



# CULCAIRN OASIS

CULCAIRN AND DISTRICT NEWSLETTER

July 2020

## AGED CARE REPORT

A big Hello from the residents at Culcairn Health, This month we have introduced a new activity for our residents. "Luxury Lunches". Luxury lunches was introduced after residents were reminiscing about foods that they loved to cook at home and don't have the option to have on our menu here. Every resident was asked what their favourite meals are and if they would like to start cooking these foods in small groups. Every resident agreed and so Luxury Lunches was formed. Residents are in groups of 4-6 people and once a fortnight they choose what they are cooking. Together they prepare all the vegetables and a meat dish, even mashing the potatoes. They also prepare a sweet to cook. Once our restrictions change and residents are able to go shopping they will also be going to the supermarket and butcher to purchase the items they need. All this is done in our activity kitchen where the dining table is set beautifully. You will see a picture attached of our latest lunch where a mild curry chicken was cooked followed by impossible pie.



We are again writing to our pen pals from the school. It's so lovely to receive a letter written from the children.

We would also like to thank some very special children who donated some money to our activity program recently. Kayley, Rylan and Lacie worked hard at their farm to earn some money which they donated to us. Our residents were so pleased and overwhelmed with the generosity. The residents are thinking about how they would like to spend that money.

We have also celebrated Men's Health week in June. We were lucky to have our facility manager Katrina and Cluster manager Mark cook the residents a BBQ. BBQ is one of our favourite lunches, there is never much left over on these days.

We have had some letters from a facility in Wales that challenged facilities from all around the world to grow some sunflowers and see who could grow the tallest. We have taken on that challenge and we are pleased to see that they have been growing even in these cold conditions. We have plastic bottles over the top to keep the frost off. We are hoping to see some flowers just as spring starts.

Please feel free to contact me in regards to anything that involves our activity program.

Have a wonderful day. Toni Shutt, [toni.shutt@health.nsw.gov.au](mailto:toni.shutt@health.nsw.gov.au) Activities Officer | Allied Health

## COMBATING SOCIAL ISOLATION FOR SENIORS

Greater Hume Council was one of 24 organisations to receive funding to deliver innovative programs to help older people connect with each other, through online engagement or other methods that maintain social distancing.

Grants were available for organisations to create programs that foster social inclusion for seniors. Greater Hume Council will use the \$22,860 funding to purchase 30 Ipads to loan across the Council area to seniors who are aged 65 years and over, or 55 years and over for Aboriginal people.

The program to commence in July, will use the Ipads and communication technologies with the support of trained facilitators to encourage online interaction for people who are lonely or isolated living at home or in Age Care Facilities.

Greater Hume Council will work with a number of service providers to deliver the program to a range of seniors throughout the shire.

Greater Hume Council Mayor, Heather Wilton said "It is exciting to have the Ipads available for our seniors, it will provide another avenue to improve social interactions for our seniors and residents in care and will open up many new opportunities."

The NSW Government has awarded more than \$700,000 in funding for projects that reduce social isolation for seniors during COVID-19. This includes \$100,000 from the Ministerial Advisory Council on Ageing (MACA) for projects that support their work plan.

These grants aim to combat social isolation for seniors during COVID-19, while maintaining the current social distancing advice. It provided one-off grants for organisations to provide quality social connection opportunities for seniors.

## 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 - 9am Wed 5th Aug 2020

Folding Date- Fri 7th August 2020 at 1pm

Delivery Date - Wed 12th August 2020

We prefer articles and advertising to be emailed to: [culcairnoasis@outlook.com](mailto: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	

### 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 [culcairnoasis@outlook.com](mailto:culcairnoasis@outlook.com) or phone

**Please note this publication is available online at**  
[www.culcairn.nsw.au](http://www.culcairn.nsw.au)  
[www.greaterhume.nsw.gov.au](http://www.greaterhume.nsw.gov.au)

## COMMUNITY DIARY

This calendar is for all community organisations to use free of charge for the events, functions, meetings etc

You can send us your dates monthly or provide them for the whole year. Please e-mail details to [culcairnoasis@outlook.com](mailto:culcairnoasis@outlook.com) or phone David Gilmore on 6029 8291.

