



CULCAIRN OASIS

CULCAIRN AND DISTRICT NEWSLETTER

October 2022

CULCAIRN SHOW 2022



Champion Hack with judge Louise Allitt and sponsor Julie Gittoes

Culcairn Show 2022 had a bit of everything from sunshine to pouring rain, little piglets racing, horses parading, sheep shearing from early morning to sun down and more.

Committee President, Max Scheetz and the committee thank all those who prepared for the day, those who participated in competitions and those who came along to enjoy

the day's activities.

The committee would like to thank the NSW and Federal Governments for their generous financial support of our show through the provision of grants. These enabled the committee to engage for the day the piglets from Queensland and the axemen from the tablelands and south coast.

There were many happy people around the grounds all day. These included Joan Wood, who's piglet won the third race, the babies who participated in the Show Boy and Show Girl competitions, Most Successful Exhibitors in the pavilion and poultry shed, and kids having a fun time during the day.



Showgirl & Show Boy ribbons and prizes



Scarecrow competition

Other popular activities included the horse events; kennel club; shearing all day long; the petting zoo animals; stalls; pavilion competition including plants, flowers, needlework, and cooking;

sideshows; scooter, cricket and goal kick competition for the kids, scarecrow and school displays.

The show opening was performed by our ASC Group 8 President, Stephen Hatty, from Matong. During this ceremony life membership was awarded to Colin Cunningham and Neville Feurherdt for their support of the show over many years. The Royal Agricultural Society of NSW Medal was awarded to John Knobel for many years of service to the Culcairn Show Committee.



RAS Medal recipient, John Knobel with Stephen Hatty (ASC Group 8 President)

The committee expresses its appreciation to all who assisted in preparing for the show, those who attended and participated and those who helped after the day. We look forward to the 2023 show and invite your participation.

LIONS CLUB & GARDEN CLUB

The Culcairn Lions club recently celebrated the 75th anniversary of Lions in Australia (only 39 years in Culcairn), with the unveiling of a small garden in Railway Parade. The garden, in the shape of the Lions logo was planted and is maintained by the members of the Culcairn Garden club. We thank them for their assistance with this project.

Pictured is the Mayor of Greater Hume Shire Tony Quinn, members of the Lions club and Garden club.



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 1st November 2022

Folding Date— Fri 4th November 2022 at 1pm

Delivery Date - Wed 9th November 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

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.

October

Sat 8 Sit and Stitch at Culcairn Golf Club from 10am to 2pm

Tues 11 Culcairn Library Knitting Group 9.30am

Men's Shed 9am to 12pm

Wed 12 Probus Meeting at Henty

Thurs 13 Fitness with Fun—Uniting Church Hall - 1st session at 10am and 2nd session at 11am

Men's Shed 9am to 12pm

Sat 15 Station House Museum 10am to 4pm

Tues 18 Men's Shed 9am to 12pm

Thurs 20 Fitness with Fun—Uniting Church Hall - 1st session at 10am and 2nd session at 11am

Men's Shed 9am to 12pm

Sat 22 Station House Museum 10am to 4pm

Tues 25 Culcairn Library Knitting Group 9.30am

Men's Shed 9am to 12pm

Thurs 27 Fitness with Fun—Uniting Church Hall - 1st session at 10am and 2nd session at 11am

Men's Shed 9am to 12pm

Sat 29 LHAC Welcome Brunch at 10.30am outside Culcairn Medical Practice
Station House Museum 10am to 4pm

November

Tues 1 Men's Shed 9am to 12pm

Thurs 3 Fitness with Fun—Uniting Church Hall - 1st session at 10am and 2nd session at 11am

Men's Shed 9am to 12pm

Sat 5 Sit and Stitch at Culcairn Golf Club from 10am to 2pm

Tues 8 Culcairn Library Knitting Group 9.30am

Men's Shed 9am to 12pm

Thurs 10 Storytime at Culcairn Library from 10am to 11am

Fitness with Fun—Uniting Church Hall - 1st session at 10am and 2nd session at 11am

Men's Shed 9am to 12pm

Thurs 17 Fitness with Fun—Uniting Church Hall - 1st session at 10am and 2nd session at 11am

