

CULCAIRN “Healthy Towns” OASIS



CULCAIRN AND DISTRICT NEWSLETTER

February 2019



Healthy Towns – February Get on Board and Set Some Goals Breakfast Launch

The Healthy Towns Challenge officially opened on Monday 4 February with Culcairn’s official breakfast launch held on 6 February at the Culcairn Coach Terminal Park. It is estimated that around 100 people attended the launch between 7am and 9am with information sessions being held advising people how they can be involved and a healthy breakfast served.

It was a great team effort with Council staff contributing along with Murrumbidgee Health representatives, Lions Club members cooked for the breakfast, business contributed, school children and teachers attended and it was overall a positive community event.

The best news is that 46 people signed up to the free Get Healthy Information and Coaching Service that is a pivotal part of the program. It was encouraging to see so many people involved in first week of the Challenge and the next 6 months will be exciting as planned events and activities are completed.



Pictured above: Carly Barnes Health Promotion LHD, Betty Scheetz, first to sign up & GHC Mayor Heather Wilton

Congratulations to all involved in reviving the Culcairn “Healthy Towns” Oasis.

It was sorely missed and it is wonderful to see it back.

It has received funding from the Greater Hume Council, through the “Healthy Towns” Project for 6 monthly issues. It will only continue after this period with the support of the Culcairn Community. I would urge individuals and organisations to submit articles of local interest. Also for local businesses to advertise, to help ensure the ongoing economic viability of the newsletter. As mentioned in the last issue, articles and advertising can be emailed to oasis@greaterhume.nsw.gov.au or phone Leonie Hibberson on 0260363262

Written by David Gilmore(Culcairn Local Health Advisory Committee)

CULCAIRN OASIS POLICY STATEMENT

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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 9am

3 April 2019

Delivery Date

Wednesday 10 April 2019

We prefer articles to be emailed to:

oasis@greaterhume.nsw.gov.au

or ph **02 6036 3262** for more information.

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

ADVERTISING Sizes	Charges
Per issue	Advertising Cost
Classified 1/16 page	\$7.50
1/8 page	\$ 15.00
¼ page	\$ 35.00
½ page (check for availability)	\$ 50.00
Full page (check for availability)	\$100.00

Please note this publication is available online at

www.culcairn.nsw.au

www.greaterhume.nsw.gov.au

Oasis Contributions

We are seeking article from community groups and residents that would be of interest to the Culcairn Community.

Articles are free to submit and will be included in the next edition.

We encourage sporting groups, clubs, schools, associations to use the Oasis to keep your community informed of coming dates, events and news. If you would like to receive a reminder email before the due date please send us your email address.

Email articles to oasis@greaterhume.nsw.gov.au or phone 0260363262 for more information

Culcairn Red Cross

We would like to thank everyone for their support during this financial year. Our donations so far are \$1000 to Red Cross NSW for their Mental Health Program for farmers, \$500 to Nowra Red Cross for their Young Mothers Christmas Program, \$200 to Culcairn Public School for their Breakfast Program, we have also allocated \$300 to the Culcairn Hospital for their Diversional Therapy Program.

In March we will be having two days in the street, where we will be raffling a food hamper and all money raised on these on these two days will go to Red Cross Calling.

Next month our monthly Market Day on March 21st will now be held on Saturday 30th in conjunction with the Lions Club Street Markets.

Members of the Culcairn Red Cross.

Radio 96.7FM
Culcairn Community Website
www.culcairn.nsw.au

BUSALLAW

Many people would have noticed this sign on the house next to the local hospital and like me have puzzled over it.

Back in the 1940's a local farmer and his wife from the Walla Subdivision area, sold their farm and moved into Culcairn. There they had a home built. Mr & Mrs Hall wanted a reminder of their old homestead so they named their new home BUSALLAW, the backwards spelling of Walla Sub.

In due time their daughter, Enid married Gordon Barber and their daughter Wendy sold the home in 2017.

His home, as many would remember, was filled with beautiful leadlight windows and doors, these have been saved and moved on to other construction projects.

On the location is to be built Nurses accommodation. Hopefully the name of BUSALLAW will rise again like the phoenix. Diane



WHAT'S NORMAL?

Things weren't always like this...if we look back in time and only as far as your grandparents' generation, 'normal' was very different...