### July

**Wed 1** Culcairn Bowling Club Re-open  
**Sat 4** Sit and Stitch 10am  
**Wed 15** Council Meeting, TBA  
**Thurs 16** IPADS for Seniors—Library 10am  
**Fri 17** Days for Girls—Uniting Church  
**Sun 26** Golf Tournament  
**Thurs 30** Men's Shed AGM 1pm

### August

**Sat 1** Sit and Stitch 10am  
**Sun 2** Golf Tournament  
**Sun 9** Golf Tournament

### 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](mailto:culcairnoasis@outlook.com) or phone David Gilmore on 6029 8291.

## BITI MOTORS

BALFOUR ST, CULCAIRN

**Test driving the NEW Ford Focus, will amaze you**



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](http://www.bitimotors.com.au)



**2020**  
INTERNATIONAL YEAR  
OF THE NURSE AND  
THE MIDWIFE

## **CULCAIRN LHAC HEALTH MATTERS**

Our Multi-Purpose Service update: 2 visitors per day for 2 hours is permitted. Visitors still have to be a nominated person, with the NOK/POA. All visitors are required to have a flu vaccination and must present evidence of this before they will be permitted entry into the facility. Any person who have travelled to Melbourne will be unable to visit the hospital.

Video conferencing is still happening for anybody who wishes to see or speak with a family member.

Keep your eyes open for notices around town informing of a visit from the mobile COVID testing van. It has visited Culcairn twice already. Testing is free.

Please take the opportunity if you have any symptoms causing you concern.

*On 16 June, on **International Cleaners Day**, our wonderful cleaning staff were recognized and thanked for their service with lunch and a cake.*



## **GREAT WINTER WARMER RECIPE RISSOTTO with PUMPKIN, BACON and BASIL**

1 onion.chopped

1 clove garlic,crushed

small handful bacon pieces

slurp olive oil

3 slices butternut pumpkin, cubed

1/2 cup chopped basil

1 cup arborio rice

grated tasty cheese

Fry onion, garlic,and bacon in oil till soft. Pour in boiling stock, then add rice,pumpkin, and basil. Stir. Transfer to casserole dish and place in oven at 200c for 20 minutes. Top with tasty cheese just before serving and enjoy. From Margaret Pumpa

P.S. We would love to get a recipe from you.

## **2020 CULCAIRN SHOW**

Culcairn Show Society will have met on Monday 6th July to discuss whether to hold the 2020 Culcairn Show. If you wish to know the decision of the committee as to whether the show will run or not please ring and leave a message on 0260298683 and we will get back to you. As soon as a decision is made the committee will put signs up around the Culcairn main streets indicating our decision, an article in the August and September Oasis and will let members know by email or letter. We can also let you know if you contact the show email address on [culcairnshowsociety@gmail.com](mailto:culcairnshowsociety@gmail.com)

## **CULCAIRN BOWLING CLUB NEWS**

**Culcairn Bowling & Recreation Club** will once again open its doors to members and guests following a three-month closure due to COVID-19. The club will re-open on July 1st in compliance with strict social distancing and hygiene requirements, under the guidance of new Secretary Manager, David Begg.

David joined the team just prior to shut down and has played a pivotal role behind closed doors and in the re-opening. We extend a warm welcome to David and his family; he looks forward to meeting our many members in the near future.

A club can never have too many David's... our original, David (Boogie) Moore has also been working extra hard behind the scenes to ensure a smooth opening. Business will be a little unusual for a while however if we all comply with the regulations and standards dealt; we can start to enjoy a little socialisation again.

Please be mindful when asked to comply, we are doing our best to ensure the safety and wellbeing of our staff, members, visitors and our community. There will be a designated entry & exit with sign in and sanitising stations. There will be maximum capacity signage in areas throughout the club, including gaming room and Kenny's Chinese Restaurant - please adhere to these.

Another familiar face at the club, this one eager to cook to your dinner... Kenny! We've all missed Kenny's famous Chinese meals so please pre book to avoid missing out and note even those picking up takeaway will still have to sign in.

Unfortunately, we are unable to operate our courtesy bus under current restrictions however we hope to offer this service again soon. Given the current situation membership renewal forms have not been sent out to current members but will be in the near future.

We hope to see you at the Culcairn Bowling & Recreation Club soon!



## COUNCIL NEWS

COVID-19 restrictions have changed the way Council can run its monthly meeting. Councillors attended the June meeting held at Holbrook, observing social distance rules.

You can view the recording of the meeting at <https://bit.ly/35uKFxX>. The meeting was not open to the public.