Men's Shed 9am to 12pm

Fri 18 Culcairn Street Party on Balfour Street from 5pm to 9pm

Tues 22 Culcairn Library Knitting Group 9.30am

HENTY MACHINERY FIELD DAYS - CULCAIRN'S COMMUNITY CATERING SHED

The Culcairn Swimming Pool and Community Catering Shed at the Field Days had a very busy time this year with Tuesday and Thursday keeping us all on the go. Wednesday was quieter as it was forecast to rain on the day (and it did) and we believe that customers avoided that day and instead came on Thursday (the public holiday). Tuesday was a record 1st day of the Field Days, and we would not be surprised if Thursday would have been a record day too.

The Committee would like to thank all those who volunteered to work in the Shed this year. There were not only those volunteers that helped on the 3 days, but many others who helped clean out last year's shed, transferring equipment from that shed too and setting up of this year's shed over the weekends prior to the actual Field Days. They helped get the new shed ready for selling on Sunday and being available for selling to stallholders and staff on the Monday prior to Field Days. So thank you to all those volunteers who helped on the weekends prior to and during the event, and then to those who stayed on after closing on Thursday to wash and clean up equipment and leave the shed clean and ready for next year, when it starts over again. Individuals and families gave willingly of their time so that we can provide this service to the customers visiting the Field Days and we can raise money to be used in our local community.

Thank you one and all for all your help!
Culcairn Swimming Pool Committee

STATION HOUSE MUSEUM

Please be advised the
Culcairn Station House and
Museum is now open
and looking for volunteers.

Open every Saturday
from 10am to 4pm

Looking for new volunteers

Contact details
Bruce Barkley 0490 858 460
or
Audrey Williams 0437 200 780

FITNESS WITH FUN



Would you like to spend an hour each week with like minded people raising your heartbeat and limbering up those rusty joints and muscles while having fun? Then our exercise

classes might be for you. These are held every Thursday morning in the Uniting Church Hall. The first group -for the less sprightly goes from 10 - 11am and is led by Gill Wadsworth. The next session from 11am - 12pm is for the more agile and is led by Bev McMullen. Both leaders are accredited with



MLHD. Participants are encouraged to work at their own pace. A small fee of \$2 a session is used to cover the hall hire. Why not come along and give your fitness and spirits a boost. For more information contact Bev on 0457 261 372.



WELCOME

Invitation

Join the Local Health Advisory Committee (LHAC)
at a brunch to welcome into the Culcairn community
both our new health practitioners

Dr Johnson (Odunayo Alakaye)
and
Kathryn Walters (MPS Facility Manager)

When: **SATURDAY 29TH OCTOBER**

Time: **10.30 - 12.30**

Where: **Outside new Culcairn Medical
Practice, Balfour Street**

Free barbeque and drinks available,
and a Welcome Cake to share around 11.30

Come and meet these new professionals who are
assisting with the local health care needs of us all.

HEALTH



CULCAIRN HEALTH MATTERS (LHAC)



Dr Odunayo (Johnson) Alakaye began practicing as a full-time general practitioner at the Culcairn Medical Practice at the beginning of September. He has also taken up the role of Visiting Medical Officer at the Residential Aged Care facility and throughout the Hospital, providing full time

service there as well. This has been a very welcome addition to the health care provided in our community. Johnson has had a wide range of experience training as a doctor in Nigeria, extending his studies while living in South Africa and Europe, and then as a medical practitioner in Papua New Guinea, Torres Strait Islands and in the Northern Territory.

Johnson particularly enjoys living and working in country towns, where he can get to know the residents and provide continuity in health care and connect as part of the community. He has a keen interest in Emergency Care, skin conditions and caring for the elderly. His hobbies include watching the English Football and his favourite soccer team is Arsenal. Johnson especially enjoys spending time with his family, and fortunately his wife and three primary aged children will join him to live in Culcairn in December. We extend a warm welcome to Johnson and wish him well in his service and new life in Culcairn.

