

CULCAIRN OASIS

CULCAIRN AND DISTRICT NEWSLETTER

June 2021

AGED CARE

We are very pleased here at the Culcairn MPS to announce that Murrumbidgee Local Health District is participating in an innovative pilot



program to provide aged care residents at Culcairn Health Service with opportunities to participate in unique arts activities. We are one of three sites nationally that have been selected for this program, launched in collaboration with the Art Gallery of NSW and Health Infrastructure. This program is all about creating conversations and

making connections with people, in particular those with dementia.

We have twenty pieces on display throughout the

residential aged care which will be rotated yearly for the next three years with the Harden and Tumbarumba sites.

This is a unique opportunity to participate in this project for the enjoyment and benefit of our Residential Aged Care residents, their families, Health Service staff, as well as for the benefit of

the wider community here in Culcairn. We will be starting an art program with our friends at the Public School and will also be approaching Billabong and St Joseph's to be included in this fantastic experience. As well as our local schools



we would also like extend the to opportunity to our local groups for example the Lions Club, Rotary, Probus, CWA, Men's Shed, any local community group that would be interested. If

you would like to join in with this wonderful opportunity please do not hesitate to contact Toni on 60446100 or you can email me at toni.shutt@health.nsw.gov.au

It doesn't matter if you think you are arty or not, this program is for everyone.

CULCAIRN LHAC & HOSPITAL BIGGEST MORNING TEA





Money raised for the Biggest Morning Tea was approx. \$1,700 of which \$1,400 will

be donated to the Albury Wodonga Cancer Centre. Thank you to everybody who



donated slices, cakes and their time. Fun was had by all at 6.30am making sandwiches. Jill won first prize in the raffle.

WISHES DO COME TRUE

The Culcairn Hospital used the Lions grant money to pay for a wheelchair taxi for Mavis to go for an outing. Jill escorted Mavis and they had a thoroughly good time, including meeting Mavis's grandchildren.



LADIES BOWLS

On the 7th and 8th of May, the inaugural Laurel Brown Versatility Tournament was hosted by our intrepid team of Culcairn women. Although this tournament has been conducted for some years now, this is the first to be held in honour of our Past President Laurel Brown.

Beautiful Autumn weather greeted us on the Friday, as 12 teams lined up to compete in a variety of formats over the 2 days. 7 members of the Culcairn men's club assisted with marking on Friday, and umpiring on Saturday. The eventual winners were: 1st Sue Lee's Lavington team, 2^{nd:} Holbrook, 3rd Helen Richard's Lavington team, 4th Kay Haberman, Commercial Ladies Albury. Friday's best performed team was led by Heidi Christian, Commercial Ladies Albury. Saturday's best team was from Henty, led by Ros Kilo. All catering was done by the ladies from Culcairn.

The Bowls Shop from Shepparton was in

attendance, giving the competitors an opportunity to stock up on essentials. All in all, it was a lovely time of fun, fellowship, and friendly competition.



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 Tues 6th July 2021

Folding Date- Fri 9th July 2021 at 1pm

Delivery Date - Wed 14th July 2021 We prefer articles and advertising to be emailed to: <u>culcairnoasis@outlook.com</u> or phone **02 6029 8291 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	\$10.00
1/8 page	\$ 20.00
¼ page	\$ 40.00
¹ ⁄ ₂ page (check for availability)	\$ 80.00
Full page (check for availability)	\$160.00
Flyer insert (excluding printing)	\$100.00
Please note pay for 5 ads get one free, pay for 10 get 2 free	

Oasis Contributions

We are seeking articles 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 culcairnoasis@outlook.com or phone 0260298291

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

CULCAIRN OASIS NEWS

We would love to receive more articles from all our Culcairn community groups in order to make our newsletter varied, interesting and enjoyable for our readers. So if your group has news you'd like to share with our wider community we'd love to hear from you.

We would also love to hear from more individuals who have a particular interest and who would like to contribute to the Culcairn Oasis. Please e-mail details to <u>culcairnoasis@outlook.com</u> or phone David Gilmore on 6029 8291.

"WHERE EVEN A LITTLE MEANS A LOT"

It would be fair to say that many in our local community have been impacted by cancer in some way, whether personally, family or friends.