*Business dealt with at the meeting included:*

Council resolved to submit to Department of Planning, Infrastructure & Environment a planning proposal for changes to the zoning and minimum lot size for four parcels of land in the vicinity of Culcairn. The intended outcome is to create additional opportunities for a range of residential development in Culcairn.

Council adopted the five year business plan and annual budget for operations at the June meeting including a 2.6% rate increase and freezing water, sewerage and domestic waste charges at 2019/2020 charges. Two submissions were received during the recent public exhibition of the draft plan.

Council has lodged grant applications totalling \$3.2M for two significant road projects which will require Council to contribute 50% if successful. The projects are:

- Reconstruction and widening of five bridges at Wantagong on Jingellic Road.
- Reconstruction and widening of 1.95km of Culcairn Holbrook Road, 3km east of Morven.

In relation to relaxation of restrictions due to COVID-19, at this stage all Council services have resumed with the exception of use of public access computers at libraries and mobile library services. All other facilities may be open with restrictions and if in doubt please contact the Council.

Under the COVID-19 Local Government Economic Stimulus Package, Greater Hume is eligible to take up the grant of \$199,988 to offset the increase in the Emergency Services Levy. Council did, however, resolve to complain to the Office of Local Government with regard to the requirement that councils remain a part of the joint organisation (JO's) for a period of two years in order to be eligible for the COVID stimulus grant. Council also resolved that it seek an independent review into the success of JO's including a comparison to the achievements of regional organisations of councils (ROC's) Council resolved also to provide a range of comments in response to the submissions report and amendment report for the Culcairn Solar Farm. Council remains opposed to the development in that the submissions report address some but not all of Council's concerns. Interested residents are encouraged to read the report and the resolution contained in the minutes which are available on Council's website.

## LIBRARY NEWS

### **IPADS to be used to Combat Social Isolation for Greater Hume Seniors in Culcairn**

Greater Hume Council was one of 24 organisations to receive funding to deliver innovative programs to help older people connect with each other, through online engagement or other methods that maintain social distancing.

Grants were available for organisations to create programs that foster social inclusion for seniors. Greater Hume Council will use the \$22,860 funding to purchase 30 Ipads to loan across the Shire to seniors who are aged 65 years and over, or 55 years and over for Aboriginal people.

On Thursday 16 July at 10am with a presentation will be held at the Culcairn Library providing information about the project for anyone who is interested in the program. For bookings contact Library & Youth Services Team Leader P: 02 60360179.

### **Great news for our library members! We are going fine free!**

From 1 July 2020, branches of the Riverina Regional Library will no longer be charging overdue fines for books, DVDs or any other items returned late, no matter how overdue they are. Overdue fines can be a real problem for people in our community and sometimes discourage people from using the library. So, we are joining the growing number of libraries across Australia that are removing overdue fines to help encourage people to come into our libraries, borrow materials, use the computers or simply have a safe, open and welcoming space to visit. If you have an overdue library item sitting at home and you have been anxious about returning it, you can bring it back after 1 July without the fear of fines.

Please note that charges will still apply to lost and damaged library items. If you have lost a library item due to circumstances beyond your control, you can talk with our friendly library staff to see how they can help. Library borrowers with existing overdue fines can also re-start with a clean slate as all existing fines will be deleted from their records. For more information contact Librarian & Youth Services Team Leader P: 02 60360179

### **A windfall for Greater Hume Council book lovers!**

Greater Hume Council libraries have ramped up local access to online digital content to help locals stay entertained. With the launch of an innovative new platform indyreads, library members can now access over 11,000 new ebooks and audiobooks from home, for free.

Developed by the State Library of NSW, indyreads gives library members 24/7 access to a range of eBooks, including fiction titles by well-known and popular authors, poetry collections, cookbooks, educational books, local studies resources and much more.

To access the indyreads collection visit [www.rrl.nsw.gov.au](http://www.rrl.nsw.gov.au). For more information contact your local library staff member P: 02 6036 0179



## Culcairn Early Childhood Centre Incorporated Committee vacancies

The Culcairn Early Childhood Centre Inc CECC is seeking expressions of interest from enthusiastic, community minded people to join the Committee. CECC is a not for profit preschool and early learning centre registered as Culcairn Early Childhood Centre Incorporated under the NSW Associations Incorporation Act 2009.

