

# CULCAIRN “Healthy Towns” OASIS



CULCAIRN AND DISTRICT NEWSLETTER

June 2019



## WINNERS ARE GRINNERS



Zara Honeywell and Cloete Van Wyk are our Healthy Towns Table Tennis Champs for April and May.

Both Zara and Cloete are regular players and challengers using the new outdoor table tennis table in Balfour Memorial Park.

It's easy to get involved and be in the running for a prize of 2 table tennis bats and balls. Put out a challenge and have a game – book at the Council office or newsagency, play the game, record the results and go into the weekly draw to **win 2 table tennis bats and balls**.

It's your choice, doubles, singles, any time... it's so easy

## WALK YOURSELF HAPPY

Through the Heart Foundation Walking we now have 26 walkers registered and four fabulous groups walking regularly. Walking is such a great way to get active and stay healthy.

Come and find out about how you can get involved... See dates for Heart Foundation visits at your library.

## OASIS FOLDERS

We are seeking volunteers to assist with the folding of the Oasis . If you would like to be involved we will be folding at the Culcairn Council Chambers on Thursday 4th July from 2.30pm. You can just come along or if you would like more information phone Leonie on 02 6036 3262 or email [oasis@greaterhume.nsw.gov.au](mailto:oasis@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 9am**

**3rd July 2019**

**Delivery Date**

**Wednesday 10th July 2019**

We prefer articles to be emailed to:

**lhibberson@greaterhume.nsw.gov.au**

or ph **02 6036 3262** 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	\$7.50
1/8 page	\$ 15.00
¼ page	\$ 35.00
½ page (check for availability)	\$ 50.00
Full page (check for availability)	\$100.00

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## 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 **[lhibberson@greaterhume.nsw.gov.au](mailto:lhibberson@greaterhume.nsw.gov.au)** or phone **0260363262** for more information

## CULCAIRN A COMPASSIONATE COMMUNITY

In late 2018 the Murrumbidgee Primary Health Network (MPHN) asked for expressions of interest from Local Health Advisory Committees (LHAC) in a pilot program called "Compassionate Communities: At Home Palliative Care Project". The project is led by Stacey Heer from MPHN. A key strategy of the project is to support LHAC's and their communities to adopt a community health approach to palliative care, by creating a supportive community-based culture and structure for carers.

The Culcairn and Griffith LHACS were selected for this project, with the aim that this trial would help with the rollout of this program throughout MPHN in the coming years. Culcairn formed a small committee, which comprises of health care professionals and local community minded people. Four workshops will be delivered in Culcairn during throughout this year.

The first workshop was held on May 10<sup>th</sup> was called "Encouraging Carers to Say 'Yes' to Help". It also covered carer support options information. Over 30 people attended and received valuable information from Intereach, Mercy Health and Lutheran Aged Care, regarding in-home services available for carers to access. We also learned about barriers to offering, asking for and accepting help and we identified some solutions. The comments made by those who attended the workshop were very positive.

The next workshop titled "Utilising your Support Network" is to be held on Friday 21<sup>st</sup> June, followed by 2 further workshops on 26<sup>th</sup> July and 30<sup>th</sup> August. These free community workshops are held at the Uniting Church Hall, 43 Balfour Street Culcairn, starting at 9.30am. Morning tea is provided.

It is hoped that we will end up with a group of community-minded people who would inform others about the available home-care options and provide support to help carers and others when the need arises.

The MPHN At Home Palliative Care project, which includes Compassionate Communities activities, is funded by the Australian Department of Health.

**David Gilmore (Chair Culcairn LHAC)**



## **Report from the Culcairn Community Development Committee meeting on the 21<sup>st</sup> of May.**

We had a jam packed meeting with extra people attending-Greg Blackie the Greater Hume Shire Director of Engineering, Leonie Hibberson Oasis lady, David Gilmore of LHAC (Hospital Committee) and Lynette O'Rielly our Healthy Towns project lady.

