



CULCAIRN OASIS

CULCAIRN AND DISTRICT NEWSLETTER

August 2020

CULCAIRN GOLF CLUB

If you are a walker and using the walking/cycling track around the golf course I am sure you can agree what a great condition the course is in at present. Our visiting golfers who played here also agreed! It has been a very busy 2 weeks, with Culcairn Golf Club hosting the Murray District Golfing Association Sandgreen's Championships on 26 July, and then our own Men's 18 hole Tournament, sponsored by Enzed Albury on 2 August.

MDGA Sandgreen's Championships had a field of 45 golfers from around the border area (unfortunately our Victorian members were unable to attend). The day was overcast with light drizzle most of the day, however it didn't deter them! Zac O'Collins was the major winner (A grade scratch 27 holes). Zac plays off a handicap of +2. Winner of A Grade 27 hole Handicap was Gordon Webb from Holbrook. Other winners were:

B Grade 27 holes Stableford: Scott Gardiner

B Grade 27 holes Stableford: Greg Kent

C Grade 27 holes Stableford: John Scott

Runner up 27 holes Stableford: Toby Hoskin, on a count back (ocb) from Cassidy McAlicie, Jade Rangi and Cameron Knust



3 players in play off for 18 hole A Grade Scratch – from Left to right – Travis Merritt, Henk Van Der Ven and Zac O'Collins

Best 18 hole Scratch A Grade: Zac O'Collins

Best 18 hole Scratch B Grade: Scott Gardiner

Best 18 hole Scratch C Grade: Cameron Knust, ocb from Jade Rangi

Best 9 hole Scratch A Grade: Alex Krause

Best 9 hole Scratch B Grade: Greg Kent, ocb from Garry Pearce, Greg Gibbs and Rino Feltrin

Best 9 hole Scratch C Grade: Pat McAlister

Nearest the Pin A Grade: Peter Mannall

Attendance Voucher: Dan White

The break up of the field was: 19 A Graders, 13 B Graders and 13 C Graders.

Culcairn Men's Tournament had a field of 50 golfers and was played on a perfect sunny day!

There was a 3 way play off between, Henk Van der Ven, Travis Merritt and Zac O'Collins on 18th – after that hole Henk dropped out and Travis and Zac played the 18th again with Zac being the winner of that play off. Winners were:

A Grade Scratch 18 holes: Zac O'Collins

A Grade Scratch 18 holes runner up: Travis Merritt

A Grade Handicap 18 holes: Wayne Bodycott



President Martin Smith with Tim Fagan, winner B grade 18 holes

B Grade 18 holes winner: Tim Fagan

B Grade 18 holes runner up: Stuart Millar

C Grade 18 holes winner: Dan White

C Grade 18 holes runner up: Cameron Knust

Junior Winner 18 holes: Kobie Skeers

Longest Drive A Grade: Vince Chaffey

Longest Drive B Grade: Ashley Paech

Longest Drive C Grade: Behn Allen

Nearest the Pin B Grade: Smokey Dawson

Attendance Voucher: Richard Alexander

Congratulations to all our winners.

It was very pleasing to see such a high standard of golfers playing, with a great field of A Graders (14); B Grade (20); and C Grade (16). Thank you to all for your attendance. Next Sunday (9 August) we will be hosting our 3rd Tournament in a row – 2 Person Ambrose with competitions for Men's Pairs and Mixed Pairs. Thank you to Martins Bus and Coach Albury who are sponsoring this tournament after taking over from Lodges who sponsored the event for many years.



Martin with Cameron Knust winner C grade

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 1st Sept 2020

Folding Date- Fri 4th September 2020 at 1pm

Delivery Date - Wed 9th September 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

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

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.

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

If you have knowledge in any of these areas emailing, Word, Publisher, Excel and interest in supporting the Oasis team we would like to hear from you.

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



Help us

stop the spread

Clean your hands thoroughly
for at least 20 seconds with soap and water, or an alcohol-based hand rub.

Cover your nose and mouth
when coughing and sneezing with a tissue or a flexed elbow. Put the tissues in the bin.