The centre is very important in the community of Culcairn as it is the only early education facility in the community. Our staff and committee believe that early education is the most important start to our children's learning journey and therefore our centre is based on learning through play that is meaningful to them and where they have the freedom to explore their ideas and develop new skills. Our centre caters for the children's educational needs by following the Early Years Learning Framework.

The Committee is responsible for managing the affairs of the association, in accordance with its constitution and the Associations Incorporation Act 2009 (the Act) including:

- Purpose: determining, reviewing and maintaining the vision, purpose and values of the organisation.
- Accountability and integrity – making sure CECC meets its obligations, manages its finances and operates transparently
- Strategy – setting CECC's long-term goals and making sure it pursues its not for profit purposes
- Resourcing – assisting with securing funding and other resources to support the work of CECC
- Advocacy – supporting effective engagement with key stakeholders and representing CECC to the community and to its members and stakeholders
- Monitoring – making sure CECC is run as required under its governing documents and the law.
- Employment of the Director
- Risk oversight
- Attending general meetings and the AGM

We are seeking expressions of interest from community minded people that have or are prepared to learn the skills, experience and community experience in the non-for profit environment.

For further information and to submit applications please email: [president-CECC@outlook.com](mailto:president-CECC@outlook.com)



Meals on Wheels  
Holbrook-Walla Walla

**DURING THE COVID19 CRISIS AND UP UNTIL 31<sup>ST</sup> JULY, WE ARE ABLE TO ACCEPT NEW PEOPLE AGED OVER 65 TO OUR MEALS & SOCIAL SUPPORT SERVICES WITHOUT A REFERRAL or assessment.**

Now the cold weather has well and truly arrived it is vitally important that older people stay well-nourished and remain strong. Holbrook Meals on Wheels can help you to stay in your own home by ensuring that your meals make a positive contribution to your nutritional needs. We can support you to make informed menu choices to ensure you are getting a well-balanced meal, designed to nourish your body, assist you to attend appointments and assist with shopping. Our meal service is government subsidised for eligible participants; for example, a large size meal will cost on average \$7.00, petite meals from \$4.70, desserts \$3.00 and soup from \$2.50.

**Shopping support is available** either accompanied or unaccompanied locally or to larger centers if required. Assistance to attend appointments is also available. Social distancing is being practiced and we are regularly cleaning and disinfecting our office and vehicles so that we all remain safe and well.

**Nutrition:** There is a great deal of scientific research that highlights the unique nutritional needs of older adults. Malnutrition can be a problem for older people living in the community for a range of reasons, including having a reduced appetite and/or illness. According to the National Meals Guidelines "It is estimated that 5-8% of older Australians living in the community are malnourished. An additional 35-39% are considered to be at high risk of malnutrition." Malnutrition can cause loss of muscle and loss of strength and mobility, increasing the risk of falls and fractures, also osteoporosis, slower wound healing, increasing the length of stays in hospital and, potentially, reducing an older person's ability to stay in their own home and contributing to premature death. It is much easier to prevent malnutrition than to treat it in older adults.

The Covid-19 pandemic is far from over, remember to stay home as much as possible but don't forget to use your body and exercise if you are able. The provision of a meal each day can be an enabler that can improve opportunities for increased participation in life's other roles, such as meeting friends or engaging in activities. Home delivered meals also have the added advantages of providing an opportunity for social interaction and the potential to monitor a person's health and well-being – they are 'More than Just a Meal'!

If you would like more information on Meals or other services we can provide, please give us a call on 02 60363677.

## **GOLF REPORT**

### **SUNDAY COMPETITION**

Our regular Sunday competitions commenced mid May and have continued throughout June. Winners through June are:

14 June: Tim Fagan

28 June: Cameron Knust

Anyone wishing to play in the competition should come to the Golf Club on Sunday mornings at 8.30 am when hit off will be 9.00 am. Note that these competitions are open to ladies as well as men. If you wish to phone for more information please contact Martin on 0428 298 030, Phil on 6029 7844, or Heather on 0428 586 555.

Don't forget social golf is also available providing there are no tournaments on that day.

### **UPCOMING TOURNAMENTS**

With relaxation of some Covid-19 regulations the Club will be going ahead with the following tournaments with golfers practising social distancing, hand washing/sanitising etc:

#### Sunday 26 July

Murray District Golf Association

27 hole Sandgreens Championships (being held at Culcairn Golf Club)

#### Sunday 2 August

Culcairn Men's 18-hole Tournament

#### Sunday 9 August

Culcairn 2 Person Ambrose Tournament

Corowa Veterans will also be holding a Vet's Day at Culcairn later in August (on a Monday) with date to be confirmed.

