



CULCAIRN OASIS

CULCAIRN AND DISTRICT NEWSLETTER

February 2021

CULCAIRN LHAC—THANKS DR. REDDY

On Sunday 6th December community members of the Culcairn Local Health Advisory Committee attended a lunch at the Culcairn Hotel to thank Dr. Reddy for his 46 years of outstanding and dedicated around the clock service to Culcairn and the wider community. He was recognised as an esteemed work colleague and for showing compassion to all his patients. Usha was acknowledged and thanked for her sacrifice and devoted support throughout his medical career. Dr. Reddy responded by saying how much he had loved his years working with the Culcairn community.



Dr Reddy, Usha and Culcairn LHAC Committee

DR. REDDY—AUSTRALIA DAY AWARD

As part of the Australia Day Ceremony held at Walbundrie Ctr Heather Wilton, Mayor of Greater Hume Council presented the Mayoral Award for Outstanding Achievement to Dr. Jan Reddy. Mayor Wilton spoke in glowing terms of Dr. Reddy's dedication, commitment and community spirit in providing 46 years of outstanding 24/7 care to Culcairn and the Greater Hume communities, indicating that we would never see this level of service again. Heather also acknowledged the support of his wife Usha for her devoted support throughout this time. Dr. Reddy thanked the Council for this honour and said how much he appreciated the community for all the support they had given him over all these years.



Mayor Heather Wilton and Dr Reddy

Save the Date

Sunday, March 28,

COMMUNITY THANK YOU
AND FAREWELL TO
DR JAN REDDY

Where: Culcairn
Sportsground

Time: 12 noon start

**Free sausage sizzle
Jumping castles
and more ...**



**MAKE AND BRING YOUR OWN
THANK YOU
POSTERS AND BANNERS**

More details in March Oasis

BE THERE!

A BIT OF HISTORY *Photos from Joan Wood*



*Waverley
Guest
House in
1890*

Situated on the now vacant block of land on the corner of the Olympic Highway and Balfour Street the Waverley Guest House, Waverley Coffee Palace or Temperance Hotel was built in approximately 1880 by James Balfour providing accommodation and refreshment (no liquor) facilities.



*Culcairn
Post
Office in
1910*

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 - 12pm Tues 2nd February 2021

Folding Date- Fri 5th February 2021 at 1pm

Delivery Date - Wed 10th February 2021

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.

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 or phone 0260298291 for more information

Please note this publication is available online at

www.culcairn.nsw.au

www.greaterhume.nsw.gov.au



WE'RE LOOKING FOR ON-CALL FIREFIGHTERS IN CULCAIRN

MAYBE IT'S TIME TO THINK ABOUT A SECOND JOB

APPLY ONLINE AT FIRE.NSW.GOV.AU OR CALL US ON 02 6029 8202

NSW GOVERNMENT FIRE + RESCUE

CALL FOR MORE ON-CALL FIREFIGHTERS AT CULCAIRN FIRE STATION

Fire & Rescue NSW (FRNSW) is calling for community-minded men and women to consider joining the retained (on-call) firefighter ranks at Culcairn Fire Station.

There are currently four vacancies for retained firefighters at Culcairn Fire Station.

Your local fire station relies on people in the community to put their hand up to become firefighters – without that support, regional fire stations cannot survive.

For more information on becoming a retained firefighter, contact Captain Barry Fisher on 0477 758 657 or visit www.fire.nsw.gov.au.

LIBRARY LOVERS' DAY COMPETITION

Call into the Culcairn Library on Friday 12 February 21 and match a romantic quote with the right movie or book to win a chocolate heart. The more you know the more chocolate hearts you win! Borrow books, DVD's Sound Recordings or Magazines from the Culcairn Library on Library Lovers' Day and go into the draw to win a box of Favourites!



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CHRISTMAS TREE OF REMEMBRANCE

Chair of the Culcairn LHAC David Gilmore and MPNH Palliative Care Project manager Stacey Heer met at the Val Hensel Memorial Garden on Tuesday 19th January, for the spreading of the Culcairn Christmas Tree of Remembrance ashes, which has become an annual activity. The poem 'I heard your voice in the wind today' was read out, to honour the precious memories contained in the messages.

As part of the Compassionate Communities activities that the Culcairn LHAC undertook in collaboration with the MPNH in 2019, a Christmas Tree of Remembrance is annually installed in the Culcairn Library each year.

This is in recognition of the fact that the festive season can be a difficult time for someone who has lost a loved one. Community members are invited to write a message to their lost loved one and to hang it on the tree, to include them in the spirit of Christmas.

After Christmas, the messages are burnt and the ashes are spread around the base of a rosemary bush, which was especially planted for this community activity. A small memorial plaque has been placed in the garden, which explains the significance of the rosemary bush.

A bench seat has also been installed near the rosemary bush, to create a special place of remembrance, where community members will have a quiet place to sit and reflect on their lost loved ones.



MEN'S SHED

To all the Men and Women of Culcairn the Men's Shed needs **YOU**.

Take 30min out of your daily schedule and come down to the Shed and have a look.

