

CULCAIRN “Healthy Towns” OASIS



CULCAIRN AND DISTRICT NEWSLETTER

July 2019



CULCAIRN HEALTHY TOWN CHALLENGE 2019

How time flies when you are having fun! Culcairn’s Healthy Towns challenge over the past 6 months has seen some great outcomes achieved. The plan, which was based around events and activities that would engage Culcairn’s community, including school aged children, adults, and older people.

Culcairn was selected as one of only 5 NSW towns to compete in the 2019 Healthy Towns Challenge. The five NSW towns include Culcairn, Bowraville, Nambucca Heads, Kyogle and Ulladulla.

The aim of the Challenge was to create healthier towns and encourage communities to develop local solutions to improve the health and wellbeing of families and individuals.

Over the past 6 months Culcairn embraced the challenge and achieved many fantastic outcomes including:

- Community Breakfast to celebrate the Challenge in which 100 people enjoyed the benefits of a healthy breakfast.

- 120 people signed up to participate in the Free Get Healthy Service.

- Outdoor table tennis table installed and Active April Challenge completed.

- 4 walking groups were established to cater for the new, moderate and experienced walker.

- Revitalisation of the local Community Newsletter with 6 issues of “Culcairn ‘Healthy Towns’ Oasis” being produced which tracked progress of the challenge.

- Free community event in partnership with local Bowling Club which provided entertainment by comedian Pete Denahy and Aron Mclean

- Working in partnership with local community groups and volunteers to get involved.

- Tai Chi and exercise programs.

- Providing broader leadership to whole of Greater Hume Council area with Heart Foundation presentations across all 4 key towns on benefits of walking, walking groups and walking app.

- Upgrade including signage, bench seating, bike racks, water bubblers and dog friendly stations at the walking track.

- Greater awareness of the benefits of getting active, healthy life style and increased awareness of what is on in town.

- Promotion of online Get Healthy at Work program

Many opportunities for all members of the community to get involved whether around increased physical activity, making healthier food choices, volunteering or attending one of the great events were provided.

Greater Hume Council Mayor, Heather Wilton said, “Culcairn has done an outstanding job competing fiercely in the Healthy Towns Challenge with successful community events bringing people together and providing opportunities for social connection as well as healthy and fun activities. From healthy breakfasts, to walking groups, a free community event with Pete Denahy, an outdoor table tennis table, revitalised Oasis newsletter and infrastructure improvements to the towns walking tracks and much more. It has provided a lot of people the opportunity to get on board and take some positive steps towards a healthier lifestyle in 2019 with supports to continue to improve the health and wellbeing of the whole community into the future.”

Thanks go to the members of the Healthy Towns Committee, Local Health Directorate, NSW Office of Preventative Health and Heart Foundation for the great work that has been completed to deliver a great range of events and activities.

HEART FOUNDATION – BENEFITS OF WALKING

The Heart Foundations Alicia Barry joined the Culcairn Healthy Towns to provide presentations on the Benefits of Walking to Culcairn, Henty and Holbrook on the 17 and 18 June.

Presentations focussed on the benefits of walking including both physical and social benefits. Culcairn as a Healthy Town is providing leadership and flow-on effects to all of Greater Hume.



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

7 August 2019

Delivery Date

Wednesday 14th August 2019

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

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

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.au or phone 0260298291 for more information

A HUGE THANK YOU

To all involved in the "Culcairn" Healthy Towns" Project for providing funds to revive the Culcairn Oasis. The funding runs out after this issue, but with community support, providing articles and advertising, we hope to keep it going. If you can help in any way please let us know. We are sure you will agree that we don't want Culcairn to be the only town on the Greater Hume Council area **not** to have its own newsletter.

To Leonie Hibberson from the Holbrook Library Complex. Leonie has done an outstanding job, being the coordinator of the Culcairn Oasis for the past 6 issues, and she has done all this while coordinating a fortnightly edition of the Holbrook newsletter and all her other work associated with the Holbrook Library. Leonie, and all the past editors of the Oasis, have inspired us to continue their good work and keep the Oasis going. Leonie has spent a great deal of her time and has been of immense help in showing us all the steps involved in putting together an issue of the Oasis. Leonie has said she will continue to help until we can stand on our own two feet. The Culcairn community owes her a great debt of gratitude.

(The new Oasis Editors Adam McNuff, Gary Kenney and David Gilmore)

WE NEED YOU

Calling all Culcairn Businesses

We need your support to keep the Oasis going. The cost to print and distribute one issue is over \$500 and we need this amount in advertising to keep the Oasis in production. 750 copies of the Oasis are distributed in the town and in surrounding rural areas, so your advertising is good value for money and in addition will help keep the Oasis afloat. Please place ads online using the Electronic Advertising Form, and as an incentive if you place 5 ads you will get the 6th free.