Avoid close contact
with anyone with cold or flu-like symptoms.

Stay home if you are sick.

health.nsw.gov.au/coronavirus

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.

August

Sun 9 Golf Tournament
Thurs 13 Men's Shed 9am to 12pm
Tues 18 Men's Shed 9am to 12pm
Wed 19 Council Meeting, Holbrook
Thurs 20 Men's Shed 9am to 12pm
Tues 25 Men's Shed 9am to 12pm
Thurs 27 Men's Shed 9am to 12pm

September

Tues 1 Men's Shed 9am to 12pm
Thurs 3 Men's Shed 9am to 12pm
Sat 5 Sit and Stitch 10am
Tues 8 Men's Shed 9am to 12pm
Thurs 10 Men's Shed 9am to 12pm
Wed 16 Council Meeting, Holbrook
Fri 18 Tax Help Free, Council Office, Culcairn

October

Fri 16 Tax Help Free, Council Office, Culcairn
Fri 23 Tax Help Free, Council Office, Culcairn
Fri 30 Tax Help Free, Council Office, Culcairn

ANNOUNCEMENTS

2020

Culcairn Agricultural Show

Cancelled

Due to the COVID-19 virus restrictions.

The committee has made this decision to keep everyone safe.

INFORMATION NEEDED

Coronation Way, Coronation Avenue, Coronation Drive.

This beautiful avenue of trees, some sixty plus, were planted by Culcairn families on the night of Queen Elizabeth 2's coronation in 1953.

This beautiful walkway is between the football oval and the pony club and stretches from behind the tennis courts to the Billabong creek.

We are searching for information on the families who participated in the planting of the trees and any photos or newspaper cuttings which may be available.

These trees need to be preserved and some are in need of attention as they are an important part of Culcairn's recent history. If you have any information please contact Alan on 0418270441, leave a message or send a text. Thankyou

CULCAIRN LHAC HEALTH MATTERS

Are you planning on visiting someone at the Culcairn MPS? If so, please be aware of these current regulations due to recent COVID 19 infection numbers.

Visiting is now **one** nominated person for **one hour between 1-4pm** in Residential Aged Care and Hospital. All visitors now have to **wear a mask** when visiting or attending for a community health appointment. Visitors can wear their own washable mask. Video conferencing is still happening for anybody who wishes to see or speak with a family member who is currently in the MPS.

Watch out for the COVID 19 testing van's next visit to our town. Testing is free. However, should you have any flu-like symptoms occur in the meantime, please arrange for a test with your GP at the earliest onset of these symptoms.

Have you seen our wonderful staff, residents and doctor in their dance performance on social media? Check in on MPH N Facebook page, and enjoy!



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DAYS FOR GIRLS

Due to the COVID-19 restrictions leaving us all once again in uncharted waters, it is with regret that Days for Girls Culcairn will continue to be unable to meet as a group to learn and teach the varying sewing skills necessary to make up the components for the full personal hygiene kits.

These are so desperately needed in underprivileged countries for girls and women in their battle for dignity, health and education. Without the basic requirements for menstrual health which includes literature written in their language, better education and job opportunities elude them.

By placing a Days for Girls kit with its brightly coloured backpack like bag is such a highlight to the recipient as the three plus years of its intended life will enable each girl to not lose up to eight months of her education in that time, as she must stay away during her cycle.

I would also like to mention our national leadership under the direction of relevant government departments, have placed these kits within Australia where and when needed.

We are still looking for any interested persons to come on board with us as there are many skills needed before a kit is completed and it's not all sewing. As well, any donations of finance, your time, or suitable cotton fabric is most appreciated; please feel free to contact me.

In the meantime to all who read this, stay well and continue to look out for each other as everyone is very precious.

Ruth Scheetz (0428298581)

EPILEPSY HELP

Call the FREE epilepsy helpline

Do you have epilepsy or experience seizures? Are you feeling isolated, need advice about your medications, or just want to chat?

Call or email the EPILEPSY NURSE LINE. It is available 9am to 5pm, seven days per week.

Each call will be answered immediately by a Registered Nurse with special training in epilepsy management. You can trust that the information you receive will be accurate and safe.