**Pedestrian bridge** across the Billabong Creek, more thought and a lot more planning to go into this idea before anything concrete is suggested. There will be a disabled fishing jetty going along the creek in Jubilee Park very soon-a project organised some years ago. A cement path to it will happen. **Eric Thomas Park**-the carpark will change to a through-way to join up with the road to the Train Station-the Caravan Dumpsite will be put on the southern side of the carpark and caravans will directed one way into this area. This committee has some community grant money for some shelters over the picnic tables, this will happen after tables are moved to make way for these improvements. **Starlings in palm trees** have gone, the Council will continue to trim the palm trees in this way in the next few years. Trees to be planted in the island near the Public School-replace palm trees with palm trees. **Disabled access to shops** on main street-this has come up to Council (and also in our Oasis survey) as a big issue. We have some suggested ramp concepts to consider- there is money in the budget to do this. The drainage in Balfour Street (pipe work, extending the footpath over new pipes and more pipes to get water to the Billabong Creek)- a major job will happen next year or the year after (it is \$1.5million dollar project) the trees will have to be replaced-an opportunity to put some in that don't need the knucklehead pruning. **Peppercorn Trees in Henty Street** West, these will be removed very soon. They will be replaced with 'October Glory'. **New bin surrounds** for Balfour Street. The committee to suggest colour and look. **Railway Pedestrian Bridge.** Greg had received a letter from the new Project Manager who appears to not want to honour previous offers suggested at last year's community consultations. They will gift the bridge to the Council only if it's not contaminated and is structurally sound. They reserve the right to destroy it if it doesn't pass these assessments. This will happen in the next 12-18months.They will move it, but no further assistance. This committee will continue to be pro-active about this. **Skate park** well and truly under way in the Sportsground! Have a look! **Bowling club garden**, still working towards beautifying the area there. We are looking for people who would like to help with **continuing the Oasis** from August onwards, there are

little jobs and big ones, but if we all share, it can be an easier job. Let us know if you are interested, proof readers, Email senders/receivers, advertising co-ordinator, double checkers, co-ordinator/editor, distributors **The Heart Foundation** will be here 17<sup>th</sup> and 18<sup>th</sup> of June, watch for advertising about information sessions. The healthy town project has 2 more months to go. We are 1 of 5 towns in the running for the extra \$5,000 prize. **The Walking Track**-there will be 4 big signs put up, rest stops, bike racks, doggie bin/bag set up, arrow and distance signs and other works. **Compassionate Community project**-3 sessions, the first one there was 30plus people, 2 more sessions, they are very, very good, keep an eye out for more information on the 2<sup>nd</sup> session-on the 21<sup>st</sup> of June.

Thanks for the returned surveys, we had 31 returned, lots of ideas for us to follow up and watch this space for future projects based on what you have told us. For any more information or comments, please contact Ken at the Culcairn Newsagency or Kirsty on

## **CULCAIRN COUNTRY MUSIC CLUB**

Culcairn Country Music Club members and guest enjoyed a wonderful Mother's Day function at the Culcairn Bowling & Recreation Club. Guests enjoyed music by the backing band Stockade with the following singers taking to the stage. Ronnie Thorne, Michelle Doherty, Michael Hocking, Maurice Smullen, John & Christine Smith, Col Fraser, Philipe and his band from Wagga Wagga and Left of Country also from Wagga Wagga comprising of the trio Barrie, Donna and Peter. A lovely afternoon tea was enjoyed by all with the following people being winners on the day!! John Muys from Melbourne won a Meat Tray, John Malloy from Rosewood won a Cosmetic Bag, Albert Jones also of Rosewood won a voucher. Lucky Door was won by Dawn Prentice from Albury and Col Fraser from Wagga Wagga won the Nifty 50. The members draw was not won and has jackpotted to \$80.00 for our June function.

Our next function will be held on Sunday June 09<sup>th</sup> from 12 noon till 4.30pm.

If you sing, recite poetry, or play an instrument come along or just come and sit back and enjoy a great afternoon of entertainment in air conditioned comfort. Tea and coffee is available all afternoon as well as afternoon tea which is included in your entry fee. \$4.00 entry for members and \$6.00 entry for guests.

