



CULCAIRN OASIS

CULCAIRN AND DISTRICT NEWSLETTER

March 2023

CULCAIRN MPS NEWS



Hello and welcome to news from the residents at the Culcairn MPS.

WOW what a start to this year we have had already. We started the year off with a Chinese New Year celebration. We have decided to celebrate and recognise the different

cultures that make up the residents and staff within the MPS.

Chinese New Year started on the 22nd of January and traditionally goes for two weeks. We had our celebration on the 23rd which included all our residents with their families, friends and staff.

With consultation from one of our residents the menu was planned. A suckling pig on the spit, fried and boiled rice with vegetable



stir fry. The pig was cooked out in our courtyard and sent out a divine smell every time the lounge door was opened. R/N Ken and volunteer Phil along with Georgie carved our pork. We have had so many wonderful comments on how good the food was as well as the atmosphere in the facility. We did have

some traditional Chinese music playing in the back ground. We would like to thank one of our families for gifting us with some Chinese written proverbs that we were able to display around our dining areas and the beautiful hamper that was given to the staff to share.



CULCAIRN HEALTH MATTERS (LHAC)



This month we would like to introduce you to Craig.

Craig is our asset manager here at the Culcairn MPS. Craig is a local man who was originally from Yerong Creek and went to Billabong High School. Together with his fiancé Karen they have six

children between them, a little like the Brady Bunch. Craig mentioned that they are physically not dependent on him anymore but with a laugh stated they are financially.

Craig has been here now for a couple of months but has come from a job at Lutheran Aged Care where he was the maintenance person for around eight years. As an asset manager here Craig's role involves the upkeep of the buildings, upkeep of assets as well as the ongoing maintenance with contractors with things such as fire alarms, the gardens, air conditioning and heating. Today Craig has been hard at work cooking the BBQ for residents and staff.

I asked Craig what his favourite part about working here is and he stated that it's getting to know the residents. Even though he works in maintenance he rates chatting to our residents as high on his radar.

Favourite song.... Couldn't tell me a favourite but was very sure he does not like country music.

Pets.... Max an eighteen year old Australian Shepherd.

When asked, "What is one thing you could tell me that we would be surprised to know about you", he replied that he does not rate pineapple on a pizza at all, it completely ruins a good pizza, BUT, he enjoys a drink of pineapple juice.



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DEADLINE

Next deadline - 12pm Tues 4th April 2023

Folding Date– Thu 6th April 2023 at 1pm

Delivery Date - Wed 12th April 2023

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.

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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

WE NEED ADVERTISING

We need Culcairn businesses and community groups to advertise with us. With 730 copies printed and with competitive rates, we believe it is not only good value for money, but also keeps a valuable community resource going. For information on advertising email culcairnoasis@outlook.com or phone David Gilmore on 6029 8291.



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We can also assist you to participate in the community with our **Social Support** programme; Accompanied activities, shopping, banking, bill paying, assistance to attend appointments, friendly visiting and phone calls and Emergency Preparedness Assistance programme.

Our **Transport** services can help you with transport locally or regionally to Albury or Wagga for shopping, appointments or visiting.

You do need to be registered with My Aged Care to access services with us – don't worry, if you aren't registered, we can help you with that as well. If you would like to participate or would like more information, please give the office a call on 0260363677 You can call My Aged Care direct on 1800 200 422.

We call also support clients on Home Care packages, talk to your provider about using our services. If you would like more information on our services please call us on 02 60363677.



CULCAIRN MOTOR INN



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HENTY-CULCAIRN PROBUS

Henty/Culcairn Probus met at Culcairn Bowling Club Wednesday 8th February 2023. We have learned that Herb has taken part in one City to City Run and is encouraging us to join him next time.

Janet Beverley has achieved her PHD on Women's Hockey in Australia and she has advised us on the recent walk through of Avondale Place, which has been built with local money. We send our congratulations to both Herb and Janet on their amazing efforts.