Calling all in the Culcairn Community

We need your support in submitting articles for inclusion in the Oasis. Whether you are a sporting club, school, service club or individual and want to contribute a regular article or highlight a past or upcoming event, we want to hear from you. If you want to publicise an upcoming event, send us the date and the details, and it will be included in our calendar.

Calling all Volunteers

In order to save on costs, from August onwards, we will revert back to hand delivering the Oasis to all homes in town. Out-of-town copies will still be posted. We are asking for volunteers to help. If you can help, please let us know.

culcairnoasis@outlook.com.au or David 0260298291



scams, Penalty scams, Prize scams, Romance scams. Have you ever received a phone call telling you your computer is not working, or a threat to pay money, or an email letting you know you have inherited millions? Well you are not alone! It seems everyday someone is calling with an offer to good to refuse. And the scams are getting more sophisticated all the time! Everyone is vulnerable and the statistics are frightening.

Holbrook-Walla Walla Meals on Wheels will be hosting a SCAM AWARENESS presentation at the Lutheran Church Hall in Commercial Street Walla Walla on Monday 8th July in conjunction with Fair Trading NSW. The presentation will inform you and hopefully make you aware of the tricks that scammers get up to while trying to separate you from your hard earned cash.

EVERYONE IN THE COMMUNITY IS WELCOME TO ATTEND. IT'S FREE, NO STRINGS ATTACHED.

We are also hosting lunch and a chance to taste actual Meals on Wheels meals. Commencing at 12 noon we will be sampling the new menu prior to the presentation. The light tasting lunch will commence at 12 noon while the Scam Awareness presentation will commence at 12.40pm. We would appreciate an RSVP for catering purposes. Please call Sue or Jenna on 02 60363677 to let us know if you plan on attending or have any questions.

WE NEED YOUR HELP!!!! No experience is necessary! Training and support provided. We are urgently recruiting Meals on Wheels drivers in and around Culcairn. We are looking for people who are good communicators and have a caring and positive outlook to life. Our volunteers are supported with mentoring and training and reimbursed all out of pocket expenses. All of our volunteers are required by government legislation to undergo a national police check and this is done through our office at no charge to volunteers. Holbrook Meals on Wheels service provides services to Culcairn as well as Walla Walla, Jindera and other more remote areas of the Greater Hume Shire. Volunteers will need to be reliable and enjoy a bit of a chat. You will be reimbursed your fuel expenses. For more information please contact Sue or Jenna at the office.

If you think you could help us out by volunteering some time, please contact the office for more information. If you or someone you know would like more information about receiving Meals on Wheels or Social Support or would like to join any of our groups please contact Jenna, Sue or Marion at the office on 02 60363677

POLICE REPORT

Welcome to the first Police report in the Culcairn Oasis newsletter. We will endeavour to have something in every month to help you to remain updated with what has been happening in our lovely town. For this first article I have been asked to outline the various ways you can contact your local Police. Culcairn Police Station is part of the Murray River Police District and is one of four stations within the Holbrook sector – those being Culcairn, Henty, Walla Walla and Holbrook. What this means is that even when your officers in Culcairn are not working, there will be coverage of the area provided by officers from the other three stations. The easiest way to contact us is by ringing the Police Station on (02) 6029 8503, if we are not in the station the call will be diverted through to Albury Police Station where officers there can assist you in a number of ways such as taking the details of why you need Police and creating a radio job for Police to attend your house. They may also help with any enquiries you have that do not require Police attendance. It is important to convey to whoever answers the phone what your concern are, so it can be acted upon in an appropriate manner. Far too often people in country communities say they will call back later to speak to their local police. By the time that person rings back to speak to the local officer valuable investigation time and evidence is lost.

You may also contact Police via the Police Assistance Line or PAL on 131 444. PAL can create complete reports over the phone for minor things where the offenders are not known; things such as lost wallets/keys, steal from motor vehicles and break enter and steals. For the last two, PAL will take all the details from you then create a job for us to attend to determine if forensic Police need to examine the scene for fingerprints etc. If you ring PAL and nominate a possible offender, they will transfer the job over to Police to attend. If you want to provide confidential information to Police anonymously, you can contact us via CrimeStoppers on 1800 333 000. The information you provide will be passed on to local Police for further investigation. If you are computer savvy, you can make reports for minor crime such as lost property, malicious damage, graffiti or theft on the NSW Police Community Portal.

