



CULCAIRN OASIS

CULCAIRN AND DISTRICT NEWSLETTER

April 2022

CULCAIRN PUBLIC SCHOOL



As part of our Sporting School program students in all classes have been enjoying golf lessons from Mrs Penny Graeber on Thursday. It's a new experience for some

of our students and gives everyone the opportunity to learn and enjoy another sport. Students will also be participating in AFL and Netball clinics before the end of term—a great opportunity as we head into the Football and Netball season.



Our senior boys and girls represented the school at the Paul Kelly Cup on Wednesday 16th March. The weather wasn't great, but everyone tried their best

and enjoyed the day. Congratulations to the senior girls who managed second overall on the day.



This year's Kindergarten students really enjoyed visiting the Culcairn Town Library recently for Storytime. They got to complete

some interesting activities and listen to great stories. Thank you to Rebecca from Great Hume Shire for inviting us.



Congratulations to Rebecca Lindley, who represented our school at the Riverina Hockey trials in Albury last week. Rebecca had a terrific day and was successful in being selected in the Riverina team. Next term Rebecca will travel to Tamworth to

compete in the state carnival. A terrific effort Rebecca!

CULCAIRN COMMUNITY DEVELOPMENT COMMITTEE

After a successful community working bee in February with our town centre getting a tidy up, it is time to tackle another project to improve our surrounds.



On Sunday 1st May, between 2 and 4pm, community members are invited to join us for a clean up of the garden on the highway between the Storage Shed and the Culcairn Motel. The garden (originally established by The Garden Club some years ago) was a great entrance to our town, but in recent times has been "let go" and now needs some major attention.

Once again we hope that many hands can make light work. Please bring along some gloves and any gardening tools you can so we can "dig in" and make a difference. A sausage sizzle will be available at the end for participants.

For further details contact Michelle Godde 0408 238 664 and check out the posters in the main street.

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 2023.

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, 27 May 2022

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

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 - 12pm Tues 3rd May 2022

Folding Date– Fri 6th May 2022 at 1pm

Delivery Date - Wed 11th May 2022

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	

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.

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

IN YOUR GARDEN

Daylight saving has finished, and we come into a time of cooler, shorter days. There is still plenty to do in the garden, with harvesting and planting.

Vegetables—You can be still picking beans, cucumbers, zucchini, and tomatoes. Pumpkins are maturing now and will be ready soon. I have started to pick butternuts, but will wait until a frost to harden skins on later varieties.

It is time to plant or sow seeds now for:

- Broad Beans in rows with some support. I grow mine either side of a mesh trellis.
- Broccoli—successive plantings give an extended harvest time
- Cauliflower and Kale
- Peas of different varieties, including climbers.
- Onions—white, red and brown, grow well from seed
- Parsnip—use fresh seed for good germination
- Silver beet, Lettuce and Rocket

Bulbs are ready to sow too. Put tulip, daffodils, and hyacinths in the fridge crisper to chill. Sow late Autumn. Frost tolerant flowers to plant now include:

- Calendula, Cyclamen, Dianthus, Stock, both dwarf and tall
 - Sweet peas (on St Patrick's Day) on trellises and Teepee frames
 - Wallflowers—Great perfume
 - Larkspur—they seed well, so become a permanent plant (mine are from original plants given to me in 1972)
 - Poppy, Anemone, Ranunculus
- Autumn colour in trees is happening now, so check out new trees in nurseries now. Enjoy your time in the garden, Margaret Pumpa

CULCAIRN COUNTRY MUSIC CLUB

After twelve months of lockdown we were finally able to hold a function at the Culcairn Bowling and Recreation Club on 13th March 2022. What a wonderful afternoon of singing, dancing and catching up with friends it was!!

