



CULCAIRN OASIS

CULCAIRN AND DISTRICT NEWSLETTER

February 2020

OUR CULCAIRN COMMUNITY HELPS EDEN

Thursday 2nd January was a day that will never be forgotten for 38 weary people from Eden on the South East Coast of NSW. They had to evacuate from their homes because of the fires – half of them were children. Katrina Stone, one of our Culcairn Community, was staying over there and offered our town as a place for them to stay. A couple of phone calls and social media posts to and from Katrina, Megan Wood, and Annie Phillips had “Chief” Smith and Jena Kent open the doors of our football pavilion. Within a couple of hours, we had beds, linen, towels, drinks and food for all 38 fire “refugees”. The first cars arrived around 11.30pm; the remainder arrived around 3am. With the weekend looming, the Culcairn Lions Club covered expenses for food and supplies till the following week. BUT THEN!!! In came the donations. We had enough to supply an army. On Tuesday (7th January), things were OK for our visitors to return to Eden. The Football Pavilion has never been so clean!!! They left it spotless. Below is one of the many letters of thanks that they left, together with a donation to our town. Thanks, must go to those mentioned above, but also to the hospital (several needed medical help), Stuart our butcher, the Supermarket, the Greater Hume Shire, the swimming pool, our local Op Shop, and to so many members of our Culcairn Community who donated resources, money and time. This experience was good for our Culcairn Community. It brought us together in a way that was special. It bonded people together who hadn’t known each other before. We are a caring community.



IN YOUR GARDEN FEB/MAR

Welcome to 2020. I trust that we will have a better gardening year than 2019, which proved to be pretty tough, particularly in the vegie patch.

My zucchinis are the best survivor of all, still producing enough for my use and enough to give away. Not as much luck with beans or tomatoes too hot and windy to allow good flowering and fruit set. A product that does encourage more fruit is Sulphate of Potash Mix in a watering can and apply every couple of weeks.

You can plant more beans now and perhaps they will escape any hotter weather as they mature and flower. With care lettuce and broccoli seedlings can be sown now. Passionfruit vines should be bearing well now. A bullock's liver planted near the stem of the plant will keep the plant fed for a long time, water well and the vine will be happy.

Time now for Figs- a little smaller than usual due to the dry summer. Birds have been my biggest problem so netting has been the only solution. Fig jam is delicious so make some if you can find some figs. As autumn approaches so does the time for planting. Spring flowering Bulbs, Daffodils, Hyacinths, and Tulips are just a few of the varieties available.

March is time to tidy your garden. Prune things that have finished flowering, remove vegies that have finished producing and divide perennials.

St. Patrick's Day is said to be the day for planting Sweet Peas. Plant them on a trellis or fence or make a Wig Wham out of sticks in a large pot and plant a seed at the base of each stick.

Around the edge of the pot, plant violas and lobelia- these will flower in early spring, with the sweet peas, and look stunning!

May we have more rain and mild sunny days to enjoy our time in the garden.

Margaret Pumpa



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 9am
Wed 4th March **March 2020**
Folding Fri 6th March 1pm
Delivery Date
Wed 11th 2020

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

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

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

HUNT FOR FRESH FACES

Call-out for volunteers to join the LHAC
The hunt is on for enthusiastic people in the community to join the Local Health Advisory Committee (LHAC) in the Eastern Riverina region.

The annual LHAC recruitment drive is heating up with applications closing at the end of January 2020. Members are being sought for committees in Culcairn, Lockhart, Holbrook, Henty and Urana. "We are looking for people from all walks of life and we invite anyone with the time and passion to make a difference in their community to express their interest," said MLHD's Community Engagement Manager Setchen Brimson.

Each committee is made up of seven members from the community, a clinical representative and a staff representative. As advocates for their local community, LHAC members are chosen for their passion and ability to represent their town's health interests, needs and concerns. Members can be involved in a range of health projects from identifying health priority areas to working together on initiatives to improve health outcomes.

"Every town across the District has their own health challenges, so each LHAC comes up with their own unique ways to prioritise and tackle health issues in their communities," said Mrs Brimson. "We've seen some really great examples of how LHACS have been quite creative in addressing these challenges."

In addition to improving access and awareness around health services, the LHACs provide feedback into and are involved in service planning together with the Health Service and the Primary Health Network.