At a recent Culcairn/Henty Probus meeting our guest speaker Michelle Hensel (nee Godde) recounted her family's harrowing cancer journey, made even harder by frequent trips to Melbourne for treatment with all the difficulties this involved.

Michelle is now Chairperson of the Albury/ Wodonga Regional Cancer Centre Trust Fund. What a blessing to have this wonderful facility in our area. We were very moved by Michelle's story and the question was asked 'How can we support the Centre?'

The outcome is that a number of donation boxes labelled 'Coins for Cancer' have been placed in



various businesses in the town. Why not keep an eye out for them. It is true that many don't carry cash any more. If, however, you do and can spare a few coins, how about popping them in one of the boxes.

Michelle and her Board decide how the funds are distributed and she assured us that every cent goes towards the Centre by investing in:

- The latest medical equipment
- Staff training and development
- Cancer research
- Wellness Centre and supportive care program Let's show our support and appreciation for the centre in this small but hopefully significant way. For further information about the Trust Fund visit <u>awcancertrust.org.au</u>





CULCAIRN SHOW SATURDAY 2ND OCTOBER

Meetings of the show society have taken place and will continue monthly [except July] up until the 2021 show. The show is to be held on the Saturday of the October Long Weekend. Saturday 2nd October.

All the usual activities are planned including dog & horse events, shearing & wool competitions, fleeces, flowers, plants, sewing, craft, Show Girl and Show Boy, 'Rural Achiever', skateboarding, sheaf tossing, as well as increased activities for the kids.

Details of all show day activities will be available as time goes on through 'Oasis' articles, posters and letter box drops around town, social media and newspaper articles. The society elected Max Scheetz as president and Stephen Trickett as secretary for 2021.

An invitation is given to all residents of the district and all who are new in the community to come along on show day as well as participating in the organisation of the show. The show email address is culcairnshowsociety@gmail.com if you wish to make contact, find out more and volunteer to assist with the show.

BE CONNECTED COURSE AT THE CULCAIRN LIBRARY

Be Connected Course will be offered in July. Basic IT—Emailing, Researching, Shopping, Accessing RRL to download audio books.

This is a great opportunity to learn some very basic computing skills.

If this is something that interests you please come in and let the library staff know and we will work out a day and time that suits the majority of people.

The course will be run by Ben Hooper who is a computer expert however there are only 6 places so please contact the Culcairn Library on 6036 0100 to let staff know ASAP to secure a place.

MEN'S SHED

Culcairn Men's Shed will be holding a Market & Open Day Saturday 12th June from 9.00am to 1.00pm. Lots of goodies for sale. Tool Sharpening \$1 per item, Sausage Sizzle \$2 and Cold Drinks \$1. Contact Cris McPaul 0408211565 if you have items to sell and would like to have a stall.

SIT AND STITCH

Sit and Stitch is back on. We meet at the Culcairn Golf Club clubhouse on first Saturday of the month generally (except this year we will not meet on 1 August as this is a Tournament date for Culcairn Golf Club).

We meet from 10am to approximately 2pm, but feel free to come when you are able during those hours. Bring your own lunch to eat, tea and coffee and milk are provided. Biscuits are available for morning tea and sometimes some other yummy treats too!

New ladies are always welcome to come along and bring whatever sewing, knitting, embroidery, craft etc that you are working on. We are always keen to see what others are making.

For any information please phone Heather on 0428 586 555.

IN YOUR GARDEN - JUNE

Due to unforeseen circumstances I am unable to do my June column. However:

- 1. There is still time to sow peas, broccoli, broad beans, onions and leeks
- 2. Prune roses, mid June on
- 3. All Spring flowering bulbs should be in the ground now

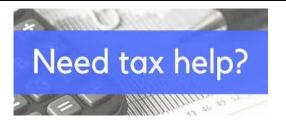
If you have any gardening tips or a question to share please send it in to the Oasis. Meanwhile, Happy Gardening. Margaret Pumpa

LOCAL TRANSPORT MADE EASY

Available to All Residents for medical appointments, local shopping, social purposes and other. For more information or bookings contact 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.





