

CULCAIRN “Healthy Towns” OASIS



CULCAIRN AND DISTRICT NEWSLETTER

August 2019



Culcairn Healthy Town – Ongoing benefits

It's been great to see the ongoing activities that have resulted from the Healthy Towns program. The continuation of the Oasis is a clear winner as it provides a great way to get information out to the community for groups, businesses, Council, service providers and sporting groups.

Great feedback has been provided as to the importance of the newsletter as a communication tool for the community and to continue it will need ongoing support.

Adam McNuff, David Gilmore and Gary Kenney with 8 other volunteers have kindly offered their time to ensure the Oasis continues. Everyone can support the newsletter...

Take the time to read the newsletter so you know what is happening in and around town
Provide a story and or photograph about your group or event or happenings around town
Make sure you add your event to the Community Diary
Advertise your event or business
Encourage others to advertise locally, especially businesses and services who do work in and around Culcairn

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

It's not too late to get involved in Culcairn's Healthy Town events:

Sign up to the **Free Get Healthy Service** <https://www.gethealthynsw.com.au/get-started/>.

Active August Table Tennis Challenge - Play a game of table tennis on the outdoor table tennis table, bats and balls available at the Council office and newsagent.

Join a **walking group** <https://walking.heartfoundation.org.au/walking>.

Tai Chi and exercise programs Tuesday's 4.30 – 5.30 pm from 27 August at Culcairn Hospital contact Sandra 0429940446.

Gentle Exercise program Thursday 10 – 11am and 11.00 – 12.00pm at the Culcairn Hospital contact 6044610

Get Healthy at Work free programs <https://gethealthyatwork.com.au/>

CULCAIRN RED CROSS

The Culcairn Red Cross held its Annual General Meeting last month, Lee Johnson was elected as President, Bev Hoffmann as Secretary, Jan Scheuner as Treasurer and Cheryl Westfield as Vice President.

We have had a good year enabling us to donate \$1300 to Red Cross Calling, \$1000 to Red Cross Let's Talk Program (Mental Health Program for Farming Communities) \$500 Nowra Red Cross Young Mothers Christmas Program and \$300 to the Culcairn Hospital's Diversional Therapy Program.

We would like to thank the community for their support as this enables us to donate to Red Cross and the local community.

Members of the Culcairn Red Cross



St Joseph's School would like to congratulate Logan and Faith who have made it on to represent the Diocesan at the MacKillop State Athletics Carnival held in Sydney on the Monday 16th September.

CULCAIRN OASIS POLICY STATEMENT

This newsletter is for the purpose of disseminating information and articles free of charge for the benefit of the public. This information is not a substitute for professional advice and is not intended to be used as such. The editors do not accept any liability for any loss or damage incurred by use of or reliance on such information. The editors of Culcairn Oasis make every effort to ensure the quality of the information. However, the Culcairn Oasis cannot guarantee and assumes no legal liability or responsibility for the accuracy, currency or completeness of information.

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
4 September 2019**

Delivery Date

Wednesday 11th September 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 or phone 0260298291 for more information

CULCAIRN NEWSAGENCY

Why not drop in and take a look at our Father's Day Range of gifts:-

Fathers Day Cards

Lotto Gift Packs

Men's Socks

Fathers Day Coffee Mugs

Wallets

We also stock a wide variety of giftware for all occasions.

Ken & Jan

CULCAIRN RED CROSS CRAFT SHOP

DROP INTO OUR SHOP IN BALFOUR STREET CULCAIRN AND TAKE A LOOK AT OUR WIDE RANGE OF HOMEMADE ITEMS.

HOMEMADE JAMS AND RELISHES

KNITWEAR – BEANIES, SCARVES

BABY ITEMS – BIBS, BEANIES, KNITTED JACKETS

WOOL, HABERDASHERY

HOMEMADE CAKES AND BISCUITS

PLANTS

PLUS LOTS MORE ITEMS.