"The key to being a good advocate is the ability to have your finger on the pulse of your local community and the ability to represent these community needs and concerns when you're at the discussion table," added Ms Brimson. To become a member of your local LHAC, you will need to complete an application form and have the required screening for your interested activity or group.

More information can be found on the MLHD website: [https://www.mlhd.health.nsw.gov.au/get-involved/local-health-advisory-committee-\(lhac\)](https://www.mlhd.health.nsw.gov.au/get-involved/local-health-advisory-committee-(lhac))

Applications can be completed online at: https://www.surveymonkey.com/r/JOIN_LHAC



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What is the best thing to do
 when you have a hole in a boat
 and water is leaking inside?



Make another hole
 to drain the water.

ATTRACTION

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 small and large porcelain dolls
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 PH: 0260298340
 Trading hours:
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 Saturday & Sunday 8am – 1pm



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www.culcairnmotorinn.com.au

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 Culcairn NSW 2660
info@culcairnmotorinn.com.au | (02) 6029 8233

THE VITALITY PROGRAM

The Vitality program is a free service offered to seniors to assist community members to age well. The program is funded by the Murrumbidgee Primary Health Network. The Vitality program involves individual sessions with a Physiotherapist, Dietitian and an Occupational Therapist. During these one on one sessions the clinicians will provide personalised advice on ways to improve Physical, Nutritional and Cognitive reserve. By building these reserves the health research suggests that we can improve many signs related to ageing and frailty. The program has been operating within the Murrumbidgee region since 2016, over 1000 people have participated in the program. The University of Notre Dame in Wagga conducted an independent evaluation of the program which identified; The program had a significant positive impact on frailty scores suggesting, it achieves the aim of improving the ability of successful aging. 87% of participants agreed it improved their Quality of Life 85% agreed their overall health improved 81% agreed it improved their physical health.

In addition, participants have recently made the following comments about the program.

"It's just wonderful for you. It makes you feel good" Dianne N. "It's so easy to do things now that that program made me aware" Ron T. "I can look at things a bit differently, and understand things a lot better" Paul G.

"I didn't realise how important protein in my diet is to staying strong" Wendy M.

The program has some eligibility requirements such as being 65 years of age or older, or >55years of age for those of Aboriginal Torres Strait Island descent. And a referral from you GP is required in order to participate. To express interest in being part of the program in Culcairn, Henty or Holbrook please call Back On Track Physiotherapy 02 6033 0933 and ask about the free vitality program.

Aging Well with Vitality





The Vitality Passport is a program designed to take you on a journey to a healthier you. It is aimed at improving your quality of life through:

- Reduce the risk of injury due to falling.
- Improve strength
- Improve balance
- Improve nutrition
- Improve memory & problem-solving skills

What's Included?

- 3 individual consultations covering diet, exercise and brain health.
- 8 Group activity sessions





What is the Cost?

It is a program funded by Murrumbidgee Primary Health. This means it is at no cost to you!



An Australian Government Initiative

How to get Involved

If you are over the age of 65 (>55 for ATSI descent) and want to know more, please contact us on:

📞 (02) 6033 0933






L

FREE two hour WORKSHOP

Get practical information about:

- ✓ Laws for L and P licence holders
- ✓ Supervising a learner driver
- ✓ Completing the Learner Driver Log
- ✓ Low risk driving techniques



The workshop will be held:

Time and date:	Venue:	Book now on:
Wednesday 18th March 2020 5.30pm to 7.30pm	Culcairn Council Chambers	6036 0100 or 0427 224 764

Helping learner drivers become safer drivers



Road Safety Tips

Don't use your mobile phone whilst driving. Making or receiving a call, even using a 'hands free' phone, can distract your attention from driving and could lead to an accident

ARE YOU EATING AND DRINKING ENOUGH???

It is important to eat a variety of foods as no one food will provide all the vitamins and minerals your body needs. Different foods contain different nutrients. For example, spinach and other green leafy vegetables contain folate; oranges contain vitamin C; bananas provide potassium and wholegrain bread contains thiamine. Red meat is good for protein, iron and zinc. Dairy foods are excellent for calcium, zinc and protein. Variety is important, so is food enjoyment. There is now evidence that being overweight is not necessarily associated with higher mortality in people over 65 years of age. It seems that older people have better health outcomes if they are heavier rather than thin. The health benefits of actively trying to lose weight, especially by restricting calories, are uncertain. Deliberate weight loss in older people can lead to muscle loss, loss of ability to function properly and loss of independence.