Lunch is also available from the Bowling Club restaurant at a cost of \$13.00

Enquiries: Kaye Barber 0260 298 316 or Mobile 0408 633 262 or you can message us on our Facebook Page.





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Research on Culcairn taken from Trove newspaper archive.

### **One Hundred Years Ago in Culcairn.**

**Monday June 2<sup>nd</sup>**

**Death at Gerogery.** On Saturday night Mrs. Dave Wenke, formerly Miss Jamieson, of Walla, who was recently married, her husband being a returned soldier, died of pneumonic influenza at Gerogery.

**Failed to Travel Sheep the Required Distance.** George Esler was charged on the information of Inspector W. Plunkett, under the Pastures Protection Act, with failing to travel a mob of sheep in his charge the required distance at or near Culcairn on May 20 last. Colonel Wilkinson appeared for the Albury Pastures Protection Board and Mr. F. J. Belbridge for defendant, who pleaded guilty. Colonel Wilkinson asked that the maximum penalty of £10 be imposed. Mr. Belbridge said he was instructed that the sheep, which were starving stock, were brought to the district for grass by defendant. On arrival there defendant found he could not secure the grass as expected. It was because of that that the offence had been committed.

The Police Magistrate imposed a fine of £3, with 55/- costs.

Contributed by Carolyn

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## Heart Foundation Walking is coming to a town near you!

As part of the Culcairn Healthy Towns Challenge, Alicia from the Heart Foundation will be holding information sessions in Culcairn, Henty, Holbrook and Jindera. The sessions will cover:

- Information about Heart Foundation Walking
- The benefits of physical activity and keeping your heart healthy
- How to use the Heart Foundation Walking app
- Upcoming Walking challenges

Walking is a great way to stay healthy and to meet the recommended 30 minutes of daily physical activity.

All sessions are free and open to everyone. So, whether you are already part of a walking group, have been thinking about joining a group or would just like some more information. Join us for a walk and to learn more about keeping your heart healthy.

### Monday June 17<sup>th</sup>

When	What	Where
12pm	Lunchtime Walk	Starting and finishing at the Culcairn Bakery
2pm – 3pm	Information Session	Culcairn Library
4pm – 5pm	Information Session	Henty Library
7pm – 8pm	Information Session	Culcairn Library

### Tuesday June 18<sup>th</sup>

When	What	Where
11am – 12pm	Information Session	Holbrook Library
2pm – 3pm	Information Session	Jindera Library

### WOMEN'S HEALTH CLINICS Free and Confidential For All Women

This service is provided by a Women's Health Nurse Specialist. Services include: Breast Health, Cervical Screening (Pap test), continence, contraception and more...

They are in Culcairn on: 26th June  
31st July  
28th August

Phone Culcairn Hospital to make an appointment. 60446100



## CULCAIRN LIBRARY

***Bookings essential for all events. Further information on events phone 60360100***

**Join the Culcairn Library – It's FREE** There's never been a better time to join your library. The world is changing so fast it's hard to keep up. New technology is coming out all the time, so much has gone online. Your local library is here to help! Your library is a place to find the information you need, access the Internet, learn a new skill, discover new technology and connect with others. Joining the library is FREE, and the library is for everyone. Your library card gives you access to so many resources; tangible things like books, magazines and DVDs, but also intangible things like social connection, fun and knowledge. Drop into your library today and get in on the action!

**Tech Savvy Seniors:** We're living in a digital age, but many older Australians are being left behind and lack the skills to take advantage of being connected. Telstra and the Government are partnering with Libraries to give older people the opportunity to develop skills and confidence to use technology. Take the opportunity to develop the skills and confidence to use technology for socialising, accessing important services or conducting personal business at your local library.