FREE Tax Help – 2021 @the Culcairn Library

Friday 6th August, Friday 1st October Friday 22nd October, Friday 20th October

BOOKINGS ESSENTIAL call into the Library or phone 02 60360100

Get your tax return completed with the assistance of an accredited Tax Agent at any council office.

If your income is less than \$60,000 or you are on a Disability Pension then make an appointment now at any GHC office – sorry no business tax can be processed.

LIBRARY REPORT



Storytime at the Culcairn library is proving a big hit with the children from both Culcairn Public & St Joseph's schools. We've had new presenters Bec and Christie and the pirate stories and

children have enjoyed pirate stories and activities. The story time theme and date is advertised in the window and community Storytime for early learners is the first Thursday of the month. All are most welcome.

It was exciting to have the children from the Culcairn Early Childhood Centre come to the library and enjoy a fun morning drumming with the Mindful Warrior.

An Intergenerational senior's day was held where many of our beloved seniors joined with students from St Joseph's school to enjoy time together. Florence, our well known librarian who read to many parents of these children, entertained them with her clever storytelling skills. They were spell bound.

Jo Parker, fitness trainer, took the children through their paces with Hokey Pokey and talked about the importance of exercise and diet. Library staff demonstrated how to make Bees Wax wraps, and Hayden demonstrated the 3D printer. The seniors enjoyed a yummy lunch together.

The library knitters are once again busy clicking their needles making beautiful wraps for love. These ladies meet every fortnight in the library. As part of our new intergenerational program the ladies will be passing on their skills to the students from St Joseph's School 10th June.

Community Storytime will commence on 24th June 10am and will continue on the second Thursday of the month. This is part of the exciting new intergenerational program. Seniors are invited to come along and join with students to hear indigenous story teller Darren and be involved with guided drawing. This is a new opportunity for residents of Culcairn and we hope it will be embraced by the community.

Being part of GHC means there is a regular change of books within the council libraries so come in and see what is on offer. Fiction, nonfiction, large print, DVD's and audio books. New picture books and junior fiction are also available.

Coming events include:

- Movie Afternoon 17th June 2pm screening Penguin Bloom
- Holiday Program Lego Play 30th June 10am 12noon

For all your library needs please call in and talk with the friendly staff at the Culcairn library.

CULCAIRN GOLF CLUB

Our first Monthly Medal was played for on 18 April and the winner for April was Graham Moore with a gross score of 94/net of 65. Graham has been working hard to decrease his handicap since he returned to golf after quite a few years of absence and his efforts are showing his improvements. Bruce Kilpatrick was runner up with 89/68.

May Monthly Medal winner: Greg Kent with 80/68 Runner up: Martin Smith with 87/71

On 23 May our Club tried something different – a Par 3 Day. The front 9 holes were similar with the exception that the tee off area was moved down the fairway closer to the hole, usually about 150 metres from the hole. The back 9 holes where some of the holes are repeated was changed somewhat providing differences and challenges. Our golfers found the competition interesting and look forward to trying it again in the future sometime.

The men's competition (over 18 holes) was won by Joe Warren with 67 gross, nett 41.

The ladies competition (over 18 holes) was won by Heather Lowe 78/43, and the ladies competition (over 9 holes) was won by Jo-Anne Harris 49/26.5.

30 May Stableford winner: Wayne Bodycott with 34 points

Runner up on a countback: Michael Roberts also on 34.

CULCAIRN GOLF CLUB - Upcoming events:

- 6 June Damien Lee Trophy—Stableford
- 13 June 2 Person Ambrose, Draw for Partners Mens, Mixed or Ladies
- 20 June Foodworks Prize, June Monthly Medal Stroke
- 27 June Club Prize-Stableford
- 4 July Culcairn Motor Inn-Stableford
- 11 July Round 1 Club Championships, Brentech Prize-Stroke
- Other rounds of Club Championships will be:
- 18 July Round 2 and July Monthly Medal-Stroke
- 15 Aug Round 3 and August Monthly Medal-Stroke
- 26 Sept Round 4 and Medal of Medallist, and Presentation Day/BBQ

Our Tournaments will be on:

- 1 Aug Two Person Ambrose- Men, Ladies and Mixed
- 8 Aug Enzed Men's 18 hole Annual Tournament
- 17 Aug Corowa Veteran's Day at Culcairn Golf Club (Monday)-Stableford



Culcairn Library Thursday 5th August at 11am "Nursery Rhymes"

HOSPITAL NEWS

Mother's Day

Happy Mother's Day to all those that are in a mothering role. We hope you enjoyed your day and were spoilt.