LOSING WEIGHT IS GENERALLY NOT GOOD FOR OLDER PEOPLE.

Losing weight can be a sign of poor nutrition. Signs of weight loss

- 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. Obtaining guidance from a dietitian and/or a physiotherapist is advised. 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.

Having meals delivered should not be seen as a last resort. 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 over the hot summer months.** 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. Phone Meals-on-Wheels 6036 3677

AT THE LIBRARY

LIBRARY LOVERS DAY The Culcairn Library will celebrate Library Lovers' Day on Friday 14 February 2020– What better way to celebrate than watching a romantic movie whilst eating chocolates and ice-creams in the library. Movie: His Girl Friday Date: Friday 14 February Time: 2pm – 4pm Cost: *FREE* Also, enjoy a chocolate or two and give the gift that lasts a lifetime; enroll someone you love as a library member! Enter the draw to win a box of chocolates

SENIORS WEEK NSW Seniors Week is about looking after for our senior citizens, getting out of the house, getting active and enjoying our time. Looking after our seniors is an important part engaging in local communities around Australia. Seniors Week will be celebrated at the Culcairn Library on Wednesday 26 February 11am – 12noon. This will be an intergeneration event with seniors and young children enjoying and learning from one another. A number of community organisations will be invited to attend each undertaking a different activity with the children. Bookings essential. Contact Library Staff P: 6036 0100 for bookings or further information.

BOOK CLUB 2020 We have fun and always talk – even about the book sometimes” – Collins Book Club, Form a group of up to ten individuals and nominate a group leader, pay the \$400 club membership, find a venue and you can begin your own book club. The library provides ten copies of one title plus background notes and discussion questions. Clubs meet from February to November reading ten titles over the year.

STORYTIME Storytime at the Culcairn Library will be held on the first Thursday of each month Everyone is welcome. Storytime is held once/ month at the Culcairn Library.

- 5-Mar-20 Its bear time
- 7-May-20 Mummies are amazing
- 4-Jun-20 Snails
- 6-Aug-20 Yoga
- 3-Sep-20 Koalas
- 5-Nov-20 Friends
- 3-Dec-20 Christmas

CULCAIRN QUILTERS

The Culcairn Quilters have been a busy bunch of ladies over 2019. This coming year will be no different with lots happening.

We are getting quilts made for our "Quilts For Lynette" charity. Sadly, we lost our dear friend Lynette last year. So, we offered to continue her brilliant work of making quilts for Ronald McDonald House, Legacy and Breast Cancer Awareness. These have all been made with Lynette's fabrics. There are several more to be added to this lot yet. They will then go off to Lynette's chosen charities.



Tooraweenah Dought Relief Fabric Drive.

Last year I organised a fabric drive of donated quilting fabrics to go to Tooraweenah district and surrounding areas. The response was terrific! Fabric has been distributed as far as Bourke and Broken Hill via the CWA at Tooraweenah. Fabric donations were either posted directly to the Tooraweenah Sip and Sew Group via a friend of mine on a property out there, or delivered to me. I have had two trips to Tooraweenah to deliver the fabric, plus while visiting, I taught the ladies some new patchwork techniques and brightened their day with fabrics and a smile. Donations of knitting yarn, patterns, books, craft items and sewing goods were in with the donations. People's generosity has been overwhelming. I aim to return to Tooraweenah, when the weather cools to teach the ladies some free motion quilting and of course, deliver more donated fabric. Tooraweenah town has received some rain, but out on the farms there has been nothing but dust storm after dust storm. The situation is rather bleak. Tooraweenah is located at the base of the Warrambungle National Park, near Coonabarabran.

Renowned Textile Artist, Helen Godden, is coming to Culcairn to teach a 3 day Workshop in June 2020. We are so lucky to have Helen visit us. Helen resides in Canberra and her workshops have attracted many from far and wide to our town. Below is what Helen will be teaching in June.