CULCAIRN COUNTRY MUSIC CLUB

Culcairn Country Music Club celebrated ten years of operation on Sunday August 11th 2019.

Our special guest artist was Stephen R Cheney who is very well known throughout the country music scene.

The first meeting to form a music club was held at Sandra and Gordon Ridley's home ten years ago and our first function was held at the Culcairn Hotel in August 2009.

As the club became more popular, the venue at the Culcairn Hotel became too small to cater for the ever increasing members and guests so the move was made to the Auditorium of the Culcairn Bowling and Recreation Club where we continue to hold our functions.

All of the original committee comprising of Wally Hanel, (President) Sandra Riordon (Treasurer), Gordon Ridley, Heather Johnson (Secretary), Jimmy and Gloria Watson, Judi McLaughlan, Nigel Preston and Jean Barkley were invited to celebrate this milestone.

The public was also invited to come and celebrate with us. The cost of the afternoon was \$6.00 for non members and \$4.00 for members. This included bottomless tea and coffee, afternoon tea and a special birthday cake. We held a raffle with three prizes being a beautiful handmade rug, \$40 gift voucher and a Meat Tray. We also ran two Nifty 50's throughout the afternoon as well as a members draw and a lucky door prize.

Our club encourages people of all ages and talents to perform on stage in front of a live audience. We have a fantastic backing band in Stockade who will back any performer who requires backing, or you can use your CD's or play solo which ever method the performer is most comfortable with.

Our next function is on Sunday 8th September commencing at 12 o'clock with our special guest artists Ged and Trudy Hintz another very well known country music duo. Our club is very fortunate in being able to entice such popular guest artists to perform at our club.

The Voice of the Greater Hume 2GHR 96.7

Calling Culcairn/Henty/Walla Walla/ Jindera

People in Culcairn/Henty/Walla Walla/Jindera can access 2GHR more easily in the last 12 months since some adjustments were made to the transmitter on Mt. McKenzie. You can hear Tony several times a week. You can hear Michael 2 mornings each week with Ronnie on wed afternoon with his Country Music program. Col brings you 'Friends and Legends' twice each week. Geoff plays the 80's Favourites on Wednesday morning. Freda joins Michael on Thursday for Rhythms of Love and Life and of course the latest Science things. Every second Monday Freda interviews representatives of any 'Not for Profit' Organisation to talk about what each does. At any other time, the Station brings News, both national and local, weather and a variety of types of music.

We need YOU.

2GHR is entirely run by volunteers. Memberships are payable in July but you can join at any time. Your fees help us pay for electricity, insurance and some running repairs. We also value your feedback. Tell us the things you like, dislike or think we are missing. Advertise your event, business or the benefits of living in your Town. Community Radio is all about Community. We would all like to know how your Community runs. You can send us your news so that we can include it. We are happy for businesses to advertise-our rates are reasonable and very competitive.

It is possible for the Station to do an 'Outside Broadcast' if you have a big event. We will broadcast from your event, conduct interviews for a couple of hours, and generally promote your function. This facility does incur a cost. Talk to us!

Any news or questions- contact info@2ghr.org.au or to take up membership www.2ghr.org.au . When music is playing during a 'live' broadcast you can ring 02 6036 3428 for information about membership applications.

Although the Studio is in Holbrook, 2GHR is for the whole of the Greater Hume Shire.

Freda Turner, Board secretary.

COMPASSIONATE COMMUNITIES WORKSHOP

Culcairn Support Mapping Workshop Culcairn community members and service providers came together on Friday 26th July for a Compassionate Communities Workshop held at the Uniting Church Hall. Those attending the workshop heard from Danielle Kennedy, Aged Care Nurse Practitioner with the Murrumbidgee Local Health Network (MLDHD), who spoke about the importance of linking with aged care services for support, especially when a loved one may be experiencing delirium.

For general inquiries regarding MLHD Aged Care Services, phone 02 5943 2750.

