



CULCAIRN OASIS

CULCAIRN AND DISTRICT NEWSLETTER

February 2023

AUSTRALIA DAY 2023

On Thursday, 26th January, several members of the Culcairn Community Development Committee joined the crowd at the Australia Day ceremony in Brocklesby. Much to our delight the Culcairn Street Party was awarded the Community Event of the Year. This award was gratefully received as it reinforced the success of the event and gave recognition to the many people who assisted, and took part, on the night. The certificates are being displayed at the newsagency for a short time so that all can see them.

At the same event School Citizenship Awards were presented to Hannah Godde (Billabong High School), Lilliana Haines (Culcairn Public School) and Georgia Thomson (St. Joseph's Primary School). Congratulations to these students who contribute positively to their schools and the community.



Phil McCartney, Les Fraser, Michelle Godde, Ken Scheuner

CULCAIRN—COINS FOR CANCER



Wow Culcairn citizens! Give yourselves a pat on the back. Did you know that your spare coins contributed \$1284 to the Albury/Wodonga Cancer Centre last year and \$766.20 in 2021. So since the boxes were placed round the local

businesses in July '21 a total of \$2050.20 has been raised for this wonderful facility. Well done indeed Culcairn. Huge thanks. 🙌

“THE SHED” NEWS

Culcairn Men's & Community Shed

We are back and ready to tackle a New Year—meeting Tuesday and Thursday 9.00am to 12.00 noon. Everyone most welcome on either day even just for a cuppa and a chat.

We are very excited for the upcoming year as we acknowledge the support of the Australian Government, Department of Health and Aged Care and AMSA through funding under the National Shed Development Programme Round 24 grants. This funding will provide overhead power access for machinery, concrete flooring to the timber storage area as well as some OH&S equipment and upgrade of the dust extraction system.

An upcoming Morning Tea Event is in the planning stages for April, and we will have more details in the next issue.

If you are interested in arts & crafts, woodworking or would just like to meet some new people then come along for a cuppa and a chat. Open to all ages over 18 years (younger are also welcome with an adult). Membership is \$50 per year, necessary to cover all insurances.

Contact 0408 211 565 Cris McPaul

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 28th February 2023

Folding Date– Fri 3rd March 2023 at 1pm

Delivery Date - Wed 8th March 2023

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 HELPERS NEEDED

Looking for someone who would any be interested in supporting the Culcairn Oasis Newsletter team putting the monthly newsletter together. You would need a knowledge in e-mail, Microsoft Word, Publisher and Excel. Our team member who currently puts the newsletter together will be leaving the area, therefore we are seeking a replacement now to provide training. Please contact Glenda Taylor on 0419 007 227 or David Gilmore on 6029 8291 if you are interested.

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.



Be Connected

Every Australian online.

Book in to any one of our libraries and we will help you use the Be Connected free online course.

Culcairn Library 10am-12pm 7 March 2023

Henty Library 2pm-4pm 7 March 2023

Holbrook Library 10am-12pm 8 March 2023

Jindera Library 10am-12pm 9 March 2023

This free online course aims to help individuals thrive in our digital world by empowering them to use the internet and everyday technology effectively. You will need to have some basic skills in navigating a website, have an email address and be over 50 years of age. Participants do not need to bring their own devices as we will be using the library iPads. Limited spaces so please book your spot on 0260360100.

HENTY/CULCAIRN PROBUS

The meeting was held on the 11th January 2023, at the Henty community club. Our President Yvonne Booth welcomed us all and then commenced with a surprise or two. Firstly, twenty-year service badges were presented to Morris Schuller and Eunice Schuller and then to Clarice and Harold Janetzki. We congratulate all four recipients and wish them many more years of Probus meetings.

The five-minute speaker time was spread through members who needed to consider the reasons that we would give to a friend to come and try Probus. We make friendships, have speakers, and pay for lovely meals. Remembering names is easy as everyone wears name badges, and there is no need for a plate of baking for morning tea, as we pay our \$2.00 for tea or coffee. TX and Allison always choose nice biscuits from the biscuit aisle of our favourite grocer for morning tea. Thank you, Allison.

Our speaker was Joel Lowrie, introduced by our secretary Kevin Fogarty. Joel went to school at Henty Public school and is now head drama teacher at Karingal High School, Wagga Wagga. He has been teaching for fifteen years. Joel told of studying to be a teacher and his first teaching job at Murrumburra with 156 students where drama was a small part of his teaching load, to Karingal High, which is a performing arts school with 1000 students. Joel wants firstly for people to be "a good person and to enjoy learning" and "the first step for a production, is to decide to have one." Joel likes to encourage young people and the students do everything under guidance. There is a school band, and the students take part in the Schools Spectacular. There can be at least 400 students involved in a production and copyright costs for a production can be thousands of dollars. Thank you to Joel for sharing his story with us.