The website is portal.police.nsw.gov.au. You will need to create an account with the program or use your My Service NSW account if you have one. If, however, you need us urgently, the fastest way to contact Police is 000. We will get to you as soon as we can. Over the coming months we will be talking about several issues relating to Policing and ways everyone can assist Police to make our little patch of the world a safer place to live. If anyone would like a specific topic covered let us know and we will endeavour to assist you in anyway, we can.

Senior Constable Rebecca BAVISTER
Culcairn Police Station



Plumbers, Drainers & Gasfitters | Bobcats, Excavators & Tipper

Farm Water Supply - Reticulation, Troughs, Tanks & Solar Pumps

Septic Systems | Septic & Trade Waste Pumping

Sand & Gravel Cartage

If you want to dig it, pipe it, pump it or fix it – we can do it!

M: 0403 191 780 | www.blueysplumbin.com.au | NSW Lic #210558C

JOIN US AS AN ON-CALL FIREFIGHTER

Visit www.fire.nsw.gov.au or call 1800 Fires (1800 347 437)

CALL FOR MORE ON-CALL FIREFIGHTERS AT CULCAIRN FIRE STATION

Fire & Rescue NSW ([FRNSW](http://www.frnsw.nsw.gov.au)) is calling for community-minded men and women to consider joining the retained (on-call) firefighter ranks at Culcairn Fire Station.

Retained firefighters are on call from home or work to respond to fires and other emergencies. There are currently four vacancies for retained firefighters at Culcairn Fire Station.

FRNSW urges residents from all walks of life to consider becoming a retained firefighter.

Your local fire station relies on people in the community to put their hand up to become firefighters – without that support, regional fire stations cannot survive.

Retained firefighters balance work and family commitments to respond to fires and other emergencies on an 'on call', part-time basis.

FRNSW training includes advanced first aid, heavy vehicle driving, and how to deal with emergencies such as fires, road accidents and hazardous material spills. Firefighters also educate the community on fire safety and prevention.

Retained firefighters are on call, however this does not mean that you have to be available every minute of every day.

FRNSW retained firefighters play a critical role in the delivery of fire and emergency services across regional and rural NSW.

You don't need to be superman or superwoman to be a firefighter – we want people who are reliable and keen to help others, especially local residents who are available to respond to emergencies during the day.

If you're a local employer, think about encouraging your staff to become firefighters. Not only will you be helping the community, but your staff will be trained in a whole range of skills.

For more information on becoming a retained firefighter, contact the FRNSW Zone Office on 0269215322 or visit www.fire.nsw.gov.au.

Regional Buses

Regional Buses is a partnership between established school and charter bus operators M & M Kane Pty.Ltd.,t/a Bookabus, owned by Matt and Mel Kane and A.P.Ofak Pty.Ltd.,t/a Burrum Bus Service,owned by Allan and Karen Ofak. Matt and Mel have operated a school bus contract from 29/4/13 into Mullengandra Public School from Wymah until that school closed at the end of 2017,then into Table Top Public School from term 1,2018.They operate a busy charter business with a 24 seater and 21 seater buses. Allan has operated the Burrumbuttock Public School bus service from 6/3/95 and has progressively expanded to include a service from Howlong to Burrumbuttock for St. Pauls College, Walla students and well as connecting several students onto Sharp's bus to Albury schools.

On 15/1/07 Allan, by stage married to Karen, purchased the Brocklesby Public School contract. Again a busy charter business has developed with three 24 seater buses owned. Matt and Allan met not long after Matt commenced on a school charter and very quickly developed a strong friendship, as well as co-operating on charter jobs. In 2016 Matt and Allan caught wind of the new Point to Point Regulations in New South Wales which covered the operation of taxis, ubers,hire cars and buses under 12 seats. There was soon an announcement of trials in Sydney for on demand bus services, using 12 seater buses. Operators were invited to submit ideas for trials in 2017 and eleven trials commenced in late 2017.

Allan and Matt were convinced that the government would announce applications for trials in rural New South Wales. We wanted to use our long experience in operating personalised charters to provide bus services to satisfy unmet community demands.

In February 2018 the NSW government, through Transport for New South Wales (TFNSW), did announce submissions for trials of on demand bus services in rural NSW. After many meetings Matt and Allan submitted proposals for three new services in June,2018.In November,2018 we were rapt to see our proposal for a service linking Burrumbuttock, Walla, Jindera and Albury. We had three months to get the service up and running. This was successfully done with the service under the Regional Buses trading name commencing on 11/2/19.This operates as a booked door to door personalised service at broadly the time our passengers require from 7.00am till 6.10pm Monday to Friday. We employ two fantastic customer focussed drivers to operate the service.