Allan Ofak spoke about a new local public transport service 'Regional Buses', which serves communities in the eastern side of the Greater Hume Council. Continuing on the transport theme, David Gilmore spoke about the Kalianna Community Transport Service which provides transport services for aged / frail care clients and for those with a disability. Enquiries can be made on 02 6041 2299.

CULCAIRN WOMEN'S BOWLING CLUB

The Annual General Meeting of the Culcairn Women's Bowling Club will be held on Wednesday 21st August 2019.

The meeting will be preceded by our Opening Day commencing at 10.30am with names to be in by 10.00am.

Lunch at Kenny's Restaurant at 12.30pm.

Meeting to commence at approximately 1.30pm.

A warm welcome is extended to those who are thinking of taking up the Sport of Bowls. Diane Allitt Secretary

Ladies Bowls

Congratulations to our member Jo Merkel who defeated Carol Hoffman in the Riverina District Singles Championship and then went on to win the Regional Championship. Jo will now compete in the NSW state finals to be held in Tamworth in September. Great achievement Jo.

New members are always welcome at Holbrook Ladies Bowls Club.



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2019-2020 GREATER HUME COMMUNITY DEVELOPMENT GRANTS

This program is designed to assist community groups to meet the needs of their members and the general community and contribute to Council's priorities and aspirations of "Live a Greater Life". To assist clubs and community groups apply for these grants, Council will be holding 4 grant writing workshops. We would like your input as to the most suitable day and time for your town and community i.e. morning, after hours, during the day or weekend. We would expect the workshops to be approximately 2 hours in duration (including assistance for developing individual grants) and the venues would be in Henty, Culcairn, Holbrook and Jindera. Applications will open on 19 August and close on 18 October 2019.

Please respond with your suggestions to Lynnette O'Reilly, Manager Community Services on 6036 0100 or email loreilly@greaterhume.nsw.gov.au

CULCAIRN LIONS CLUB HAPPENINGS

We have commenced a new Lions Year under the leadership of Lindsay Lowe.

We have a number of projects happening in the next few months.

A wood raffle to be held in early August, we will be holding a BBQ at Billabong High on 13th August when the school (in conjunction with the LHACs of Culcairn and Henty) will be holding a Mental Health Forum.

Unfortunately, the markets we were planning on holding on Saturday 31st August have had to be postponed due to the ARTC doing rail track work (closing Balfour Street crossing) and requiring Railway Parade to be opened for through traffic. The markets will not be held in February 2020.

Culcairn Community Garage Sale will be held on Saturday 28th October, so start checking what goods you can off load for cash that weekend.

The Lions Club is looking for new members to join our Club, hopefully bringing new ideas to the Club if anyone is interested please contact David at the pharmacy or Ken at the Newsagency.

FOODWORKS
Culcairn

38 Balfour Street Culcairn PH: 0260298340
Trading hours: Monday – Friday 7:30am – 6pm,
Saturday & Sunday 8am – 1pm

PROTECTING YOURSELF AND OTHERS AGAINST FLU



Murrumbidgee Local Health District (MLHD) is urging people who have flu symptoms to postpone visits to hospitals or aged care facilities until they have completely recovered.

"It is important the community takes seriously the risks associated with the winter flu season," said Director Public Health Tracey Oakman.

"The flu season is here and it is important that people, particularly vulnerable people, take care with regard to influenza. The flu virus is especially dangerous for elderly people, pregnant woman, Aboriginal people, very young children and people with underlying medical conditions," Mrs Oakman said.

Mrs Oakman reminded those visiting friends and family in the hospital or aged care facilities to practice good hand hygiene by using the alcohol based gel or foam provided to reduce the spread of germs.

"Over the past few weeks, there has been an increase in influenza cases in the area notified to the local Public Health Unit, and presenting to the local Emergency Department. We have also seen a number of cases in aged care facilities. In susceptible people, flu symptoms can quickly progress to become life-threatening," Mrs Oakman said.

