



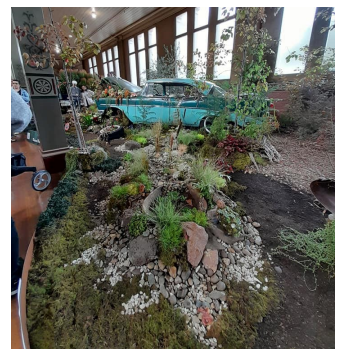
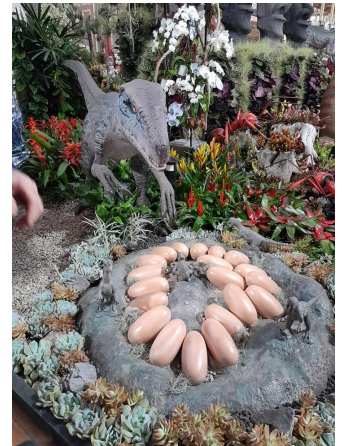
CULCAIRN OASIS

CULCAIRN & DISTRICT NEWSLETTER
APRIL 2024

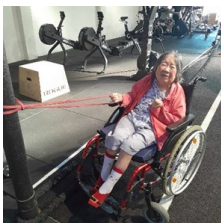


CULCAIRN GARDEN CLUB

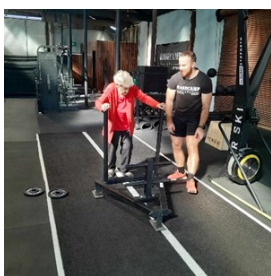
Some of our members and friends had a most enjoyable day at the Melbourne International Flower and Garden Show on Saturday March 23rd. Everything was just fantastic, from the fabulous landscape gardens and the numerous interesting stalls, to the amazing floral art displays in the historic Exhibition Building. The moving dinosaurs in one of the prize displays were very popular with kids and adults alike. So much beauty and creativity displayed. One needs to see it in person to really appreciate it. Members also had the opportunity to meet the president—Lori Emerson and the “Director of Promotions and Events” - Lynne Turner of “Garden Clubs of Australia”. To see more photos of our trip, please visit the Culcairn Garden Club Facebook page.



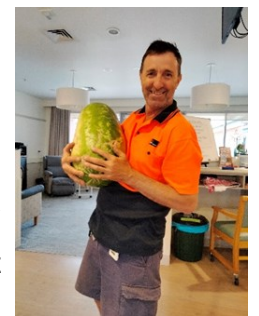
CULCAIRN MPS NEWS



Hello and welcome to news from the residents at the Culcairn MPS. It is hard to believe that Easter is here already and that by the time you read this it will all be over. We hope that you have all enjoyed your time celebrating with family and friends. Lesley one of the activity officers here has started a program with Matt and Jackie from Basecamp Strength and Fitness. The residents have the option to use the gym to gain strength which can help with the overall health of frail people. All residents that have been have enjoyed their time there and look forward to going again.



We would really like to thank one of our families for donating some meat from the local butcher for our recent BBQ. Each resident was able to pick what they wanted to have cooked, I believe the steaks were delicious. The BBQ also included some home-made salads that everyone enjoyed. The BBQ was followed by an amazing watermelon that Craig from maintenance had grown. All staff and residents had a guess at how much it weighed. A big 15.3kg.



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 7th May 2024

Folding Date—Fri 10th May 2024 at 1pm

Delivery Date—Wed 15th May 2024

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

ADVERTISING SIZES	CHARGES
<i>Per issue</i>	
Classified 1/16 page	\$11.00
1/8 page	\$22.00
¼ page	\$44.00
½ page (check for availability)	\$88.00
Full page (check for availability)	\$176.00
Flyer insert (excluding printing)	\$100.00
Pay for 5 ads get 1 free, pay for 10 get 2 free	

If you are a new advertiser, email us for information & a booking form.

OASIS NOT IN YOUR LETTERBOX?

If you have not received the Oasis in your letterbox, copies have been left at the following locations in Culcairn - Council Office, Foodworks and Feed the Soul Coffee Shop. You can also access the Oasis online at <https://www.greaterhume.nsw.gov.au/Newsroom/Culcairn-Oasis>


LOCAL TRANSPORT MADE EASY

Available to all residents for medical appointments, local shopping, social or other purposes 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.