If you prefer to email, you will receive a response within 24 hours.

The service is proudly provided by Epilepsy Action Australia, with the financial assistance of the Australian Department of Health.

FREE EPILEPSY NURSE LINE – 1300 EPILEPSY (1300 37 45 37) OR epilepsy@epilepsy.org.au



Culcairn Early Childhood Centre Incorporated Committee vacancies

The Culcairn Early Childhood Centre Inc CECC is seeking expressions of interest from enthusiastic, community minded people to join the Committee.

CECC is a not for profit preschool and early learning centre registered as Culcairn Early Childhood Centre Incorporated under the NSW Associations Incorporation Act 2009.

The centre is very important in the community of Culcairn as it is the only early education facility in the community. Our staff and committee believe that early education is the most important start to our children's learning journey and therefore our centre is based on learning through play that is meaningful to them and where they have the freedom to explore their ideas and develop new skills. Our centre caters for the children's educational needs by following the Early Years Learning Framework.

The Committee is responsible for managing the affairs of the association, in accordance with its constitution and the Associations Incorporation Act 2009 (the Act) including:

- Purpose: determining, reviewing and maintaining the vision, purpose and values of the organisation.
- Accountability and integrity – making sure CECC meets its obligations, manages its finances and operates transparently
- Strategy – setting CECC's long-term goals and making sure it pursues its not for profit purposes
- Resourcing – assisting with securing funding and other resources to support the work of CECC
- Advocacy – supporting effective engagement with key stakeholders and representing CECC to the community and to its members and stakeholders
- Monitoring – making sure CECC is run as required under its governing documents and the law.
- Employment of the Director
- Risk oversight
- Attending general meetings and the AGM

We are seeking expressions of interest from community minded people that have or are prepared to learn the skills, experience and community experience in the non-for profit environment.

For further information and to submit applications please email: president-CECC@outlook.com



As the Covid – 19 pandemic continues, we all need to stay at home as much as we can. Holbrook Meals on Wheels can help you to stay well-nourished and stay in your own home by ensuring that your meals make a positive contribution to your nutritional needs. We can support you to make informed menu choices to ensure you are getting a well-balanced meal, designed to nourish your body.

We can also help you with your shopping needs and transport to appointments. As the governments emergency referral free period finished on 31st July, all clients will once again require a My Aged Care referral. That is very simple to arrange just call 1800 200 422 or call us and we can help you.

As our staff continue deliveries, we are all social distancing during delivery, at the office and in our vehicles doing our best to keep everyone safe.

There is a great deal of scientific research that highlights the unique nutritional needs of older adults. Malnutrition can be a problem for older people living in the community for a range of reasons, including having a reduced appetite and/or illness. According to the National Meals Guidelines "It is estimated that 5-8% of older Australians living in the community are malnourished. An additional 35-39% are considered to be at high risk of malnutrition." Malnutrition can cause loss of muscle and loss of strength and mobility, increasing the risk of falls and fractures, also osteoporosis, slower wound healing, increasing the length of stays in hospital and, potentially, reducing an older person's ability to stay in their own home and contributing to premature death. It is much easier to prevent malnutrition than to treat it in older adults.

Having meals delivered should not be seen as a last resort. Meal services may be suggested to older people who are unwell and this 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.

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'!

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.

AGED CARE REPORT

A big Hello from the residents at Culcairn Health,

This month has seen more changes within our facility. Staff are now wearing a mask for their shifts.

Calling bingo has been a challenge for Jill and myself, our residents have at times found it hard to hear but we are getting there. We have had no problem hearing Bingo be called.

This month has also seen both Jill and myself having some time off. We would both like to thank the staff that put their hands up to run the activity program for two weeks. Exercises, word games, bingo, cooking all still went ahead much to the delight of our residents.

We have again started to use our Ipad more this month and at the end of last month to keep the residents connected with their families. If you are in the community and have a friend living with us here, please feel free to contact Toni (email below) to organise a facetime or skype.

We have also started a little competition for residents. Staff have given a photo of themselves as either a baby or small child for the residents to guess who they are. The resident that picks the most correctly will win a lunch with three friends for fish n chips from the local shop.