A Probus pen was presented to Joel by Helen Squires, as a token of our thanks for his effort in being our speaker. We enjoyed a lovely lunch of fish and salad. Thank you to our helpers. Meetings are on the 2nd Wednesday of the month. Our 8th February meeting is at Culcairn at the Bowling Club 9.30am for a 10.00am start. We send our best wishes to those who are not well and to their carers. Thought needs to be given to the upcoming AGM in March. Perhaps you might like to be the writer of newsy notes for our town newsletters, or president or secretary or organiser of finances or the one who arranges group travel or the one who finds speakers for every month.

Maybe you would just like to be amongst people who are quietly re learning to be among people after the Virus dramas and would love to be able to talk to new people, well Probus could be the place for you. Thank you to the lovely people who have donated knitted beanies for the seamen and to those who have donated yarn for rugs and baby jackets, your deeds are much appreciated.

CULCAIRN HEALTH MATTERS



MPS STAFF PROFILE – AVNEET KAUR – ENROLLED NURSE

A young nurse with big dreams and ambitions joined the Culcairn MPS family on 4th October 2021, with a motive of expanding her skillset to deliver best possible care to the community.

"I arrived in Australia in 2019 to pursue a career in nursing to contribute to the future of Australian Healthcare System. I undertook my study from Australian Centre of Further Education (ACFE) in Melbourne and achieved high distinction in my cohort. Currently as an Endorsed Enrolled Nurse (EEN), my job is to provide direction and leadership in the residential aged care section of our MPS. In Acute and ED section, we work the under the guidance of the RNs to provide patient centred care. In the last year, I have raised my hand to take on further education to provide even better care. This includes the Infection Prevention and Control (IPC) Lead and Enrolled Nurse Emergency Care (ENEC). These have furthered my knowledge and ability to provide the best possible outcomes of care. In the future, I hope to obtain my Australian Citizenship and undertake my Bachelor of Nursing at university to become a registered nurse. This will then allow me to provide again, even better care for patients and potentially lead me to a position where I can have bigger healthcare influences.

Some of my unique qualities include accepting criticism and opinions from others, perseverance, dedication, and my ability to make everyone comfortable. This will make you laugh; I got over my fear of dogs working at Culcairn MPS as we have two therapy dogs that visit, and I had to remain calm for my residents and finally overcome my fear. My passions include staying active, travelling, being around supportive influences and making new friends. In the recent year, I have been fortunate enough to be able to travel back home to India to see my family. My mum and dad have supported all my decisions, including moving thirteen hours away, and are my biggest fans.

I only hope my dedication and passion to provide best care outcomes to the Culcairn community is evident throughout this article and in the widespread of services we provide, as a team, at Culcairn MPS."



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LIBRARY REPORT

Seniors Festival – Celebrate Together at Culcairn Library

This year's festival theme is "Celebrate Together" and Greater Hume Council encourage older adults to feel relaxed and comfortable while out and about enjoying the variety of events and activities on offer during the festival.

Greater Hume Council will celebrate Seniors Festival 2023 on Friday 17 February from 11am – 1pm at the Culcairn Library for a morning of fun including jigsaws, painting, origami and card games. Lunch will be provided. This is a free event proudly funded by Greater Hume Council.

A highlight of the Seniors Festival program will include a presentation by local artist Robert Kleinboonschate who paints beautiful paintings reflecting his love of Australia. Born in The Netherlands, Robert now lives in Walla Walla surrounded by the rugged natural landscapes of Australia. For Bookings Contact – P: 0260360100

Library Lovers Day 2023

Happening annually on 14 February, Library Lovers Day is dedicated to book lovers across the globe and celebrates the important work of libraries and librarians everywhere. Call in to any

one of the Greater Hume Council libraries from Monday 6 February to *take a book on a blind date*, enjoy a chocolate attached and enter the 2023 Library Lovers' Day competition, All you need to do is write down a quote on love from your favourite book or poem and drop it in to your library (if you are not already a library member, it only takes a couple of minutes to join). In doing so, you go in to the draw to win a book voucher to the value of \$40. Library staff will draw the lucky winner on 14 February at each library. Call in any time between now and then to enter.

Celebrate Women's Week 2023 at Culcairn Library

NSW Women's Week celebrates the diverse contributions of women and girls. It is an opportunity to reflect on the social, economic and achievements of women and girls in NSW. Culcairn Library will celebrate Women Week on Wednesday 8 March 23 from 6-8pm. Come along for an evening of fun and laughter while learning how to make Babushka Dolls. A light supper will be provided. Cost \$10

For bookings or further information, phone 0260360100. Spaces are limited so bookings are essential.