Thursday 6 June 1.00pm-2.00pm  
Internet—part 2  
Monday 17 June 1.00pm-2.00pm  
Email—part 2  
Thursday 20 June 1.00pm-2.00pm  
Online shopping—part 2

**Law Week Talk:** Join the Department of Fair Trading for a presentation on renting, scams and retirement villages. NSW Fair Trading is a division of the New South Wales State Government's Department of Finance, Services and Innovation in Australia. The division's focus is to create a fair, safe and equitable marketplace in New South Wales. It investigates allegations of unfair business practices, and regulates goods sold in New South Wales. It also performs the administrative functions of registering business cooperatives and associations, and issuing occupational licenses. Following the presentation enjoy a lovely morning tea provided by the library. Tuesday 4 June 2019 at 10.30

**FREE Home Library Delivery Service:** If you're a person with a disability or an older person who experiences challenges getting to and from your local Culcairn or Henty Library, then the home library service is here to help you borrow books or other

items. Once you have joined either the Culcairn or are already an existing member, contact a library staff member to discuss the types of books and/or other resources you wish to borrow. Staff will then deliver items directly to your home, free of charge. They will also collect items that need to be returned. Items available for public loan include: books, audio books, CDs, magazines, DVDs. To help you choose items, the library catalogue is available online. [www.rrl.nsw.gov.au](http://www.rrl.nsw.gov.au).

Your library membership card will also provide you with online access to a range of online resources and information including eBooks, eAudios, Freegal Music, and Zinio Magazines. There will also be the opportunity to sign up for the Henty - Heart Foundation Walking Group. The group meets on a Wednesday morning at 6.30am. Come along and enjoy a brisk morning walk before you start your day.

**July School Holidays** Fun activities are available at each of the Greater Hume Council libraries during school holidays. All activities are fun, but parents must remain with children during these activities. Activities are advertised approximately four week before school holidays commence and bookings are essential.

**Activity – Paper Ballerina** Monday 8 July, 11 – 12noon cost \$2

**Movie Club.** The next movie will be held on Thursday 18 July from 2pm – 4pm and is planned to be a BIG Showstopper. Movies will be held every two months. Provided will be Tea & coffee and something yummy to eat. Cost \$2.

### **Wrap with Love annual district Knitters day at the Henty Library**

Since 1992, in Australia and around the World the great work of many knitters has meant that more than 414,000 people are wrapped with love and warmth. This year the Henty and local district knitters for the Wrap with Love deserve big congratulations as they will be celebrating more than 1000 wraps knitted since 2003. Join the local knitters at the Henty Library on Wednesday 31 July to continue this great initiative providing needy families throughout the world who are suffering from severe cold, or natural disaster with warm wraps. At Henty Library Wednesday 31 July 19 10.30am – 11.30am Free





## CULCAIRN FOOTBALL NETBALL CLUB

It has once again been a busy start to the season with pre-season training, home and away games, the Interleague competition and a range of social events. At the end of 6 rounds our 1sts and 4ths in the football are doing very well with both teams standing at fourth on their respective ladders. Our best performers in the netball at present are A grade at 6<sup>th</sup> and B grade at 5<sup>th</sup>. Several other teams are just outside the top 6 so we look forward to seeing some further improvement so a few teams might make finals. We still have plenty of time to make a move!

At our recent game against Jindera (11<sup>th</sup> May) we recognised Nathaniel Stroh's 200<sup>th</sup> game for the Culcairn Lions. Nat and his family are an integral part of the club and they are highly respected and appreciated for all they contribute. Nat is the only current player that was part of the premiership team in 2007. We wish him continued success and look forward to sharing another significant milestone with him in the coming weeks.



Several footballers and netballers from Culcairn Lions also represented the Hume League in the Interleague competition. We congratulate Mitch Way, Harry Lee, Blake Roulston, Bailey Phillips, Rory Jenkins and Tim Haines for taking part in the football and Meg Smith and Claudia Grogan for playing in the netball. After our home game against the Magpies many players and supporters donned their tennis whites to participate in our Wimbledon event. Many fierce battles of table tennis were fought out until the final encounter saw Paddy Wall and Paul Steward come face to face. After some intense play and hotly contested points Paul took out the match and the Wimbledon title.



