



CULCAIRN OASIS

CULCAIRN AND DISTRICT NEWSLETTER

May 2021

CULCAIRN AGED CARE

Hello from the Culcairn MPS. April has been filled with lots of activities for our residents. Jill and I have been spending more time with our residents individually this month as well as some of our usual group activities.

One of our residents is vegetarian and enjoys cooking his own meals. We sat together and prepared all the vegetables and cooked them the way he likes with his own recipe. We made enough to freeze for several meals before we cook again.



Our friends from the Public School have visited us again. They are able to come back into the building this year and spend time with their pen pals. It was so nice to see the bond the children had with the residents after writing to them. Together we decorated paddle pop sticks that had been painted. Once dry they are going to be glued to a canvas and one will hang in the hospital and one at the school.



Residents made a beautiful wreath for ANZAC day that was taken to the cenotaph by one of our returned residents. We also enjoyed homemade ANZAC biscuits and a beautiful display of pottery made by returned soldiers.

We are looking for people who sing or entertain musically for the residents on a regular basis. We are also looking for people who would like to come in and spend time with residents doing a range of different activities. We are looking for people to chat with, read to, garden or take residents for a walk, either in our gardens or out in the community. If you have spare time no matter how big or small we would love to have you visit us. No act of kindness no matter how small is ever wasted. Please feel free to call Toni on 60446100 or you can email me at toni.shutt@health.nsw.gov.au

CULCAIRN LHAC HEALTH MATTERS

A warm welcome to Kathryn Walters, the new Deputy Nurse Manager for Culcairn Hospital, who commenced work on Monday, 3rd May. She is returning to us after some time at the Holbrook hospital. Kathryn has shared this information about herself so that our community can get to know her better. We thank her for this introduction, and hope that many of our locals get to meet her soon.

I'm interested in holistic health and nutrition. I'm a keen gardener and love good food (both cooking and eating!), especially if I can utilise my own ingredients from the garden. I preserve my own food- olives, pickles, fruit, sauerkraut, kimchi and kombucha.



Things that are important to me are my three daughters- Maddy, Katy and Ellen. I also have a very naughty chocolate Labrador puppy who likes to chew on my most expensive shoes. My favourite holiday destination is Manly Beach, Sydney.

Calling for Expressions of Interest to Host Australia Day

Greater Hume Council is seeking expressions of interest from communities in Greater Hume to host Australia Day 2022.

Australia Day in Greater Hume is celebrated in a different community each year. Residents can take this opportunity to showcase their community to the rest of the shire.

Expressions of Interest close - Friday, 28 May 2021

For more information please contact Kerrie Wise, Tourism and Promotions Officer, 02 6036 0186, 0448 099 536 or kwise@greaterhume.nsw.gov.au.

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 June 2021

Folding Date- Fri 4th June 2021 at 1pm

Delivery Date - Wed 9th June 2021

We prefer articles and advertising to be emailed to: culcairnoasis@outlook.com or phone **02 6029 8291** for more information.

If you are a new advertiser, email us for information & a booking form.

ADVERTISING Sizes	Charges
Per issue	Advertising Cost
Classified 1/16 page	\$10.00
1/8 page	\$ 20.00
¼ page	\$ 40.00
½ page (check for availability)	\$ 80.00
Full page (check for availability)	\$160.00
Flyer insert (excluding printing)	\$100.00

Please note pay for 5 ads get one free, pay for 10 get 2 free

Oasis Contributions

We are seeking articles from community groups and residents that would be of interest to the Culcairn community.

Articles are free to submit and will be included in the next edition.

We encourage sporting groups, clubs, schools, associations to use the Oasis to keep your community informed of coming dates, events and news. If you would like to receive a reminder email before the due date please send us your email address. Email articles to culcairnoasis@outlook.com or phone 0260298291

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.

ANZAC DAY THANKS

The Culcairn RSL Sub-Branch would like to thank everyone involved in the celebration of Anzac Day here in Culcairn. A special thanks to Barry Fisher and his team from the Fire Brigade, Brett from our Greater Hume Council and our local Football Club.

The Football Club catered with a BBQ for all the students. Garry Kenney was our MC for the Service and well done to the two students from the Billabong High School, Robert Thomas and Benjamin Medley for their speeches.

A colourful display of wreaths were presented by our community groups and individuals. To all who marched—what a great turn out, and thanks to all the spectators who witnessed the whole event. Bruce Barkley ,Hon/Sec.

Local Government elections

Greater Hume Council will conduct **councillor elections** to elect nine councillors to serve for a four year term on Saturday, 4 Sept 2021.

A **constitutional referendum** will also be held for electors to consider whether the Council area should continue to be divided into wards.



