



CULCAIRN OASIS

CULCAIRN & DISTRICT NEWSLETTER
FEBRUARY 2024



CULCAIRN MPS NEWS

Hello and welcome to news from the residents at the Culcairn MPS. Can you believe it, we are already at the end of January?



We celebrated Australia day with a BBQ for all residents. We have had a small explosion of tomatoes from our courtyard garden as well as some cucumbers, so we were able to use those for our salads on the day as well as a potato

salad and egg salad. Everyone agrees here at the MPS that there is nothing better than a good BBQ lunch.

This month also saw us open our doors for the community to come in and have a look at what we do. Our Art in Health program was showcased with our art co-ordinator and our art director from the NSW Art Gallery, followed by a delicious morning tea provided by our health share.

Being school holidays, we have been lucky to have some small volunteers be with us and spread laughter, noise and a huge amount of joy amongst all our residents. Children certainly know how to lift the spirits of our people and brighten their day.



CULCAIRN COINS FOR CANCER

Wow! You keep getting better and better. In 2021 the boxes netted \$766.20. The collection for the last 3 months alone came to an amazing \$1697. With the closure of the Culcairn newsagency, Gerogery Pub came on board and contributions were very generous there boosted greatly by a \$50 note donation from one of their patrons.

Culcairn Foodworks continues to excel for contributions. Thanks so much to the other hosts of the boxes. Your combined totals add many hundreds of dollars to this wonderful cause, which has netted \$3747 since its inception.

May you never have to use the Cancer Centre but what a comfort to know it's there if needed. Bless you all and good health.

WORLD DAY OF PRAYER

Time: 10am Friday 1st March 2024
Venue: Living Word Church
37 – 39 Henty Street, Culcairn
Theme: Support for Christian Women in Palestine

ALL WELCOME

HAPPENINGS AT MEALS ON WHEELS!

Can you believe it's already February! All services continued, as usual, over the Christmas and New Year holiday period. Our very grateful thanks to our wonderful volunteers and staff for working through Christmas and New Year.

The Christmas Raffle was a great success, raising funds to support a 2 course Christmas Meal and "Christmas Jolly Bags" for our Meals on Wheels clients. Thanks, to Gail and the Holbrook Lions Club for the donation of Christmas Cakes for every Meals on Wheels client, which went into the Jolly Bags and were so well received! Thank you to the many individuals and businesses who donated towards the hampers. Your generosity allowed for 3 hampers to be put together! 1st prize winner was Joyce, 2nd prize winner Bertie and 3rd prize winner Steve. Congratulations!



We have also received some wonderful, and unexpected, donations over the past month. Our sincere thanks to visitors to Holbrook, Pradheep and family, for a donation of over \$200, Alan for the wonderful donation of sunglasses for our clients and Holbrook IGA for a \$400 donation from their Community Chest funds. Thank You! All donations go straight to client support and help us to keep services affordable for all.

Social Support and Transport has been very busy already. We urge anyone needing transport, especially for appointments, to book as soon as possible to ensure there is a vehicle and driver available to assist you.

"Don't forget to have plenty of fluids over these hot summer days. DON'T WAIT – HYDRATE!" You may not always feel thirsty, so it is a good idea to get into the habit of having something to drink when you get up in the morning as well as at every meal and snack time. Try to have about 6-8 cups (1 cup = 250ml) of fluid a day and remember, fluid is more than just water. You can count milk, juice, soup, custard, jelly, tea, coffee etc. Note: Alcohol is not counted. It does not help to hydrate the body. Sorry.

Our new menu has commenced from 1st February. We will also soon have some fantastic news to share, which will be a great benefit to the wider Greater Hume community. Please stay tuned for an announcement soon! In the meantime, **Meals on Wheels** is available right across the council area. 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**. We have a huge menu of over 100 items available for you to choose from! We can help you with your menu planning and shopping as well. **You do need to be registered with My Aged Care to access services with us** – don't worry, if you aren't 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.

DEADLINE

Next deadline—12pm Tues 5th March 2024

Folding Date—Fri 8th March 2024 at 1pm

Delivery Date—Wed 13th March 2024

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

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



CULCAIRN BOWLING CLUB

YOUR CLUB NEEDS YOUR SUPPORT

Welcome to 2024 at the Culcairn Bowling Club. We have a new board and hopefully, soon a new manager, BUT, for the club to survive we need

your help and support. **TRADING HOURS—MONDAY & TUESDAY – CLOSED. ALL OTHER DAYS OPEN FROM 12PM TILL CLOSE**

Friday raffles are still on with 19 prizes consisting of veggie boxes, club bar vouchers and Culcairn Butchery vouchers. Our last prize for the night is a stunning \$80 Meat Tray from our awesome butcher Stewart.

We have a Seafood tray up for grabs every two weeks, this is supplied from Borella Road Seafood. Next seafood raffle will be on Friday 16th of February.

Our Member's Draw is currently at \$300 this Friday night. If it is not won before it reaches \$500, we will draw numbers on that Friday night until the money goes off. Members must be in attendance to win. We would love to see more happy faces joining us down at the Club.

Why not come down for a game of Euchre on Wednesday afternoons from 1pm. Or come down for a roll of bowls. Pennant bowls has started and we have two grades playing on Saturdays. The deck is a lovely spot to sit and have a cold drink and listen to some music or come inside and have a game of pool on the table.

Unfortunately, our Bus is still unavailable but if you call the club on 60298461 during business hours we may be able to organise pickups and drop offs.

LOOKING FORWARD TO SEEING YOU AT THE CLUB, Sue, Staff and the Board.