In the next few weeks facilities at the club will be further improved with the construction of new coaches boxes beside the football oval. These will be a great addition as the current boxes are extremely small and offer little protection to coaching staff, trainers and players.

The Culcairn Football Netball Club would like to thank their coaches, players, supporters and volunteers for all they do for the club. Please come along and watch a game or get involved if you can.



## YOUTH UPDATE

### July School Holidays

These July school holidays we are going out of our LGA and into the lovely town of Junee. Here we will be treating all of our senses at the amazing Chocolate and Liquorice Factory. Discover how some of your favourite treats are made and perhaps even try your hand at making them yourself! Giant Freckle anyone? After we have eaten our way out of the factory, we will have some cold shivers at the Monte Christo Homestead, and they won't be from the cold air outside! Experience a tour of the house and its surrounds and hear the amazing stories of the early years in Junee and the spine-chilling stories of the infamous house.

Keep a look out for all the posters about our school holiday program for more details! We hope to see you there

### Adult Youth Committee

We are searching for energetic and community minded 18 – 25 years olds to join our Senior Youth Advisory Committee! This committee will meet once

a month at 6.00pm at the Henty Library to discuss issues and projects surrounding your age group within the Greater Hume. This Committee

- Has the opportunity to influence decisions made by council that affect young people
- Organises and participates in youth activities and events such as youth week
- Contributes to important community development projects affecting young people; and
- Informs council on issues that are important to young people.

If you are interested or have any questions either drop into your local Council Office or call Emily on 6036 0178

### Instagram

For all those on Instagram make sure you follow the [GHC\\_YAC](#) page for all the information on our events and programs. Catch a glimpse of the behind the scenes and learn all the details of our projects!



Instagram



### We are thrilled to announce that Culcairn Public School P&C Associations Inaugural School Run4Fun Colour Explosion was a huge success.

The event was held on Sunday 19<sup>th</sup> May at the Culcairn Football Grounds, there was 7 obstacles & unlimited fun to be had. We lucked into the perfect weekend, with it warm and not too sunny.

It was wonderful to see the spirit and enthusiasm that was displayed in supporting our school and of course the smiles on everyone's faces. We had a great turnout from the school and the local community and it was wonderful to be able to host this great family event. It was a day full of fun for everyone involved. The funds raised will be used to go towards technology upgrades & art supplies at the Culcairn Public School over the coming year. The committee would like to thank all of the wonderful participants, volunteers and local community groups that assisted in the lead up and on the day. Without all of you such an event could not be made possible. We would also like to specially thank Bunnings Albury for all of their donations towards the obstacles & Jackie Lister and the Greater Hume Shire Council for all of their assistance in the lead up. Event committee: Jena Kent, Tara Jongeneel & Vic Hocking. What a blast of colour it was! We can't wait to do it again next year...





## CULCAIRN PUBLIC SCHOOL

Thomas Hamson, Pheonix Sadler, Makaela Scheetz and Oliver Wood attended the **GRIP Leadership Conference** in Albury on Tuesday 28 May. The student thoroughly enjoyed the experience and came back to school with lots of ideas on how we can all be great leaders in our school and community.

Priya Godde, Angus Boyce, Brendan Worth and Oliver Wood will represent Culcairn Public School in the **Premier's Debating Challenge**. The team's first debate will be against Yerong Creek Public School, followed by The Rock Central School and Henty Public School.

**Congratulations to Brendan Worth** on his recent support of the Hair with Heart Charity which make wigs for people who have lost their hair due to medical conditions. Brendan raised over \$450.00 in sponsorship and donated his hair to this worthy cause. Brendan's Big Chop - Culcairn student Brendan grew out his hair and had it cut off to donate to Hair with Heart on Friday 24th May. He managed to raise funds for the charity, and our School Representative Council held a sausage sizzle and stall to raise an additional \$220 to donate to this cause.

**Gymnastics** - students have been enjoying weekly gymnastics lessons from Flyaway Gymnastics in Albury. These lessons will continue every Friday until the end of this term.