The Culcairn Quilters are made up of two groups. We meet at the Lutheran Church Hall each week on a

Tuesday. Anyone interested in popping in to take a peek at what we do, would be most welcome. If you are interested in joining in on our classes and meetings, please get in touch.

Sharon Wonson

Fabric n Threads - Sharon's Sewing Service

23 McBean St Culcairn

Ph 0408 409 160

AGED CARE REPORT

A big Hello from the residents at Culcairn Health, December saw a major birthday for us here with Nancy lee turning 101. Nancy spent her day surrounded by her family. Of course there was cake with family, friends and residents in the morning. Nancy was also lucky enough to have her birthday on the day of our residents families and volunteers Christmas party. There is a beautiful photo included of Nancy with DR Reddy. Our Christmas party was a lovely afternoon, there was an amazing amount of food, and Ron Thorne sang for us and of course a visit from Santa.

December also saw the residents decorate a tree for the Culcairn Community Development Committee where we put photos of residents and staff doing different activities throughout the year. The tree looked so nice that we put it up in our dining room when it was returned to us.

We have been thrilled to learn that the lions club was successful in gaining a grant on our behalf so that we will be able to have access to go out on bus trips for the next year. Next month we will be going on our first outing. To Thurgoona golf club for lunch and a drive around the weir to have a look at the water level. The residents will be sitting down together to decide on the places they would like to go for the next six months.

This coming year we are looking at starting a few little clubs within the facility that will enable our residents to go out into our gardens and enjoy the space around them. If you are a keen gardener or a crafty/art person and would like to volunteer here we would love to have a chat with you. Our volunteers are a valued and fantastic asset to our team here. Please feel free to contact

Toni any time on 02 60 446106 Or at toni.shutt@health.nsw.gov.au





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Ph 0424721648

Email: treechangetherapist@gmail.com

GOLF CLUB REPORT

The golfing season for 2020 is about to begin and we welcome current members and new golfers to the club. Are you new to Culcairn and district and would like to **take** up golf, or a past golfer wishing to take it up again? We welcome all golfers experienced or new to the club. We will commence the season with the **Gerogery Hotel 9-Hole Championship (over 4 rounds)** commencing on Sunday 23rd February (Round 1) at 7.30 for 8.00 am shotgun start. Round 2 is on 1st March, Round 3 on 8th March and the final round on 22nd March. The winner of the championship will be the golfer with the best 3 cards over the 4 weeks of golf. \$5 green fee each week with \$30 daily prize for winner each Sunday. The Championship Winner will receive \$200, with Runner up \$50 and 3rd prize is \$30. **Please note that golfers with or without a Golfink handicap are eligible to play and win the event.** On the last day of the Championship golfers and family will meet at the Gerogery Hotel after golf for bbq lunch and presentation of trophies to the winners. For more information contact Martin on 0428 298 030. Thank you to the Gerogery Hotel for their sponsorship of this event. The **Annual General Meeting** of the Culcairn Golf Club will be held on **Tuesday 3rd March** at 7.30 pm in the Clubhouse. All are welcome.

The **Ladies Tournament** will be held on **Wednesday 15th April**. We will be playing a Pynehurst which is a pairs event commencing 9 am for 9.30 am tee off. Thank you to Drummond Golf Albury who are sponsoring this tournament. Contact Heather on 0428 586 555 for registration or information. A Golfink handicap is required to be able to play in the Tournament.

The committee have been busy over the summer break. With renovations to the Clubhouse completed, the raised floor and ceiling done in the dining area, and painting and new floorcovering soon to be completed, ready for the beginning of the new golf season.



COOL ROOM HIRE



6x4 cool room with shelves
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Call Andrew Godde for bookings or more details. 0428 691 856

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CULCAIRN FOOTBALL NETBALL CLUB

Following a successful application for a Community Development Grant the Culcairn Football Netball Club has taken delivery of a 6x4 mobile cool room.

The cool room will be used by the club to ensure safe handling/storage of food and drinks at club functions and catering events. It will also be available for community organisations and individuals to hire on request.

Having such a facility available locally will be very convenient and it is expected that many groups will use it over time.

The club would like to thank the organisations who supported our submission and the Greater Hume Council for providing the funds so this purchase could be made.