This service was a success from day one and to date has carried around 1,500 passengers from a catchment population of around 3,500 people. It averages around 19 passengers a day with the busiest day carrying 43 passengers. Numbers continue to build each month with the service allowing many people in the three communities access to work, special needs schools, medical appointments, shopping, TAFE, Albury Rail and Airport and a broad range of other purposes.

In April 2019 we were rapt to receive approval from TFNSW for a group of services commencing from Holbrook. We had just over two months to get these services up and running and we commenced operation on 1/7/19.

The services operate as follows.

Monday and Wednesday-Return service commencing in Holbrook around 7.30am connecting Morven, Culcairn, Gerogery and Gerogery West to Albury. Returns from Albury around 2.30pm.

Tuesday and Thursday -Return service commencing in Holbrook around 7.30am, connecting Morven, Culcairn, Henty, Yerong Creek-The Rock, Uranquinty to Wagga. Returns around 2.30pm.

Friday. Return service commencing in Holbrook around 7.30am connecting Woomargama, Mullengandra to Albury. Returns from Albury around 2.30pm.

We have employed a fantastic, customer focussed local driver, Sean Atherton, to operate the service. Again the service is door to door from each town served to whatever destination in Albury ,Wagga or any other town served. In Albury and Wagga we also offer transfers between different destinations. An example is a passenger who has an appointment at Albury Base Hospital at 10.00am.That finishes at 11.00am and we can transfer that passenger to Lavington Square for shopping. That service is included in the fare.

Fares are real value for money and include concession fares and RED card fares for seniors at only \$2.50 for all day travel. The service is a partnership between Regional Buses and Transport for New South Wales and is operating under a six month trial. Further periods of six months up to a maximum of two years are available.

We urge the communities to use the services to guarantee operation of this service.

Matt and Allan welcome feedback from the communities and will use that feedback to get Transport for New South Wales to alter the service to suit our passengers demand. Please do not hesitate to contact us.

For Bookings and information for the services- Phone or text Regional Buses on 0448 353281.

Email Regional Buses on bookings@regionalbuses.com.au Use our online booking service on www.regionalbuses.com.au We look forward to welcoming you on our buses.It is our pleasure to provide these services to assist the communities.

Thank you Matt Kane and Allan Ofak.

GET HEALTHY AT WORK

Have you ever thought you'd like to get healthy, lose weight, increase your physical activity, make healthier food choices, stop smoking, and / or reduce your alcohol consumption? Sounds great but getting motivated to make changes can be a challenge. It's much easier to make positive changes when you're surrounded by others with the same goals.

That's where the Get Healthy at Work program can help. The Get Healthy at Work program is a NSW Government initiative that aims to improve the health of working adults by giving businesses the tools, resources and support to get healthy.

You don't have to work for a huge organisation and it doesn't matter what sort of business you're employed in. Get Healthy at Work makes it easy for businesses to identify the biggest health issues facing their workplace and help them make changes for the better. They'll help you create a healthier working environment by helping you and your staff / work mates to make some health goals and give you support to achieve them. And it's free.

Get Healthy at Work will provide all the tools and resources your workplace will need. The program is available online, over the phone or on-site with the support of a workplace health expert. Online tools are available to help businesses to continuously review and improve health issues, one by one.

It takes just 15 minutes to complete the health check which can be done online or by a health professional at your workplace. It's free and confidential and offers immediate feedback on your risk of developing type 2 diabetes and heart disease. The Brief Health Check links workers with a range of existing services such as GP's, the Get Healthy Information and Coaching Service and the NSW Quitline.

There are plenty of benefits to addressing health at work. Businesses that promote health and wellness are more likely to retain staff, healthy workers are fitter, more alert, more resilient against illness, less likely to suffer manual handling injuries and more likely to reduce health risk factors.

For more information go to <https://www.health.nsw.gov.au/healthyworkers/Documents/get-healthy-at-work-dlflyer.PDF>

ONE HUNDRED YEARS AGO IN CULCAIRN Tuesday June 3rd Killed by Express.

On Friday last, a man was killed when he was struck by a train about 3 miles south of Culcairn railway station. He was identified as John Bates until recently employed at Hotel Culcairn. He left the position recently and took up lodging at the "Waverley", a boarding house on the opposite side of the line.

The man was known to have been despondent of late, and remarked that he was sick of life. It is said that on one occasion he even said that he might throw himself under the train.

The identification was made through his clothes and contents of deceased's pockets. Deceased was about 35 years old and according to his papers, was a native of England. He possessed a passport dated 1915, one of the signatures being Sir Edward Grey.