In general, the flu is worse than a common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense, and often start suddenly.

Colds are usually milder than the flu and symptoms generally develop over a longer period.

While vaccination is the best protection against flu, there are some simple steps to help infection spreading, such as:

- ◆ Wash your hands regularly with soap and running water
- ◆ Turn away from others and cover your mouth and nose with a tissue when you cough and sneeze, if a tissue is not available cough or sneeze into your elbow
- ◆ Avoid close contact with people who are coughing or have a fever
- ◆ Stay at home if you are sick and keep sick children at home from school and other activities.

Concerned parents and families can seek health advice and information via the free Health Direct Australia service, staffed by registered nurses 24-hours on 1800 022 222.

Flu shots are also free under the National Immunisation Program for pregnant women, people over 65 years of age, Aboriginal people and those with medical conditions such as asthma, diabetes and heart problems.

The NSW Government is spending a record \$22.75 million on statewide immunisation programs which will assist with flu prevention this season. This includes \$2.6 million for free flu shots to children up to five years of age and a \$1.5 million immunisation and influenza awareness campaign.

The NSW Government has invested about \$130 million in the 2018-19 Immunisation Program budget, including Commonwealth and state vaccines.

For a range of health information visit <http://www.health.nsw.gov.au/Infectious/Influenza/Pages/default.aspx>

WE'RE LOOKING FOR ON-CALL FIREFIGHTERS IN CULCAIRN

MAYBE IT'S TIME TO THINK ABOUT A SECOND JOB

APPLY ONLINE AT FIRE.NSW.GOV.AU OR CALL US ON 02 6029 8202

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REPORT FOR THE OASIS FROM THE CULCAIRN COMMUNITY DEVELOPMENT COMMITTEE.

Our meeting held on the 16th of July covered many things, including the Pepper tree removal in Henty Street West being done, and the location of the Dumpsite. It is to go in the carpark of Eric Thomas Park on the southern side near the existing trees. The carpark will be extended to meet the access lane to the Railway station. This will happen soon.

The Oasis is being organised by: David Gilmore, Gary Kenney and Adam McNuff, please support these people and the Oasis by positively promoting Culcairn by sending in articles and advertisement for it.

Australia Day celebrations 2020 will be held in Culcairn. If you have some ideas of activities, or items for that morning, please contact one of the committee.

Facebook page- it is nearly up and running- it will be called "Culcairn Oasis Community" page, this is to positively promote Culcairn-it's people, events and our community-to share information.

Aaron and Phillip from Regional Designs in Corowa will be walking around Culcairn Tuesday afternoon, 20th of August. If you see them, please welcome them and tell them what is great about our town and what you would like to see in the future for Culcairn.

Our next meeting is 20th of August, 7pm, Culcairn council chambers, after tea with Aaron and Phillip.

HIGHLIGHTS FROM GHS COUNCIL MEETING HELD ON 17 JULY AT HOLBROOK:

In response to a notice of motion presented by Cr Denise Knight, Council resolved to work with Albury City Council to reconvene a joint working committee to prepare a feasibility study and plans for a bicycle walking path between Jindera and Lavington.

Council adopted the draft Greater Hume Waste Strategy 2019 – 2023 including 13 recommendations. Key recommendations include that current operating hours be maintained together with current fees and charges unchanged. Council will develop reuse swap areas at waste facilities with items being left and collected on a free to take basis, and will continue to provide support for community driven hard waste collections.

Council accepted the tender from Total Garden Solutions for \$43,956 (excl GST) to undertake contract mowing of cemeteries, pools and council owned properties for the next three years.

The Mayor, Cr Heather Wilton, Deputy Mayor, Cr Doug Meyer OAM will attend the annual Local Government Conference to be held this year at Warwick Farm in October and be accompanied by Director Corporate and Community Services, David Smith and Cr Lea Parker as observers.

