



CULCAIRN OASIS

CULCAIRN AND DISTRICT NEWSLETTER

March 2022

CULCAIRN HEALTH MATTERS (LHAC)



Mavis Gardiner, well known for her significant contribution in seeking the best health care for the Culcairn community, passed away on February 14. Her voluntary contribution to the health services of Culcairn extended

over 40 years, after she first joined the hospital board. Mavis later became the first Chair of the LHAC (Local Health Advisory Committee) and remained an active and valued participant for 22 years. Her dedication to advocate for vital health services for Culcairn culminated in the building of the new MPS. Mavis will be remembered and respected for her tireless efforts over many years for our community.

RETIREMENT—JILL WADSWORTH



This month we farewelled a long serving staff member at the Culcairn MPS. Jill Wadsworth worked for 32 years at Culcairn hospital as an Enrolled Nurse, then transitioned to successfully run the day care program. Due to COVID this ceased and Jill worked with Toni (activity officer) to attend activities with residents. She started the very popular luxury lunches, when residents would choose their favourite meal and then cook it. Jill made many friends while working as a community nurse, and ran the exercise program for community members. Her contributions were highly valued, especially her work in the beautiful garden at the RAC, and she will be missed by all staff and residents. We wish Jill well in her retirement.

MPS Update:

Urgently needed – rental accommodation for hospital staff. Please call the MPS on 02 60446100 if you can assist in any way.

Can you help us rename the residential aged care facility (RAC) to something more “Homely” sounding? Please submit your suggestions to culcairnlhac@gmail.com.

CULCAIRN WORKING BEE

Recently, an energetic and enthusiastic group of locals converged on the shopping centre area to give it a spruce up. The group (consisting of CCDC committee members and some of their immediate family members) washed the bins, swept down cobwebs from the verandah, trimmed trees and did some weeding. Altogether the 15 volunteers contributed a total of 22.5 hours towards cleaning up our CBD. It certainly made a visible difference and the group should be very proud of what it achieved in a short period of time. The CCDC is looking to conduct more working bees in the future to improve our surroundings. Keep an eye out in future editions of The Oasis, and in the Council/Library windows, for further details if you would like to get involved. It would be fantastic to see more community members come along so we can achieve even more.



Matthew Clancy,
Phil McCarten,
Ken Scheuner



Hannah Godde



Terry Weston
and Ian Forrest



Nicole Pope and
Roslyn Wilksch



Andrew Godde



Kerrie Fraser



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 - 12pm Tues 5th April 2022

Folding Date— Fri 8th April 2022 at 1pm

Delivery Date - Wed 13th April 2022

We prefer articles and advertising to be emailed to: culcairnoasis@outlook.com 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
½ 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	

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 culcairnoasis@outlook.com or phone David Gilmore on 6029 8291.

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

WE NEED ADVERTISING

We need Culcairn businesses and community groups to advertise with us. With 730 copies printed and with competitive rates, we believe it is not only good value for money, but also keeps a valuable community resource going. For information on advertising email culcairnoasis@outlook.com or phone David Gilmore on 6029 8291.

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 for more information

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 culcairnoasis@outlook.com or phone David Gilmore on 6029 8291.

March

- Tues 8** Culcairn Library Knitting Group 9.30am
Men's Shed 9am to 12pm
- Thurs 10** Staying Healthy, Women's Week—
Culcairn Library 6pm to 7.30pm
Service NSW—Coach Station, Railway Parade from 9am to 2pm
Men's Shed 9am to 12pm
- Tues 15** Men's Shed 9am to 12pm
- Thurs 17** Men's Shed 9am to 12pm
- Mon 21** Culcairn Show Society Annual Meeting at 7.30pm, Culcairn Show Grounds
- Tues 22** Culcairn Library Knitting Group 9.30am
Men's Shed 9am to 12pm
- Wed 23** Scouts Meeting at Holbrook Anglican Church Hall at 7pm
- Thurs 24** Men's Shed 9am to 12pm
- Tues 29** Men's Shed 9am to 12pm
- Thurs 31** Men's Shed 9am to 12pm
- April**
- Tues 5** Men's Shed 9am to 12pm
- Thurs 7** Men's Shed 9am to 12pm
- Tues 12** Culcairn Library Knitting Group 9.30am
Men's Shed 9am to 12pm
- Thurs 19** Men's Shed 9am to 12pm
- Tues 21** Men's Shed 9am to 12pm
- Thurs 17** Men's Shed 9am to 12pm
- Tues 26** Culcairn Library Knitting Group 9.30am
Men's Shed 9am to 12pm
- Thurs 28** Men's Shed 9am to 12pm

CULCAIRN HOSPITAL NEWS



Dr Rod Bond who primarily works in Lockhart at the hospital and is the local GP will be taking over the care of all our Residents. Dr Bond will be visiting the hospital weekly to review and provide care to the residents.