We open up at 9am on Tuesdays and Thursdays. Morning tea is around 10.30, so come on down.

The email for the Culcairn Men's Shed is culcairnmensshed@yahoo.com

See you at the Shed.



EARLY CHILDCARE EDUCATION TRAINEESHIPS HOLBROOK, HENTY AND WALLA WALLA

Been thinking about a career in early childhood education? Passionate about working with children? Looking for a traineeship to kick-start your career? An early childhood education traineeship with Greater Hume Children Services gives you the opportunity to have a Certificate III in Children Services paid for, hands-on training whilst being paid, on-the-job study time and a permanent educator position upon completion.

Traineeships offer the professional learning environment to turn your dreams into reality. Prior children services experience is not required, however a passion for children's learning is. Council's opportunity is open to anyone who has an interest in being a dynamic and creative team member in a nature based long day-care setting, looking for a permanent career opportunity.

Still interested? Visit Council's website www.greaterhume.nsw.gov.au to download the Employment Application Guidelines and the Position Description, or phone 02 6036 0100.

Applications will be received **until 5pm Friday, 19 February 2021** and should be emailed to jobs@greaterhume.nsw.gov.au

CHRISTMAS TREE DISPLAY

For the second year beautifully decorated Christmas trees graced the old library rooms at the Memorial Hall during December. Eighteen local organisations took part and were able to come up with many creative and imaginative ideas.



The winning tree, as voted by the public, was presented to the Culcairn SES. Their tree created much discussion with its corona virus inspired theme. Adorned with corona virus styled baubles and balls decorated as faces with eyes and tiny masks it was very eye-catching. The Christmas themed toilet paper under the tree was a special finishing touch.

Thank you to all the organisations that participated and to the public who visited the display.



ARE YOU EATING AND DRINKING ENOUGH?

LOSING WEIGHT IS GENERALLY NOT GOOD FOR OLDER PEOPLE. Losing weight can be a sign of poor nutrition. Signs of weight loss include clothing becomes loose, belts needing to be tightened, finger rings are becoming loose, dentures not fitting well anymore.

In some cases weight loss may be necessary to ease arthritis or improve mobility. If you do need to lose weight it is important to **prevent muscle loss. This means eating plenty of protein rich foods (at every meal) followed by exercise.** Protein rich foods include: eggs, cheese, meat, yoghurt, legumes (ie: baked beans, soy beans, lentils, butter beans etc.), tofu.

THE GOOD NEWS IS WE CAN HELP YOU. We have a large range of meal choices available (over 80) which YOU choose.

We are looking forward to commencing our **"LETS EAT OUT"** programme very soon. This programme will provide a subsidised meal at participating venues through a voucher system. "Let's Eat Out" vouchers purchased from us for \$8.00 each will have a face value of up to \$12.00, giving people who use our services up to an additional \$4 to spend.

Our healthy and nutritious meals have been especially prepared to meet the dietary needs of older people, **containing higher protein levels** and low salt content. We have a large choice of meals available to suits individual tastes. There are also a range of smaller meals, soups and desserts.

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'!

Meal services may be suggested to older people who are unwell and the service may only be needed in the short term until the person recovers and is able to prepare their own meals again. Alternatively, a meal service can also be provided to a person who requires ongoing assistance with meals to support functional independence and wellbeing. We are happy to discuss your needs.

Don't forget to have plenty of fluids over the hot summer months. 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.

"DON'T WAIT – HYDRATE!"

If you would like more information on Meals or other services we can provide, please call into the office or give us a call on 02 60363677 or you can call My Aged Care on 1800 200 422.

CULCAIRN EARLY CHILDHOOD CENTRE

Council has agreed to commence transitioning the Culcairn Early Childhood Centre into Greater Hume Children Service's existing operations. A project team has been established comprising staff and committee members from Culcairn Early Childhood Centre and Greater Hume Council. The project team will oversee the transition of services until 1 July when Greater Hume Council Children Services will commence managing the service.

All existing staff will be offered a position with Greater Hume Children Services. Staff and families will be informed and consulted during the transition. For more information you can contact David Smith (Director of Corporate & Community Services) on 6036 0100, Christie Thomson (President CECC) on 0427 268 712 or Kirralea Walkerden (Secretary CECC).

Did you know 1 in 5 Australians live with disability?

Want to help us create a more inclusive and accessible Greater Hume for people with disability. Our vision is for an inclusive and accessible community, where people with disability have equitable opportunities to participate in social and cultural life, in meaningful employment and decision making processes. An inclusive community is one where people with disability are viewed positively by the wider community and acknowledged and celebrated for their diverse contributions and experiences.

Greater Hume Council will be reviewing their Disability Inclusion and Action Plan in 2021 and want your input to ensure we can reduce and remove barriers for people with disability and foster a more accessible and inclusive community.