Toni, Shane and Ben



Katrina's boys Max and Toby

Emergency Department

We've noticed an increase in the amount of presentations to our ED department. This is fantastic to see, if you have any feedback regarding your visit, including positive stories please let me know.

Nurses Day

12th May every year is celebrated across the world as nternational Nurses Day. It commemorates the birth of Florence Nightingale (Lady with the Lamp) who was born on May 12, 1820. Nurses Day celebrates the important role of nurses in health care.

Flu Vaccinations

It is that time of the year again when we all need to receive our flu vaccinations to be able to visit the hospital. You may be asked to provide evidence of a flu shot to enter soon. If you are having a COVID vaccination you must wait 15 days before you can have your flu shot.

NSW Health Pathology Service

NSW Health Pathology are going to provide a service to Culcairn community each Wednesday 8-12pm commencing 16 June 2021. Outside of these hours if you require bloods to be taken Culcairn Hospital staff can still assist.

Accreditation

Culcairn Hospital will be undergoing accreditation week commencing 21 June 2021. We will have visitors onsite to assess the hospital against the 8 National standards. Please feel free to submit compliments for us to put forward to the assessors.

New Staff Member

Resident Georgie has donned a health share shirt to assist with taking the trolley back to the kitchen each night. Georgie loves helping out and tidying up after meals. Look at the smile and joy this brings to Georgie. Katrina Gunnett (Nurse Manager)



Georgie and Susie P

Becoming a Councillor



Councillors - ordinary people with an extraordinary passion for their community

On Saturday, 4 September 2021, Greater Hume Council will conduct councillor elections to elect nine councillors to serve for a three year term.

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

Why stand?

If you care about what happens in your community, want to improve services, make the roads safer or support local businesses, consider becoming a councillor.

By standing for council, you'll have opportunities to:

- help your community
- improve infrastructure
- improve planning and amenities
- build engaged communities.

Being a councillor provides an opportunity to represent your community's views on vital decisions that affect people's daily lives. It is also an opportunity to develop new skills and work with a diverse range of people.

Councillors serve their communities by listening to people in the local area and then representing those views on council.

What's it take?

To stand for council, you'll need:

- passion, commitment and time
- · an interest in your community
- · an interest in local government
- · to be prepared to learn and be accountable
- being able to talk to people in your community and take account of different views when making decisions
- time management and organisational skills
- problem solving skills
- teamwork skills.

You need to be able to commit time to reading council business papers, attending meetings and representing council at some events. The time you need for this will vary across the year, but it may be 5 to 10 hours each week.

What you will need to know

If you're thinking about standing for council, you need to know about:

- responsibilities of councillors
- conduct and behaviour
- where to get help.

Candidate information sessions

Potential candidates for Greater Hume Council are invited to attend the information sessions at Albury.

In Person - 10 June 2021 at 6pm, Albury City administration building, 553 Kiewa Street Albury

Online - 13 July 2021 at 6.30pm (registered participants will be provided with a Zoom link)

To register:

https://www.alburycity.nsw.gov.au/forms/ candidate-information-sessions



greaterhume.nsw.gov.au/Your-Greater-Hume-Council/NSW-Local-Government-Elections



What support will you receive?

Once elected, you will receive council-based training and other support to help you understand and be successful in the role.

Greater Hume Council meets expenses and provide tools to help councillors carry out their role. Council also provides support to help councillors who have young family members, a disability or other special needs.

To recognise what councillors do for their community, they receive an annual fee from the council (paid monthly). The annual fee paid to a councillor is \$12,400 per annum. The fee is counted as income for tax purposes.

How do you stand for election?

To be eligible to stand for election you must:

- be at least 18 years of age and an Australian citizen
- live or own property in Greater Hume Council area
- be on the electoral roll
- not be disqualified from standing from office, e.g. if you have committed certain offences.