Bringing services to your community

The Mobile Service Centres offer similar services to the physical sites including:

- Driving Tests **Bookings are required and can be made by calling 13 77 88.**
- Driver licence and photo card applications & renewals
- Mobility Parking Scheme cards
- Driver Knowledge Tests (no booking required)
- Working With Children Check applications
- Applying for BDM certificates
- Cost of Living service to access more than 70 government rebates and savings

Note: As the drought continues to impact NSW, Cost of Living specialists on board the Mobile Service Centres can help with drought-specific rebates and support, during a Cost of Living appointment.

Culcairn Mobile Service Centre The coach Station, Railway Parade Culcairn

Open 20th February 2020 9:30am to 3:00pm

Plan ahead Prepare your documents

Our Mobile Service Centres don't carry cash. You can pay by: Cheque (personal or bank) EFTPOS, credit or debit card. A merchant fee may apply when paying by credit or debit card.



**New year resolution:
Complete the
resolutions I set in 2019,
that were actually from
2018, passed down
from 2017, originally
from 2016, actually set
in 2015, that all began
in 2014 but truly
started in 2013.**

CULCAIRN GARDEN CLUB

On Sunday 24th November 017 Culcairn Garden Club celebrated its 70th Birthday Culcairn Bowling Club. Thank you to our guests Greater Hume Council Mayor Heather Wilton, local MP Justin Clancy, councillors Terry Weston & Annette Schilg, our 2 speakers Margaret Pumpa & Bernard Clark and some of our past members for making the time to attend and make our celebration a memorable one. Also thank you to my sister Jessica for the beautiful flower arrangement, the members for setting up and for supplying all the yummy food. It was a great afternoon. Lolita Landman (President)



Horizon

Rural Services

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0427 363 170

COMMUNITY DIARY

February

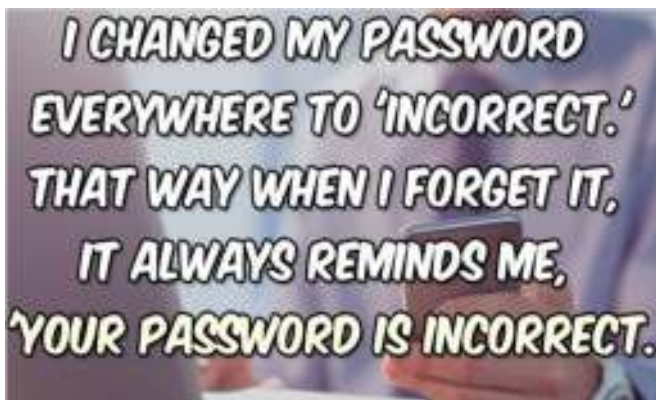
Fri 14 Movie Library 2pm
Wed 19 Council Meeting Culcairn 6pm
Thur 20 Service NSW Bus 9:30 am-3pm
Wed 26 Seniors week Library 11 to 2pm
 Womens Health Clinic @ hospital

March

Tue 3 Golf Club AGM 7:30pm
Thurs 12 Driving Tests Council office 10am
Thurs 19 Craft Shop market day 12-4pm

April

Wed 15 Ladies Golf
Thurs 16 Craft Shop Market day 12-4pm
Wed 29 Women's clinic @ hospital



ANNOUNCEMENTS



FREE BBQ PROVIDED FOR ALL FAMILIES

We are hoping all families can come and join together to celebrate both the beginning of a new school year and also take the opportunity to inspect Stage 1 of our new building project.

After a very different holiday period for our community and our families, we look forward to a night of catching up and enjoying each others company.



4.30pm - 7pm - School Open for Inspection

5.30pm - Free BBQ available for all on the oval (BYO Chairs)

Beak Sandwiches, Savoury Sandwiches and some other goodies.

Soft Drinks provided SJS, Fanta, Coke, BFC any other drinks.

SENIORS WEEK

Wednesday 26 February
 11.00am-12 noon

An intergenerational event with a difference!