CULCAIRN HEALTH MATTERS (LHAC)



Kathryn Walters is the Facility Manager at the Culcairn Multi-Purpose Service. She was appointed to this position earlier in the year and has settled into her role comfortably and capably. Kathryn had lived in Culcairn for some years earlier and was keen to return to work in our

community when the opportunity arose. She brings a wide range of experience and expertise, having also been trained in Emergency nursing, Infection Prevention and Control and holds a deep interest in dementia. Kathryn believes that the Culcairn Residential Aged Care facility can help with the puzzle that dementia presents and is keen to promote the Aged Care section as a home. This includes a focus on providing good nutrition, gardening for purpose as well as aesthetics, and stimulation through appreciation of art, supported by the NSW Arts in Health program. In her spare time Kathryn enjoys gardening and food preparation, discovering more about essential oils and nutrition, and participating in community radio. She especially enjoys family time with her three daughters and pets, and her extended close family. We appreciate Kathryn's enthusiasm in her role, and her commitment to improving the lives of those in her care here at the Culcairn Hospital. Thank you!



FRIDAY
18th NOVEMBER
5-9pm

Momentum is now gathering as we move towards this major event in our town. With over 25 market stalls already booked, food and entertainment secured, balloons ordered and fireworks organised, we are certain to have a great night where the community can come together to celebrate.

Our Street Party has been made possible through the Reconnecting Regional NSW – Community Events Program which aims to boost tourism, facilitate economic recovery and create social opportunities in rural/regional communities, especially following COVID. Our Culcairn Community Development Committee applied for a grant earlier this year and was very excited to receive approval. It is now a matter of coordinating all the various parts so it comes together on the night.

We trust that everyone will put **FRIDAY 18th NOVEMBER** in their diaries so they can join in the fun between 5 and 9pm in our main street. Remember to also invite friends and family to join us in the festivities. It will definitely be a case of “the more the merrier”.....and with Christmas approaching it will be an opportune time to buy a few gifts!!!

If anyone would like to have a market stall (or knows someone who does) please email our committee at culcairstreetparty@outlook.com so we can send you a registration form. Applications close the week before the event so we have time to plan sites. Looking forward to a fantastic night and hope to see lots of people there.

ARE YOU EATING ENOUGH???
ARE YOU DRINKING ENOUGH???

LOSING WEIGHT IS GENERALLY NOT GOOD FOR OLDER PEOPLE. Losing weight can be a sign of poor nutrition. Signs of weight loss include;

- Clothing becomes loose
- Belts needing to be tightened
- Finger rings are becoming loose
- Dentures not fitting well anymore

In some cases weight loss may be necessary to ease arthritis or improve mobility. If you do need to lose weight it is important to **prevent muscle loss. This means eating plenty of protein rich foods (at every meal) followed by exercise.** Protein rich foods include: eggs, cheese, meat, yoghurt, legumes (ie: baked beans, soy beans, lentils, butter beans etc.), tofu.

THE GOOD NEWS IS—WE CAN HELP YOU.

We have a large range of meal choices available (now over 100 items) which YOU choose.. Our healthy and nutritious meals have been especially prepared to meet the dietary needs of older people, **containing higher protein levels** and low salt content. We have a large choice of meals available to suits individual tastes. There are also a range of smaller meals, soups and desserts.

The provision of a meal each day can be an enabler that can improve opportunities for increased participation in life's other roles, such as meeting friends or engaging in activities. Home delivered meals also have the added advantages of providing an opportunity for social interaction and the potential to monitor a person's health and well-being – they are 'More than Just a Meal'!

Meal services may be suggested to older people who are unwell and the service may only be needed in the short term until the person recovers and is able to prepare their own meals again. Alternatively, a meal service can also be provided to a person who requires ongoing assistance with meals to support functional independence and wellbeing. We are happy to discuss your needs.

Don't forget to have plenty of fluids. You may not always feel thirsty so it is a good idea to get into the habit of having something to drink when you get up in the morning as well as at every meal and snack time. Try to have about 6-8 cups (1 cup = 250ml) of fluid a day and remember, fluid is more than just water. You can count milk, juice, soup, custard, jelly, tea, coffee etc. Note: Alcohol is not counted. It does not help to hydrate the body. **“DON'T WAIT – HYDRATE!”**

If you would like more information on Meals or other services we can provide, please call into the office or give us a call on 02 60363677 or you can call My Aged Care on 1800 200 422.