A proposal nominating you as a candidate then needs to be submitted by:

- at least two eligible people enrolled for the same ward or area you are being nominated for, or
- · a registered officer of a registered political party.

You must complete some forms and officially lodge them between Monday, 26 July 2021 and 12 noon on 4 August 2021.



Information for Candidates

Candidates and groups must register with the NSW Electoral Commission (NSWEC) before accepting political donations or incurring expenditure for an election.

All candidates and groups must appoint an official agent at the time of registration and notify the NSWEC of the agent's appointment.

Registering for an election is a separate process from being nominated as a candidate for an election.

The Electoral Commission NSW provides advice about becoming a candidate and registering to vote in the election.

https://www.elections.nsw.gov.au/Politicalparticipants/Candidates-and-groups/Candidatenominations-for-local-elections/Six-steps-tobeing-a-candidate

Plus you might want to have a talk to a past councillor of Greater Hume Council

If you are thinking of standing as a candidate, you might like to have a confidential talk to a retired councillor of Greater Hume Council.

The following councillors have agreed to support potential candidates who might have questions prior to deciding to stand.

Speak to -

Former Councillor Denise Knight M: 0411 282 320

Former Councillor Bill McDonald, OAM M: 0428 690 553



CULCAIRN HEALTH MATTERS



Is health important to you?

The Culcairn Local Health Advisory Committee (LHAC) is calling for volunteers who would like to be a voice for health in our community.

If this is **you**, please come and join us at our monthly meetings, and undertake many worthwhile and varied community projects as advocates for patients/carers and local community needs.

LHACs are a central connection between the local community and health service activities.

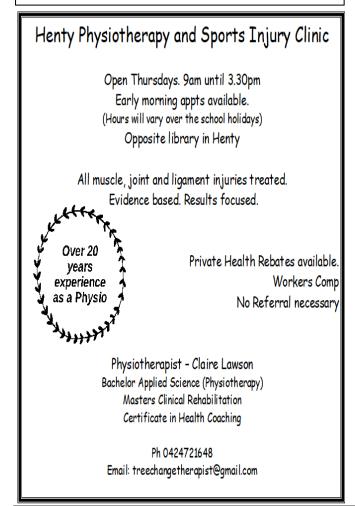
They work with facility managers to identify local service needs, ways to improve access to services, and to assist in planning and



- Take a seat at the discussion table
- Provide your feedback and ideas
- Be part of the planning & decision making
- Make a difference

development.

Please contact David Gilmore (02) 60298291 for more information.

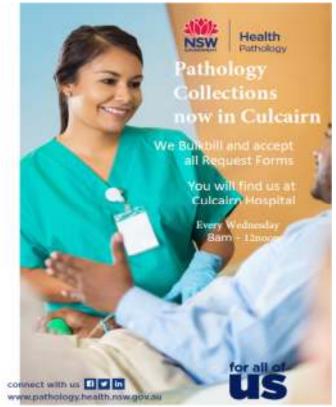


A SMEAR IN TIME FOR BOWEL CANCER

Bowel cancer is the second most common cancer world-wide after breast cancer and the second highest cause of cancer deaths in Australia after lung cancer.

Ninety percent (90%) of bowel cancers can be cured if detected early. Rotary Bowelscan kits can be picked up now at the Holbrook, Henty, Culcairn, Walla Walla, and Jindera Pharmacies during the months of May and June. The cost of \$20 covers pathology and communication letters. The Rotary Bowelscan program is a screening program designed to detect traces of blood in bowel motions at the time of sampling, particularly blood not visible to the naked eye. Positive results require further examination to determine the actual cause which may or may not be cancer related. A further examination with your GP will determine this. Annual screening is recommended especially for people over the age of 40 years plus and any age if there is a family history. There have been some cases where a positive result occurred after a negative result the year before with a further examination revealing cancer requiring immediate intervention. In Australia bowel cancer affects 1 in 18 males and 1 in 26 females. Rotary Bowelscan has a return rate of 80 percent due largely to participants making the decision to participate, and 50 percent of participants are from the 50-74 age group.

The Rotary Club of Holbrook has organised Bowelscan kits to be distributed to pharmacies throughout Greater Hume Shire as a community service to our residents in the shire.