We had 149 people in attendance and they enjoyed listening to our guest artist Reg Poole as well as the ten different walkup artists we had, not to mention our regular band Stockade. (John and Joe travel from Melbourne each month just to entertain the people) We would like to thank Stewie from the Culcairn Butchery for his generous donation of a scrumptious meat tray for our raffle, we also had two fruit and vegetable packs to raffle as well as two Nifty 50's, a lucky door prize and a members draw which was \$80 this month. The club had a variety of toasties for sale and Kenny sold lots of delicious meals from his lunch time menu.

A lot of our members and guests bring their own nibbles and we supply unlimited tea and coffee and prepacked biscuits. Our next function will be held on 10th April from 12 noon till 4.30pm with special guest artist Grant Luhrs to entertain you.

Cost is \$4.00 entry for financial members and \$6.00 for guests. All of our profits are donated to Charitable Organisations.



SCONEVERSATIONS!!

Is ready to kick off at last! Commencing at 10.30am on Wednesday 6th April our first gathering will be at the Culcairn Hall (old library) in Balfour street. Come along for a cuppa, a scone and a chat. No need to be a client with our service - **everyone is welcome**. Sconversations is also happening in Walla at 1.30pm on the 6th April and in Holbrook at 10.30am and on the 7th April and will continue weekly until 30th June in the 3 communities.

Meals on Wheels is available right across the council area. We have a huge menu of over 90 items available for you to choose from! Please call us if you need some support with food, nutrition or meals. We can provide you with a ready-made meal or even assist you to **prepare food in your own home** through our food service programme. We can help you with your menu planning and shopping as well.

If you would like more information on Meals or other services we can provide, please call into the office or give us a call on 02 60363677 or you can call My Aged Care on 1800 200 422.



WE ARE HIRING

WE ARE SEEKING 2 BRIGHT & ENTHUSIASTIC WORKERS TO JOIN OUR SERVICE

Social Inclusion Worker (Casual)

Days and hours worked will be flexible but expected to be mostly Wednesday & Thursday around 10 -15 hours per week to support our Social Support and "Sconversations" programme and outings.

Ideally, applicants will hold a minimum Aged Care Cert III, or equivalent qualification although this is not essential. We are looking for someone with excellent communication skills who can engage easily with older people and encourage participation.

Office Administration & Financial Support (6 Month Maternity Leave Contract)

Job Share position to commence mid-May. The successful applicant will be an adaptable self-starter, having excellent communication skills and phone manner. Ability to multitask and work independently with attention to detail is essential.

A working knowledge of Microsoft Word, Excel, Outlook and MYOB preferred, along with an ability to learn industry specific software. You must be available to work every Friday and every 2nd Thursday 9am to 3pm.

Further Information

Both positions will offer additional hours to cover staff leave and absences, as well as to support our social support and transport programmes.

Successful applicants will be required to undertake a National Police Record Check. Full Covid -19 vaccination, including booster, Influenza vaccination, driver's licence and use of own vehicle are also essential.

Salary and conditions are in accordance with the Social, Community, Home Care & Disability Services Industry Award 2010 (SCHADS Modern Award) and experience, commencing at \$29.12 per hour, plus applicable loading and allowances. Position Description and Criteria are available to interested applicants via email to:

office@holbrookmealsonwheels.com.au

For more information, please call Sue on 0260363677.



Please give us a call on 02 6036 3677 for more information. All Seniors Welcome.



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.

CULCAIRN HEALTH MATTERS (LHAC)



A friendly new face at the front desk of the Culcairn MPS is Kylie Davies, the new Administrative Officer. She joined the team at our hospital in December, and has settled into her new role quickly. Kylie has been involved in health for most of her working life, having worked at Mercy Health for 12 years previously and at a physiotherapy practice as well. She brings much experience and knowledge of health practice with her to her position in Culcairn.

When not at her desk, Kylie loves to travel with her family, enjoys gardening on her acre home block, and spoiling her fur kids. Please say hello to Kylie the next time you visit the Culcairn MPS.

