October for pumpkins, melons and cucumbers.

The main CITRUS season is almost over by mid September, so it is time now to give trees a light feed containing trace elements. ensuring thin skinned fruit.

REPOTTING -Mid September is a good time to change the potting mix in your pots .Use the best mix you can. Always wear gloves and a mask when opening bags as you can breathe in particles and dust carrying spores.

BULBS - are madly flowering, in all their beauty. From tiny double headed daffodils to glorious 'frilly, multicoloured specimens. Dutch Iris will soon be out and contrast well with roses.

ROSES-Time to clean out ash from fires and spread lightly around roses .Fertilize and water in well .They should be budding now ready for blooming in October. Sweet Peas are ready to flower soon.

Don't forget the Culcairn Show on 5th October (long weekend). Find some fruit, flowers and vegies to enter and help make a great display, you could even win a prize! Enjoy your Garden, Margaret Pumpa.





730 FREE COPIES PRINTED September 2024

#### **HENTY- CULCAIRN PROBUS**

Henty/Culcairn Probus met at Culcairn Bowling Club 14th August 2024. Our five minute speaker was Kelli Penfold, who told us of her adventure to Alice Springs. We learned of the Larapinta walking trail and the Alice Springs Beanie Festival and their more than 6,000 entries. There was also a tea cosy section and a pet beanie section and an art gallery with demonstrations on making felted beanies. There was lots of food for sale, beanies were for sale and 200 volunteers to operate the project, with at least six check out machines. Warren presented Kelli with our Probus pen as a token thank you for her effort. For morning tea we had special biscuits from the Philippines presented by our guest Clayton Strong, CEO of the Sydney Seafarers Mission, the group to which we have given 1,005 beanies from our recent competition. We sang sea shanties and Kevin recited a seafarer poem by John Masefield. Margaret Pumpa introduced Clayton Strong who was raised at LadySmith and went to Wagga Wagga High School. He has been in the food industry and has travelled the world. Clayton's family were farmers and his father was keen on football and ran in the Stawell Gift. The Seafarers Mission has been in Sydney for over 200 years. There are thousands of people working on cargo vessels and cruise liners. The needs these folks have from the Seafarers mission are to make life a little easier particularly when in port. They need transport from industrial areas of ports, somewhere to deliver parcels, to play table tennis and pool and someone to listen to. The people of Seafarers' Mission serve all faiths and all nations, they support everyone and are open 7 days per week The donated money and goods are carefully used to do the works of the Mission . Lois Biti was our person to thank Clayton for his effort in his presentation to us and mentioned that the beanies had lowered her family wool collection, and that she too had grown up among his family members. Lois made 170 beanies towards this project and Kevin Fogarty made lots too. Everyone was thanked for their efforts. Next meeting will be September 11th at Wagga Wagga for a prepaid luncheon and the October meeting will be 9th October at Henty. We love having guests, perhaps you will come and enjoy the friendship too.

#### **CULCAIRN LIONSCLUB**



Culcairn Lions Club have a busy period coming up. White Balloons Day is this Friday, 6th September, raising awareness for youth sexual assault. We require assistance in manning show gates, operating the BBQ at Billabong High School for mental health, coordinating with Greater Hume Council to improve Culcairn Cemetery and update of the Lions Club rooms.

We are always looking for new members so if anyone is interested in joining please contact either Ken Scheuner (0458706659) or David Dunbar (0408474330). We meet 1st and 3rd Thursday each month. Ken Scheuner President Culcairn Lions Club.

#### ST JOSEPH'S PRIMARY SCHOOL

August has been a very busy month for our children. We have been participating in a whole school Gymnastics programme for 5 weeks, with the final week held in Albury at flyaway Gymnastics. It is fabulous to be able to offer this great opportunity to our children to participate and be coached by such a knowledgeable and interactive service. Kindergarten have celebrated 100 days of Kinder. Thankyou to our parents for embracing this milestone.



Book week is always a great week of activities. We celebrated with a character parade, open day and book week activities. (Photo left) Our K/1/2 also visited the town library for story time. Year 5/6 have been visiting the Culcairn Early Childhood Centre

and vice versa as part of the community interactions to improve their leadership skills.

