



# CULCAIRN OASIS

CULCAIRN AND DISTRICT NEWSLETTER

April 2023

## THANK YOU CAKE FOR MPS STAFF



David, Sue and Britt

On Sunday 26<sup>th</sup> March the Culcairn Local Health Advisory Committee presented this cake to the staff of the Culcairn MPS in appreciation of all their excellent work in caring for the patients and residents of the MPS.

A planned thank you BBQ for staff and residents had to be postponed due to COVID at the facility. It will be rescheduled for a

later date. At this function certain staff will be recognised for differing years of service to NSW Health and presented with movie vouchers.

## CULCAIRN MPS NEWS

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

Football has started again for the year and so has the footy tipping competition. We are running two different types of tips this year. We have our usual weekly competition which brings a lot of laughter to residents and staff. We are also running a competition that cost \$5 to enter but the catch is you needed to fill the whole season out. The scores will only be put up for display once a month and the winner will take all at the end. We have a few residents and staff in this. Good luck to everyone involved in this, the prize is worth winning. We celebrated International Women's Day with a BBQ breakfast cooked by Craig. Freshly cooked bacon and eggs is always a winner on a workday. Our Arts in Health program is on display in Sydney at the moment. We re-created a piece by Esme Timbrey. Residents that wanted to be involved were all able to attach shells to our harbour bridge. The conversations that this created around times at the beach, places we have worked, visiting Sydney or Melbourne was very interesting. Not everyone likes this art piece that hangs on our wall but we like what we created.



## CULCAIRN PUBLIC SCHOOL

The rivalry between Hume and Hovell began with our Swimming Carnival in February and continued Monday 3 April, when our students got together in their red and green to compete in our Athletics Carnival held at Billabong High School. The competition will climax with the annual Cross Country on Thursday 6 April. Go HUME and not to be biased Go HOVELL.



Disco Dancing—Our Student Representative Council (SRC) held the first school disco since the commencement of the pandemic on Monday 27 March.

It was so much fun with lots of costumes, dancing, and games. A delicious array of snacks was provided by the P&C. Prizes were given for best dancer and best dressed. Everyone had such a great time. Eggcellent Eggstravaganza—students will show off their very own Easterly creations at our bi-annual Easter Hat Parade on Wednesday 5 April. We will have Easter activities and raffles along with our very last assembly for Term 1.

## MPS STAFF PROFILE—SALLY



This month we would like to introduce you to someone who you may already know. Sally has been working here in the Health Share department for three and a half years but has been a part of Culcairn for most of her life. Before coming to work here

Sally worked at McDonalds as a manager for eleven and a half years. Cleaning, cooking/preparing the meals and laundry is something Sally does every day but when asked about what her favourite part of the day is, she answered "hanging out with the residents". Sally always has time to stop and chat, to listen and make our residents days a happier one. Sally is mum to one little girl who keeps her and her partner very busy. They have a dog called Tyson and Tom is the family cat. There are also a few horses for her daughter that are out at Grannies house and Aunty Em's.

Sally's favourite family tradition is to go the Dederang races every year with family and friends. I asked Sally if she had a free hour every day to do something for herself what would it be, her answer "Probably nothing. Just sit on the couch and do nothing." Her favourite drink is CC Lime and soda. And if she was famous it would be for being loud. When I suggested a Town Cryer she said "yes."

## CULCAIRN OASIS POLICY STATEMENT

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## DEADLINE

**Next deadline - 12pm Tues 2<sup>nd</sup> May 2023**

Folding Date— Fri 5<sup>th</sup> May 2023 at 1pm

Delivery Date - Wed 10<sup>th</sup> May 2023

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

## CULCAIRN COMMUNITY DEVELOPMENT COMMITTEE

The Culcairn Community Development Committee's March meeting was excellent. It was great to meet Ms Evelyn Arnold, the new General Manager of the Shire and to not only voice some of our concerns about Culcairn, but hear of her vision for our Shire.

The heavy rain last week has reminded us all why the drainage project in Balfour Street is so important, there will be minor disruptions in the coming weeks as the trees are removed, the digging and placing of pipes and the footpath upgrades occur. Please be patient as it will all be worth it once it is completed!

Our next meeting will be on Tuesday the 18<sup>th</sup> of April at 7pm. If you have any suggestions or ideas, please talk to Ken at the Newsagents or contact Kirsty the secretary - [kirsty@wilkschestate.com.au](mailto:kirsty@wilkschestate.com.au).