RESIDENTIAL AGED CARE (RAC).

We are looking for a new, friendly name for our aged care facility, and ask for your suggestions by the end of April please. These can be submitted at the Culcairn Newsagency. All suggestions welcome!

Are you interested in residency at the RAC? We are taking names of anyone seeking residential aged care sometime in the future, so please contact Kylie and add names to a waiting list.

CULCAIRN HOSPITAL STREET STALL SATURDAY 7TH MAY

The Culcairn Local Health Advisory Committee is conducting a Street Stall on Saturday 7th May from 8am till 12noon, outside the Council Chambers. Proceeds will go towards improvements in the Culcairn MPS.

Donations of cakes, slices, plants etc would be greatly appreciated. With regard to food donations please indicate ingredients used.

CULCAIRN DRUG AND ALCOHOL SERVICE

Drug and Alcohol counselling at Culcairn weekly, the service can be provided via tele health sessions outside of the day held in Culcairn.

Enquiries or self-referrals – contact Albury Community Health (02) 6058 1800 or Mobile 0477359255. This service is provided by Albury Wodonga Health.

STORYTIME

Storytime will be on Thursday 5th May 2022 at the Culcairn Library from 10am – 11am. Activities include listening to stories, craft, sensory games, making new friends and experiencing being part of a group. Also a great opportunity to take home a pile of excellent picture books to read with your preschoolers at bedtime or anytime!

Women's Health Nurse Clinic at Culcairn

I am pleased to announce the Albury Wodonga Health Women's Health nurse clinic is coming back to Culcairn.

Clinic days are the last Thursday of each month. Appointments are an hour free and available to all women.

Located at Culcairn Hospital

At the clinic you can have cervical screening, STI screening or come and discuss your women's health related concerns.

For an appointment call Albury Community Health Centre on 02 60581800 and make sure you tell them it is for the Culcairn clinic.

Look forward to seeing you there

Cecily- Women's Health Nurse



Leadership Program – Henty & Holbrook

The Fischer Community Leadership Program is an initiative that aims to enable and empower leadership within our community from the grassroots up. The focus of the program is to develop leadership skills and create a group of community leaders that are equipped to take action and make a difference.

In its inaugural year, the 2022 program will run as a pilot with a cohort of up to 20 participants and will be delivered in 7-8 sessions from April to September.

The program is aptly named in honor of Tim Fischer, former Australian politician and diplomat who served as leader of the National Party from 1996 to 1999 and who called Lockhart home.

Sessions will be delivered flexibly with face-to-face in the communities of Holbrook and Henty, and via ZOOM (training provided).

Participants will receive leadership training from facilitators and guest speakers, who will guide you through an experiential program that focuses upon building and strengthening core leadership skills and equipping you with the tools that are vital to scoping, planning and assessing community-led projects.

Key focus areas of the program will include:

- Understanding yourself as a leader
- Group dynamics and effective teams
- Working with all levels of government
- Managing volunteers
- Inclusive and effective community engagement
- Governance essentials
- Funding and raising small projects

Participation eligibility

- Open to all ages, from 18+
- Current and emerging community leaders
- Interest in creating change at a community level
- Do not need to have existing involvement in a community organisation
- Ability to attend sessions, in person, in Holbrook and Henty.

Contribution

\$30

How to apply

To express your interest in joining the Fischer Community Leadership Program, please complete the application form available here:

www.fischer.org.au/fischer-community-leadership/2022/

Applications close 5pm Thursday April 21st

Contact

For all enquiries and questions, please contact:

Mary Hoodless
Program Coordinator
Ph: 9423 104 482
E: marco@communityleadership.org.au