MIDDLE AGES COMES TO CULCAIRN

The last weekend in February (24-26) 2023 will see Culcairn Sportsground will be the venue for Border War with many medieval activities going on.

The event is being held by the Shire of Bordescros (Murray Region branch of the Society for Creative Anachronism). It is anticipated that over 100 people from around Australia will be attending the event.

The SCA is a family orientated organisation with members of all ages.

There will be heavy armoured combat, rapier fencing, combat archery and target archery, equestrian activities, as well as other less strenuous games, and craft workshops relating to the period prior to 1600.

A highlight will be the fully catered Feast on Saturday night, which will be featuring food from 16th Century Genoa, Italy.

Bordescros is a group that covers the whole of the Greater Hume Shire, as well as Albury Wodonga and further afield. Most of its regular activities are currently held in Wodonga, such as the monthly Gathering and Feast.

Border War is principally for financial members of the SCA, and all participants must be dressed in medieval clothing. There are opportunities for locals who are not members to attend the feast, as well as being a spectator for the daytime activities, but this needs to be arranged and booked in advance. More information can be obtained from [Border War – War on the NSW/VIC Border \(sca.org\)](https://borderwar.org) or contacting Joy Walker on 0427 432 870.

Enrolled Nurse Scholarships
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NSW GOVERNMENT



Wow, its already February! Christmas and New Year seems like so long ago now! We have been very busy in our office, planning for 2023 and beyond.

We provide not only a delivered Meals service, we also provide Social Support for shopping assistance, attending appointments, friendly visiting. We can support your nutrition and cooking in your own home, and we also can provide transport services. These services are available to people registered with the My Aged Care, Commonwealth Home Support Programme who live in the Greater Hume Shire area.

If you are receiving a Home Care Package and would like to access our services, talk to your provider about receiving services from us. It's your package and your choice on how you use it!

ARE YOU READY FOR THE NEXT EMERGENCY?

Being prepared can make an emergency less stressful, give you more control, and reduce the impact on you and those you love.

We are continuing our ACT! Emergency Readiness Project across the shire. We can help you prepare for unexpected emergencies. The key messages on emergency preparedness include:

- Know your risk
- Plan now for what you will do
- Get your home ready
- Be aware
- Look out for each other

We can support people to think about their plan, prepare an emergency box and we will make referrals to other services for assistance where that may be required. Just some of the services include alarms for the hearing impaired, smoke alarm checks and installation and a once of yard clean up if you live in a rural area.

Don't forget **Meals on Wheels** is available right across the council area. Please call us if you need some support with food, nutrition or meals. We can provide you with a ready-made meal or even assist you to **prepare food in your own home**. We have a huge menu of over 100 items available for you to choose from!

We can help you with your menu planning and shopping as well. **You do need to be registered with My Aged Care to access services with us** – 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. You can call My Aged Care direct on 1800 200 422.

IN YOUR GARDEN

Happy New Year to all the gardeners in our area. The New Year brings with it new challenges and opportunities, some welcome, some not so good. The weather has its moments-too wet, too hot, just right.

VEGIES: Lots of produce being picked and enjoyed now. However, pumpkins, zucchinis and cucumbers are battling powdery mildew. Use a 1/10 mix of full cream milk in water (or use an appropriate commercial spray). Plant now for harvest late Autumn bush or climbing beans, lettuce seeds or plants. Time now for seedlings of broccoli, sprouts, cauliflower, so they are ready for a winter harvest.

How are your passionfruit ripening? Because of hot weather and rain earlier germination and fruit set was not good. Last year I picked hundreds of passionfruit from two vines, however due to a wet 2022 one vine drowned, and the other might yield 20 fruit. Better luck next season.

JOBS TO DO NOW: Cut spent flowers from Agapanthus before they set seed, then they can't escape and become an invasive weed, as have Arum Lillies in S.W. Western Australia. Time to tidy up Roses, cut off all spent flowers, fertilise, mulch, and look forward to amazing Autumn blooms. Plant a pot of flowers for Winter colour. Use "fire" colours ie. red, yellow, orange. Nasturtiums, Marigolds, with small potted Chrysanthemums and some cuttings of small Ivy will make a bright show. Prune straggly Geraniums now and you will be rewarded by lots of flowers in Spring. Geraniums strike easily from a piece, so pot some as you prune and give them away. Keep trimming Buddelia and there will be more flowers for bees and butterflies to enjoy. Bees' favourite colours are blue, purple, and white. Plant some salvias, asters, buddelias and borage to help them. For all the Romantics out there don't forget a Red Rose on Valentine's Day says it all!! Peter Frankenfeld, Grandpa's Rose, and Papa Meiland have lovely blooms and grow well in my garden. Keep watering, mulching (to control the weeds), but most of all Enjoy your Garden. Margaret Pumpa

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