We have written again to our lovely friends from the Culcairn Public school and are now waiting to hear back from them. Our ladies in particular are enjoying a hand written letter.

That's all for now until next month from the Culcairn MPS toni.shutt@health.nsw.gov.au

LIBRARY REPORT

Ipads now Available to be loaned from the Culcairn Library

Greater Hume Council was one of 24 organisations to receive funding to deliver innovative programs to help older people connect with each other, through online engagement or other methods that maintain social distancing.

Ipads are available to be loaned from the Culcairn Library for people who are over 60 years of age. The Ipads can be used to download library resources, play games, or access other communication technologies with the support of trained facilitators to encourage online interaction for people who are lonely or isolated living at home or in Age Care Facilities. For more information regarding this program please contact Library Staff, on 02 6036 0179

Greater Hume Council Click & Collect at Your Local Library

The Greater Hume Council Libraries are opened to the public however, would like to continue to provide our valued customers the opportunity to still borrow books, DVD's, Magazines and audiobooks from the libraries with Click & Collect and Home Delivery Services.



How it works:

Contact Library Staff by calling, emailing or social media to request items to be available for Click & Collect or Home Delivery.

Provide your Name and Library Card Number.

Library staff will ask you a number of questions:

- How many items do you want to collect?
- Which library do you want to collect your items from?
- What type of library items do you want to borrow?

- What type of format and Genre are you interested in?

A librarian will email you when your items are ready for collection (within 24 hours) or organise a time for items to be delivered.

You collect your items from the branch of your choice For more information contact Library Staff on 02 6036 0179



Zooming into schools for Storytime

Uncertain time's leads to innovative thinking and the Greater Hume Council Culcairn Library staff have had their thinking caps on. If the children cannot come to the library for story time then the librarians will come to the school via modern technology ZOOM!!! No not on a broom stick!! This program helps strengthen our relationships with the schools while continuing to encourage literacy. Library staff Tarran and Jen are looking forward to the first session Wednesday 5 August 20 with St Joseph's Primary Culcairn when the children will also meet Maicey.... The theme is dogs !!! Further sessions are scheduled with schools in the upcoming weeks.

For further information contact Culcairn Library on 02 6036 0100

Storytime at the Culcairn Library for families

Library staff invite you to a new story time experience at all Greater Hume Council libraries where just you & your family visit your library to listen to a story. Afterwards, staff will give you a bag of carefully chosen books to borrow.

The bag of books will have been quarantined before you borrow so you know you can safely, blissfully read them together at home.

To book a time, please phone 0260360179 for Culcairn, Henty and Jindera libraries and for Holbrook Library please phone 026036 3262.

DATES FOR CULCAIRN

Fridays

August 7th

September 18th

October 16th, 23rd, 30th

Get your tax return completed with the assistance of an accredited Tax Agent at the Culcairn Council Office.

Covid regulations need to be adhered to – social distancing 1.5m.

Hand sanitising upon entering and exiting the building.

All clients will need to either have a MYGOV account, and bring their log in and password codes etc. For the ones that don't they MUST bring the bank account details that are registered with the tax office AND a copy of a 'Notice of Assessment' from the tax office. This can be up to five years old. They could also ask their employer to provide a printout of their income statement as lodged with the ATO. Returns cannot be lodged without this information.

If your income is less than \$60,000 or you are on a Disability Pension then make an appointment now at any GHC office on 6036 0100 – sorry no business tax can be processed.

COUNCIL NEWS - JULY MEETING

COVID-19 restrictions have changed the way Council can run its monthly meeting. Councillors attended the July meeting held at Holbrook, observing social distance rules.

You can view the recording of the meeting at <https://bit.ly/35uKFxX>. The meeting was not open to the public.

Business dealt with at the meeting included:

Council adopted a Mobile Food Vending in Public Places Policy on a trial basis until May 2021.