A coronial inquiry into the death, was held on Monday in the council chambers. Mr F. Selk found that John Bates had died from effects of being struck by a railway engine at 11.30 on Friday evening, May 30th. The evidence was not sufficient to show how the deceased came on the line, and no blame was attached to the railway authorities in connection with the matter.

WOMEN'S HEALTH CLINICS Free and Confidential For All Women

They are in Culcairn on:

26th June,, 31st July, 28th August

Phone Culcairn Hospital to make an appointment.

LIBRARY NEWS

Youth July School Holiday Program - Chocolate and Chills

Create your own chocolate treat @ the Chocolate and Licorice Factory & experience chills from the infamous Monte Christo

When: Monday 15 July 19

Age: 12+

Bus Available: Culcairn 9am – Bus Depot
Henty 9.15am – Old Highway Store

Bookings Essential as limited spaces

Cost: \$5

For more information or for bookings contact 02 6036 0178

Library Bingo

If you are looking to get the most from your library, and have a great winter of reading and watching, then this is the challenge for you.

Pick up a bingo board from your branch library or download a copy from rrl.nsw.gov.au

Just like ordinary bingo, you need to fill in a row of squares, that's four in a row – horizontal, vertical or diagonal. Cross off each square as you go, and hand in your completed form to your branch library to go in the draw to win a winter reading pack. You have until the end of August to complete your bingo board.

Radio 96.7FM

Culcairn Community Website
www.culcairn.nsw.au

CULCAIRN FOOTBALL NETBALL CLUB

We are now over halfway through the season and our teams are doing quite well, especially in the football. The U14s and Seniors are both in second position on their respective ladders, the Reserves are 6th and the U17s are 7th. It is exciting to think that all these sides could make finals!

Our netball teams are putting in big efforts every week and there have been some exciting close games. Unfortunately, we are further down on the ladders so have some tough games ahead if we are to reach finals in September.

In the last few weeks Horizon Fencing has constructed our new coaches' boxes for the footballers. They look great and will give teams much better facilities to work in. The coaching staff should like the birds-eye view of the ground that they now get.

A Trivia Night was recently held to raise funds for the club. Tracey Lee once again did a fabulous job as quiz master and all reported a very enjoyable night.

In the coming weeks the Lions Ball (6th July) and 300 Club (21st July) functions will take place. We hope that plenty of people will come along and support these annual events.



ON THE GREEN CULCAIRN BOWLING CLUB

Social bowls has started names in at 12.30 for 1.00pm start, sausage sizzle from 12.30 come along and have some fun. Everyone welcome whether a bowler or not, we will show you how to play and have fun.

Second Tuesday of the month is Power Play Triples bowls tournament. Single entry or teams of three put your name or team in early preferably the day before or earlier.

Friday night 21 meat raffles and the 1st and 3rd Friday we have a seafood raffle as well. Last Friday of the month is the Mega raffle. Members draw Friday and Sunday. Memberships are now due. Looking forward to seeing you at the Club. **Culcairn Bowling & Recreation Club.**

2019 CULCAIRN SHOW SATURDAY 5TH OCTOBER

Culcairn Show Committee invite members of the Culcairn and wider community to attend our local show to be held on **Saturday 5th October.**

This is the long weekend and unlike the last few years it is not the AFL Grand Final weekend.

The committee has been meeting monthly since March to plan the show.

Key events anticipated this year are the shearing and wool handling competitions; cooking, floral and sewing competitions and displays; plans for trick riders in the horse ring, music entertainment, horse and dog events, sideshows, displays and more.

The president, Mr Max Scheetz, launched for the first time in a number of years for the Culcairn Show a 'Rural Achievers' competition for young men and women between the age of 19 & 28 years and the Culcairn Miss Show Girl for young ladies 18 to 25 years. The competitions have a region and state final aspect culminating in 'The Land Showgirl' and 'Rural Achievers' announcements at Sydney Royal Easter Show.

The 2019 Miss Showgirl, Miss Stephanie Clancy, will attend our show as will our new local member of parliament, Justin Clancy.

Details about the '**Rural Achievers' Award** can be obtained by contacting the show secretary at email culcairnsociety@gmail.com Further details will be available on the show's 'facebook' page in late July.

The committee is hoping to draw interest for the 'Rural Achievers Award' from young people in the area between Wagga, Albury, Holbrook and Lockhart.

Details about the Show Girl competition will be announced in the August 'Oasis'. Contact the secretary at email culcairnsociety@gmail.com for further details if interested.

Other attractions at the show will include market stalls, displays, Junior Show Girl and Boy, food of different styles, entertainment, show bags and side show rides as well as all the competitions.