CULCAIRN WELCOMES BREASTSCREEN NSW VAN



The BreastScreen NSW mobile clinic is in Culcairn from **2 May – 6 May**, providing free mammograms to eligible women. Women from Holbrook and Henty are also invited to

attend. A mammogram can pick up cancers that cannot be seen or felt. In NSW one in seven women will develop breast cancer in their lifetime. For women over 50 years, a mammogram is the most effective method of finding breast cancer early. Veronica Scriven, Director BreastScreen NSW (Greater Southern) says a screening mammogram is one of the most important things women aged 50-74 can do for their health. “A mammogram every two years takes just 20 minutes and it could save your life. Detecting breast cancer early increases your chance of survival while reducing the likelihood of invasive treatment, such as mastectomy or chemotherapy.” Many women believe they aren’t at risk of breast cancer because there’s no family history of the disease. “Around 90 per cent of women diagnosed with breast cancer have no family history. This is why breast cancer screening is so important for all eligible women.” Veronica says having a BreastScreen NSW van in Culcairn makes it easier for women to attend their recommended two-yearly screening.

“Bringing these vital services to Culcairn means more local women can participate and get the support they need. Life gets busy and we want women to make their health a priority.” The BreastScreen NSW van is in town from Monday 2 May until Friday 6 May at Culcairn Recreation Reserve on Federal Street. The service is free and there’s no referral needed. The mobile clinic visiting Culcairn is equipped with a lift system to support women with health conditions or disability to have their mammogram. Women with additional needs are encouraged to let us know when booking their appointment.

BreastScreen NSW mobile vans include the latest digital mammography technology and a secure wireless communication system. The NSW Government, through the Cancer Institute NSW, is investing \$65.1 million in breast cancer screening this financial year. Book a mammogram with BreastScreen NSW phone 13 20 50. Year-round screening services are available at the BreastScreen NSW clinic in Albury.



ABOUT THE BUSH

Waterbirds in our backyard

After the big rains in early March a flood-out on a farm bordering the stock route on the western edge of town filled so much that a local wag painted a sign welcoming passersby to “Lake Elizabeth”. The “lake” is one of the many temporary wetlands that have held water over the last 18 months. Though some of these flooded areas have disrupted production and contributed to stock health issues, there is also an upside with a boom in biodiversity on farms and an increase in on-farm pest control services provided by frogs, dragonflies and waterbirds. I’ve been keeping track of the various waterbirds visiting “Lake Elizabeth” and another nearby wetland and have recorded waders like Black-winged Stilts, Black-fronted Dotterels, White-faced Herons (or Blue Crane), White-necked Herons, Masked Lapwings, Ibises (both White and Straw-necked) and several waterfowl species including Wood Ducks, Pink-eared Ducks, Grey Teal, Pacific Black Ducks, Australasian Grebes, Australian Shovellers, Hardheads, Australian Shelducks and Pelicans.



Pink-eared Duck



Black-winged Stilt



Black-fronted Dotterel

Each of these waterbirds have different feeding strategies – some like stilts and herons use their long bills to probe soil for invertebrates or to stab frogs or small yabbies, while many ducks use their flattened bills to sieve invertebrates or algae out of the water. Wood Ducks on the other hand rarely feed in water, and mainly roam around the edges of dams or wetlands to feed on grasses. Ibis are known as farmer’s friends because of the large numbers of pest insects such as locusts or crop damaging beetles that they consume each day – a far cry from the derogatory label their urban relatives cop: bin chickens!

With the steady decline in natural wetlands in agricultural areas, farm dams now play an important role in providing habitat for native wildlife. Fenced dams with planted shrubs and reeds and hardened access points for stock have been shown to greatly improve water quality, support a greater diversity of native wildlife, as well as emitting roughly 25% less methane (a powerful greenhouse gas) than unfenced dams. The Sustainable Farms program website <https://www.sustainablefarms.org.au/on-the-farm/farm-dams/> has a lot of good information about how to enhance farm dams to benefit both farm productivity and the natural environment. Colleen O’Malley