Save the date

2021 NSW Local Government elections

Saturday 4 September

Voting is compulsory

elections.nsw.gov.au/lge21
1300 135 736



Greater Hume Council

SENIOR'S FESTIVAL

The senior's festival in Culcairn was celebrated this year by holding two events. The first was a movie afternoon where community members came together, to enjoy one another's company and watch the movie Water Diviner. This movie was chosen especially to cater for the gentleman in the community as often events held are more geared towards the ladies. A most enjoyable afternoon was had by all, with popcorn, lollies and ice-cream treats being most appreciated. Those attending stayed and chatted and the event proved to be very successful, connecting people, with requests for further movies to be shown at the library. The general comment was: "this was wonderful—when can we do this again!!!" The second event was an intergenerational morning where seniors and school children from St Joseph's school joined together to enjoy one another's company. There is a special connection with the young and the older members of our community. This intergenerational event provided an opportunity for these two groups to get together.



Culcairn's much loved retired librarian Florence read stories and had the children spell bound – you could hear a pin drop as she engaged with them

through different stories. The children in turn entertained those attending with a hilarious and loud Dinosaur Stomp. This was lots of fun and greatly enjoyed by everyone. Hayden demonstrated the amazing 3D printer showing printing these days is not just onto paper!!

Personal trainer Jo Parker encouraged both young and old to remember to exercise daily and everyone joined in with the favourite timeless Hooky Poky dance proving exercising can be fun. Staff demonstrated how to make bees' wax wraps with some seniors also showing their creative flair. A delicious light lunch was then enjoyed by the seniors.

The morning proved to be very enjoyable, entertaining and educational, bringing children and seniors together. A request has been received from teachers at the school to continue with these intergenerational gatherings to promote friendship and connection between these special groups in the community. A huge thank you to the seniors in the community for all you have done and all you continue to do in our community. You are appreciated.

HOSPITAL NEWS

BIGGEST MORNING TEA:



Date change to 12 May 2021 at 10am.

Due to COVID restrictions, we will have to have a booking system for a table to enjoy your tea and cake at the Hospital.

Podiatry for the Community

Wagga Wagga foot clinic podiatrist visits Culcairn hospital every month. This service is available for the Culcairn community. Please ring Wagga Wagga foot clinic on 02 6921 1783 to make an appointment. The dates for the next 3 months are 19 May 21, 16 June 21 and 14 July 21.

Visiting Medical Officer

MLHD put an advert out to recruit a VMO, so far we have received one application. Discussions are underway with the applicant. Mark Massey (Cluster Director) and I also conducted a tour with an interested party last month. I will keep you posted on further information through the LHAC or The Weekly Roundup.



Cake Making with Georgie

Georgie loves to eat chocolate cake but also gets enjoyment making chocolate cake for staff.

LHAC Ladies Morning Tea

I met the LHAC ladies last month for morning tea. I had a thoroughly enjoyable time, we got to know each other better.

Staffing

As a hospital we are currently advertising to recruit Registered Nurses, Assistant in Nursing and a Clinical Nurse educator. I have started to interview for RN's.

Pathology

I understand there may have been some confusion with patients visiting the hospital for blood tests. We will continue to accept pathology requests at the Culcairn MPS as per advice given by Dr Alam and Dr Bruce at the community meeting until a provider is found. To ensure compliance we are asking patients attending the hospital for pathology to sign a consent form that outlines they must discuss results with their local GP. Katrina Gunnett, Culcairn Nurse Manager



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CULCAIRN EARLY LEARNING SERVICE TO CONTINUE

Greater Hume Council is committed to ensuring ongoing care and education services provided through the Culcairn Early Childhood Centre (CECC) and are working with CECC towards transitioning operations to Greater Hume Children Services.

"Parents can be assured that ongoing services will be available and Council and CECC are working hard to ensure a smooth transition," said Mayor, Cr Heather Wilton.

Child care services at Culcairn include long day care, after school program and a preschool program.

Hours will remain the same and Council will work with parents to ensure transfer of all current enrolments to meet the needs of families.

In recent times when childcare services within Greater Hume have no longer been able to operate under the traditional community led model, Council has responded to the call for help and to enable Greater Hume communities to continue to have access to critical children services.

"This is the fourth service that has approached Council to take control of operations. To ensure we can continue to provide ongoing quality services we ask our local families to continue to support these services," Mayor Wilton added.

For further information parents can call David Smith, Director Corporate and Community Services on 0429 030 621.

LOCAL TRANSPORT MADE EASY

Available to All Residents for medical appointments, local shopping, social purposes and other. For more information or bookings contact David Gilmore 02 6029 8291 or Jan Scheuner 0488 212 905

P.S. If anyone else would like to volunteer their services please contact David or Jan.

MEALS ON WHEELS—ARE YOU OVER 65?

Would you like access to quality, nutritious, specially prepared, affordable meals? Do you need assistance with your shopping or to attend appointments locally or in Wagga or Albury? Would you like to participate in small group outings or lunches?

We can support people to remain living independently in their home. We have qualified staff ready to support your individual needs. We can arrange for deliveries to be made with zero contact arrangements to ensure the safety of everyone and our staff have undertaken relevant infection control procedure training.

If you would like a menu please give us a call and we will send one to you. Our healthy and nutritious meals have been especially prepared to meet the dietary needs of older people, containing **higher protein levels and low salt content**. There are also a range of smaller meals, soups and desserts. You can even choose to have a wine each week if you like! We can provide meals to people receiving a **Home Care Package**, please talk to your Package provider and let them know you would like to receive meals as part of your package.