Children are learning lines and chorus' for our up coming School production, The Jungle Book. We have some budding actors, musicians and some very excited participants. On the sporting front we have had a very eventful month. Well done to our relay team of Max, Annabelle, Grace and James who have made it through to the MacKillop Athletics Carnival, Good luck on 25th September in Sydney. Congratulations to our combined Saints (St Joseph's, St Patrick's and St Paul's) junior football Team on their win at the Bernie O'Connor Football Netball Day in Yerong Creek. Also a special mention to our Senior girls who placed runners up. Thank you to all the parents and staff who make this a wonderful day of participation and inclusion for all students. Congratulations to Annabelle who is representing our school at the NSWPSSA Rugby 7's carnival later this month.

Our transition programme for Kinder 2025 starts this week with some very excited children, who have been waiting a long time to come to "big school" and some parents are just relieved it is finally here.

Thank you to our parents and community members who have been supportive of our very busy August.

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A HEART FOR GOD & PEOPLE

**Sunday 10AM Service** Ps Nat & Amanda Stroh 37-39 Henty St Culcairn (Carpark via Munro St) 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



#### CULCAIRN LIBRARY REFRESH

The State Government has announced \$6 million in funding for public libraries across the State as part of the Public Library Infrastructure Grant program.

Greater Hume Council has received funding of \$192,464 for the project - Culcairn Library: Refresh and Revitalise For The Future. The funding will allow for the Culcairn Library to be updated with new furniture, carpet, painting, a designated youth room and an additional meeting room.

"With the changing trend of libraries becoming not only a repository for books but also a community space, the revitalisation of the Culcairn Library will enable the venue to be opened up and utilised in response to the wants and needs of the community" Ms Evelyn Arnold, General Manager, Greater Hume Council states.

This is the third State Library of NSW – Public Library Grant success for Greater Hume Council over four years. With the completion of Culcairn Library's refurbishment and renovation project all libraries in Greater Hume Council will now be updated and fit for the future and the needs of the community.

#### 2024 LOCAL GOVERNMENT ELECTIONS



On Saturday, 14 September 2024, Greater

Hume Council will conduct councillor elections to elect 9 councillors to serve for a four year term.

A constitutional referendum will also be held for electors to consider whether the Council area should continue to be divided into wards.

Regardless of whether your ward is contested, all electors are required to still vote on the referendum.

#### Electoral Commission

# Save the date

### 2024 NSW Local Government elections

Saturday, 14 September

Voting is compulsory

Visit elections.nsw.gov.au/lge24 or call 1300 135 736



#### CULCAIRN PUBLIC SCHOOL NEWS

#### **Book Week Parade**

Students had their Book Week Parade on Friday 23<sup>rd</sup> August. There were some wonderful and interesting costumes on the day. Preceding this, all students were involved in a "Read-Around". At the parade students revealed who they were dressed as and from which book the character was from, the focus of the event being to foster the joy of reading.

#### Special Breakfast

A special Father's Day Breakfast was held at school on August 29<sup>th</sup>. Dads, uncles, granddads, students and special family members enjoyed bacon and egg rolls and a beautiful sunny morning.

#### Countdown to Kindergarten 2025

Parents were invited to an orientation afternoon on Wednesday 4<sup>th</sup> September. Countdown to Kinder program has begun with the first session being on Friday 6<sup>th</sup> September. Kindergarten students for 2025 have been invited to take part in activities, to help establish new friendships and become familiar with the school. Sessions will continue fortnightly until Friday 8<sup>th</sup> November.

Each session will run from 9:00am to 12:00pm. These sessions are important to give children the opportunity to become familiar with school routines and expectations. It is also an ideal opportunity to get to know their peers and their teachers. If you know any Kindergarten students for 2025 who have not yet received an invite, please ask them to contact the school office on 02 6029 8385.



#### **CULCAIRN SWIMMING POOL**

SWIM AND SURVIVE (ROYAL LIFE SAVING) are calling for Expressions of Interest to run Learn to Swim lessons in the January School holidays at the Culcairn pool. The SwimVAC program is a vital initiative aimed at promoting water safety and fostering a love for swimming within our community.