We are currently actively recruiting Registered Nurses to join our team. The RN's we are interviewing are needing to relocate, if anybody knows of houses to rent locally, could you please contact Katrina Gunnnett on 60446100.

PATHOLOGY UPDATE AT CULCAIRN HOSPITAL

Pathology is only attended at the Culcairn Hospital on Wednesday mornings with NSW Pathology between 8am – 12pm.

No other bookings for pathology will be taken outside of these hours.

CULCAIRN SHOW 2022

Committee meeting soon!

The annual meeting of the Culcairn Show Society will be held on **Monday night the 21st March 2022 at 7.30pm** at the Andrew Hoy Pavilion at the Culcairn Show and Sports Ground. Members of the community are welcome to become members of the society and participate in the business of the show society. Volunteers on the day of the show are most welcome.

The 2022 show will take place on **Saturday 1st October** this year. This is the Saturday of the October Long Weekend. For further details and offers of assistance please contact the secretary on 0260298683 and leave a message and we will get back to you.



Meals on Wheels Great News!!
Holbrook - Walls - Walla

Our project "Combatting Social Isolation with iPads" has been re-funded for another round. We will have up to six new iPads available for our clients to access. Clients can receive an iPad to use free of charge for 6 months. We will set you up and pay for the connection plan for the 6-month loan duration.

Ruth is returning to work with for the project duration and will be able to assist you to use the iPad and learn how to access the internet, make video calls to your friends and family, telehealth conferences, take part in online exercise sessions, take pictures or video, borrow a book from the library, watch a movie or play games!

You will need to be registered with My Aged Care to be eligible – don't worry, if you aren't we can help you with that as well. If you would like to participate or would like more information, please give the office a call on 0260363677.

CULCAIRN MEN'S SHED



Culcairn Men's Shed founding member Lindsay Lowe celebrated a milestone 90th birthday on Thursday 24 February 2022. Lindsay was given an early birthday morning tea on Tuesday. Lindsay was given Life Membership to honour his commitment to the Men's Shed as a small token of our appreciation for his tireless work.

The Men's Shed is back up and running after the COVID disruptions meeting Tuesday and Thursday 9.00 to noon. New members are most welcome both male and female so come along and check us out at the Shed next door to Biti Motors in the old railway gangers complex.

You can contact us 0408211565 or via email culcairnmensshed@yahoo.com.au. Hope to see you there.



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TELL US WHAT YOU THINK: HOW WELCOMING IS GREATER HUME?

As part of a NSW Government program to work with local communities to attract migrants and refugees to resettle in regional NSW, Greater Hume residents are invited to provide feedback about welcoming newcomers to their local neighbourhoods.

Share your views via a confidential survey

Are people in your local area willing to help newcomers? How does immigration shape Australian communities?

A confidential online survey is open now to residents. The survey will take only a few minutes and can be completed on a smartphone, tablet or personal computer by following this link:

<https://welcomingaustralia.typeform.com/attitudes>



Research and community consultation led by Holbrook's Deborah Atkins

Deborah Atkins has been appointed by Greater Hume Council to undertake research across our region. In addition to the survey,

Deborah will meet with residents, community group representatives, local businesses and other key stakeholders to get their input and views.

Deborah's work will seek to understand current community attitudes and preparedness to welcome newcomers, available services and employment opportunities, as well to understand the journey so far for the many newcomers who already live here. Deborah will be located at Holbrook, where she lives, and will be working part time for approximately 12 weeks on this stage of the project. Deborah has extensive experience coordinating community research projects across Australia and has worked with many organisations including Universities, High Schools, Women's Health Centres, Youth programmes, Migrant services, Government and non-government organisations.

The Greater Hume Council is confident that stakeholders and the community will be supportive of Deborah as she goes about this work.