SIT AND STITCH

Our group normally meets on 1st Saturday of the month, however this month it will meet on **Saturday 8th October** (changed because of the Show on the 1st October. Any newcomers welcome to come along between 10 am and 2 pm. Bring your own lunch; tea, coffee and morning tea provided.

Bring along whatever knitting, crocheting, sewing or other craft that you would like to work on – see what others are doing. It is a casual, friendly group where we chat while we create!

We have cross stitchers, embroiderers, sewers, patch workers, knitters, card makers – so you can do whatever you like, just bring it along.

Recently one of our members showed us how to do card making with threads which was great to do. If you want any further information phone Heather on 0428 586 555.



Get Online Week 2022
Get More Out of Life Online
An opportunity to try a few useful, simple, fun online activities such as taking a selfie, getting directions & making a shopping list.
Bookings essential 60360100
Thursday 10-11am 20 October
Culcairn Library.
This session is free and includes morning tea, and fun games with prizes.

Selfies 

Get directions 

Make a shopping list 

STORYTIME—CULCAIRN LIBRARY

Storytime will be on Thursday 10th November 2022 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!

IN YOUR GARDEN OCTOBER/NOVEMBER

We have just had the Culcairn Show and I was impressed with the colour and variety of entries in Cut Flowers and Pot Plants. Beautiful colours and foliage, even some perfume. However new entries are always welcome so start thinking about next year now.

I know there are many good Vegie gardeners out there too, so some entries from you would be great.

Slowly the days are warming and with a third La Nina event, there is no shortage of moisture.

WISTERIA—are blooming now and I'm excited as my pink vine is covered in buds. Only 2 flowers last year and none for several years before! It must be all the rain.

Look at (and smell) a LILAC bush near you. Also, MAGNOLIAS—almost finished now but the strong perfume of Port Wine is intoxicating.

Dublin Bay (dark red) is a strong, long flowering climber.

ROSES—are among one of the first flowers to bloom. Watch out for Black spot and Aphids on your roses. A mix of 3 teaspoon of carb soda, 2-5 teaspoon pest oil in 4-5litres of water. Spray weekly. Lady beetles are effective against Aphids.

DALIHAS—When frosts have finished (soon we hope) plant the tubers in a well drained garden bed. Smaller varieties are suitable for pots too.

Perhaps this year we can again visit an Open Garden. October/November is a popular time as gardens are looking amazing before the hot weather arrives.

ABC Gardening Talk Back radio 675am (Wagga) often has information on local gardens that are open to the public (8:30am Saturday morning).

VEGIES—Time now to plant lots of summer vegetables.

- Tomatoes—stake tall ones and tie well for support.
- Beans (dwarf bush and climbing), corn, melons, and zucchini, can go in now too
- Cucumbers and Pumpkins will grow well on a trellis or frame. This leaves more room for other vegies on the ground.

Be aware of the pollinators that visit your garden (bees, moths, butterflies, wasps, and other beneficial insects). Take care when spraying chemicals.

Feed Passionfruit as their new growth takes off. A buried liver (under the vine) and Sulphate of Potash will promote flowering and fruit setting.

Plant parsley with tomatoes, asparagus, and sweet corn to improve their flavour. (Not sure if it works but the combinations look good!)

Finally, weed madly and MULCH, MULCH, MULCH.

Enjoy your time in your garden, Margaret Pumpa



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BOWLING & RECREATION CLUB

The last month has been a busy time for the club, Our Father's Day Friday night was a HIT with Rodger Lieschke winning our BBQ raffle and everyone having a great time.

The field days once again back on after COVID had us welcome people for dinner from all over, we hope you return next year.

Things are not slowing down this month with the upcoming bowls season starting from the 1st of October. Twilight Bowls will once again take place every Friday from the 7th October for 9 weeks and start again in late January. The Club is very excited to be the venue for the debutante ball again, being held on the 15th October. Six lovely local girls and their partners will make their debut in front of family and guests.

Director Nomination forms are now available at the club for our upcoming AGM to be held on the **11th November at 6:30pm**. All nominations need to be submitted to the club by **5pm Friday the 14th October**.