Council received a comprehensive report on the review of ward boundaries across the Greater Hume area, triggered by a population variance of more than 10% between the highest population ward and the lowest population ward. Under the Local Government Act 1993 Council must keep ward boundaries under review, and alter ward boundaries so that in each ward containing a number of electors does not differ by more than 10 per cent from the number of electors in each other ward. Greater Hume currently has three wards, North, South and East.

Council resolved to adopt Option 2 as the preferred ward boundary option for public consultation during August/early September. Council will receive a further report at the September meeting. Council also decided to undertake a constitutional referendum to consider if the Council area should continue to be divided into wards. The referendum will take place at the next elections in 2020.

In June the NSW Government announced a grant funding pool of \$794,431 as Greater Hume's allocation under Stronger Country Communities Round 3. The guideline highlights that 50% of funding needs to youth focused projects or programs, and projects must seek \$50,000 grant funding or more. Applications can be made online until 27 September 2019. Council will now consider which projects it may wish to put forward along with applications received from community organisations. Community members wishing to make enquiries of the grant funding should contact Council's Tourism & Promotions Officer, Kerrie Wise.

Council appointed Cardno NSW to undertake the Culcairn, Henty and Holbrook Flood Mitigation - Investigation and Design Works Project at a value of \$245,098.80 (excl GST). It is expected that the project will take up to 12 months to complete. Following completion, Council will then be eligible to pursue financial assistance through Office Environment & Heritage Floodplain Management Program to implement improvements to drainage infrastructure to help reduce flooding in the three towns.

The next Council meeting will be held on 21 August at Culcairn.

Meeting agendas and minutes are available for viewing at any time on Council's website or in person at any Greater Hume Customer Service Officer.

Cr Heather Wilton

Mayor

www.greaterhume.nsw.gov.au



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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

MAVIS RETIRES FROM THE CULCAIRN LHAC

On Sunday 28 July the current Local Health Advisory Committee (LHAC) came together to thank Mavis Gardiner for her great stewardship, wisdom and support as she retired from the Culcairn LHAC. Mavis' voluntary contribution to the health services of Culcairn extended over 40 years and commenced back in the mid 1970's when she joined the Culcairn Hospital Board. During this time Mavis has held many roles, including an extended period as Chair. These roles required Mavis to represent the hospital at many meetings and events, along with conveying the views and opinions of the community on the operation and management of the health services in Culcairn. Due to administrative changes driven at the State Government level, the oversight of the Culcairn Hospital was merged with the Henty and Holbrook Hospitals in the 1980's and early 1990's. During this time Mavis continued to actively represent the interests of the Culcairn community as a member of the merged Board. The Culcairn Multi-Purpose Service was established in 1997, which saw the oversight of health services revert back to a local focus. Mavis was elected as the first Chair of the newly formed Local Health Advisory Committee (LHAC). Over the past 22 years, with the exception of one small forced break, Mavis has held various roles, including Chair and Deputy Chair, the



Throughout her time serving on various health service boards, Mavis has continued to advocate for the best possible services for Culcairn, including her tireless pursuit and ultimately recent successful endeavor to get the breast screen van to Culcairn. This dedication has culminated in the construction of the new Multi-Purpose Service facility in Balfour Street. The Committee wish Mavis well and thank her for such a significant contribution to the health services of Culcairn.

STICK IT WHERE THE SUN SHINES

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

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2019 CULCAIRN SHOW - SATURDAY 5TH OCTOBER

Invitation: Culcairn Show Committee invites members of the Culcairn and wider community to attend our local show.

Date: 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.

Key events: Planning still taking place. We anticipated again the shearing and wool handling competitions; cooking, floral and sewing competitions and displays, entertainment, horse and dog events, sideshows, displays, The Land Show Girl and more. Come along for a social get together and catch up.

Culcairn Show 'Rural Achievers' competition for young men and women between the age of 19 & 28 years. Drawing from Holbrook to Lockhart, Albury to Uranquinty. We welcome applications for this inaugural award.