Councillor Denise Knight has announced her resignation from local government office. Denise's last day as a councillor will be Council's next meeting on 19 August. Council resolved to extend sincere appreciation and gratitude to Cr Knight for 33 years outstanding service to Council and the communities of Greater Hume. Council will seek ministerial approval to dispense with a by-election created by the resignation until the next local government election to be held on 4 September 2021.

Council will seek approval for a range of projects under the Local Road and Community Infrastructure Program totalling nearly \$1.3M. Projects put forward are: hot mix paving at Village Green Jindera; toilets installed at Morgan's Lookout, a changing places facility at Ten Mile Creek Gardens Holbrook, a new comfort stop at Walbundrie, a memorial to honour Sam McPaul at Jingellic/Talmalmo, Walla Walla Skate Park and roadworks from the top of Yarara Gap to Coppabella Road at Lankeys Creek.

Council will install a fit for purpose audio visual system to facilitate effective communications at the Holbrook Library meeting room. This investment is in response to COVID-19 and that Council is required to livestream meetings, and will enable Council to promote the venue widely across the region. Council will also investigate external funding options for similar technology to be installed at the Culcairn Council Chambers.

Council will resume support for the Southern Sports Academy with a \$800 contribution this year, as Greater Hume is represented with four young people in a range of sports who reside in Greater Hume. The Academy provides elite young athletes from southern NSW with cutting edge development programs designed to assist them in their pursuit of higher-level sports achievements.

Council appointed the contractor Nelmac Pty Ltd to design and construct a bridge and approaches on Coppabella Road, which will vastly improve access for harvesting of softwood pines. The \$680,000 project is funded by NSW Government Restart NSW fund.

Council considered a business case for a 24 lot subdivision, and approved a submission seeking a subsidised loan of \$1.5M for the project. Council noted that if the submission is successful, a further report regarding the proposed residential subdivision at Culcairn will be forthcoming.

Meeting agendas and minutes are available for viewing at any time on Council's website.

NSW Health recommends wearing a mask when you are:



Indoors where physical distancing is hard to maintain

e.g. public transport or supermarkets



In indoor settings with higher risk of transmission

e.g. hospitality staff working at restaurants, pubs and clubs, or anyone attending places of worship



Sick and going for care or to get tested



nsw.gov.au/covid-19

MENTAL HEALTH SUPPORT FOR EXPECTANT AND NEW PARENTS

Murrumbidgee Primary Health Network is supporting expectant, new and recently bereaved parents living across the Murrumbidgee region to access mental health support at Wagga Wagga's new Gidget House. A total of \$56,250 will provide up to 10 free psychological counselling sessions to eligible parents who have a diagnosis or are at risk of developing perinatal mood or anxiety disorder.

MPHN CEO Melissa Neal said those eligible families are encouraged to reach out for support regardless of where you live in the Murrumbidgee region. Supporting maternal mental health was one of nine priorities identified in the Murrumbidgee Maternal and Child Health Strategy launched late last year and I'm pleased we are able to provide this funding to the Gidget Foundation of Australia for these counselling sessions," Ms Neal said.

"Parents from across the Murrumbidgee region are able to access these services, whether that be in person or over the telephone. "We know the sooner parents who might be struggling reach out for support, the quicker they can recover." "PHNs are uniquely placed within communities allowing them to understand and design services to address specific health needs.

"This funding for Gidget Foundation Australia demonstrates Murrumbidgee PHN being able to support a service needed within Wagga Wagga and indeed the entire Murrumbidgee region.

"Parenthood can be a challenge for all parents whether you're experiencing parenthood for the first time, or already have children. It's okay to seek support and I congratulate MPHN and the Gidget Foundation for bringing these services to parents in the Murrumbidgee."

Gidget Foundation Australia CEO Arabella Gibson said COVID-19 is impacting on the mental health and wellbeing of new and expectant parents. "We are so pleased to team up with MPHN to provide comprehensive psychological counselling for expectant and new parents in the region. These services will mean that many more mums and dads will have the support they need during this vulnerable and isolating time in their parenting journey," Ms Gibson said.

"In a survey that we conducted recently, 81% of expectant and new parents admitted to being more anxious since the start of COVID-19. We want expectant and new parents in the Murrumbidgee Region to know that we

are here for them, and that we will do whatever we can to support them."