With daylight savings beginning the club will once again trial the opening of Tuesdays starting from the 4th October from 3pm-8pm. Kenny's is not open on Tuesdays. With Christmas fast approaching, remember to book in your Christmas parties with us. **60298461**. Follow our Facebook page **@the culcairn bowling club** to keep up to date with what's coming up.

Something very spooky to look forward to on the 29th of October its a Halloween party for the whole community. Plans are not yet finalised but keep an eye out for advertisement. We look forward to seeing you at the Bowlo, Jena and the board.

HENTY—CULCAIRN PROBUS

Met at Henty 14th September 2022.

President Yvonne Booth led us in a minute of silence in memory of our late Queen Elizabeth II. We then sang God save The King for our new King Charles III.

Frances Fifield was our five-minute speaker. She told of growing up on a farm at Urangeline East, the youngest of eight children. Frances had been six months old when her father died because of an accident. Her mother kept on farming and raising her children. After schooling at Urana and Wagga Wagga Frances went to Albury to the Mercy Hospital to start work next day with four years of nursing training. She went on to St Vincent's Hospital Melbourne to study midwifery. Then to Henty where she met her husband, Richard. Frances became community nurse to Lockhart and was involved in Child and Family health for over 30 years. Long service leave was to be in Perth but then came COVID 19. So, she did twelve months of testing for COVID 19 and vaccinations. Along the way, Frances and Richard raised three children and now she plays Probus with us too. Thank you to Frances for sharing her memories

After morning tea, Neil Parker introduced us to James Male, who had been part of a group of Christian men, to go to Zimbabwe for two weeks as part of Hands at Work Africa. Zimbabwe was known formerly as Rhodesia and has been seen as a food bowl, but now is having problems feeding its people. Inflation in this area is quoted as three hundred per cent per year.

There is extreme poverty. Half a million children have been orphaned due to HIV/AIDS. James Male felt challenged that we in Australia have so much while in Zimbabwe they have so little.

The roads were in such condition that it took one and a half hours to travel twenty-five kilometres. Meals were maize with fish or beans. Maize was bought at harvest time when it was cheapest. Seemed to be 150 children in each care group and they were fed one meal per day.

Many grandmothers were raising children on their own. Some had many children. Women are also doing farming, growing food. James Male's wife Geraldine is an advocate for Hands at Work Africa and is planning her own visit to Zimbabwe.

Trevor Bedgood gave a vote of thanks to James and Geraldine and presented our Probus pen.

We send our best wishes to those who are ill, and look forward to their return to good health.

Next Probus meeting will be Wednesday 12th October at Henty. We look forward to a happy day.

WALLA WALLA COMMUNITY

GARAGE SALE

SUNDAY 23RD OCTOBER 2022

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Approx 30 homes participating

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ALL WELCOME - SEE YOU THERE

MY AGED CARE FACE-TO FACE SERVICE OFFICERS

My Aged Care is the main entry point into the aged care system in Australia. My Aged Care aims to make it easier for senior Australians, their families, and carers to access information on ageing and aged care, have their needs assessed, eligibility identified, and be supported to find and access services. This new service is a third My Aged Care channel with 80 Aged Care Specialist Officers (ACSOs) based in Services Australia service centres. The program is being delivered by Services Australia for the Department of Health. It complements the existing My Aged Care website and contact centre.

What can the Aged Care Specialist Officers help with?

- screening, registering, and referring senior Australians for assessment.
- information on the different types of aged care services including help at home, short term care and aged care homes.
- reviews of consumer circumstances and referrals for a reassessment (where needs have changed).
- appointing a representative for My Aged Care and/or authorising a person/ organisation to enquire or act on their behalf.
- assisting consumers or their representatives in crisis by problem solving, providing support and connecting to other government services.
- connecting people to community and external services where appropriate.
- identifying how a consumer's financial situation impacts the cost of aged care services.
- determining how financial arrangements may affect their entitlements under the Social Security and Aged Care Acts.

Ten of the ACSOs will deliver outreach services to rural and regional areas, to:

- support people in remote locations, through a fleet of Services Australia Mobile Service Centres.
- work with community specialists to support people experiencing a vulnerability or complex needs in local and surrounding communities.
- support Aboriginal and Torres Strait Islander communities.