We want to hear from people with disability, people with mental health conditions, and people with caring responsibilities about how we can create a more inclusive Greater Hume. **How you can give feedback?** We'd love to know what you think and look forward to learning more about your ideas for people with disability in the Greater Hume Council area. You can be involved and provide your ideas and feedback by either:

- Attend a Community Workshop in Culcairn Council Chambers at 10am-11.30am Mon 22 February
 - Online survey <https://www.greaterhume.nsw.gov.au/> open now and closes Mon 15 Feb. Hardcopy surveys available at Council offices, libraries & childcare centres
 - Attend a ZOOM Workshop: 5.30pm-6.30pm Tues 23 February, <https://bit.ly/3i9206V>
- For further information T: 60360100 or <https://www.greaterhume.nsw.gov.au/>

CULCAIRN GOLF CLUB

Another golfing year has begun with 9-hole competitions being played on Sunday mornings with the men hitting off at 9 am.

Our new lady golfers have also started playing on Sunday mornings but a bit earlier – 7.30 am to 8 am hitoff. They are still playing Ambrose events as 2 or 3 persons playing as teams and are gradually increasing the number of holes played. If they wish to play during the week then twilight games can be organised. Great to see our ladies playing golf and getting more confidence.

Community Development Grant – work completed on inside of the Clubhouse

Whilst Covid-19 was occurring we finalised some work on the Clubhouse with the completion of raising the floor level in the main area, painting of walls and ceiling, and carpeting the main area of the clubhouse and commercial vinyl was laid on the kitchen floor. Thanks to **Greater Hume Shire Council for their Community Development Grant**, as well thanks go to the **Golf Foundation from Golf NSW** supporting the CD grant with a grant of \$5,000. Thank you also to our volunteers who assisted by helping with the renovations, painting etc.

New Shed for Storage of Machinery

In the latter part of 2020 we received a One Off grant from the **Department of Premier and Cabinet** of \$10,000, and also a further grant of \$5,000 from the **Golf Foundation** through Golf NSW. The Golf Club very much appreciates the help received from the NSW government and support from Golf NSW. Small clubs need all the help we can get to improve our facilities for our golfing members and visitors to Culcairn and surrounds.

The official **Opening Day for 2021 will be held on Sunday 21 March** with golf commencing 8.30 for 9 am hit off and this will be an 18-hole event. After golf we will have a sausage sizzle for lunch and then at **2.30 pm the Annual General Meeting**.



IN YOUR GARDEN FEB/MAR

Welcome everyone to a new and perhaps kinder, in many ways, year. A year of less restrictions and better gardening weather, a year of more luck with new (and old) varieties of plants, and time to share produce and flowers with others.

My summer garden has had its' moments (Good and Bad!). Tomatoes have generally done well with some HUGE orange heirloom variety bearing madly. Others—Roma and Ox Heart drowned with too much water!! Onions brown and white grew well so worth the effort and will grow more later.

Summer beans, a total disaster - some didn't even come up, others no flowers, others just died. However with the recent good rain I will sow some in mid Feb and see what happens.

Pumpkins should be set well by now and growing madly to mature before April frosts.

Time to sow carrot & beetroot seeds, and parsnip too (use fresh seed for good germination).

Lettuce will do well now. Sow broccoli seedlings now for early winter harvest. Almost time for snow peas too.

Have you looked after your roses through the summer? Mine have been rather neglected but I still manage to pick a few each week. When "Dead Heading" pick with long stems and this will promote new growth and Autumn flowers which last longer as the main heat has passed.

Feb/March is a good time to lift and divide bearded Irises. The plant will have last Spring's flowering stalk still attached to the central rhizome. Several smaller rhizomes will also come from the centre with their own new leaves. Keep the new little rhizomes as these will have the flowers this next season, throw away the old rhizome as it is finished and won't flower again. Push the new plant well into the soil but leave the upper side exposed. Irises need good drainage and full sun to flower. As some of my trees grew and shaded an Iris bed they ceased to flower. When I moved them to a more open area they enjoyed the sun and responded with amazing blooms. Normally disease free and tough, mine developed a fungal leaf spot which causes the leaf to die back from the tip. Remove the leaf and either burn or place in a sealed plastic bag for disposal. (Not in compost heap!). You may also spray the surrounding soil with a fungicide.

Lawns need a lot of love and care and water, but a recent study has shown that they are one of the best protections against bush fire.

I mentioned my new attempt at growing Dahlias again after many years. I have been rewarded with an amazing Red Christmas one, several different white ones, a burgundy and two yet to flower. They have been easy to grow and a delightful summer bloom.

March is apple and pear time so don't forget the humble Apple Pie (YUM). Pears also make a delicious chutney when your tomatoes finish. February is also fig time, so eat them fresh or make a pot of jam.

St Patrick's Day is also the time to plant sweet peas. Finally, don't forget to think about your Spring flowering bulbs. Enjoy your time in the garden. Margaret Pumpa

CULCAIRN GOLF CLUB OPENING DAY

Sunday 21 March 2021

Come along to play in

2 Person Ambrose,

bring your partner

or ask Captain Phil for one

Commencing 8.30 am for 9.00 am hit off

Sausage sizzle after golf, then

ANNUAL GENERAL MEETING

Will commence at 2.30 pm.



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