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

LOCAL OASIS EDITOR NEEDED

We are looking for someone who would be interested in supporting the Culcairn Oasis Newsletter team putting the monthly newsletter together. 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.



YOUTH EVENT - 12 TO 25 YEARS
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Did you know that at Meals on Wheels Greater Hume Area we provide “More Than Just A Meal”?

To reflect the change in services, we are updating our images and rebranding our services as “Home Support Greater Hume Area” which joins existing service “Meals on Wheels Greater Hume Area”. You will see changes over the next few months as we update our signage.

We are now taking client referrals from My Aged Care for **DOMESTIC ASSISTANCE and PERSONAL CARE** services under the Commonwealth Home Support Programme (CHSP). Services will commence as soon as we fill the worker positions.

If you live in the Greater Hume Council area, we can support you to stay at home with not only a **delivered meals** service, but a range of other services including:

- Transport service to assist you with transport locally and regionally to Albury or Wagga Wagga,
- Meal preparation assistance in your home,
- Domestic Assistance, general house cleaning, clothes washing, unaccompanied shopping and bill paying,
- Personal Care,
- Social Support which will support you to attend appointments, help you do your shopping, provide a friendly visitor or a friendly phone call,
- Small group activities such as Movie trips, morning teas, gentle exercise
- ACT! Emergency Readiness programme is also available across the council area.

You do need to be registered with My Aged Care to access CHSP services with us – don’t worry, if you aren’t registered, 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.

Our administration office is located in Holbrook at 114 Albury Street (just near the traffic lights) and we are always happy to have visitors. Our staff are very happy to visit you at home if you prefer. Just give us a call on 0260363677 to arrange a time.

You can also access our services if you are on a Home Care Package. It’s your choice - Speak to your provider and let them know you wish to use our meals or other services.

MPS STAFF PROFILE

“Hello, this is Bridgid from Culcairn RAC (Residential Aged Care)” is what you’ll often hear when your family joins our family. I joined the RAC family in July 2023 as their very first Aged Care Registered Nurse. I specialise in Aged Care, with my passion being Residential Aged Care. Maybe my years in boarding-school contributed to that.



As a child, my favourite people were my grandparents, my many great aunts and great uncles and my elderly neighbours in our farming community. They always had the time to spend with me. Three of my grandparents took their farewell breaths in my childhood home. I began contributing to their care when I was just 11 years old. That’s how things were done ‘back then’. This tradition is probably over now since my husband and I have two adult sons and three grandchildren who all live interstate.

If you haven’t met Levi, my Australian Cobberdog yet, well, maybe you should pop in and visit us in the RAC for pet therapy. My other passions in life are influences from my loving grandmothers: animals and gardening, especially water gardens. Our goal here at the Culcairn RAC is to give our Residents the most enjoyable days and sunsets in their autumn years. My personal goal is to lead the team to care ‘about’ and care ‘for’ your family members in a professional manner in what has become their home.

CULCAIRN SHOW SOCIETY REPORT

Culcairn Show has returned to an October date in 2024, Saturday the 5th, the Saturday of the October long weekend.

At the annual meeting of the society Andrew Godde was elected president, Max Scheetz and Bridget Hogg as vice presidents and Stephen Trickett as secretary & treasurer.

According to an historian this year is 100 years since Bell Amusements set up a boxing tent at the show. We look towards a possible celebration of Bell’s involvement. They are still in the amusement industry.

The next meeting of the society will be held on Monday 22nd of April 7.30pm at the Andrew Hoy pavilion at the Culcairn Sports Ground.

All members are welcome to attend meetings and new members are invited to join the society.

Further details can be obtained by leaving a message on 0260 298 683 and we will return your call.

YEAR 12—BILLABONG HIGH

Attached are some samples of work from Year 12 Standard English students. The students are studying The Craft of Writing module and have used pieces of writing as stimuli for their own compositions. Students are developing the complexity of their ideas and considering how to communicate with power and precision.