BRENTTECH AUTOMOTIVE

SERVICE & REPAIR
SPECIALISTS



OUR WORKSHOP SERVICES

- All servicing and repairs on all makes and models.
- Log book servicing
- Service and repair air-conditioning systems
- State of the art diagnostic equipment
- Tyre fitting and balancing
- FWD accessory fitting
- Pink Slips
- Blue Slips
- Fleet Service and Repair

**For all your Motor Vehicle, Motorbike,
Boat, Trailer and Mower Servicing and
Repairs, Call us!**

OUR MOBILE SERVICES

- All servicing and repairs on all makes and models
- Log book servicing
- State of the art diagnostic equipment
- FWD accessory fitting
- Fleet Service and Repair

**4 Kirndeen Street
Culcairn NSW 2660**

02 6029 8243

Lic No MVRL50188

brenttechautomotive@gmail.com

Henty Physiotherapy and Sports Injury Clinic

Open Thursdays. 9am until 3.30pm
Early morning appts available.
(Hours will vary over the school holidays)
Opposite library in Henty

All muscle, joint and ligament injuries treated.
Evidence based. Results focused.



Private Health Rebates available.
Workers Comp
No Referral necessary

Physiotherapist - Claire Lawson
Bachelor Applied Science (Physiotherapy)
Masters Clinical Rehabilitation
Certificate in Health Coaching

Ph 0424721648
Email: treechangetherapist@gmail.com



MINI EARTHWORKS

Tree Stump Removal

Rotary Hoe

Yard Levelling

Landscaping

Post Holes

Trenching



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

Mobile: 0403 191 780

www.blueysplumbin.com.au

BITI MOTORS

BALFOUR ST, CULCAIRN

Test driving the **NEW** model Ford PUMA,
the small SUV that feels like a car



NOW THE AUTHORISED FORD DEALER FOR THE AREA
COVERING THE COUNCILS OF GREATER HUME &
PARTS OF FEDERATION AND LOCKART SHIRES
"our best price includes customer service"

Phone (02) 60298279

www.bitimotors.com.au

Albury Wodonga Pest Control



Andrew & Michelle Fagan

For all your Pest Control needs:

Termite Inspections and Treatments, Pre Purchase Inspections, Thermal Camera, General Pests, Rodents, Cockroaches and the list goes on.....

Give us a call and I am sure we can help.

Office: 60296128 or Andrew: 0412 774450



CULCAIRN MOTOR INN



Craig and Glenda Taylor

info@culcairnmotorinn.com.au

www.culcairnmotorinn.com.au

(02) 6029 8233

Nutrien

Ag Solutions®

45 Railway Parade

Culcairn

02 6029 8855

Currently in stock -

Redback Boots

\$93.50/each

Chicken food | Dog food | Horse feed | Chaff | Kamba M | Glyphosate



Plumbers, Drainers & Gasfitters | Bobcats, Excavators & Tipper
Farm Water Supply - Reticulation, Troughs, Tanks & Solar Pumps
Septic Systems | Septic & Trade Waste Pumping
Sand & Gravel Cartage | Water Cart | Grader Hire

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

DIGITAL ANTENNAS FULLY INSTALLED FROM \$280



SERVICING CULCAIRN AND SURROUNDS

Specialising in digital reception, Extra TV points, Satellite and VAST installations.

Ben Nye **0422 374 930**
 email: ben@pdiantennas.com.au
www.pdiantennas.com.au



Local Painter
Mark Gilcrist
0450 982 916

- Roof Spraying
- HP Cleaning
- Tiles & Colourbond
- House Repairs
- No Job Too Big or Too Small

Call me for a quote



31 Balfour Street Culcairn
Open Monday, Thursday & Friday 8am- 4pm
Saturday & Sunday 8am- 2pm

Come check out our range lunch specials and tasty cakes including pancake Sundays and sushi Mondays plenty of gluten and dairy friendly options available

check out the website to order ahead : www.feedthesoul.com.au