Gidget House Wagga Wagga is located with Tresillian Family Care Centre at 54 Yentoo Drive, Glenfield Park. If you or someone you know is experiencing a mental health emergency should call the Mental Health Line 1800 011 511, Lifeline 13 11 14 or call 000 or to access the Head to Health website visit www.headtohealth.org.au.

HOLE IN ONE AT CULCAIRN GOLF CLUB

It doesn't happen very often, but on 26 July, at the Murray District Golfing Association Sandgreen's Championship day, NEVILLE BATT from Howlong Golf Club had a "hole in one" on the 3rd hole (par 3).

He hit the ball off the 3rd Tee, bounced before the green, it ran up onto the sand and disappeared into the hole!

Congratulations to Neville on his achievement here at Culcairn.

Interesting to note that there has not been a hole in one scored on the 3rd hole before in the 60 years of golf on this course.

The last "hole in one" at Culcairn was by Barry Fisher in 1994 on the 12th.



CULCAIRN BOWLING CLUB

The Culcairn Bowling and Recreation Club welcomes members and guests to the venue, currently open Wednesday - Sunday from 12pm each day. Bookings for Kenny's Chinese restaurant are highly recommended. As a registered COVID-19 Safe business we will adhere to restrictions and safety measures to keep our staff and patrons safe. The COVID-19 sign in register MUST be signed by all patrons - members or visitors, group bookings are at a maximum of ten and patrons MUST be seated when consuming beverages. Please take note of maximum capacity signage for each area and utilise the cleaning wipes provided in the gaming room. If unsure, our COVID-19 Safe Marshal will be there to assist. Please respect the measures put in place so we can continue to operate and serve the community.

Thank you from management & staff

IN YOUR GARDEN AUG/ SEPT

Hopefully our coldest winter days are behind us and as the days lengthen warmer, sunny days will follow. Now is the time to feed winter vegies-including broccoli, cauliflower and sprouts, with a soluble fertiliser. Peas and Broad beans are flowering. August is still a bit early to sow summer beans but later in September maybe try your luck. Prepare soil now for summer vegies. (add lime to soil for tomatoes)

August is blossom time, my almonds are flowering now and are quite a sight. Magnolias-many colours and sizes will flower now, so look out for spectacular displays .

Time to plant fruit trees now. Available as bare-rooted trees that come in both regular and dwarf sizes, so suitable for any size gardens or even pots. Leave citrus a little later as frost will still burn off new leaves.

If you haven't pruned your roses yet DO IT NOW!!! (I still have a couple to do so don't panic)

The season this year is early with lots of bulbs flowering since July. Daffodils, Jonquils, Hyacinths are out everywhere.

Last week I saw my first blue Bearded Iris peeping out- at least 8 weeks early!



Normally starting in Spring and continuing onto early summer there would be lots of "Open Gardens" for us to enjoy. Unfortunately not this year. Not even Culcairn Show. If you have a lovely specimen in your garden (Flower or vegetable), show it to a friend or neighbour, or pick it for a special person-you will brighten their day.

September is time to feed Citrus, especially trace elements, which ensure sweet fruit and thin skins.

Attention to your Passionfruit now will give a good fruiting over summer. After frosts, cut back to encourage new growth. Feed with well rotted manure, a liver (dug in) or commercial product.

Pests and Diseases--- Be on the watch now and prepare for QLD FRUIT FLY. Find your fruit Fly

traps now ready for use in the summer and Autumn. White fly also like to annoy Tomato and beans.

Fat buds will be appearing on Wisteria Vines, so enjoy their display as the days warm up.

Find a spot in your garden for a native, bird-attracting plant and watch the honey eaters come to feast. I have a flowering Eucalypt in the yard outside my kitchen window and love to watch the bird feeding.

P.S. Lettuce and Spinach are growing well, so make a Spinach and Fetta Parcel. Enjoy your Spring time Garden.

Margaret Pampa

CULCAIRN TOWN TENNIS CLUB

Tennis season is getting closer. Any interested players-existing and new. We are after feedback for the up coming season due to start 2nd week in October.