Thomas Wiffen and Shontelle Baird have used Carol Chan's blank verse, stream-of-consciousness poem, 'Popcorn' as their inspiration.

Aurora Eastwood has emulated an extract from 'Kafka on the Shore' by Haruki Murakami.

FIVE-DOLLAR BOX

It's 7pm and I'm craving it.
The all-too-familiar greasy taste.
I've known it my whole life,
like a childhood friend or your first relationship.
You never forget it.
The welcoming aroma as you push through the fly screen
The smiling face acknowledging me: G'Day, Junior!
Standing in the room like a kid on Christmas morning and I take in the wondrous choices before me –
But I know what I want.
The mesmerising way they add the chicken salt.
The all-too-familiar feeling of the first bite into a chip or potato cake.
I slip him the five-dollar note gently, as carefully as I can,
A transaction I've made a million times, but I will never grow tired of this.
The warm box tingling the tips of my fingers.
A monsoon forms in my mouth as I walk to the car where the box's fate awaits...
A simple medium-chips-box with two slips of grease-absorbing-paper in a neatly rolled paper bag
Enclosing the treasure within.

THE HUMBLE BOX

Many know of it, but few enjoy it.
To most customers, it's just a good deal at a takeaway store everyone knows.
To me, it's so much more.
It's the memories of coming home from a hard day's work,
Or a trip in the truck with dad.
A sneaky stop after footy training with mum
Or a reward after ten minutes of begging for one.
Many kids adore maccas or kfc.
But not this kid. Only one treat gets me this excited.
To me South Albury takeaway is the ultimate treat
The five-dollar box.

~Thomas Wiffen

COFFEE

It's late evening and another coffee is being brewed. All day the pungent smell of coffee grinds fills the kitchen with its familiar embrace.

Breakfast, lunch and dinner, coffee was partnered with a meal that didn't match –

a jar emptied in one week and the red, chipped kettle stained in use.

I hate coffee.

A constant demand to her pocket; something that finds its way home every Saturday like there's an imaginary rope between them.

It was only once that I tried a sip of coffee, if only to humour her.

If you dig through the layers you'll find the sweetness of caramel, a softness fighting through the fog of bitterness.

It was bitter, much like her. I recoil and she laughs. I guess I'll have to make do with the cool glass of water from our ageing tap.

It doesn't drown out the taste of coffee.

So much of her evening is built upon sitting beside a table, under the lights of moving images, a coffee in her hand, hugged close as though it grounds her to this place.

I think it's one of the only little things she enjoys these days,

too worn out from the strain of work that hangs over her head like a bad omen.

Perhaps it's the only solace she finds in the quiet hours of the night, resting alone

as the dread of morning eats away at her mind.

But I hide away from it.

I try to deny the reality of my future that seems much more like a curse than a promise.

My guilt, it finds home as a constant ache in my chest. Even if I try to push away

the loneliness,

the guilt still manages to claw its way up through my throat

like it's desperate for life.

Coffee still holding dear in her hand, she takes a sip and frowns into the cup. I study

the texture of her face: greying hairs and curved lines scarring her complexion.

There was an undeniable age hiding away behind her eyes. It crinkles into a smile once she notices me watching. I think she is too gentle, too joyful for the agony she has gone through.

Distant thoughts remind me that I am her child, that I'm the only good card

in the hand that was played. I will always be the rock she clings to as she drowns at sea.

She asks if I wanted another sip of the drink, the one I despise. I shake my head no.

Enjoy it yourself. Coffee is the one thing I cannot endure.

~Shontelle Baird

Billabong High writing samples continued.

WRITING THROUGH EMMULATION

Original text: **Kafka on the Shore** By Haruki Murakami

Sometimes fate is like a small sandstorm that keeps changing directions. You change direction but the sandstorm chases you. You turn again, but the storm adjusts. Over and over you play this out, like some ominous dance with death just before dawn. Why? Because this storm isn't something that blew in from far away, something that has nothing to do with you. This storm is you. Something inside of you. So all you can do is give in to it, step right inside the storm, closing your eyes and plugging up your ears so the sand doesn't get in, and walk through it, step by step. There's no sun there, no moon, no direction, no sense of time. Just fine white sand swirling up into the sky like pulverised bones. That's the kind of sandstorm you need to imagine.