**Art** - Class 5-6 are involved in an art project with the NSW Arts Unit. The unit titled 'Home' includes workshops and visits to MAMA in Albury, virtual art classes and culminates in an exhibition at MAMA in Term 3. Attached are some of their lino carving prints that have been created so far.



## COMMUNITY DIARY

### WE NEED YOUR DATES!!!!!!!

HELP MAKE THIS A COMPREHENSIVE CALENDAR OF EVENTS FOR CULCAIRN. PLEASE SEND US YOUR CLUBS MEETING DATES FOR 2019 AND ANY UP COMING EVENTS

Please email details to [oasis@greaterhume.nsw.gov.au](mailto:oasis@greaterhume.nsw.gov.au)

### June 2019

- Tue 4 **Law week talk Library 10.30**
- Thu 6 Tech Savvy Snr Internet—part 2 1pm Library
- Sun 9 **Culcairn Country Music Club function 12-4.30**
- Tues 11 Sewing Buddies 10-3pm Uniting Church Hall Ph: 0408 409 160
- Mon 17 **Heart Foundation Walking**  
12pm Lunchtime Walk Starting and finishing at the Culcairn Bakery  
2pm Information Session Library  
7pm Information Session Library
- Tue 18 **Community Development Committee meeting 7pm, Council Chambers.**
- Mon 17 Tech Savvy Snr Email—part 2 1pm Library
- Thu 20 **Tech Savvy Snr Online shopping—part 2 1pm Library**
- Fri 21 A Compassionate community "Utilising your Support Network" 9.30 Uniting Hall
- Tues 25 **Sewing Buddies 10-3pm Uniting Church Hall Ph: 0408 409 160**

### July 2019

- Mon 8 Paper Ballerina 11am holiday activity Library
- Tues 9 **Sewing Buddies 10-3pm Uniting Church Hall Ph: 0408 409 160**
- Tue 16 Community Development Committee meeting 7pm, Council Chambers.
- Thu 18 **Movie Club at Library**
- Tues 23 Sewing Buddies 10-3pm Uniting Church Hall Ph: 0408 409 160
- Thu 31 **Wrap with Love 10.30 Henty Library**

### August 2019

- Tues 13 Sewing Buddies 10-3pm Uniting Church Hall Ph: 0408 409 160
- Tue 20 **Community Development Committee meeting 7pm, Council Chambers.**
- Tues 27 Sewing Buddies 10-3pm Uniting Church Hall Ph: 0408 409 160

**Radio 96.7FM**  
**Culcairn Community Website**  
**[www.culcairn.nsw.au](http://www.culcairn.nsw.au)**

## ANNOUNCEMENTS



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**0260298777**

**QUEENS BIRTHDAY TRADING**  
**HOURS**

**SATURDAY: 10am – 8pm**

**SUNDAY: 10am – 8pm**

**MONDAY: 8am – 8pm**

**SUNDAY ROASTS AVAILABLE**

Normal trading hours 10am – 8pm 7days  
Pizza's available Tuesday, Thursday,  
Friday, Saturday nights from 5pm  
To keep up to date on specials you can like  
and follow us on Facebook.

## WANTED

To be sustainable into the future the Culcairn Oasis requires regular advertising. Many thanks to those who have already been advertising. We encourage business to support the Oasis by advertising either regularly or on a casual basis. Also organisations and clubs can support the Oasis by advertising AGM's, coming events etc. See page 2 for advertising cost. and contact details.

### CULCAIRN OASIS NEWS



## WRITERS WANTED

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. Also, we are looking for individuals who are passionate about a particular interest such as gardening, cooking, photography and who would like to send in a regular column each issue.

For more information please contact us at  
**[oasis@greaterhume.nsw.gov.au](mailto:oasis@greaterhume.nsw.gov.au) or phone**  
**Leonie on 02 6036 3262**



## THE OASIS MOVING FORWARD

The recent revival of the Culcairn Oasis has been met with great enthusiasm by the Culcairn community and we have received excellent feedback and positive suggestions. We have had good support with advertising from businesses and thank all those who have contributed already to the newsletter.