Culcairn Show Senior Showgirl competition launched by our president at our June meeting. Applications are called from 'local' young ladies aged 18 – 25 Years interested in this event.

Details about the '**Rural Achievers' Award** and / or registration of interest please leave contact details as a message with Peter Govan on 0484 934 140

Senior Show Girl can be obtained by contacting the show secretary at email culcairnshowsociety@gmail.com

Workshop: Senior Show Girl competition workshop is planned for mid-August in Culcairn for young ladies interested in the event at their show (Walbundrie, Culcairn, Henty, Holbrook). Presenters will include Steph Clancy from Albury, The Land Show Girl 2019. For further details email the show email address.

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 culcairnshowsociety@gmail.com or at 0260 298 683 and leave a message.

The schedule will be available in late August, on the Greater Hume Shire website, the ASC website, as a printed copy or by personal inquiry.

SHOW GIRL ENTRANT WORKSHOP FOR CULCAIRN, HENTY, HOLBROOK & WALBUNDRIE AREAS.

Hosted by Culcairn Show Society

A workshop for possible entrants in your local show Miss Show Girl competition.

Mid August in Culcairn.

Workshop will have information on what is involved and feature previous show girls (including 2019), mentors, judges and show representatives.

For details and other October 5th Show information make contact at

culcairnshowsociety@gmail.com OR ring and leave a message on 0260 298 683.

STATION HOUSE

The Railway of Culcairn only continued on for six years after the centenary in 1983. Mr L Berry finished at Culcairn and went to Albury. Mr A Brown then controlled until the Station officially closed on 1st August 1989. Electrification was the death knell of Culcairn Railway Station, also all stations from Junee to Albury. Mr A Eady was the last train guard stationed at Culcairn and retired in 1988, after 49 years of service. Mr Noel Wood, track supervisor, retired in 1994 after 41 years of service.

The XPT train stops at Culcairn and provides a daily service to and fro from Sydney and Melbourne.

The Station Masters Residence has been restored and is now the Station House Museum, and is situated on the corner of Balfour and Melville street.

By Joan Wood.

The management of this fine building will be holding an Open Day on the 9th of November 2019 between 11am and 3pm. The miniature trains will be on display and running. So come along and enjoy a look and the sausage sizzle

.....
Back row: Cor Jongeneel, ?Smith, George Barber, Ted Davis, Allan Fifield, Bill Jongeneel, David Watson.

Front row: Joyce Jongeneel, Joan Wood, Valda Hensel, Dawn Davis, Nita Boswell-Phillips, Debbie Graham.



JUNE PROBUS MEETING:

Danielle Burns from the Wagga branch of the Department of Fair Trading began her address with "Scam Watch" stating that \$487 billion was lost to scams last year. Unreported scams were another problem with the over 65's being the easiest victims.

Tips to avoid scams:

Place a "Do Not Knock" sticker on your front door.

Register your phone number on the Do Not Call register (Call 1300792958).

Do not click on links in emails.

Do not use public computers to shop or bank online.

Do not sign anything you do not fully understand.

Remember! If it sounds too good to be true it probably is!

Hiring a service – before you sign the contract be clear about what you expect from the service. Check to see if it is the best service for you – ask around. Find out the exact costs and get everything in writing.

Everyone is vulnerable to scams. Some people think only the greedy and gullible fall victim to scams. The truth is, scammers are clever and if you don't know what to look for anyone can be caught. Scammers are getting smarter, moving with the times and taking advantage of new technology, new products and services.

"The Little Black Book of Scams" is a pocket sized guide so you can spot, avoid and protect yourself against scams. It is published by the Australian Competition and Consumer Commission. Beginning with the top scams to avoid it lists ways you can be caught online, over the phone or at your door. Keep your personal details secure, beware of unusual payment methods and choose passwords carefully.