Alison Schuster was our five minute speaker and she spoke on the 50th Anniversary Henty newspaper of 1956, and the articles concerning drought and early settlers and Henry Henty for whom the town was named. He had property involvements at Doodle Cooma and Round Hill.

Thank you Alison for a most interesting talk on our history.

Lois Biti was our main speaker and she told of her life. Her father had a butcher shop with three butchers, at Rand. Rand was a thriving town with banking and a mail run, a picture theatre and a railway where they could see the arrival of wheat in bags. The children of the time made their own fun with cubby houses under peppercorn trees and unsupervised swimming.

Lois told of going to high school in Albury and boarding at Adamhurst from year seven of school.

Lois left school at fifteen years, to work for a solicitor and later worked for her father when he moved to Culcairn. Lois married her special Bruno in February 1962, and they bought an old house in Culcairn. Lois made clothes for herself and children and knitted jumpers for Bruno.

Bruno did mechanical repairs and worked long hours to ensure that farmers were able to sow and harvest crops.

Lois worked in the business and attended meetings, and had three children. She too, had to learn about vehicles.

Lois and Bruno purchased land to build a new home and then in 1978 purchased property in Balfour Street and were approached by Ford regarding a dealership which they started from scratch, and then in 1980, they became part of NRMA, with many call outs.

First of July 2000, GST was introduced and Lois spent long days learning computer systems in a time of 26 percent interest rates. Lois took part in many Dealer of the Year awards and had prizes of very special world trips, as well as 34 trips around Australia. With son Paul now running the business, Lois learned to make Teddy Bears, donating many to good causes. Lois now has gone on to do lots of gardening. Kevin Knoble thanked Lois for being our speaker and presented her with a Probus pen as a token of our thanks (and told of how Bruno was a much appreciated repairer of machinery for farm folks).

We had lunch at Culcairn with Kenny and Helen. They have been cooking and serving our favourite Oriental foods for more than 40 years and we give thanks for their efforts.

The next Henty/Culcairn Probus meeting will be our Annual General Meeting and will be held at Walla Walla on Wednesday, the 8th of March at the Lutheran Church hall, 9.30 for a 10.00 am start. Annual subscriptions are due too. Herb Simpfendorfer, who usually plays the violin for us, is to be our five minute speaker and our main speaker is to be Mr Lieschke, in the year of his family business celebrating its 100 year anniversary. Do hope you can join us too.

CULCAIRN COMMUNITY DEVELOPMENT COMMITTEE

The Culcairn Community Development Committee had its first meeting of the year, with much to celebrate as we won the Greater Hume Shire's Community Event of the Year Award 2022 for the Culcairn Street Party. A huge thanks is extended to the community for supporting the event!

Discussions at our meeting included the current works happening in Fraser Street which will improve drainage in Balfour St and Railway Pde. Also, the footpath will be widened by about 60cm (to cover the new pipes) and a ramp is planned for outside Food Works to improve access. If you have any suggestions about beautifying the CBD, the ramp or any other comments, please talk to either Ken at the Newsagents or email the CDCC secretary (kirsty@wilkschestate.com.au)

We look forward to making further improvements to our fantastic little town in the coming months and hope to host some more community events. Thanks again for all your support.

CULCAIRN SHOW SOCIETY ANNUAL MEETING

To be held on Monday 20th March 2023 at 7.30pm at the Culcairn Sports Ground Andrew Hoy Pavilion. All members of the society are welcome to attend.

If not a member you are welcome to join or participate in activities before and on show day as a volunteer. The 2023 show day is Saturday, September 30th. The Saturday of the Long weekend in NSW. Contact details for the show are email culcairnshowsociety@gmail.com or 0260298683 and leave a message and we will get back to you. See us on also 'facebook' closer to show day.

LOCAL TRANSPORT MADE EASY

Available to All Residents for medical appointments, local shopping, social purposes and other in Culcairn. 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.

PLANNING DAY TO SHAPE HEALTHCARE IN YOUR COMMUNITY



Murrumbidgee Local Health District (MLHD) and Murrumbidgee Primary Health Network (MPHN) to discuss local health data and set the LHAC's priorities and projects for the year.