## HEALTH SERVICES AVAILABLE AT CULCAIRN

**Culcairn Hospital—Phone 6044 6100  
(unless otherwise stated)**

- **Radiology**—Tuesday, 9.30am to 2pm
- **Pathology**—Wednesday, 8am to 12pm
- **Community Health Nurse**—Monday to Friday
- **Child & Family Health Nurse**—provides Childhood & School immunisations & health check-ups every Monday, Tuesday & Wednesday
- **Adolescent Counselling**—as per local need
- **Relationships Australia**—as per local need, Ph. 6923 9119
- **Women's Health Clinic**—last Thursday of the month, Ph. 6058 1800
- **Podiatry**—6 weekly, by appointment, Ph. 6921 1783
- **Clinical Audiologist** (Hearing Australia) - bi-monthly, by appointment, Ph. 13 44 32
- **Drug & Alcohol service**—onsite once per week and via Telehealth appointment on a needs basis
- **New Parents Group**—1-2 hours per week for 4 weeks, changing as per local community need
- **MHECS Mental Health Clinician**—as per local need

**Culcairn Medical Practice  
(23 Balfour Street)**

- **Pathology**—Monday's & Thursday's 8.30am - 12 noon Ph. 6066 5700
- **Dietician**—Ph. 6066 5700
- **Diabetes Educator**—Ph. 6066 5700
- **Physio**—contact Claire Lawson Ph. 0424 721 648
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### CULCAIRN HEALTH TALK

Culcairn Local Health Advisory Committee (LHAC) met in March to discuss important health issues for Culcairn Shire and wider community.

Priority areas for discussion were:

1. GP and Health Hub – advocate for future Health Hub in Culcairn
2. Primary Care Services – improve awareness of and access to primary care services in Culcairn, including dietician, podiatry and physio.
3. Mental Health – support youth mental health initiatives
4. Aged Care - improve awareness of and access to aged care services

“Obviously one of our major projects will be to continue to advocate for better access to General Practitioner services in Culcairn,” said Culcairn LHAC Chair David Gilmore. “This is something we’ve been working towards for some time, and last year we successfully secured a GP who can provide Visiting Medical Officer services to the Culcairn Multipurpose Service.”

“Some of the key health priorities identified from the data we reviewed were Aged Care and Cancer Screening,” said Mr Gilmore. “Our data shows that a 20% of our population doesn’t have access to the internet at home, so we’d like to look at how people access information about services, funding and appointments and how we can help improve this access. We will also continue to focus on youth mental health, as we have identified this as an area of concern for our school aged students,” said Mr Gilmore. “Our next meeting will focus on our strategies moving forward and mapping out how we can tackle these challenges. We will also be looking to partner with other community organisations so that we can have focus and concentrate our efforts,” added Mr Gilmore. If you’d like to provide feedback to the LHAC, please contact LHAC David Gilmore on [dwgilmore@bigpond.com](mailto:dwgilmore@bigpond.com) or (02) 6029-8291 follow the Culcairn LHAC on FB: <https://www.facebook.com/CulcairnLHAC>



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### CULCAIRN FOOTBALL NETBALL CLUB

Welcome to season 2023! The club held its AGM last November and we had a number of new people take on executive roles. Robbie Clancy was voted in as Secretary, Dennis Pedemont and Dustin Wild were elected as Vice Presidents, Brendan Sheather and Terrie Anshaw as Football and Netball Coordinators and Alex Gale to join Lisa Sheather as Co-Treasurer. We thanked Tracey Lee for her job as Secretary for season 2022. We are excited to have our supporters and members back at the ‘Den’ for season 2023! This season we again are fielding teams in every junior and senior grade of football and netball. Our membership prices for season 2023 will remain the same as last year. \$100.00 for an adult membership and \$50.00 for seniors and U/18 school leavers and students free. Chief will be selling memberships down the street in front of the supermarket on April 14. Our first game this season will be at home on April 15 v Henty. We are always looking for more volunteers with the workload of running Saturdays and the season in general increasing every year. If you want to get involved, please contact someone from the Club. The Culcairn Sportsground Committee have been busy over the off season and we thank them for everything they have done. We have a new playground, new seating and together with the football club we have increased the shelter around the netball courts. We have also added some new fridges to the canteen, thanks to the Culcairn Cricket Club. There are many more projects and updates in the pipeline.

### “THE SHED” NEWS

#### Culcairn Men’s & Community Shed

Meeting Tuesday and Thursday 9.00 am to 12.00 noon. All ages welcome on either day.

If you have a project you would like a hand with or if you would like to come along for a cuppa and a chat.

An upcoming Afternoon Tea Event is in the planning stages for 19 April 2023 at 2.30pm. RSVP by 12 April for catering.

If you are interested in arts & crafts, woodworking or would just like to meet some new people then come along.



Expressions of interest are also sought for anyone interested in setting up and cultivating a market garden at the Shed, like a plot for vegies etc. Membership is \$50 per year, necessary to cover all insurances. Contact 0408 211 565 Cris McPaul



## HENTY-CULCAIRN PROBUS

President Yvonne welcomed members and guests, and presented 20 year membership badges and certificates to Alison Schuster and Kevin Fogarty, and welcomed Usha Reddy as a new member.

Herb Simpfendorfer has done the City to City Run for the second time and Jan Dew has her lovely garments in the shop window at Henty.