By Aurora Eastwood

Sometimes problems are like vicious ocean waves. Turning your back and not fighting the waves will result in you being bowled over, water pushed up your nose and no time to take a breath. Instead, if you choose to fight your problems by diving through the wave you will have time to take a breath and won't have water up your nose, you will come out the other side ready to dive through the next wave. That is how you should imagine overcoming problems.

IN YOUR GARDEN

Autumn has arrived, days are shortening and nights are cooler. Some of us have had some welcome rain. It's time to tidy up the veggie patch, as tomatoes, cucumbers and zucchini finish. With late tomatoes (and green ones) you can make a variety of chutneys and pickles. I have been making sauce in small batches (1-2 kg) from my feral (tiny toms) bushes. Pumpkins will mature over the next few months, melons being harvested now. Corn is producing well. Grasshoppers are a pest in some gardens. "Hairy Panic" is back - wet down, squash and put into bags.

Winter Vegies - cauliflower, broccoli, broad beans can be sown now and over the coming weeks, for a lengthening harvest. Lettuce, spinach and celery can go in too.

Herbs - parsley, thyme, chives, sage, mint (in a pot) and rosemary grow well now. It pays to grow your own herbs - in pots or in the garden.

Dahlias - still flowering magnificently - all shapes and sizes. When they die down (after frosts), the tubers can be lifted in a dry place, for planting out in late October. Spring bulbs are emerging already, still time to plant more for a great display in Sept/Oct.



Daffodils (all sizes and colours) look great in pots as well as in the garden. Also popular are Hyacinths, Ranunculi, Aeneome, Ixias and Tulips.

Sedums (for water wise gardens) are flowering now in pink, white and yellow tones. Easily grown from pieces.

Roses are having an Autumn flush of blooms, and they last longer in the cooler weather.

"Your mind is a garden; your thoughts are the seeds. You can grow forests, or you can grow weeds". Keep picking and enjoying your garden. Margaret Pampa

Jindera Community

GARAGE SALE

Sunday 14th April

8.00 am

Maps

\$2

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Jenny O'Neill 0438 263 417



Jindera Post Office

HENTY CULCAIRN PROBUS

Met at the Zion Lutheran Hall at Walla Walla on 13th March 2024. It was to be the day of our Annual General Meeting.

Our President Yvonne welcomed us and we sang the national anthem accompanied by Herb on violin. New member Robyn Long was welcomed.

Special anniversaries were Gary and Jeannie Kenney 55 years, Lila and Haydon

67 years, Diane and John 62 years and Ron and Shirley 6 years. We congratulate them all.

Jeannie Kenney was our five minute speaker and she told us about years of being a marching girl club member, and wore a bib weighted down with badges.

It was an amazing story of moving people around the countryside in a furniture van so they could compete at towns across Victoria and March at the MCG at football grand final, the Royal Show and Moomba parade.

Yvonne thanked Jeannie for sharing her memories and presented our Probus pen as a memento.

At our AGM, Gary Kenney declared all positions vacant:

- New President, Warren Berkery
- Vice President, Yvonne Booth
- Secretary, Beryl Meyer
- Assistant Secretary, Helen Squires
- Treasurer, Fran Fifield
- Program Director, Margaret Pumpa
- Historian, Julie Parker
- Travel and Tour Guide, Allison Schuster also Public Officer
- Newsletter, Kevin Fogarty
- Publicity Person, Helen Squires
- Welfare Person, Julie Parker

There is a vacancy for a membership officer.

We give thanks to Heather who has been our treasurer for many years and to Neil Parker who has been our program director finding our amazing speakers. Thank you too, to Yvonne Booth who has been our president for two years. A good job, beautifully done by all.

Our speakers for the day were Marian Viles and Libby Clarke who in their roles as speech therapists have formed a choir called Border Sonic.

The members of the choir are recovering from stroke and other neurological situations like Parkinson's disease. The choir gives people an opportunity to participate and to improve their speech.

Singing is good for the brain and good for breathing and posture.