We do however require more community input. The newsletter will be as informative and comprehensive as the information you provide. What you submit makes the content so we need support from the entire community with news, stories, events, calendar dates, and regular articles from clubs and organisations.

This is the 4th issue produced from the funding provided through the Healthy Towns project funding. As there is only 2 months till this finishes we need to move quickly in securing the long term future of the Oasis.

If you are interested in assisting or finding out more about how the organising of each issue of the Oasis works or are able to offer to volunteer in some capacity please attend the Community Development meeting 21st May at the Culcairn Council chambers 7pm (in the small committee room).

If you unable to attend the meeting please contact are Leonie on 02 6036 3262

or email [oasis@greaterhume.nsw.gov.au](mailto:oasis@greaterhume.nsw.gov.au).

Some of the task that we will need volunteers for include:

- Coordinator- to assist with the overall running of the newsletter and volunteers
- Sending email reminders about deadline for current issue
- Responding to email/phone inquiries re the newsletter
- Email booking forms to advertisers
- Receiving ads/articles via email
- Save and record all articles/ads received
- Compiling each issue



## ARE YOU AWARE OF CHANGES TO THE DRINK DRIVING PENALTIES?

All drink driving offenders can now immediately lose their licence under tough new penalties announced by the Minister for Transport and Roads Andrew Constance today. From May 20 drink drivers who are first-time, lower range offenders will receive an immediate three month licence suspension and fine of \$561. "This means anyone caught drink-driving in NSW, at any level, including low-range, can now lose their licence immediately," Mr Constance said. "This reform makes it clear if you break the law, you will pay the price. We are taking a zero-tolerance approach to drink and drug driving."



## CULCAIRN WINS MURRUMBIDGEE HEALTH DISTRICT AWARD

Recently Culcairn Local Health Advisory Committee's outstanding contribution to their community was recognized with the presentation of the Murrumbidgee Local Health District (MLHD) Board Award for Local Health Advisory Committee (LHAC) Outstanding Achievement. Culcairn was chosen from 31 LHACs in MLHD. MLHD Chair Gayle Murphy indicated that Culcairn's extensive list of activities, projects and outcomes has been very impressive. She indicated that the Culcairn LHAC is a cohesive and dynamic team of people with the common interest of improving health in their town. Culcairn LHAC has been involved with the redevelopment of the Culcairn Multi-Purpose Health Service and has provided funds for the installation of ceiling lifters for all of the 28 Residential Aged Care rooms. It works jointly with Henty and Holbrook LHACs to host a highly acclaimed Mental Health Forum with Billabong High School each year. The LHAC also held an inaugural resilience day for year 5 and 6 primary school students, again in conjunction with the Henty and Holbrook LHAC's. In 2019 the LHAC committed to supporting a Compassionate Communities Project in conjunction with Murrumbidgee Primary Health Network and a Healthy Towns initiative in conjunction with Greater Hume Council. The LHAC contributes to the local newsletter, and has conducted countless community events including a Cancer Screening promotion, street stalls/ health awareness information days and the 2019 Biggest Morning Tea supporting cancer research.





## **CULCAIRN'S BIGGEST MORNING TEA**

The Culcairn LHAC coordinated and hosted a Biggest Morning Tea on Thursday 23<sup>rd</sup> May to raise funds for the Cancer Council. Volunteers started making sandwiches at 6am and by 9am had 105 morning tea boxes, consisting of sandwiches and cakes, prepared to deliver to local schools and businesses. Community members and MPS residents then enjoyed a beautiful spread of sandwiches, cakes and slices to accompany their tea or coffee. A lucky door prize and raffle added to the festivities. In total, close to \$1200 was raised for the Cancer Council.

Special thanks goes to the hospital (for allowing us to use their facilities), to all those who made sandwiches and sweet treats, to our delivery drivers and to the organisations who supported our fundraiser.

## **ST JOSEPH'S SCHOOL**

On Tuesday 28<sup>th</sup> May St Joseph's School held their 'Sports For Life Day' Where we welcomed many of our surrounding Pre-schools. Despite the cold weather all the children enjoyed themselves.