Firstly, our lives have become busier and we do both a lot more and a lot less at the same time. For a start we don't physically move as much, with more of us working in sedentary jobs, spending much of the day sitting. We drive rather than use our legs and walk - we watch television and use mobile phones and devices for hours on end. We will often take shortcuts wherever we can.

Secondly, we are eating far more unhealthy foods and not enough good stuff. Portion sizes have gone up, but fruit and vegetable consumption has gone down. We grab fast food instead of a packed lunch and order take-away instead of cooking a meal at home. Sugary treats and salty snacks have gone from a 'sometimes food' to every day indulgence, with entire supermarket aisles dedicated to chips, lollies, cakes, biscuits and soft drink.

Basically we are opting for ease instead of health. It is all too easy to think it's normal, but it's not. In fact, it's creating a huge problem for us, our health and society at large.

When it comes to losing weight and getting healthy, it is the healthy choices you make every day that truly make a difference. Remember, small steps can make a big difference.

Here's our top five:



Choose smaller portions and less kilojoules

If you eat more than your body needs, the extra kilojoules may end up as extra weight. Snack less and choose healthy snacks like fruit and vegetables or low fat yoghurt. Begin your day with a healthy breakfast to help you feel fuller throughout the day or use a smaller dinner plate to ensure you are eating a smaller portion size.

The ultimate fast food; fruit and vegetables are packed with all the nutrients your body needs to help you feel great, keep your weight down and fight disease. Add extra vegetables to your meals, carry around as snacks or add salad to your sandwiches to increase your intake.



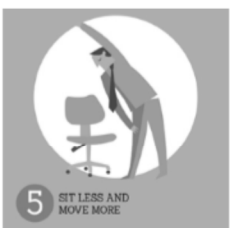
Make water your drink

Water is free and contains zero kilojoules. Make water your drink of choice and always keep a bottle with you, you can even add flavour with mint or lemon. Keep soft drinks for special occasions only and choose low sugar versions.



Eat more fruit and veg

Being active doesn't just mean big workouts. Get moving by walking to work or the shops, taking stairs instead of lifts, walk and chat with friends or make 'family time', 'family active time'.



Sit less and move more

So much of our lives are spent sitting. Find ways to add movement to your downtime or move from your desk. Move during ad breaks, stand up on public transport, leave your desk for lunch, talk to colleagues in person rather than by email, or set

movement alerts in your diary.

TAKE THE QUIZ Take the **Make Healthy Normal quiz** to find out how healthy you are.

<https://www.makehealthynormal.nsw.gov.au/finding-new-normal/quiz>

If people would like to get involved, and take advantage of the **FREE "Get Healthy Information and Coaching Service"** registration can occur at the **Culcairn Pharmacy, Newsagency or Greater Hume Council Office.**



Be active every day



CULCAIRN MOTOR INN

www.culcairmotorinn.com.au

Craig and Glenda Taylor | Cnr Olympic Hwy & Melrose St
Culcairn NSW 2660
info@culcairmotorinn.com.au | (02) 6029 8233

HOORAY, THE CULCAIRN OASIS NEWSLETTER IS BACK!

Thank you to the Council and the Healthy Towns project for organising and funding our community newsletter!

CULCAIRN COMMUNITY DEVELOPMENT COMMITTEE is a reference committee of the Council and we try to help the community and the Council to work productively together in achieving common goals in Culcairn. It was formed in July 2002. Of the people present at the first meeting, Ken Scheuner and Paul Wilksch are still on the committee (what dedication!) The current committee is: Ken Sheuner (Chair), Paul Wilksch, Glenice Miller, Christine Parker, Jennifer Christensen, Karen Schoff, Lolita Landman, Diane McElwaine Les Frazer, Terry Weston (Councillor), Jacob Wilksch, Gary Kenney and Kirsty Wilksch. We have 2 new committee members, Michelle Godde and Alan Wilson.

We meet mostly once a month to discuss community projects, ideas for future ones and other community issues. Previous projects have included the Culcairn Business and Services directory, the Culcairn Street map, the 125th Celebrations in 2008. Current issues talked about this month were:

- the Railway Pedestrian Bridge-we are awaiting word from the Council or ARTC about the progress on this project.
- The Caravan Dumpsite, there have been some alternative suggested sites for this and we are working with Council to find a suitable solution.
- The old peppercorn trees in Henty West Street have to be removed soon, we are liaising with Council for an area of long parking in that street once trees are gone.
- Lions Club **Market 30 March 2019 9-2pm**, save the date, it will be held at the Bus Terminal like last time, there will be more stalls hopefully!
- The Culcairn Tennis Club and the Culcairn Swimming Pool's projects will start soon, since they received grants last year. Very exciting!
- The 100yr book re-print is happening soon.
- Silo Art Project-this is an exciting idea! If you are interested, please contact Gary Kenney, Tracy Canning or a member of this committee-huge potential!
- There is an amount of \$5,900 available from the Asbestos houses removed in Culcairn for a community project, any suggestions, please tell us!
- **Skate Park** will be started on soon, another exciting project for our town.