WHY SOCIAL CLUB MEMBERSHIP COUNTS

There are around 6,500 community and social clubs around Australia and astonishingly, about 30% of those are Probus Clubs.

One of the issues with retirement is what do you do with your time? Some of us find renewed vigour for old hobbies, like gardening or crafts, both things we could do on our own and in our own homes. But what if that's not enough?

Well, over the years around 125,000 retirees have taken to Probus Clubs with absolute gusto and have been spending much of their retirement time simply socialising and having fun with friends. They're always happy to tell you how much Probus has brightened their lives and rekindled their zest for fun and friendship in retirement, and they're equally happy to welcome new members into their Clubs.

You'll find Probus Clubs are a mix of socialising, morning teas or lunches sometimes with interesting guest speakers, and both small and large group activities arranged by fellow Club members. Probus Clubs have a great choice of activities every month, whether it's day trips, playing cards, crafting, dining out or helping arrange even more activities for your friends.

But it's not just about your own social life of course, it's also about what you as a member can add to others' lives.

Your participation as a Probian is an important part of someone else's social activities, and as you make more friends, your circle of social influence gets wider and wider, meaning more of your fellow Members look forward to seeing you and doing something together. You become a part of their lives just as much as they do yours, and it's this bond of friendship that has seen Probus become the major social group it is.

We all look forward to seeing our friends, but how nice is it to realise that they look forward to seeing us just as much?

Probian Barbara from Queensland says:

'I've been a member now for six years and I've enjoyed every single one. Each year we get new members and all of them bring new ideas and life into our Club. I love welcoming them into our club and helping them get the same enjoyment out of Probus that I do'.

The Probus website features a Club Finder that will help you find your nearest clubs. Just type in your postcode and the site will give you a list of clubs in your area and the opportunity to contact them. You can visit as many of them as you like to choose the one that's right for you, and then start having fun!

Visit www.probussouthpacific.org to check out about Probus.

Henty/Culcairn Probus meets on 2nd Wednesday each month, alternating at either Bowling Club. 10.00am start, lunch available at both venues.

Contact: Pres. Jeannie Kenney 60297898, Sec. Kevin Fogarty 0428293480.

COMMUNITY DIARY

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

August 2019

- Tues 13 Sewing Buddies 10-3pm Lutheran 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.**
Men's Shed BBQ 12.00 noon
Tai Chi Hospital 4-5pm
- Tues 27 **Sewing Buddies 10-3pm Lutheran Church Hall Ph: 0408 409 160**
Tai Chi Hospital 4-5pm

September 2019

- Tues 3 **Tai Chi Hospital 4-5pm**
- Tues 6 Free Tax Help at council**
- Tues 10 Sewing Buddies 10-3pm Lutheran Church Hall
Tai Chi Hospital 4-5pm
- Tue 17 Community Development Committee meeting 7pm, Council Chambers.
Men's Shed AGM 11am.
Tai Chi Hospital 4-5pm
- Tues 24 Sewing Buddies 10-3pm Lutheran Church Hall Ph: 0408 409 160
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WHAT IS HAPPENING AT THE CULCAIRN MEN'S SHED.

Since the last meeting on the 8th July the Men's Shed has been in caretaker mode with our committee members standing down and with a Caretaker Chairman in place.

AGM is to be on the **17th September 2019 at 11.00 am**

Let's make this Men's Shed for the Culcairn community a club that you can be proud to be a member.

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

On **Tuesday 20th August at 12.00pm** we are having a free sausage sizzle at the Shed.

I invite all interested persons to come down. Have a look at what the Shed can offer you.

Contact: Peter Thompson 0413080970

ANNOUNCEMENTS



TURNING DEAD DIRT INTO LIVING SOIL

Gardeners are optimists. We plant seeds with the expectation of growth- maybe even a harvest. But we also remember how last season's heat turned our soil into concrete, ran our rainwater tanks dry, and near killed our gardens.