There is an ASCO located in Albury and Wagga Wagga

Better connecting government services We are also making it easier for people to move between My Aged Care and Services Australia. A general service offer will be introduced.

All Services Australia Aged Care call centre and service centre staff will be able to:

- provide information on the different types of government funded aged care services and basic fee information.
- offer digital support to navigate the My Aged Care website.
- connect consumers to the My Aged Care contact centre, or book an appointment with an ACSO, if more specialised assistance is needed.
- transfer consumer calls between Services Australia and

My Aged Care, will give callers a better experience and avoid the need to repeat information.

When will these services be available?

The My Aged Care face-to-face service offer started on 1 November 2021. Aged Care Specialist Officer's will be rolled out to all 80 locations by the end of 2022. Please visit the Services Australia website to find out more information on locations and how to make an appointment.

How to access My Aged Care? Website: myagedcare.gov.au Call: 1800 200 422*

Weekdays – 8am to 8pm Saturdays – 10am to 2pm (closed on Sundays & public holidays) **Visit:** any **Services Australia service centre** for general help in accessing My Aged Care information **or call 1800 227 475** to book a in person appointment with an Aged Care Specialist Officer.

Weekdays – 8:30am to 4:30pm (closed on public holidays)

LOCAL TRANSPORT MADE EASY

Available to All Residents for medical appointments, local shopping, social purposes and other in Culcairn. 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.

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NATIONAL BIRD WEEK 7 to 23 OCTOBER

Join in the Aussie Bird Count during National Bird Week, from 7th to 23rd October 2022.

Make a difference for bird conservation by giving a moment of your time to count the birds that are counting on you. Participate in the Aussie Bird Count during Bird Week in October and use your observation skills for a 20-minute period to make a simple but important contribution to Birdlife Australia's conservation initiatives.

Download the Aussie Bird Count app and get involved or learn more at aussiebirdcount.org.au and join the flock for Australia's largest citizen science project – Aussie Bird Count.

CULCAIRN DRUG AND ALCOHOL SERVICE

Drug and Alcohol counselling at Culcairn weekly, the service can be provided via tele health sessions outside of the day held in Culcairn.



Enquiries or self-referrals – contact Albury Community Health (02) 6058 1800 or Mobile 0477359255. This service is provided by Albury Wodonga Health.

Calling for Nominations of Greater Hume's Top Citizens

Citizen of the Year Young Citizen of the Year
Community Event of the Year
Sports Person/Team of the Year Sports Volunteer of the Year

Applications close Wednesday, 7 December 2022

Online nomination forms for all award categories are located on Council's website (www.greaterhume.nsw.gov.au) or a hardcopy can be picked up at one of Councils Customer Service Centres at Culcairn, Henty, Holbrook, Jindera and Walla Walla.

Greater Hume's Australia Day celebrations will be held at Brocklesby Recreation Ground, Brocklesby on Thursday, 26 January 2023.



**Greater
Hume
Council**

For more information please contact:
Kerrie Wise, Tourism and Promotions Officer
02 6036 0186 or 0448 099 536
kwise@greaterhume.nsw.gov.au



AUSTRALIA DAY
IN GREATER HUME

**Burrumbuttock
Flower
Show**

Sunday 30 October
9.30am – 4.00pm
Burrumbuttock Hall

FREE ENTRY!

Photography, cooking & crafts
Market stalls & live music
Face painting & balloon man
Morning tea & lunches
Demonstrations - Flower arranging & topiary

Looking for extra inspiration?
Visit local open garden Thurso –
'Creating Gardens for Wildlife'

Schedule with program available from:

Henty Physiotherapy and Sports Injury Clinic

Open Thursdays. 9am until 3.30pm
Early morning appts available.
(Hours will vary over the school holidays)
Opposite library in Henty

All muscle, joint and ligament injuries treated.
Evidence based. Results focused.



Private Health Rebates available.
Workers Comp
No Referral necessary

Physiotherapist - Claire Lawson
Bachelor Applied Science (Physiotherapy)
Masters Clinical Rehabilitation
Certificate in Health Coaching

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Email: treechangetherapist@gmail.com