

CULCAIRN OASIS

CULCAIRN AND DISTRICT NEWSLETTER

November 2022

WELCOME TO NEW DOCTOR AND HOSPITAL MANAGER

On Saturday 29th October around 60 Culcairn residents came together to officially welcome Dr.Udunayo, known affectionately around the town as Dr. Johnson as well as hospital facility manager Kathryn Walters and deputy nurse manager Sarah Middleton to the town. Dr. Johnson has been well received in the town as a full time GP as well as a Visiting Medical Officer (VMO) at the hospital. Dr. Johnson is at the hospital every day looking after the Emergency Department and the acute area of the hospital as well as aged care. The new practice was established through the efforts of Steven Pinnuck (former General Manager of the Greater Hume Shire), Alam Youseff (Board Member of the Murrumbidgee Local Health District), Lockhart Dr. Rod Bond (who owns the practice) and members of the Culcairn Local Health Advisory Committee (LHAC). Dr. Johnson, who was born in Africa and last year spent time in Darwin, said he is delighted to re-establish himself and his family in Culcairn. All enjoyed a BBQ brunch and a slice of a delicious "Welcome to Culcairn" cake made by the Culcairn Bakery.



Deputy nurse manager at Culcairn Hospital Sarah Middleton, Dr Odunayo Alakaye (Dr Johnson), Dr Rod Bond and hospital facility manager Kathryn Walters celebrate opening with community members. Picture by Mark Jesser

CULCAIRN STREET PARTY—FRIDAY 18th NOVEMBER 5pm to 9pm

It's almost here!!!!! The Culcairn event of the year!!!

Members of the CCDC have been super-busy getting things organised for our STREET PARTY, and are very excited for what the night will bring to our community in less than 2 weeks' time.

So far we have <u>over 45 stalls</u> booked selling everything from wood products, to jams and preserves, clothing, jewellery, honey, candles, bags, lighting...and much more.

On the night we will also have live music, free kids amusements (a jumping castle, bungee run and rock climbing wall), a huge range of food options, and of course we intend to finish with a BANG....in the form or fireworks that is!!

It has been really exciting to have so many local individuals and community groups wishing to be involved and making a commitment to contribute to the event. We will also welcome a large number of visitors to our town who wish to take part. What a great way to bring people together.

So people can be organised, we need to point out that the main street (from the roundabout to McBean Street) will be closed to traffic from 12 noon to 9pm to incorporate setting up and the event itself. Hopefully, by being forewarned any major inconvenience can be avoided or planned around. So Culcairn......Get Ready.......It's nearly time to PARTY!

PS. If it is wet markets will be shifted under the awnings and into the hall, but some activities may not run. Let's hope we get great weather.

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 6th December 2022

Folding Date– Fri 9th December 2022 at 1pm Delivery Date - Wed 14th December 2022

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.

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. Albury Wodonga Health

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.

STORYTIME—CULCAIRN LIBRARY

Storytime will be on Thursday 8th December 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!





FIREWORKS - MARKETS - FOOD - KIDS ENTERTAINMENT

CULCAIRN HEALTH MATTERS (LHAC)



Sarah Middleton is the Deputy Nurse Manager at the Culcairn Multi-Purpose Service. She was welcomed by the LHAC in her new role, at community а recent barbeque. Sarah travels from Wagga each day with her husband, if their shifts coincide. He is a Registered Nurse who is

completing his graduate year at the Culcairn MPS. Sarah previously worked as an RN at Kapooka, but now in her new role, she attends to many more administrative tasks at our hospital. She is presently looking after staff welfare, organizing rosters, and assisting with general ward duties as necessary. Sarah thoroughly enjoys each day working here, where she finds everyone friendly, staff happy and supportive, and appreciates the experiences that rural nursing offers.

Sarah and husband Ken have a $3\frac{1}{2}$ year old daughter, and together they are looking forward to some cruising in 2023. She loves travelling and being a busy mum. We wish Sarah all the best during her time at the Culcairn MPS, and thank her for the commitment and enthusiasm she shows for her work here in our community.

Culcairn Medical Practice—Dr Johnson

Please contact surgery on (02) 6066 5700 for assistance with any of the following services which are available, or with queries about other services required:

- General availability
- Pathology
- Podiatry
- Diabetes educator
- Dietician

ST. JOSEPH'S



Congratulations to our PP5 relay team who have placed at Deanery, Diocesan and Mackillop Athletics Carnivals. and are now competing at NSW PSSA State Athletics Carnival in Sydney—a great effort from the

children and their parents.

St Joseph's are half way through our Transition Programme for Kinder 2023. All children are having a great time every Friday and are looking forward to 2023.

A special thank you to all our dedicated volunteers who assisted at the Henty Machinery Field Days. The HMFD was a very successful fundraiser for St Joseph's. We have our Christmas raffle coming up. Look out for details to buy tickets.

On October 27th we held our SOCKTOBER Mission Day, stalls/activities were arranged and



run by our Year 5/6 class. They are to be congratulated for their amazing efforts. All children loved the stall/ activities arranged, making it possible to assist people less fortunate than ourselves.

SIT AND STITCH

Notice for existing and prospective "Sit and Stitchers" that we will meet on the following days in 2022—Saturday 5th November and Saturday 3rd December. We will then recess until 4th March 2023, as we don't meet over summer. Wishing you all a Happy Christmas and healthy and safe New Year.