With weather cycles becoming more and more unpredictable, how can we hedge our bets for the season to come? We look to the soil.

When we disturb our soils through tillage or by turning it over with a fork, we cause long-lasting disturbance. Soil microbiology is thrown out of balance, disrupting the natural nutrient cycles so beneficial to our plants. Organic carbon is exposed and oxidizes, greatly reducing the soil's ability to retain water. Soil aggregates are churned up, causing the smaller, lighter clay particles to rise to the surface. This forms an impenetrable "cap" that blocks air cycling and water infiltration. No matter how much rain we get, if water simply runs off our soils, we can't grow plants.

Living soil needs organic matter. Add organic matter to your soil in the form of compost and manure, and protect the soil surface with an organic (not rock-based) mulch. Initially, it will be the macro-organisms that get to work. Worms, beetles, and other critters will incorporate organic matter through the soil profile, increasing aeration in the process. Beneficial fungi thrive in this airy, carbon-rich substrate, and form a symbiotic relationship with your plants. Soil microbiology is brought into balance, unlocking the very nutrients your plants need to thrive. Rather than sheering off the surface, water is infiltrated into the rich carbonaceous sponge.

Instead of breaking your back this Spring by arduously breaking up and turning over your garden soil, lay down a blanket of organic matter. Kept lightly moistened to encourage critter activity, you'll find that your soil will start to change. Your dead dirt will start to come alive, and your plants will thank you for it.

Belinda Roadley
belinda@riverinapermaculture.com

'Countdown to Kinder'

A Kindergarten Readiness program for children commencing school in 2020



PARENT ORIENTATION AFTERNOON

Tuesday 20 August 3:15pm

This is the time when parents are invited to meet Mrs Leov, who will be the 2020 Kindergarten teacher, members of the school P&C Association and the Principal. You will be given your enrolment pack and be able to order your child's new uniform.

Timetable for Countdown to Kinder transition program

Session 1

Thursday 22 August 9:00am - 11:30am

Session 2

Thursday 29 August 9:00am - 11:30am

Session 3

Thursday 5 September 9:00am - 11:30am

Session 4

Thursday 12 September 9:00am - 11:30am

Session 5

Thursday 19 September 9:00am - 11:30am

Session 6

Thursday 26 September 9:00am - 11:30am

We invite your child into the Kindergarten class each of the six Thursday mornings to be involved in activities, establish new friendships, become familiar with Mrs Leov and learn about what it will be like at school next year. It is also a valuable time for Mrs Leov to get to know your child before day 1 next year. We hope you enjoy the experience.

At Culcairn Public School we recognise that each child is different, has different personalities and different prior to school experiences. We want to make sure you, your child and your family are well equipped for a smooth and happy transition to school. The aim of our program 'Countdown to Kinder' is to help both parents and students to make that very important big step from home to school as positive and successful as possible. We very much look forward to your family's participation in this program as a practical means of preparing your child for a positive start to their schooling. If you would like any further information, please contact our school office on 6029 8385 or drop in and have a chat with our Principal Craig Allibon.

Want to know more about the NDIS?

Greater Hume Council invite you to come along and learn more about the NDIS and the Early Childhood Early Intervention (ECEI) and Local Area Coordination (LAC) approaches.

Guest speakers from Intereach, local NDIS Partner in the Community.

Participants and providers all welcome to attend.

Afternoon tea provided. Please RSVP for catering purposes.

**Thursday
5 September 2019
2pm - 4pm
Culcairn Offices
40 Balfour St,
Culcairn**

Learn about

Understanding the NDIS

Planning - Plan review and implementing your plan

Using your NDIS plan - including using a plan manager, service coordination and self-management

What services are available in your local area

Contact us

Lynnette O'Reilly

Manager - Community Services

Greater Hume Council

Phone: 02 6036 0100

loreilly@greaterhume.nsw.gov.au

39 Young St, Holbrook NSW 2644



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