### **GRANT RECEIVED FOR MACHINERY SHED**

The Club submitted an application to erect a machinery shed which unfortunately we did not receive, however, thanks to Justin Clancy MP, Member for Albury for his referral of this matter to the NSW Premier, Gladys Berejiklian MP who agreed to provide us with a one-off grant of \$10,000 to assist the Club in proceeding with the erection of a shed near the clubhouse. We are very appreciative of this help and thank Justin and the Premier very much for the provision of this one-off grant.

### ***MUMMA J'S FOOD HUB***

#### **Culcairn Men's Shed**

#### **Olympic Highway**

Coffee & Muffins Hot Food, Hamburgers, Kebabs

Fish & Chips, Pizza And lots more

*Every Saturday 10am- 6.30pm+*

*Orders 0419 149 887*

*Follow us on FB mummajsfoodhub*

*For weekly specials*

*Janet & Matt [mummajsfoodhub@gmail.com](mailto:mummajsfoodhub@gmail.com)*

## **MENS SHED REPORT**

The Shed is back after the COVID-19 lockdown and we will be for the rest of the year.

I would like to say thanks again to the Schneider kids Kayley, Rylan, Maison and Lacie for the donation of their pocket money.

Sad news, our Shed Manager Ivan Lang is leaving, heading for a warmer climate. He will be sadly missed but not with a morning tea, but we might be able to have some cake.

A couple of projects that have been done:

We made a second out-door seat for Billabong High School. In the future we are building a bridge in the garden area with materials donated by Bunnings.

Also some work for the Garden Club, which will be completed in August.

On Thursday 30th of July the Shed will be having our AGM. I encourage all members of our community to come to the meeting and support the Shed.

The day will start with our normal hours 9am to 12 pm, a sausage sizzle 12 pm to 1 pm and from 1pm our AGM.

You can check us out on Facebook Culcairn Mens Shed. Our email address is [culcairmensshed@yahoo.com](mailto:culcairmensshed@yahoo.com)



## **CULCAIRN MOTOR INN**

[www.culcairmotorinn.com.au](http://www.culcairmotorinn.com.au)



Craig and Glenda Taylor  
[info@culcairmotorinn.com.au](mailto:info@culcairmotorinn.com.au)  
(02) 6029 8233



**Henty Physiotherapy & Sports Injury Clinic**

Open.....Tuesdays: 9am until 3pm  
Thursdays : by appointment only  
Telehealth appointments available.  
Opposite library in Henty

All muscle, joint and ligament injuries treated.  
Evidence based. Results focused.  
25+ yrs experience

Private Health Rebates available. Workers Comp  
No Referral necessary

**Freebies:**

Continance and pelvic floor assessments  
Sports Injury Prevention Screening

Physiotherapist - Claire Lawson  
Bachelor Applied Science (physiotherapy)  
Masters Clinical Rehabilitation  
Certificate in Chronic Care Management

Ph 0424721648

Email: treechangetherapist@gmail.com



Is your gas heater safe?

Book it in for a service now

M: 0403 191 780

[www.blueeysplumbin.com.au](http://www.blueeysplumbin.com.au)

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](mailto:ben@pdiantennas.com.au)  
[www.pdiantennas.com.au](http://www.pdiantennas.com.au)



**Horizon**  
Rural Services

FENCING CONTRACTORS  
STOCK YARD BUILDING  
SHED CONSTRUCTION  
FARM ENTRANCES

0408 986 474

0427 363 170

***A B HAINES ELECTRICAL***

*Pty Ltd*

Your local electrician, Brightening your life,  
And repairing TV reception.

***Andrew Haines***

*Electrical Contractor*  
NSW Lic No: 305906C

***Mob: 0402 728026***



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](http://www.blueysplumbin.com.au) | NSW Lic #210558C**

**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

Andrew-0412 774450



**Spreader Truck**

**Topcon Paddock Mapping  
 Variable Rate Spreading**

- Lime
- Gypsum
- Fertiliser
- Sand

**Manure Spreader**

**15m3 Muck Chucker Trailer  
 Great For Spreading The Material From  
 Your Feedlot Or Stockyards**

Ethan 0408986474

Glenn 0429369535