Our next meeting is on the 19th of March, 7.30pm at the Culcairn Council Chambers, please talk to one of

the members if you'd like to come along and be involved!! There is a lot going on.

(written by Kirsty Wilksch, secretary)

If you would like to be part of this group, we meet once a month, so please talk to Ken at the Culcairn News agency, our current Chairman.

At our meeting on the 13 March 2019:

- The 100yr Centenary Book re-print is being organised. We hope to have it available again for sale in the next few months, there will be information about it at the Community Information Day in May.
- We are working towards having another 'Community Information day' in mid May, inviting all the community groups to come along for you all to see what is around town to get involved in. It will be a Sunday lunchtime like previously, hopefully at the Culcairn Footy rooms.
- The Skate Park submission by the Council (for NSW Govt funding)- Has been approved-YAY! So our question to you all now, is where to put it? Eric Thomas Park, Jubilee Park, or at the Sportsground, Tennis
- Court end or Netball Court end? We will have a survey out in school newsletters and at the Community Information day, so, let us know.
- Community Grants that are now available- a few projects are being worked on by the Tennis Club, the Swimming Pool, Lions and The Show Society, if you want to get involved, contact someone in these committees, the 'Expression of Interest' has to be into Council by the 4th of April. Not much time!

If you have any suggestions or ideas for projects around Culcairn, please let us know, we don't know unless you tell us! Written by Kirsty Wilksch, secretary.

Inland Rail hits Culcairn

To those residents in Culcairn who don't know the Inland Rail uses the Melbourne –Sydney rail line as far as Illabo then goes to Parkes then Brisbane. Along the way there are many bridges that have to be raised as the projected double stacked containers can't pass under them. Culcairn has one in the Pedestrian Footbridge at the Culcairn level crossing. Although this bridge is protected under the State Heritage Act it has to go. The only options for it at the moment are its total dismantling and removal. A group has been formed in Culcairn called Friends of the Bridge to save it as it is and needs members in numbers to influence the ARTC. For more details ph Mick George on 60298432.

Anyone for Table Tennis...

Come and try Culcairn's new outdoor Table Tennis Table

An outdoor table tennis table has been installed at Balfour Park as an integral part of the Healthy Towns Challenge. It is a great way to get active with friends, in a group or create a lunch time business challenge. The opportunities are endless and it is hoped that the table will provide a great way for everyone to get more active.

Come and join us on the 13 March for a come and try day. Everyone is welcome to drop in and have a go. Bats and balls will be available. Enter the draw to win a prize – your own table tennis bat and ball.

You can even join a walking/cycling group as Culcairn gears up to get Healthy – see centrefold.



St Joseph's School

St Joseph's Culcairn would like to present their leaders for the 2019 school year.

(Left to right)
lilysh Retallick,
Tom Scheetz,
Father Terence Mahedy,
MaOpal Davidson &
Charli Shoemark.

Walking is a great way to meet people, get healthy and stay motivated.

Try one of our suggested walks and get a group of friends together...



Short and Sharp (for up to 1km walks)



Mild and Moderate (1 – 3km walks)

Information will be available shortly on how you can join a Healthy Towns walking group.



Step it out (8km walks)



Culcairn Healthy Town Community Event Pete Denahy at the Culcairn Bowling Club

A healthy town is a well-connected town bringing people together, increasing social connection and providing a sense of belonging and self-worth within the community. Come and enjoy a free night of entertainment at the Culcairn Bowling Club

**Friday March 29 7.00 pm to 9.30ish
Culcairn Bowling Club
Light Refreshments will be provided.**

Bluegrass musician and comedian Pete Denahy is a man who loves his work and music. Pete Denahy is the man responsible for the teenager song, "Sort of Dunno Nothin" which has been played on Spicks and Specks, Rage, Today and there was even a Big Brother Version!