The choir sang beautifully for us and we were invited to join them and their musical instruments - Mary Hunt on violin and others on drum, ukulele and mandolin.

Ian Lieschke thanked our guests and presented pens to Libby and Marian and token gifts were given to singers and their carer's.

Our Herb has made a new musical instrument to take to his caring visits at aged care and hospitals. We thank the Mill shop at Walla Walla for preparing our picnic lunches and thank you too, to Monica who made sure we had clean toilets and hot water for cuppas, your work is much appreciated.

Our next meeting of Probus is to be at Henty, second Wednesday of April, 9.30am for a 10.00am start, at the Community Club, possibly a tour of the Henty Primary school. We look forward to seeing lots of visitors.

MOTHER'S DAY MORNING TEA—HOLBROOK

Come over to Grimwoods Craft Shop and Tea Room in Holbrook (next to the Woolpack Inn Museum) on Saturday 11th of May at 10.30am for our Annual Mother's Day morning tea. Fresh baked scones, pot of tea or coffee will be on offer. A plant and cake stall will also be out the front of the shop. Spoil Mum this Mother's Day! Come and have a browse in our lovely shop, lots of new items for sale, made by our craft members. Cold weather will be here soon.... we have numerous beanies, gloves, and scarves for sale, for more information, call 0427000484.



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50% of vehicles stolen are left unlocked with a remote to the garage inside.

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LOCK IT OR LOSE IT.

70% of thieves enter homes while victims sleep upstairs.

LOCK IT OR LOSE IT.

If your wallet is stolen, thieves can use your cash and your identity.

Don't give thieves access to your car or your home.

LOCK IT OR LOSE IT.

When at home lock your doors and windows, do not leave keys, wallets or other valuables visible from outside your home or near entrances.

Lock your vehicle and always remove and take your ignition keys and garage remotes. Take everything of value from your vehicle each time you leave it.

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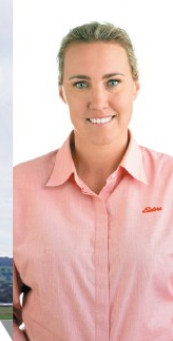
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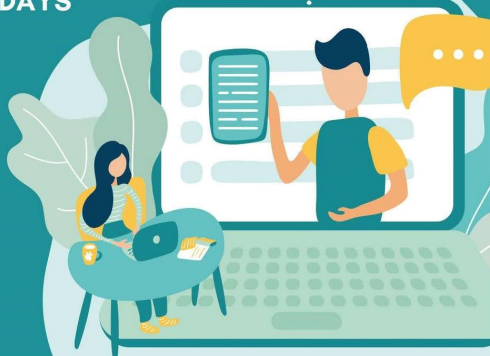
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THE YELLOW LIDDED
RECYCLE BIN.**



**THE CUP GOES IN
THE RED LIDDED BIN.**

HalveWaste
reduce • reuse • recycle

Which bin does your disposable coffee cup go in? The lid goes in the yellow lidded recycling bin and the cup goes in the red lidded general waste bin which is destined for landfill. Remember bringing your own keep cup, or choosing to dine in is the easiest way to avoid waste.

Keep Your Recycles Loose

Let's make sorting at home simple! Keep a separate bin handy for your recyclables like glass, plastics, newspapers, and cans. By having a dedicated container (or even a cardboard box) you can save time sorting and help reduce waste and pollution.

Choose to keep 'em loose and make recycling easy for all!

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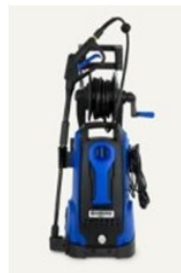
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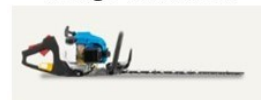
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 - Young Living Youth Yr 7-12 - Fridays 6:30-8:30pm
 - Little Living Playspace 0-5yrs - Tues 9:30-11:30am
- stay up to date on Facebook and Instagram.



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Muscle injuries	Joint pain
Contenance	Hand therapy
Falls prevention	Rehabilitation
NDIS clients	Vestibular

Hydrotherapy & dry needling available

Late afternoon appointments available

Twice weekly in Culcairn

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