Special anniversaries are being celebrated by Lila and Haydon married 66 years, Diane and John married 61 years, and Jeannie and Gary married 54 years. Congratulations to you all.

Herb was our five-minute speaker, and he likes to be innovative, as well as to deliver the unexpected.

We learned that Herb goes to aged care places like Myoora at Henty, as well as Culcairn and Holbrook, to entertain folks with his music, and we were lucky enough to listen to a little of his extensive repertoire, finishing with Hayden's Serenade played on the violin. Thank you to Herb for sharing his talent.

The Annual General Meeting saw a few changes with Yvonne Booth as President, Warren Berkeley as Vice President, Beryl Meyer as Secretary, Heather Collis as Treasurer, newsletter editor Kevin Fogarty, tour director Alison Schuster, new memberships Margaret Pampa, publicity person Helen Squires, program director Neil Parker, historical director Julie Parker and public officer Alison Schuster with vice Treasurer Diane.

Thank you to Karen Kotzur and her helpers for arranging morning tea.

Mr. Anthony Lieschke was our main speaker in this the 100year anniversary of his family business D.E. Lieschke and Son.

He talked of Holden cars and his family and gave praise to his wife Julie being his best supporter, and thanked family and staff, local and wider community and partners of family as quiet achievers behind the business and for their love and support.

Anthony also follows family tradition with being involved with St Paul's College as their chairman and told of celebrations to be held in Walla Walla honouring the past and looking forward to the future after 75 years of educating people.

There is a new flag flying for the Liescke family business. Wonder did you realise that the line on top of the flag indicates the roofline of their business premises.

Kevin Knoble presented Anthony with a Probus pen as a token of our thanks. We went to the Walla Walla Hotel for lunch and lots of conversation.

Next meeting of Probus will be at Henty on 12th April.

Culcairn LHAC is very excited to host

## Cake and a Cuppa

Thursday 27 April 2023


in support of the

## Albury Cancer Council

A plate of delicious morning tea will cost you \$10.00, there will be a raffle and a lucky door prize

Join us at the Culcairn MPS  
10:30am until 12:00pm

It's been a long time between cuppas!



LOCAL HEALTH ADVISORY COMMITTEE  
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## MOTHER'S DAY MORNING TEA

Come over to Grimwoods Craft Shop and Tea Room in Holbrook (next to the Woolpack Inn Museum) on Saturday 13<sup>th</sup> of May at 10.30am for our Annual Mother's Day morning tea. Fresh baked scones, pot of tea or coffee will be on offer with a complimentary posy for each mum. A plant and cake stall will also be out the front of the shop. Spoil Mum this Mother's Day! Come and have a browse in our lovely shop lots of new items for sale, made by our craft members. Cold weather will be here soon.... we have numerous beanies, gloves and scarves for sale, for more information, call 0427000484

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**IN YOUR GARDEN—APRIL 2023**

After a few warm weeks in March, and a BIG RAIN at the end of the month, nights are much cooler and days shortening, so soil temps are dropping. Generally, April sees our first frosts and heaters on.

**VEGIES**—Summer vegies - cucumbers, zucchini, beans, and tomatoes are finishing up, so remove spent vines and tidy up beds. Some tiny or cherry tomatoes may continue in sheltered places till June. Watch out for slugs and snails and other pests on broad beans, cabbages, cauliflower etc. Dried, crushed eggshells around plants are a good deterrent. Beer in small containers (lids etc) attracts snails and slugs. It doesn't matter what strength the beer is, it's the yeast that attracts them and they happily drown! Pumpkins are slowly ripening, watch the stalk ends attached to the vine when this is dry and shrivelled, it's time to pick. This applies to rockmelons and watermelons too. It's apple and pear time now. Pears are good for eating fresh or cooked in various ways. This year I tried drying some pears, skin ON. Slice into 1/8ths, delicious for snacks with nuts. Apples dry well too. Asparagus can be planted now or in May. Be sure your ground is well drained and in sunshine. Asparagus is a perennial plant and lasts for many years.

**FLOWERS**—Not too late for some Spring flowering Bulbs to go in. Seeds of red flowering Flanders poppy sown now should flower in November for Remembrance Day. They are a symbol for soldiers from WW1 who died in Northern France. Check nurseries for Autumn colours of popular deciduous trees. Order now for planting in June. Hairy Panic is on the move again. I have had it around my house and garden 2 metres high (and more!!). One control method is to water, beat down and bag up (It can't come back when the wind changes!). Whipper snipping (cuts off its legs!) preventing further blowing about and it can be mown over. Fire is quick, but deadly (NOT recommended!) Roses are beautiful now so pick some and brighten someone's day.

Enjoy your time in the Garden, Margaret Pumpa



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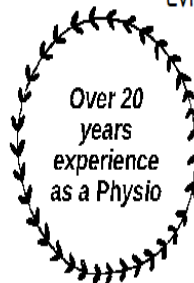
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