Community organisations will be in attendance with activities at Culcairn Library. Seniors and young children will enjoy participating and learning from one another

FREE EVENT
 Morning tea included

BOOKINGS ESSENTIAL
 Culcairn Library | 02 6036 0100

FREE & CONFIDENTIAL Women's Health Clinics
 @
CULCAIRN MPS / HOSPITAL
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- Continence (Bladder control information, advocacy & referrals)
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- Menstrual Health & Menopause information
- Pregnancy testing & pregnancy options/choices counselling/referrals
- Reproductive health information-periods, fertility, pelvic examinations, postnatal checks
- Sexual health screening
- Sexual assault, Domestic violence Supports, Stress Management & Grief & Loss counselling & referrals
- Specific Womens Health referrals & information for Women Living with disabilities, Lesbian Health

2020 dates:
Jan29, Feb26, March25, April29, May27, June24, July29, Aug26, Sept30, Oct28, Nov25
Phone Culcairn MPS (02) 60446100
Albury (02) 60581800/ 60581825
 Service details, appointments & Drop In

CULCAIRN REMEMBRANCE GARDEN EVENT

Members of the Culcairn LHAC, Culcairn Garden Club and MPH N Palliative Care Project staff gathered at the Val Hensel Memorial Garden on Tuesday 21st January for special occasion that will now become an annual event. As part of the Compassionate Communities activities that the Culcairn LHAC undertook in collaboration with the MPH N in 2019, a Christmas Tree of Remembrance was installed at the Culcairn Library. This was in recognition of the fact that the festive season can be a difficult time for someone who has lost a loved one. Community members were invited to write a message to their lost loved one and to hang it on the tree, to include them in the spirit of Christmas.

After Christmas, the LHAC members gathered the messages, burn them at the Val Hensel Memorial Garden, with Culcairn community members present. The ashes were then spread around the base of a rosemary bush, which was especially planted for the occasion. This was done to honour the memories contained in the messages. A poem called 'I heard your voice in the wind today' was read out to those present.

The Culcairn LHAC and Culcairn Garden Club will now work together, to place a plaque next to the rosemary bush, which will provide an explanation and contain some of the words from the poem. A bench seat will also be installed near the rosemary bush, to create a special place of remembrance, where community members will have a quiet place to sit and reflect on their lost loved ones.



CULCAIRN RED CROSS

We would like to thank everyone for their support during the past year. Our members are going to conduct a PLANT DRIVE for distribution to people affected by the devastating fires. We are hoping to be able to take the plants to Red Cross Branches in the affected areas at the beginning of June. If anyone would like to help with our PLANT DRIVE, plants can be dropped off to the Craft Shop towards the end of May. More information will be in the May issue of the Oasis, but if you need more information please drop into the Craft Shop and our members will be only be too happy to help.

HOW TREES CAN HELP SAVE FARMERS

In Europe, there was an ancient practice that dated back millennia; the collection of tree material for livestock fodder. Trees were pollarded during the growing season, with the leafy branches put up as "tree hay" for the harsh winters. Now, in a modern Australia, where hay and grain prices skyrocket thanks to ever-enduring drought and weather extremes, farmers may need to return to a similar paradigm. It might be more economical for livestock to eat trees. This is not a new concept, and not just for Europe. In the 1800's, a leguminous shrub called Tagasaste was brought into Australia and planted in pastures for livestock to graze on. But as management styles changed, the shrub fell out of fashion. It doesn't have to be this way. Many Australian farmers are showing that we don't have to relegate ourselves to pre-industrial farming practices to get functional, treed pastures. For example, trees are often planted at spacings to accommodate machinery-driven canola or grain cropping. When we drive by a pasture, it's not unusual to see the intermittent eucalyptus tree in some stage of death or decay, standing like a lone soldier in a drought-ravaged no-man's land. Compare this with a treed system that you might see in the region. Windbreaks of deciduous trees serve as fire breaks, back-up livestock fodder, supplementary income (in the form of nut or fruit harvests), and shade. Leguminous shrubs like Tagasaste and Acacia species are directly grazed by happy livestock that gain faster thanks to steady feed and shelter from the elements. Even in dire years, the trees and additional plantings like saltbush and cactus pear have been enough to prevent farmers from destocking. Moving towards a financially sustainable business model doesn't have to involve massive capital, and it can help regenerate our landscape; sequestering carbon, capturing water, and stopping erosion. If you're interested in this sort of thing, don't forget that there's an Adaptive Farming Systems Forum in Holbrook on the 27th of February for just \$20pp. I'm not affiliated with this event, so please contact Phoebe Gulliver for more information at phoebegulliver@holbrooklandcare.org.au If you'd like more information on treed systems that work, and how farmers can get help from the community, feel free to contact me.