Members of the community are most welcome to assist at the show before and on show day. Membership and gate entry remain as they were in 2018.

For details around the competitions contact the secretary, Stephen Trickett at culcairnsociety@gmail.com or at 0260 298 683 and leave a message. Also check us out on facebook, the schedule out in late August, on the Greater Hume Shire website, the ASC website or by personal inquiry.

WHAT IS HAPPENING AT THE CULCAIRN MEN'S SHED?

For the past few months the shed has been in recess.

This has mainly been due to some OH&S issues. These issues have been addressed, with thanks to our Local Council, and we are now ready to reopen the shed.

The **Men's Shed Association of Australia** operates mainly to address the needs of retired men by providing opportunities for fellowship, encouragement, activity and support.

"Shoulder to shoulder" is our motto.

In **Culcairn** we also welcome younger men and women.

We have some great equipment for wood, metal and craft activities.

Next Monday, 8th July at 2pm, the doors will be again flung open.

Come along and check us out as we start afresh.

The current leaders are standing down.

This will open up the opportunity for new leadership and new ideas.

Contact: Gary Kenney 6029 7898

ST PAUL'S COLLEGE

Students from St Paul's College wowed sell out shows with their performance of "High School Musical". It was incredible show with many students for the first time making their debut on the stage. It was a huge learning curve for many, discovering talents that they never knew they had. Our **Cheerleaders and Jocks** were supported well by locals : Ben Parker, Joseph Grunow, Morgan Archer, Tammin Archer and Georgia Papworth



TAI CHI

Classes are held at the Culcairn hospital on **Tuesdays from 4 to 5pm**. All welcome. Improve your balance, strength, flexibility and memory.



WHAT WEEDS SAY

With the arrival of some winter drizzle- and even some decent rains- we are glad to see the long-awaited return of greenery to our parched landscape. But, with this moisture, there is another more unwelcome guest that is joyously springing out of the ground; the common weed.

Weeds are pioneer plants. They are among the earliest arrivals in ecological succession; nature's way of restoring a degraded landscape. So, what are weeds telling us? Weeds tell us what ecological niche we've created, as well as the condition of our soils.

Whether the weed has turned up in our pastures, crop fields, or suburban backyard, it's there because we've forced our landscape into one of the earliest stages of succession through disturbance. If a patch of ground were covered in healthy perennial herbaceous plants, shrubs, and trees, there would be much less opportunity (or reason) for pioneer weeds to gain a foothold.

Weeds are also important indicators of our soils. Take, for example, Capeweed (*Arctotheca calendula*). This weed tells us that soils are compacted, sparsely vegetated, and likely suffers from over-fertilization or nitrogen leaching. African Wood Sorrel (*Oxalis pes-caprae*) likes disturbed soils that are in more shady and damp locations. Reduce or reverse the conditions your weeds like to grow in, and you'll find yourself enjoying better crops, pastures, and gardens.

The weed itself is singing its death sentence, we just need to learn how to listen.

-**Belinda Roadley** belinda@riverinapermaculture.com

ST JOSEPH'S SCHOOL

Last week, St Joseph's School Culcairn celebrated Naidoc Day.

We had a smoking ceremony and all the children got to try some kangaroo if they wished.



CULCAIRN COMMUNITY DEVELOPMENT

Report of the Culcairn Community Development Committee meeting held 18th of June 2019. There was a lot of discussion about street trees. Let us know what you think about street tree varieties as in the next few years major drain work will happen in Balfour Street (in front of the shops) and the existing plain trees will be removed and be replaced. The removal of the Peppercorn trees in Henty Street West is yet to happen and replaced with "October Glory" trees. Palm trees of the same variety are to be planted in the island garden in front of the Culcairn Public School soon.

New garbage bin surrounds for the main CBD area are in the budget, the committee has requested matt green in colour with cut out wording of 'The Oasis of the Riverina' and a picture cut out of a palm tree on it.

Australia day celebrations to be held in Culcairn in 2020, any ideas for entertainment/items please let us know. It will be held in Jubilee Park.

We are hoping to formulate a 'big picture' plan with ideas for the town's railway precinct in the coming months so that we can start the process of requesting the use of Railway land from ARTC. Some ideas for the area- an old steam engine, a 'BIG something' (like the big pineapple or the big trout), an old local wagon, the crane jib, more carparks, grassed areas, the pedestrian footbridge. The old D&D building remains a big mess- the Culcairn Fire Brigade are going to build their new shed behind it, so we hope something will be done about the mess soon.