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HENTY-CULCAIRN PROBUS

Met on 10th January. We were welcomed by our President Yvonne Booth OAM and then were advised of the death of our member Ron Gardiner.

Herb has made a clever chime to guide us in our minute of silence. Thank you Herb, no doubt Ron would have appreciated such thoughtfulness. Our theme for the day was with an Australia Day emphasis.

Tables were decorated with flags and native greenery. Thank you to Jan and her helpers, a most pleasant thought. We started with a clever dittie, spoken and sung too, called God save the Thong.

Then we had Mary with a poem "I am a Nation", followed by discussion about the Cherry Ripe Bar being 100 years old, and there were samples, which was another nice thought, thank you. Our five-minute speaker was Ian Lieschke.

Ian was born in Australia and attended the Merri Merric School, Henty and St. Paul's for secondary school. After school finished for Ian, he went to visit cousins in Perth and learned to drive a big tractor pulling 2 x 18 discs. Next Ian flew home and did fruit picking at Shepparton. He travelled to New Zealand and then Brisbane, Adelaide, and Kangaroo Island. Yvonne presented Ian with our Probus pen and congratulated him on his exactly timed, five-minute speech.

Next was a poem called Green and Gold Malaria, read by Julia Collie (poem is on computer read by author Rupert McCall, for those who would like to share). Morning tea was tiny lamingtons with jam and cream, and Vegemite biscuits, added to our usual lovely Arnott's biscuits.

Our main speaker was Aaron McCarthy who shared the speech with his wife Tahnee.

They told of Aaron's rehabilitation after having a farm machinery accident, where he had the lower portion of his leg removed. They told of overcoming adversity and turning it to advantage. We saw footage of Aaron learning to walk with his new prosthesis.

There were much thanks given to those who raised funds to assist—to family and friends, the farming community and emergency services.

Aaron had been an A grade tennis player and now plays from a wheelchair, as he does basketball and football. He has a particular interest in Para snowboarding using a special prosthesis for action sports.

Aaron's goal is to be sports person of the year for Lockhart Shire Council. He shows great resilience and determination, as does his wife Tahnee, his children, and the extended family. They support fund raising for Para Athletes. Aaron still has his farm and can do most jobs required.

Kevin Knoble presented Probus pens and a thank you from the club for Aaron and Tahnee for sharing their story of great success in rehabilitation after a most serious injury, we do wish them well.

In February on the second Wednesday, we are planning to meet at the Culcairn Club, 9.30am for a 10am start. We are hoping to have a police person to talk about scams. Do hope you will join us for an interesting day.

LOCAL OASIS EDITOR NEEDED

After the departure of former editor Glenda Taylor, we were fortunate to obtain the services of Ysha Tucker for the second half of 2023. Ysha continued on the excellent work of Glenda. Unfortunately Ysha and family are leaving Culcairn. We thank them and wish them all the best for the future. Glenda who now resides in Queensland has kindly said she would help us out until we can find a local replacement.

If you have knowledge of Publisher and could spare a couple of hours once a month, please contact David Gilmore on 6029 8291, as your help to keep this important local publication going, would be greatly appreciated. The ads and articles would be sent to David and your job would **only** be to compile them into the Oasis. It would **not** be an onerous job. Thanking you in anticipation. David.

IN YOUR GARDEN - FEBRUARY 2024

Some hot, sticky days, with showers, have proved uncomfortable for people, but given ideal growing conditions for fruit and vegetables.

Figs are ripening - time for eating, drying, and jamming this delicious fruit.

Agapanthus - that beautiful blue or white summer flowering perennial, has unfortunately been classed as a weed. It loves our climate and has been known to escape into the bush, replacing native species. Aggies are great plants that require little care but be careful where you plant them in your garden. Available in many shades of blue, as well as white. Also available in miniature varieties. More blue flowers with Plumbago, another tough shrub.

Time to prune Geraniums now. Cut out the dead wood and straggly pieces and trim to shape and you will be rewarded with a healthy bush and lots of great flowers in Spring. Water in a high Potassium fertilizer for good results.

Don't forget the Buddleia or Butterfly Bush. Many shades of blue, purple, mauve, maroon, and white are available. Great for attracting pollinators.

February 14th is St. Valentine's Day. Probably the most romantic day of the year. Red roses are certainly popular. Some on long, slender stems present well (Grandpa's rose) as a single rose and others (Papa Meiland) make a nice bunch.

Summer vegie patches should be bearing well now, beans, zucchini, cucumbers, and tomatoes are doing well for me, especially my "feral" cherry tomatoes, which seem to come up, uninvited everywhere and resist fruit fly as well! Pumpkins are setting and growing fast. Watch out for powdery mildew with all the humidity. Spray leaves with a mix of 1-part full cream milk in 9 parts of water. Mulch has played a big part in weed control and water conservation, so is worth the effort. Sow seeds of brassicas now, or plant seedlings out in the garden, - protect from slugs and snails, by surrounding plants with crushed eggshells. These plants should grow well and mature early. Still time to plant beans, tomatoes, and lettuce.

Stay cool, mind the Mozzies, and enjoy your Garden. Margaret Pumpa

LOCAL TRANSPORT MADE EASY

Available to All Residents for medical appointments, local shopping, social purposes or other in Culcairn. For more information or bookings call 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.



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Australian Christian Churches

- Kids Church programs Ages K-Yr 2 & Yr 3-6
 - Young Living Youth Yr 7-12 - Fridays 6:30-8:30pm
 - Little Living Playspace 0-5yrs - Tues 9:30-11:30am
- stay up to date on Facebook and Instagram.



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