SOCIAL ISOLATION PROJECT

The Holbrook Social Support iPad social isolation project is now drawing to a close. Started in June 2020 the project has run for 12 months providing iPad's, internet data and personal support to learn how to use the devices to seniors in our community affected by the Stay-At-Home orders during the initial Covid 19 outbreaks.

Eight iPads were used in the project. Participants learned to use the devices to make face to face calls to family and friends via Facetime, Skype, WhatsApp, etc, play games, do banking and shopping take photos, watch movies and TV and many more things!

Ruth, our iPad support worker said "Video calls are also a fantastic way to see your children and grandchildren when they live so far away. The iPad has the ability to adapt too many platforms like WhatsApp, Zoom, Skype and Messenger, among others, to allow for video calls, pending what your family members use. The ability to send and receive photos is also an option. Messages or emails can be sent to arrange specific times that suit all family involved, with options to schedule family members on different days, this can help with feelings of isolation and give you something to look forward too. I recall a lady asking me "how much do I owe you?" wanting to know how much the video call cost to a family member that day, as it was much enjoyed. I informed her service is run over the internet and that Meals on Wheels have applied for funding for the cellular network and that her iPad was using this provided service at no cost to her.

Some of the participants used their iPads to connect to family living interstate and even overseas. In one case after not having seen their relatives face to face for 30 years. One person participating in the project said "I really enjoyed Ruth's visits because I wanted to understand everything we talked about. I learnt not to be afraid of video calls, especially for my wife, speaking to her family overseas." "Ruth is a very good teacher" he told me.

Participants keep their iPads at the end of the project. The only cost to them ongoing if they do not have NBN internet at home will be the data charges from their mobile internet provider.

While the iPad Social Isolation project has now finished, we are planning 2 other exciting new projects, "Cooking for 1 or 2" and also "Sconversations". Both projects will launch in July/August and will involve small groups coming together. "Cooking For 1 or 2" will be just what it says, a small group cooking sessions learning

affordable and simple recipes suitable for 1 or 2 people. We will cook and enjoy a meal together at each session. At the end of each block of sessions participants will have some skills and recipes to be able to cook meals at home. "Sconversations" is a weekly morning tea group set to commence in July. Aimed at people who wish to come together and talk about issues of the day, maybe share a hobby, and enjoy scones and conversations. Sconeversations will be held in Holbrook And Culcairn.

If you are interested in participating in these new projects or would like more information on Meals on Wheels or Social Support, please call our office on 0260363677.



COMMUNITY DIARY

This calendar is for all community organisations to use free of charge for the events, functions, meetings etc You can send us your dates monthly, or provide them for the whole year. Please e-mail details to <u>culcairnoasis@outlook.com</u> or phone David Gilmore on 6029 8291.

June

<u>June</u>		
Tues 8	Men's Shed 9am to 12pm	
Thurs 10	Men's Shed 9am to 12pm	
Sat 12	Market Day at Men's Shed at 9am to	
	1pm	
Tues 15	Men's Shed 9am to 12pm	
Wed 16	Greater Hume Council Meeting at	
	Holbrook	
Thurs 17	Men's Shed 9am to 12pm	
	Movie at Library 2pm	
Tues 22	Men's Shed 9am to 12pm	
Thurs 24	Men's Shed 9am to 12pm	
Tues 29	Men's Shed 9am to 12pm	
Wed 30	Lego—Culcairn Library at 10am	
<u>July</u>		
Thurs 1	Men's Shed 9am to 12pm	
Sat 3	Sit and Stitch at the Culcairn Golf Club	
	from 10am to 2pm	
Tues 6	Men's Shed 9am to 12pm	
Thurs 8	Men's Shed 9am to 12pm	
Tues 13	Men's Shed 9am to 12pm	
Thurs 15	Men's Shed 9am to 12pm	



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Albury clinic: 730 Young Street Albury NSW 2640 www: Sarkonmedicalcentre.com



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Local Government elections

Greater Hume Council will conduct **councillor elections** to elect nine councillors to serve for a four year term on Saturday, 4 Sept 2021.

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



Voting is compulsory

elections.nsw.gov.au/lge21 1300 135 736

Greater Hume Council

BITI MOTORS

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