Shopping support is available either accompanied or unaccompanied locally or to larger centers if required. Assistance to attend appointments is also available. Social distancing is being practiced and we are regularly cleaning and disinfecting our office and vehicles so that we all remain safe and well.

We are able to make regular friendly phone calls to chat with you and assist if we can. Please let us know if you would like to receive this service by calling us on 60363677.

HOT OFF THE PRESS: We will soon be launching a **new programme**, "**Cooking For 1 or 2**", a **supportive and social group to improve cooking skills** and enjoy a meal in company. Due to commence in July 2021, stay tuned for more information!

Our office at 114 Albury Street, Holbrook is open, and visitors are welcome. You will need to sign in on entry and we ask everyone to practice hand hygiene on entry and upon leaving our premises. If you need any information on have an enquiry, please give us a call on 0260363677 during office hours.

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CULCAIRN GOLF CLUB

LADIES GOLF

The Culcairn Golf Club is very happy to advise that local ladies have commenced meeting on Wednesday mornings to play social competition golf. We commence play at 9.30 am, initially 9 holes and this will probably increase over the months to play up to 18 holes as we feel inclined to do so. Ladies can play what they feel they are able to do.

The social comp is open to any who are interested in playing golf, getting exercise and having social times with others. After golf we will share some food and enjoy each other's company.

If there is anyone who would be interested in joining with us on Wednesday mornings, or would just like to find out more about this, please give me a phone call if you have any queries.

For more information give Heather Lowe a call on 0428 586 555.

ANNUAL WOMEN'S TOURNAMENT

This took place at Culcairn Golf Club on Wednesday 7 April 2021. 60 players from as far afield as Coleambally, Corowa and Tumbarumba played in a 2 person Pinehurst competition. It was a superb day to be on the golf course, which was in excellent condition. The local members provided a fantastic lunch at the end of play. Congratulations to the winners. Culcairn Golf Club looks forward to seeing everyone back next year. Winners on the day were:

Division 1 Winners—Helen Foster & Karen Mills 72 3/8 on a count back. Runner Up: Carolyn Martin and Margaret Naseby 72 3/8

Division 2 Winners—Lisa Schulz and Meralyn Fage 82 6/8. Runners Up: Judy Ross and Mirasol Webb 84 7/8.

Longest Drives—A Grade – Marg Naseby; B Grade – Linda Coombes

Nearest the Pins—A Grade – Sue Eisenhauer; B Grade - Carmel Pearce; Open – Helen Foster
Team Comp—Carolyn Martin, Margaret Naseby, Lisa Schulz and Meralyn Fage

SIT AND STITCH

Stitching has recommenced. We met again last Saturday for May. Most of the regular ladies there, busy patch working, knitting, card making and cross stitching – quite a variety of skills there!

Any other interested ladies are welcome to join in. We commence at about 10 am and go till 2 pm. If you do other craft then come along and show us. Bring along your lunch, or stay as short or long as you wish to.

We generally meet on 1st Saturday of the month at the Culcairn Golf Clubhouse. Any enquiries please phone Heather on 0428 586 555.

RAILWAY MUSEUM NEWS

The Culcairn Station House Museum committee is excited to announce that the House, will reopen for visitors on Saturday 12th June 2021 at 10am. To keep the grand old building looking its best, it takes constant attention, so, if someone has (and you don't have to live in Culcairn) a few hours occasionally to spare, we would love to talk to you. The Museum is open on Saturdays between 10am to 4pm and by special appointment. Volunteers are always needed in many ways. The next meeting of the group is on Thursday 7th July @ 1pm, to be held at the House. If you require more information please ring Diane on 04311 97 999.

COMMUNITY DEVELOPMENT COMMITTEE

Thanks to everyone who filled out the online Culcairn Masterplan survey! There were over 160 done, which Regional Design Services will now combine and we will share that with you.

The petition for the VMO Doctor services at the Hospital is now closed too, there are over 500 signatures, so this will be passed onto Justin Clancy MP to take to the State Government. Thanks again for all those who helped with that. Other than the hospital taking blood tests, nothing else has changed yet, but we must continue to be the squeaky wheel. Culcairn is a town on the way up not the way down!

The Balfour Street drainage project will be completed later in the year, with both sides being done at once. When the plans are finished, they will be on public display. Welcome to Mamma J's food hub! It's great to have a new business in town.

Shop local and support our local businesses. There are a lot of things in the pipeline, like a set up to recycle cans to raise funds for the Masterplan and 100year centenary book re-print. If you want more information, join our Facebook page—Culcairn Community Development Committee (CCDC) or contact Ken at the Newsagents or Kirsty on 0427298630. Keep up the good work!



Culcairn Library Thursday 3rd June at 11am "Pirates"

Activities include listening to stories, singing, dancing, craft, sensory games, making new friends and experiencing being part of a bigger group. Also a great opportunity to take home a pile of excellent picture books to read with your pre-schoolers at bedtime or anytime!

Next Storytime dates on Thursdays and themes:

- 5th August, Nursery Rhymes
- 2nd September, Dads

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