NSW Growing Regions of Welcome Pilot Program

This research is part of Multicultural NSW's Growing Regions of Welcome (NSW GROW) Pilot, a three-year program that works with local communities to attract migrants and refugees to resettle in regional NSW. The focus is on people living in western Sydney with the skills and aspirations to move to the Murray and Riverina regions for employment and lifestyle opportunities. The overall aim is to provide migrants and refugees with the information and support they need to relocate to the regions, and support

communities in the Murray and Riverina to welcome newcomers and help them to thrive in the long-term.

As part of NSW GROW, Welcoming Australia is coordinating the survey and supporting research in the Greater Hume region in collaboration with Greater Hume Council. The research will help our communities to better understand how ready they are to welcome people from migrant and refugee backgrounds.

Find out more

If you have any questions about NSW GROW's Welcoming Cities Project and consultations being undertaken in the Greater Hume region, please contact Deborah on (02) 6036 0100 or datkins@greaterhume.nsw.gov.au

For more information about NSW GROW and how the program is rolling out in the Murray region, please contact Esiteli Nyirarukundo, the NSW GROW Murray Backbone Coordinator at enyirarukundo@redcross.org.au.



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.



SCOUTS—CULCAIRN

Scouts are returning to Holbrook/Culcairn, but it's going to take some work! We have kids on a waiting list, we have somewhere to meet and we have sponsors. Now we just need YOU to make it all happen. There will be a public information meeting at 7pm on Wednesday 23 March 2022 at the Holbrook Anglican Church Hall, Young St, Holbrook.

For further information please contact Ian Hall, Group Leader, gl.1stholbrook@gmail.com.

ABOUT THE BUSH

Gardens aflutter with butterflies

Stepping out into my garden full of native strawflowers and paper daisies over summer I'm surrounded by hundreds of butterflies alighting on the colourful flowers. Amongst my common fluttery visitors are three orange, brown and white coloured butterflies with subtle variations in the pattern and colour of splotches on their wings – these are the Meadow Argus, Yellow Admiral, and Painted Lady. Like all butterflies they hold their wings “closed” above their bodies when they alight on flowers (unlike day flying moths whose wings are held flat when resting). They use their long, coiled proboscis to suck up nectar from flowers.



Painted Lady



Orchard Butterfly

Hundreds of small blueish-grey butterflies, Common Grass Blues, abound in my daisy patch. There are several species of Blues that occur in our area, but apart from the odd spot or line they can be tricky to tell apart. Most use native peas, wattles, clovers or garden peas as the host plant for their larvae and so can build up in large numbers in favourable seasons. Some species have a symbiotic relationship with ants, where ants tend the larvae and protect them from insect predators in exchange for honeydew that the larvae secrete.

Besides the introduced Cabbage Whites and Heliotrope Moths which are everywhere this summer, I have the occasional Grass Dart, Skipper, Magpie Moth, Common Eggfly, and Orchard Butterfly fluttering around my garden. All are welcome visitors, and the odd plant that gets defoliated by their voracious larvae is a small price to pay for their delightful presence and the part they play in pollinating flowers.

What butterflies are you seeing in your patch?

Colleen O'Malley

STORYTIME

Storytime is held on Thursday of each month at the Culcairn Library from 10am – 11am. Activities include listening to stories, craft, sensory games, making new friends and experiencing being part of a group.

Also a great opportunity to take home a pile of excellent picture books to read with your preschoolers at bedtime or anytime!

STORYTIME
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Held monthly on a Thursday
10:00am-11:00am

DATES FOR 2022	
10 March	7 April
5 May	9 June
7 July	11 August
8 September	6 October
10 November	8 December

Greater Hume Council Phone | 02 6036 0100 Email | culcairn.library@greaterhume.nsw.gov.au
riverina regional library

CULCAIRN LIBRARY—SAVE THE DATE!

Come and join Greater Hume Council to Celebrate Seniors Week on April 7 2022 from 6.00pm to 8.00pm at Culcairn Bowling club.

There will be dancing, guest speakers and a Supper Provided. Further details on how to register your interest in attending will be available on the Culcairn Library Facebook page.

WALLA WALLA & DISTRICT SENIOR CITIZENS

Walla Walla and local district residents are cordially invited to attend their next meeting which will be held on Monday 7th March, 2022, commencing at 1.30pm.

Meetings are held at the Walla Walla Bowling Club and are held on the first Monday of the month. For further information please contact Dorothy Cremer, President, 6029 2120



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