-Belinda Roadley

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AUSTRALIA DAY 2020

Australia Day 2020 in Greater Hume was held at the Culcairn Recreation Ground, Culcairn, it was a fabulous ceremony, with over 500 people attending. Some of the highlights were the inspiring addresses given by our Australia Day Ambassador, Bob Turner, captains of Billabong High School, April Kennedy and Elisha Muller, Justin Clancy, Member for Albury and Cr Heather Wilton, Mayor, Greater Hume Council. The Australian flag was jointly raised by Lincoln Wright, Culcairn Public School Captain and Vincent Cheng, Saint Joseph's Primary School Captain and Jacob Wilksch performed during the ceremony. Elizabeth Papworth, Holbrook and Edith Ventura, Henty were given a warm welcome as new Australian's during a citizenship ceremony conducted by Mayor, Councillor Heather Wilton.

Congratulations to all the award nominees and winners who were recognised for their hard work on behalf of the Greater Hume community, and the winners were:

- Citizen of the Year – **Bruce Diffey, Henty**
- Young Citizen of the Year – **Maddison Doughty, Jindera**
- Sports Person/Team of the Year – **Lucy Grills, Holbrook**
- Community Event of the Year – joint winners **Walbundrie Cricket Club Pink Stumps and**

Walla Walla 150th Anniversary Celebrations

• School Citizenship Awards:

Billabong High School- **George Leov**

Culcairn Public School- **Katie Parsons**

A special Mayoral Award for Outstanding Achievement was given to four 10 year olds, Chayse Montgomery,

Ryan Klemke, Ashten Scholz and Darcy Doughty for their fundraising efforts, \$10,000, for Mission Australia.

NSW State Emergency Service – Southern Zone, Unit Commander, Joh Lindley, presented long service medals and clasps to the following recipients:

Culcairn Unit

40 years Craig Elliott

30 years Stefan Link

25 years Kayleen Franke

25 years Mark Leov

20 years Harry Roden

10 years Mark Webster

10 years Amanda Thomas

A very big and grateful thank you to all involved in the Australia Day Celebrations from the Culcairn Community Development Committee!

Our committee is very grateful for all the help in making the Greater Hume Shire's Australia Day celebrations at the Culcairn Sportsground the success that it was. Particularly thanks to the

members of the committee, who were there from 7am- Chief, the Culcairn (and Henty) Lions Club for cooking, the St Patrick's Catholic Ladies for morning tea (the scrumptious biscuits and watermelon). A special mention to our main suppliers too for their help- Culcairn Foodworks, Culcairn Bakery, Culcairn Butchery and Walla West farm (eggs). It was a great morning, and the Ambassador (Mr Bob Turner from Sydney) enjoyed the country hospitality and the weather was very pleasant. We hope to host the event again when our turn comes around! Congratulations to all the nominated and winners of the awards given out. Finally a big thank you to the Greater Hume Shire who shouted us all an excellent breakfast and morning tea as we celebrated being Aussies!

Kirsty Wilksch-Secretary.

A CULCAIRN CHRISTMAS

Eighteen Culcairn organisations presented decorated Christmas trees for the town display during December. The creative, diverse and beautiful trees gave those who visited much to talk about and many children were excited to see their decorations or pictures featured. With visitors encouraged to vote for the tree that they liked the most we came up with a 2019 winner. Congratulations goes to the **Garden Club** for their bright, flower covered tree that achieved the most votes. Close behind was the Fire and Rescue tree and the Library Knitting and Sewing Group tree (which featured all hand-made decorations). Money raised from the gold coin entry was used to provide five \$50 vouchers from Food works to nominated individuals or families in our town. It is hoped that the vouchers could allow a few extra treats to be purchased over the festive season. The Culcairn Community Development Committee would like to thank all who participated and hopes to run the event again next year to raise the festive spirit in town. Many groups who joined in this year are already thinking of what they can do next year to further improve their display. We can't wait to see what creative ideas they come up with!



1st – Garden Club



2nd – Fire and Rescue



3rd – Library Knitting/Sewing Group