CULCAIRN MENS SHED

The Shed has had recent grants totaling a few thousand dollars to purchase some new machinery which is being put to good use by members. A couple of items that locals have asked us to make include a chook perch for some bantams, also a trolley to take groceries from the car into the house and repairs to a piano stool. Toys, trays, photo frames, etc. have been made. We can make various items at a reasonable price as long as we have the knowledge and capabilities. We have raised money by selling, repairs, raffles, donations, etc. We will be looking at starting night sessions for people who can't make the Mondays that we normally run (work, childcare, etc.) or who get put off by the extreme heat. The Shed has **both men & women** as financial members and is **STILL** ongoing and some of these members are your friends and neighbours. We are always looking for potential new members whether you have skills or not, we can train you.

Further Info please contact Wayne 02-60297505 or 0412483826

There are still persistent rumours going around the area that the Shed is closing (has closed), no good, does nothing. Rumours are the work of cowards and people who for various reasons have an "axe to grind" re: the Culcairn Mens Shed. Don't believe everything you hear.



Culcairn Country Music Club resumed on February 10th 2019 after our Xmas break.

We had 128 guests attend a very enjoyable afternoon of music. Our guest artist was Sharon Benjamin who comes from Leeton. Sharon was very well received along with walk-ups throughout the afternoon.

Our functions run from 12 noon until 4.30 at the Culcairn Bowling and Recreation Club. Entry is \$4.00 for members and \$6.00 for guests. We run Nifty 50's throughout the afternoon and have a lucky door prize, membership draw and a raffle. Afternoon tea is also supplied and we welcome walk up artists to our stage.

Our next function is on Sunday 10th March 2019 and our guest artist is Bec Hance from Murchison. Bec has entertained our guests before and is a very popular singer and songwriter.

All of our profits are donated to worthwhile charities and at our Annual General Meeting held after our February function, the following donations were approved. \$1,000 Fight MND, \$1,000 Jane McGrath Foundation, \$1,000 Leukaemia Foundation, \$1,000 Movember, \$250 Relay for Life, \$200 Radio 2rem107.3fm Albury and \$200 Wagga Wagga Country Media. For any information please contact Kaye Barber on 0260 298316 or 0408 633262.

Highlights from Greater Hume Council meeting held on 20 February

** In the event that the Glenellen Solar Farm development is approved by NSW Planning (*Council is not the consent authority*), and in response a request by the developers, Council resolved to respond that it will agree to enter into a Voluntary Planning Agreement (VPA), to receive a 1% contribution of the capital investment value of the proposed solar farm. **Note that the VPA will only come into effect should approval for the Glenellen Solar Farm be granted by the NSW Department of Planning and Environment.**

** With the support of Rotary Club of Holbrook and football club volunteers, Council endorsed the initiative to conduct free hard waste collections within town boundaries of Henty, Walla Walla and Jindera on Sunday, 3 March, noting that pre-registration for the hard waste free kerb side collection are essential.

** Council also endorsed free open days at waste facilities in the shire on Sunday 3 March at Henty (open 9am to 3pm) and at Jindera Transfer Station, and Culcairn and Holbrook Landfills (open 9am to 5pm) and on Sunday 7 April at Burrumbuttock, Gerogery, Mullengandra and Brocklesby (open 9am to 3pm).

** Council endorsed the second quarter progress report of the Operational Plan and Delivery Program. Highlight achievements in the quarter included : *Attracting additional road funding of \$6.4 M in the first six months of the year *Negotiating a solution and funding with Federal and State Governments to continue long day care children services in Henty and Walla Walla *Greater Hume Children Services announced winner of the NSW/ACT Service Excellent Award *Completion of a number of road projects

** Council will undertake a customer satisfaction survey of residents during the first two weeks of April.

** Council will apply to NSW Government to allocate \$107,451 for a purpose built men's shed in the Holbrook Industrial Estate and an amount of \$5,970 will be allocated to a project in Culcairn. The funding opportunity is via remaining funds from the NSW State Government's Loose Fill Asbestos Insulation Community Assistance Program, and the decision followed community consultation with the Holbrook community in February.

** Council has received funding of \$285,950 for heavy patching repair works on Walbundrie Road under the Drought Relief Heavy Vehicle Access Program. Works on the road will commence during March 2019.

Next Council meeting will be held on 20 March 2019 at Carabost.