In addition to advocating for local health needs, the Culcairn LHAC set their own goals and projects based on what is most important for their own community.

On Monday March 6th Culcairn Local Health Advisory Committee members will meet with Executives from MLHD and MPHN. While the role of the MLHD and the MPHN are quite different, priority areas do overlap and both organisations work closely to address the needs of the local community. The role of the LHAC is critical in helping the MPHN and the MLHD understand priorities from a local perspective and both organisations work closely with the LHAC to support local initiatives.

The MPHN, which is federally funded has responsibility for primary health care, while the state funded MLHD is responsible for acute health provision in the hospital setting. Data used to guide the discussions is sourced from the Australian Bureau of Statistics and combined with the local health needs assessments carried out by the MPHN.

"As advocates for their local community, members of the Local Health Advisory Committees are chosen for their ability to represent their town's health interests, needs and concerns," said MLHD's Community Engagement Manager Setchen Brimson. "We love that LHAC members are always very vocal and active in their advocacy around what is a priority for their local community, and this drive and commitment to improving health outcomes helps us all work together to achieve results."

LHAC projects may range from arranging events and activities or developing information brochures to raise awareness in their communities around access to services, to taking steps to support, extend or introduce services. LHACs have also been actively involved in health service planning and redevelopment projects, providing very critical feedback to inform these plans from a consumer and end-user perspective. "The key to being a good advocate is the ability to have your finger on the pulse of your local community and the ability to speak up and represent these community needs and concerns when you're at the discussion table," commented Ms Brimson. "LHAC members are well respected for their contribution and in every aspect of the role they take on," Ms Brimson said.

IN YOUR GARDEN March 2023

Summer has kicked in over the last few weeks, with hotter drier days. As the days shorten, we still have quite warm nights, so growth and ripening is good. Prepare beds now for Autumn vegetables. Onions - Red, White and Brown, can be sown now, either as seedlings from a punnet, or directly into the soil as seeds. Wait a little longer to plant Garlic (April /May).

Brassicas – Cauliflower, Cabbage, Brussels sprout and Broccoli planted in the Autumn will grow well through the colder months. Green Vegies - Spinach, Silver Beet, Broad Beans, Lettuce go in now too. Plant some new herbs for Winter use, parsley, rosemary, mint, chives etc.

Pumpkins are growing well. Pinch out ends of runners to stop new fruit forming (it won't have time to mature before frosts). Zucchini and cucumbers are in abundance in many gardens, A saying: If you plant more than one Zucchini plant you must have a LOT of friends!!

NATIVES: After the BIG WET people are wondering, what to plant to replace those lost in the WET areas. (L – Large, S – Small)

WET AREAS - Callistemon – L (bottle brush) and Casurina - S (She Oak) L & S Some weeping forms.

DRY AREAS – Grevilleas - L&S Varied Foliage, Wattles - L & S Flower at different times, Hakeas - L&S Pretty Flowers, Correas - L&S Flower in Winter

MARCH 17th ST PATRICKS DAY said to be the day for planting Sweet Peas.

PRUNING Gardenias: Wait until they have finished flowering (mid-March). Remove dead flowers and wood. Prune bush to shape. Pruning too early will inhibit the setting of buds for next year's flowers. Fertilise well with a liquid manure.



Time now to plant BULBS for Spring flowering. Many varieties of Daffodils, Hyacinths, tulips etc available in nurseries and online now (Garden Express is a large and reputable firm). I have found them to be very efficient and have some

good specials.

DAHLIAS Flowering beautifully now in many colours shape and sizes. Fertilise with a Potassium fertiliser every two weeks after buds form. Stake larger plants so they won't suffer wind damage.

Grey leafed plants - good for hot, dry conditions also used for borders and hedges, as they can be clipped. Coastal Rosemary (*Westringia fruticosa*), *Teucrium fruticans* and Lavender varieties all thrive in dry climate.

Keep the water and fertiliser up and enjoy your Garden, Margaret Pumpa

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