If we are unable to play in the usual format we may have some social tennis and maybe look at night tennis. All social distancing and the usual hygiene protocols will have to be enforced.

Appreciate your ideas and all options will be looked into. Email or call, Andrew Fagan (President) on 0412774450 or at home on 60296128, e-mail address—shellyanddrew@yahoo.com.au

NSW AUSTRALIAN FOOTBALL HISTORY SOCIETY Inc

Website: nswfootballhistory.com.au
Email: History.nsw@afl.com.au



Football History Society Chases Club Histories

The NSW Australian Football History Society, based in Sydney, is slowly building up a collection of material which reflects a significant influence on the game within the state.

Amongst these are over 1800 Sydney football Records and almost the same number of Riverina match programmes, the 'Crier', 'Sou Wester' and 'Aussie Ruler' have been digitally scanned and are viewable on the Society's website: www.nswfootballhistory.com.au.

More recently over 70 Hume Football League Records have been added to the collection and are also viewable on the website. Slowly the Society are adding written histories of various football clubs in NSW and are seeking more. A number of clubs have celebrated a significant anniversary with the publication of a history book. The Society has copies of Howlong and Holbrook football history publications and are looking to acquire copies of the Culcairn, Jindera, MCU club booklets and more. If you have access to any of these or know where the Society can obtain a copy (happy to pay), please contact the Society's president, Ian Granland on 0412798521.

KIDS JOKES

Why couldn't the car play football?

Because it only had one boot.

What did one plate say to the other?

Dinner is on me!

What do you call a sheep crossed with a Kangaroo?

A woolly jumper.

What is a crocodile's favourite game?

SNAP!

Why did the emu cross the road?

To prove he wasn't a chicken!

What do you get if you cross a fish and an elephant?

Swimming trunks.

From Margaret Pumpa

To All Kids: Please send us your favourite joke, e-mail culcairnoasis@outlook.com

ANOTHER GREAT WINTER RECIPE Spinach and Fetta Parcels

2 sheets Puff Pastry
1 bunch spinach (washed and chopped)
200g Fetta cheese
1 brown onion (diced finely)
2 cloves garlic (crushed)
1 tbsp. butter
1 tbsp. olive oil
2 eggs
a pinch nutmeg
Salt and pepper to taste

Method

1. Preheat oven to 180° C
2. Gently sauté oil, butter and onion in a large saucepan for 2 mins.
3. Add garlic and stir for 30secs, then add chopped Spinach. Stir until wilted. Remove from heat and drain in a colander. Cool for 15 mins.
4. In a bowl add the fetta, 1 egg, nutmeg and mix. Add the drained spinach to the mix and stir through. Salt and pepper to taste.
5. Take 2 partially thawed sheets of Puff Pastry and cut into squares (4 per sheet)
6. Place squares on a baking paper covered oven tray. Then place 2 tbsps. of Spinach and Fetta mix onto the middle of each square. Fold the corners towards the middle to the parcel and pinch together at the centre. Brush parcels with egg
7. Place in middle of oven 15-20 mins.

Margaret Pumpa

BOOK REVIEW

Percy Jackson And The Lightning Thief (Book 1) by Rick Riordan

Percy Jackson, a 12 year old boy whose life takes an unexpected twist when he gets shipped off to Camp Half Blood - a special camp for half-bloods just like himself. Things really start to get complicated when he learns that Greek mythology isn't just in his textbooks - it's in real life! Percy discovers he has angered a few of the gods including Zeus, as Percy is the prime suspect of Zeus's master bolt being stolen. To stop a fully-fledged war from erupting on Mount Olympus, Percy must go on a quest where he only has 10 days to catch the true thief and restore peace to Mount Olympus.

Why I enjoyed Percy Jackson so much?

Percy Jackson is an extremely exciting novel where there's never a dull moment. Action-packed Percy Jackson is a book I would recommend to anyone aged 11-13, anyone looking for a good book or anyone interested in Greek mythology as it blends perfectly into the storyline.

By Max Pumpa, Year 6.

Editors Note: We would welcome more book reviews in future issues.

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