Our next meeting is the 16th of July. Please talk to Ken at the Culcairn newsagents or Kirsty on 0427 298630 with ideas or you would like to get involved in what's happening. Again, a big thank you to Leonie and the Healthy Towns project that has enabled the Oasis to happen these last 6 months, we are looking for volunteers to keep it going. Don't be shy, let us know if you can help, big or small, will be welcome.

CULCAIRN, A COMPASSIONATE COMMUNITY

The Culcairn community came out on a chilly Friday morning last week and attended the second Compassionate Communities Workshop held at the Uniting Church Hall. This workshop is the second in a series of four free community workshops that are being hosted by the Culcairn Local Health Advisory Committee, with the support of the Murrumbidgee Primary Health Network.



Those attending the workshop learnt how to complete a Home Support

Plan, which they can then use when they are caring for someone in their home. It is important for carers to remain connected with their friends, family and neighbours and call on them for help when needed. There is also a Loved One Home Support Plan, for those who are living with a serious or life limiting illness, as it is recognised that both the carer and loved one have different needs.

A delicious morning tea was provided by the Uniting Church Ladies Auxiliary, including hot soup which was appreciated on a winter's morning. Those attending the workshop also gathered for a group photo, which will be included in the World Health Organisation Global Atlas of Palliative Care, 2nd Edition.

The next workshop is being held on Friday 26th July, 9.30 am to 12 pm, at the Uniting Church Hall. It is hoped that the Culcairn community will come together again and contribute to a local community services and supports directory, that everyone will be able to access. All health and community service organisations are also strongly encouraged to attend, so that the community can learn about the support they provide.

The MPHN At Home Palliative Care project includes Compassionate Communities activities. This project is funded by the Australian Government.

For more information, please contact David Gilmore: Ph. 02 6029 8291 Email: dwgilmore@bigpond.com

COMMUNITY DIARY

Please email details to oasis@greaterhume.nsw.gov.au

July 2019

- Tue 16 **Tai Chi Hospital 4-5pm**
Community Development Committee
meeting 7pm, Council Chambers.
- Thu 18 **Movie Club at Library**
- Tues 23 Sewing Buddies 10-3pm Uniting Church
Hall Ph: 0408 409 160
Tai Chi Hospital 4-5pm
- Thu 31 Wrap with Love 10.30 Henty Library

August 2019

Wed 7 Oasis deadline

- Tues 13 Sewing Buddies 10-3pm Uniting Church
Hall Ph: 0408 409 160
Tai Chi Hospital 4-5pm
- Wed 14 Delivery of Culcairn Oasis
- Tue 20 **Community Development
Committee meeting 7pm, Council
Chambers.**
Tai Chi Hospital 4-5pm
- Tues 27 **Sewing Buddies 10-3pm Uniting Church
Hall Ph: 0408 409 160**
Tai Chi Hospital 4-5pm

September 2019

ANNOUNCEMENTS



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Tailored massage to meet your needs

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Holbrook

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CULCAIRN CHURCHES PRAYING TOGETHER

Are you a praying person?

Many in Culcairn are praying people and feel the need for members of all denominations to get together to pray for our community.

Once a week there is a small group of us who do get together to pray.

We gather at the Uniting Church Hall simply because it is central to Culcairn.

It is in Balfour St. next to the Primary School.

You are invited to come and join us.

1st and 3rd Wednesdays at 7.30pm

2nd and 4th Mondays at 10am

Contact: Gary Kenney 6029 7898

FOR SALE

JAYCO STARCRAFT OUTBACK POP-TOP CARAVAN

13'11" Purchased new June 2012, always garaged. Registration X93103, until June 2020, (NSW)

Single beds; 1450kg axle/shockers; 2 x 9kg gas bottles; Roll out awning; 100 AMP battery pack; 104 litre 3 way fridge; Gas/electric hot water; 90 watt Solar pack; A/C; Microwave; cook top & grill; external shower. Plus many more features. Additional camping items included in sale.

\$28,500.00

Phone 0427 104851 (Culcairn)

FOR SALE

MOBILITY CHAIRS & SCOOTER

Merits Aurora Scooter purchased (new)

February 2014. \$4,490.00, very little use. Mechanically in very good condition. has a couple of marks on paintwork. Suit person (up to 182kg) \$2,700.00

Invacare Pronto M51 Power Chair

16" (red) Purchased new July 2015

\$3,000.00 Mechanically in good condition

General appearance a bit scruffy. \$1,000.00

Invacare Power Chair (grey) very similar to

Pronto M51 (above) Mechanically in good

condition, does have a few marks \$1,200.00

Phone 0427 104851 (Culcairn)



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STICK IT WHERE THE SUN SHINES

Australian's have a habit of being told to stick things in dark places, but the LORENTZ range of solar pumps work better where the sun shines.