HENTY-CULCAIRN PROBUS

Met at Henty on Wednesday October 12, 2022.

through Martin's bus company, including one to a including John Denver and Cliff Richards as they military parade, and another to the cactus farm at did their concerts. Kevin Knoble presented Warren Strathmerton.

Gary Kenny has advised that Remembrance Day we all quietly came back to earth after following 11th November will be held at Henty Memorial Warren in travels to learn about car racing, horse Park at 10.30am and will have a dedication of racing, and the many outside broadcasts that we three memorial plaques. We are invited to join the had watched through the years. families of Pte R Craze VX 66955, Dvr H Piltz The next meeting of Henty-Culcairn Probus will be VX20136 and Dvr H.B.Taylor VX33383.

Keith Churches a Happy 90th Birthday, and he visitor from Mercy Connect. Perhaps we might also invites us to a November 11th Memorial see you there too. Service at Walla Walla 10.30am.

Our new member Margaret Pumpa was our fiveminute speaker. Margaret was a schoolteacher and married her special lan. They have four sons and a collection of grandchildren, and she looked back on 53 years of playing farms.

They had sheep, cows and crops, tried pigs and built a commercial yabby farm, had dorper sheep and squab. Such a busy life and so much knowledge to share. Thank you Margaret, you have been generous to share with us.

After morning tea we had one of our vice presidents, Warren Berkery talk on "40 years Below the Mast", the story of his time with Channel 9 Sydney, particularly with outside broadcasts and the Channel 9 mast of 770 feet high with a light on top. Warren started as a trainee with AWA in 1956. the year that television started. He and his people built a microwave link to enable us to see horse races. It went from Melbourne to Sydney. In 1964 Warren was back with AWA and worked at Woomera Rocket Range and tracked America's man in space. In 1966 Warren was with Channel 9 and in charge of Outside Broadcasting and covering yachting with months at sea. The Sydney Opera house was being built and opened in 1973. Before opening, Channel 9 had "Sunday nights at the Opera house" and Warren stayed with Opera House activities, including fireworks, until his retirement.

Kerry Packer, in 1975, wanted golf coverage for 18 holes, then there was World Series Cricket and a computerised score board. We saw photos of some beautiful Australian scenery where men had installed microwave links and carried heavy equipment so the dream to give Australia the best live television was made possible.

We also saw a photo of three smiling men (one Warren) and they were in America having received a Technical Emmy award presentation.

There was a lovely list of special people who had been involved with Warren and outside broadcasts an Opera House Royal Charity includina Performance concert with Her Majesty the Queen, Wimbledon tennis, Royal wedding, Princess Diana's funeral and the Sydney Olympics. Warren

had Technical Management of the opening and closing ceremonies. We also met Warren's special We heard about a collection of local trips available Sandra, and she also met these special people with a Probus pen as a token of our thanks, and

at Culcairn Bowling Club 9th November 2022 at Herb has advised of playing his trumpet to wish 9.30am for a 10am start. We are hoping to have a

> TONKIN PLUMBING ELECTRICAL REFRIGERATION HEATING COOLING ROOFING DRAINAGE tonkingroup.com.au (02) 6040 1797 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. Over 20 Private Health Rebates available. years Workers Comp experience as a Physio No Referral necessary Physiotherapist - Claire Lawson Bachelor Applied Science (Physiotherapy) Masters Clinical Rehabilitation Certificate in Health Coaching Ph 0424721648 Email: treechangetherapist@gmail.com

NEW CULCAIRN MEDICAL PRACTICE

23 Balfour St Culcairn (Adjacent to Memorial Hall)

NOW ACCEPTING NEW PATIENTS

Dr O. Johnson Alakaye thanks you for the warm welcome he has received into the community.

> Culcairn Medical Practice is open 8.30am to 5.30pm Monday to Friday

Ph: 02 6066 5700 or visit bondmedicalgroup.com.au for an appointment



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Friday

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y Playroom Lawn Games

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"More Than Just A Meal!" -What Does that mean?

Although delivery of prepared meals is the basis of our service, Meals on Wheels is so much more. It is "more than just a meal". It is a regular wellbeing check for people who may be living alone and isolated from family and other supports. It is also about ensuring people who may not be able to get out and about, enjoy regular social interaction and the comfort of knowing someone will drop by regularly to say hello and see how they

are going. We also provide assistance for people to be taken to appointments, shopping, outings and to share a meal with others.

We can also provide assistance with cooking in your own home and friendly phone calls for people who may live alone and feel isolated or just want a regular chat with a friendly voice. The service makes a regular phone call, based on client's request, to ensure all is well. Give us a call if you think you might like to have a regular phone call from us or one of our friendly volunteers.

Shopping and shopping delivery is another service we are currently offering for those unable to make it to the shops.

We no can also offer Transport services to older people. Transport can assist you to attend appointments in Albury or Wagga and provides a one on one, door to door, assisted transport service

If you are in urgent need of support, the My Aged Care contact centre can refer you directly to services in your local area. If you are already registered with My Aged Care, services can be set up quickly for up to 6 weeks without the need for an additional assessment. You can also arrange this directly with Holbrook Meals on Wheels if you prefer.

People who wish to access our service do require a referral from My Aged Care. If you would like to receive Meals, Social Support or Transport or would just like

more information, please call us on 02 60363677. You can also contact My Aged Care directly on 1800 200 122 for more information if you prefer or to have them send us a referral.





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