Meeting agendas and minutes are available for viewing at any time on Council's website or in person at any Greater Hume Customer Service Officer. **Cr Heather Wilton Mayor** www.greaterhume.nsw.gov.au



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COMMUNITY DIARY

Please email details for inclusion in the community calendar to oasis@greaterhume.nsw.gov.au

March 2019

- Sun 10 Culcairn Country Music Function
 Wed 13 **Table Tennis come and try day.**
 Tues 19 Community Development meeting 7.30pm
 Culcairn Council Chambers
 Wed 20 **Council meeting at Carabost.**
 Fri 29 Community Event Culcairn Bowling Club
 Pete Denahy 7pm
 Sat 30 **Red Cross Market Day**
 Lions Club Street Markets. 9-2pm,

April 2019

- Mon 1 Cancer Support Group ph: 60362295
 Thu 18 **Red Cross Craft Shop Market 9am to 4pm**
 Thu 25 GHSC ANZAC Ceremonies

Culcairn Health is looking for volunteer for a resident who likes to draw and do art activities eg painting. If you have an hour or two to spend weekly or fortnightly we would appreciate your time. We will supply any items that are needed.
 Contact Toni on 02 60446100



Culcairn Lions Club

The Culcairn Lions Club are holding another market day on Saturday 30th March from 9am to 2.30 pm (set up from 8am) in the Coach Terminal area in Railway Parade. Invitations have been emailed to stallholders who were present at our previous markets held last November., more stallholders would be very welcome and also some of the local businesses will be participating. Please contact Michelle Fagan on 0412574481 or Ken Scheuner on 0458706659.

The Lions Club also have a paper pick on the last Saturday of the month, so please put your papers out over night as pick up is around 7am in the morning. Culcairn Lions Club is always looking for new members with lots of new ideas, so do not hesitate to contact someone that is in the Lions Club.
 Ken Scheuner Culcairn Lions Club

ANNOUNCEMENTS

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Contact Rob Jacka on 0417 678 068.



Culcairn Red Cross Craft Shop Market Day

Thursday 21 March 9am to 4pm

Location: Culcairn Craft Shop

Head along to the Culcairn Craft Shop for this monthly market day where you can find bric-a-brac, plants, materials, baked goods and so much more.

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BILLABONG HIGH SCHOOL

Swimming Carnival

It was perfect weather for a swimming carnival – quite a contrast with the extreme heat of last year. It was fabulous to see students participating in a range of events as well as taking time to mix with their friends. I encourage all students to come to our school carnivals to be part of our school community.



Leadership Induction Assembly

On Friday 8 March (Week 6) we will conduct our Induction Assembly for all our 2019 Leaders. This will involve School Captains, Vice Captains, House Captains and Vice Captains and SRC members. Parents and carers of these students will receive an invitation to the assembly which will begin at 10.15 in the school hall, followed by morning tea. More information will be available over the next few weeks.

Senior Life Skills

Last Wednesday, our Senior Life Skills students commenced their TAFE course in Hospitality/Kitchen operations. The students looked very professional in their hospitality uniforms and are looking forward to developing their skills in this area. Ms Morgan. (See photo right)



SRC Members

We would like to congratulate the following students on being elected for the SRC. Year 8: Joseph Muller, Blake Roulston, Chloe Kuhne, Molly Murray. Year 9: Jessica Toogood, Erin Hogan, Nicholas Newton, Samuel Male. Year 10: Robert Thomas, Alexandra Toogood, Rose Kennedy, Bailey Phillips. Year 11: Jack Driscoll, Taylah Butler, Thomas Newton, April Kennedy, Year 12: Oscar Willis, Chloe Parker, Amelia Edwards, Caitlyn Wardius, Lachlan Joyce, Jack Retallick, Zali Lieschke, Charlee Kleine, George Leov.

Billabong Show Team at the Henty Show

On February 9 the Billabong Show Team went to work preparing and showing the ewes, lambs and rams for the Henty Show. We began with two of our older members, Blake Bridgett and Cameron Howard, showing off the older rams and following that the lamb rams were shown with one in particular being a little bit naughty. We would like to congratulate Blake Bridgett on his Champion Ram win. The young ewes were next and unfortunately they had their cranky pants on and were not very compliant, but after some pushing and pulling we were done. The Year 7 group led the older ewes who were mainly very well behaved. We won first place for one of our ewes and then went on to win champion Ewe Inter Breed Champion and runner up Supreme Champion. The winner was lead by Isaac Ohem.



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