Over the years, the SwimVAC program has been incredibly successful, providing essential water safety and swimming skills to numerous participants.

The 2025 SwimVAC program is scheduled to run from 13 January to 24 January 2025 catering for various skill levels. If you are thinking of swimming lessons for your child and think this would be work for you please register your expression of Interest with Eileen at the Greater Hume Council on 02 6036 0138.



#### DEMENTIA ACTION WEEK

Dementia Australia

Holbrook Dementia Alliance

Group is having a Morning Tea, On 19 September at the Holbrook Sporting Complex room from 10- 11.30am for all community members, to promote a Dementia Friendly Community, during Dementia awareness week. We will have speakers and information available over a cuppa and a chat!

#### INCLUDE, ENCOURAGE AND EMPOWER

#### MAGICAL MUSICAL MOMENTS

St Andrew's Uniting Church was the venue for a magical afternoon of fabulous music by the Kapooka Army band and Iilysh Retallick. It was a fundraiser for MND and an opportunity for locals and church family folk to show support of much loved people in our community with this insidious disease.

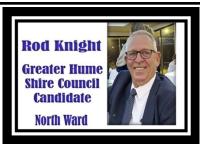
A full church, approximately 140 people, enjoyed firstly the beautiful mellow voice of our own Billabong HS student and captain elect Iilysh. Iilysh has been chosen to take a lead role in the NSW Education Department, School Spectacular, to be held in Sunday on November. This young lady is already performing gigs around the area and we were delighted that she could join us and share her amazing voice.

The Kapooka Army band, under the instruction of Major Greg Peterson enthralled us with a variety of music. Three ensemble groups, woodwind trio, brass quartet and the finale trad jazz entertained the crowd. There was much foot tapping, clapping and singing. So many positive comments after the show... best show ever !!!

The afternoon continued with a delicious High Tea - an array of yummy sandwiches, slices, cakes, biscuits and hot food was enjoyed by all.

A huge thank you to all those who came along and supported this MND event – over \$6000 was raised. Special thank you to the Culcairn Country Music Club, for their generous donation of \$1000, and the Henty Doodle Cooma Craft shop for their generous donation of \$1500.

It truly was a magical afternoon—MMM for MND Jen Whitlock



#### Rod resides in Culcairn township with his wife Maggie and is passionate about "growing" the Rural Communities within The Greater Hume Shire council area.

#### **ROD WILL WORK TOWARDS**

Greater communication and representation between the residents and administration and a fairer distribution of assets within the shire.

Being approachable and will take all concerns and matters bought to him to the council and will endeavour to get answers for those concerned.

Seeing the infrastructure of the smaller rural communities (such as signage, parks and cemeteries, streets and roads) improved on and maintained.

> Increased services for families and children. Increased tourism opportunities.

#### MAKE YOUR VOTE COUNT

### VOTE 1 FOR ROD KNIGHT

and follow the ballot paper instructions



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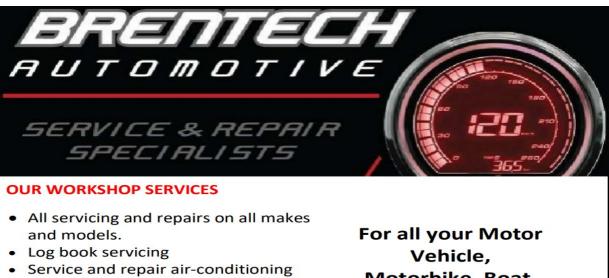
Can you spare a couple of hours?

With harvest and shearing time fast approaching, Greater Hume Council in partnership with Transport for NSW and the National Heavy Vehicle Regulators (NHVR), are running a fully funded information session open to anyone who is interested in the latest legislative and safety requirements relating to load restraint. NO COST TO YOU!!

When: 4-6pm, Tuesday October 1, 2024

Where: Memorial Hall, Balfour Street Culcairn.