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CULCAIRN'S HEALTHY TOWNS CHALLENGE

ACTIVE JULY

Table Tennis Challenge
 doubles, singles, any time... so easy

Put out a challenge and have a game-book at the Council office, play the game, record the results and go into the weekly draw of 2 table tennis bats and balls.







CULCAIRN WALKING TRACK

Several years ago a walking-cycle track was constructed around the perimeter of Culcairn to encourage local residents to be more active. Exercise equipment was also installed at the Culcairn Sportsground section of the track for those wishing to improve their fitness further.

With increased usage by individuals and walking groups, partly due to the Healthy Towns initiative, the track is to undergo some significant development in the near future. Several rest stops will be constructed along the route with seats and bike racks installed in various spots. At each stop a sign with a map of the track and some local information will also be erected. A water bubbler is intended to be installed on the highway near the road going under the viaduct. It is hoped that even more people will make use of this facility in the future.



Getting outside, exercising, walking alone to clear your head or with others for some company are all benefits that can be gained by using this valuable town resource.

CULCAIRN MPS OFFICIALLY OPENED

Thursday 13th June marked an important milestone in the history of Culcairn, with the official opening of the Culcairn MPS (Multipurpose Health Service).

Pat and Len Connolly, members of the Wiradjuri people traditional owners of this land, provided a Welcome to Country and conducted a smoking ceremony to prepare the new facility for service to the Culcairn community. Students from Culcairn Public School sang the National Anthem.

On behalf of NSW Minister for Health, the Hon. Brad Hazzard, new local member for Albury, Justin Clancy performed the opening. In his keynote address he welcomed the establishment of this first class health facility and noted how it would benefit the local community for many years to come. Justin thanked the former member for Albury, Greg Aplin for responding to community requests and needs, in announcing in 2015 a \$30 million allocation for a new MPS for Culcairn. It would comprise additional acute-care beds, 6 additional aged-care beds as part of a fully integrated residential aged-care facility and for the first time the construction of nurses cottages to help attract and retain nurses for Culcairn.

Chief Executive of Murrumbidgee Local Health District, Jill Ludford thanked all involved in project, including the NSW Government, NSW Health Infrastructure, local builders Zauner, Murrumbidgee Health employees and the local community. Zauner deserve special mention, having achieved a very high quality finish, and all this achieved smoothly. while the facility continued to function around them
Culcairn Local Health Advisory Committee(LHAC) Chair, David Gilmore acknowledged the strong advocacy and dedicated service of former Culcairn leaders Allan Fifield A.M. and Bruno Biti O.A.M and the community in general. David indicated the great debt we owe them for their past achievements and being instrumental in what has been achieved today.

NURSES COTTAGES

Three nurses cottages have recently been completed as part of the redevelopment. They will greatly assist in ensuring Culcairn MPS is always able to secure a full complement of nursing staff. The Culcairn LHAC has recommended to Murrumbidgee Health the three cottages be named “Kiltearn”, “Busallaw” and “Reddy”. “Kiltearn” in honour of the outstanding efforts of the Culcairn community in establishing the Kiltearn House Aged-Care Hostel in 1994. “Busallaw” in memory of the name of the house that was knocked down in order for the project to be given final approval and that is situated on the land on which the nurses cottages stand.

“Reddy” to honour the dedicated services of local G.P. Dr. Jan Reddy, who has delivered nearly 50 years of outstanding 24/7 service to Culcairn.

MAVIS GARDINER HONOURED

Greg Aplin made a special presentation to Mavis Gardiner who has given over 40 years of dedicated and inspirational service to various local hospital boards and MPS and LHAC committees. Mavis was the chair of the first MPS committee in 1997 and is still Deputy Chair of our LHAC today. Mavis, like many in the community, was extremely frustrated at the lack of our facilities compared to many of our near neighbours, but she never gave up and continued to fight, and was ultimately successful.

Chair of Culcairn LHAC David Gilmore spoke of it being an honour and a privilege to have worked with Mavis over the past 20 years and how much he greatly appreciated her guidance and wise counsel over that time. David indicated that he would be extremely sad when it came time for Mavis to depart the LHAC committee.



Jill Ludford CEO Murrumbidgee Health, David Gilmore Chair LAH, Dr Reddy GP & Justin Clancy MP

Footnote: The Culcairn LHAC was very disappointed at the decision of Murrumbidgee Health to not to extend an open invitation to the Official Opening. We are currently working to explore options for a public event later this year, when the whole community can join in and celebrate our wonderful new MPS facility.



Justin Clancy Member for Albury, Bruno Biti & Mavis Gardiner