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#### Culcairn Health Service options with the impending closure of the Culcairn Medical Practice

A notice has been placed in the window of the Culcairn Medical Practice advising that the last day for onsite services will be the 25<sup>th</sup> October 2024. With the impending closure of the Culcairn Medical Practice, work is underway to look at alternative arrangements for services currently provided from these premises.

Alternative arrangements are as follows:

**General Practice**: currently Sarkon provide GP consultations on Tuesday's (two doctors) and Wednesday's (one doctor) from 81 Balfour Street (phone 02 6029 8304). Sarkon have advised that they are looking to expand their services to meet community needs in the near future. If demand is there, they are proposing to expand the number of days they will be available in Culcairn.

**Pathology:** is available at the Culcairn MPS (51 – 55 Balfour Street) on Wednesday mornings from 8.00 am to 12.00 pm.

**Dietician**: currently available by appointment (phone 02 6066 5700). Marathon Health are commissioned to provide the Waratah Allied Health service on the first Thursday of every second month. This service will continue and work is underway to find an alternative location to operate this service from.

**Diabetes Educator**: currently available by appointment (phone 02 6066 5700). Marathon Health are commissioned to provide the Waratah Allied Health service on the third Monday of every second month. . This service will continue and work is underway to find an alternative location to operate this service from.

**Physiotherapist:** currently provided by Claire Lawson (phone 0424 721648. This service will continue, please contact Claire to arrange an appointment.

**Podiatry:** currently provided by the Active Foot Clinic on the last Monday of the month (9 am to 5 pm). For an appointment phone 02 6021 3338. This service will continue and operate from the Culcairn MPS.

**Speech Pathology:** will continue to operate from their existing premises until 31st December 2024. For an appointment phone 02 6066 5700. Further updates on where this service will operate from in the future will be provided later in the year.

As updates become available, advice will be provided through the Oasis and posts on the Culcairn Community Happenings Facebook page.

Submitted on behalf of the Culcairn LHAC

#### VALE DOT LIVERMORE

It is with sad hearts that the Culcairn Local Health Advisory Committee (LHAC) learnt of the passing of Dot Livermore on the 2<sup>nd</sup> August 2024. Dot was a greatly valued member of the committee, joining in 2012 and had only recently retired in early 2024.

As a member of the LHAC Dot actively lead and participated in: the LHAC's contribution to the Billabong High School mental health forums; coordinating the fundraising activities; acted as a key liaison with staff members; participated in securing the bus for the MPS; represented the LHAC on the MLHD forum and she was a regular visitor to the hospital to support those members of the community who resided there.

Dot's contribution was acknowledged widely within the Murrumbidgee health community. As recently as last year, Dot was shortlisted as one of three finalists in the Volunteer of the Year Award (by the Murrumbidgee Local Health District - MLHD) for her contribution to Culcairn over the past 12 years. In recognition of her contribution, advocacy and ambassadorship to health Dot was awarded membership to the Murrumbidgee Lifelong Advisory Group.

Below is an extract from the LHAC's nomination form, which was lodged without Dot's knowledge (Dot was not too happy with the attention this brought):

Dot has been an LHAC member for well over ten years, joining on 25 July 2012, although with all the work she has done it seems much longer. Recently Dot was re-elected to the LHAC Deputy Chair position of the Culcairn LHAC, a position Dot has held for the last four years.

Dot has made an outstanding contribution to the Culcairn LHAC, being an eager participant in a wide range of LHAC activities. Often being the instigator of ideas and willing supporter of others. Every action Dot takes has the broader community in mind, as well as the patients and residents of the Culcairn MPS. Dot does not monopolise people's time, but when Dot decides to speak up, people listen.

Dot generously gives her time and energy to the betterment of health outcomes for Culcairn. This has played out a both at a strategic level as well as at the grassroots level. With a great ability to reach out into the community, Dot can draw on a range of skills and expertise to get things done.

For someone who hides from any form of self-promotion or active recognition of her by others, Dot reflects the true attributes of a selfless volunteer. The key driver being the interest in making other people's lives better.

Our condolences go to Dot's family and she will be missed greatly by the Culcairn LHAC. Vale Dot Livermore.

Submitted on behalf of the Culcairn LHAC.

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