



# CULCAIRN OASIS

CULCAIRN & DISTRICT NEWSLETTER  
MAY 2024



## CDCC - TOWN PROGRESS NEWS

With considerable change already seen in the centre of Culcairn we feel it is time for a community update to point out some of the projects already completed, and to let everyone know what is coming next.

Our biggest change so far has been the upgraded drainage in the CBD and the new footpaths. It is certainly noticeable that you don't have to wade to or from your car when it rains, which is definitely much safer and more pleasant for all. The footpaths are also a visual improvement and allow much better access to businesses along the main street.



The addition of the plaza area, with plenty of seating, will hopefully be a gathering point for our community.

With plants and trees to be put

in by the end of June the space will become even more inviting and attractive. Why not grab a coffee, have a sit, and enjoy a chat while the beautiful weather lasts?

Some concerns have been raised with regard to the surface of the street, especially with the loose stones and some unevenness. These issues will be addressed, in time, as the roads from McBean St to the roundabout, and around the corner to the end of the Culcairn Hotel will eventually be completely sealed with new asphalt. When this will actually occur is unclear at the moment, as time for the soil to settle over the new pipes and around the new trees, is required. This will then ensure that a smooth surface, that won't keep moving, is achieved. A minimum of at least 12 months, with a range of weather conditions, is needed for adequate settling.

Once the road gets sealed, the roundabout is revamped, some shelter over the plaza is installed and the centre garden is renovated the centre of town will look amazing. We just have to be a little patient.

The other big project in town is the new subdivision on the western side. The whole project is being done in 3 stages, but Stage 1 (consisting of 24 house blocks of varying sizes) is almost complete. Hopefully land will be available for sale in about 3 months, which is very exciting. Having opportunities for locals, and for new families coming to our town, bodes well for our future.

## LHAC – HEALTH MATTERS 2024

At our March meeting we had quite a few change over members. Three long standing members (with 20 plus years of service each) retired.

- David Gilmore
- Dot Livermore
- Jan Scheuner

Setchen Brimson from Murrumbidgee health attended our meeting and presented certificates of appreciation and recognition of service to these members. Thanks also to Les Fraser and Claire Knobel for their work with L.H.A.C. Our new chairperson is Matthew Clancy

On Thursday the 23<sup>rd</sup> of May, Culcairn LHAC will again host the Cancer Council BIGGEST MORNING TEA, with all funds raised going to the BORDER COUNCIL Clinic in Albury. Look out for our posters down the street.

### Biggest Morning Tea

Where: Uniting Church Hall on Balfour St.

When: Thursday, 23<sup>rd</sup> May from 10.30am

Cost: \$10 per head (sandwiches & slices/cake)

Get a table of Friends together for a fun morning!

Lucky door prize. All Businesses and Schools will receive an order form in early May. Your Order will be delivered to you on 23<sup>rd</sup> May.

## 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 4<sup>th</sup> June 2024**

Folding Date—Fri 7<sup>th</sup> June 2024 at 1pm

Delivery Date—Wed 12<sup>th</sup> June 2024

We prefer articles and advertising to be emailed to: [culcairnoasis@outlook.com](mailto: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](http://www.culcairn.nsw.au) [www.greaterhume.nsw.gov.au](http://www.greaterhume.nsw.gov.au)**

LHAC has put together a list of health services available in Culcairn for your information. Put it on your fridge for easy referral to Services.

## HEALTH SERVICES AVAILABLE AT CULCAIRN

- **Sarkon Clinic**—open Tuesday/Wednesday 8.30am – 4.30pm. Ph: 6048 6112 Mon-Fri for appointment.
- **Antenatal Clinic**—Dr Pria open Tuesdays/ minor procedures. Ph: 6048 6122

### Services available at Culcairn Medical Practice

**Ph: 6066 5700 Mon to Fri for appointments**

23 Balfour St, Culcairn, Open Monday and Thursday each week, plus the 1<sup>st</sup> and 3<sup>rd</sup> Friday of each month. Opening hours are 9.00am to 5.00pm. Dr Bond provides a full range of services and all Vaccinations are available.

- **Pathology**—Monday and Thursday 8.30am to 12pm. Ph: 6066 5700
- **Dietician**—Ph: 6066 5700 for appointment
- **Diabetes Educator**—Ph: 6066 5700 for an appointment
- **Physiotherapist**— Claire Lawson Ph: 0424 721648
- **Podiatry**—Monday (every 4<sup>th</sup> week). Ph: 6021 3338
- **Speech Pathology**—Ph: 6066 5700 for an appointment

### Services available at Culcairn Hospital

**Ph: 60446100**

- **Radiology**—Tuesday, 9.30am to 2pm
- **Pathology**—Wednesday, 8am to 12pm
- **Community Health Nurse**—Monday to Thursday
- **Child & Family Health Nurse**—provides Childhood & School immunisations & health check-ups every Monday, Tuesday & Wednesday
- **Adolescent Counselling**—as per local need
- **Relationships Australia**—as per local need, Ph. 6923 9119
- **Women's Health Clinic**—last Thursday of the month, Ph. 6058 1800
- **Clinical Audiologist** (Hearing Australia) - bi-monthly, by appointment, Ph. 13 44 32
- **Drug & Alcohol service**—onsite once per week and via Telehealth appointment on a needs basis
- **MHECS Mental Health Clinician**—as per local need

## HENTY CULCAIRN PROBUS

Henty-Culcairn Probus met at Henty Primary School on April 10th 2024. We were welcomed by most pleasant and polite children at the front gate and our day became even better from there.

We had Herb play the National Anthem on violin.

We were welcomed by our new president Warren Berkery.

We welcomed new members, Steven Draper and Robyn and Paul Elliott.

Beanies are at 275 and growing, and if you want to attend the Henty Art Gallery for beanie opening evening on 4th June, then please make a booking.

Our five minute speaker was Libby Smith Draper.

Libby told of her nurse training in Canberra and joining the RAF as an Airforce reservist before being full time and now part time with thirty-one years of experience. Libby wears a service bar showing deployment in East Timor and the Middle East. Libby is also a fitness instructor at the Lifestyle centre in Henty and specialises in chair based exercise. She claims that the most difficult exercise is to smile. Warren presented Libby with our Probus pen as a thank you for a most interesting five-minute speech.

We were treated to a lovely morning tea of scones with jam and cream, all especially made for us by the Henty school children. Thank you from us all. Assistant Principal Ms Erika Crevatin invited us to watch a performance of lovely singing by the children. There was a welcome to country, and then the children of Yugay (Wiradjuri for Dingo).

The kindergarten and grade one children sang a welcoming song about fish and diversity and sounding better in harmony. They did the actions too-just beautiful. We then heard from grades three and four and singing club, who are known as Gugaaay or Magpie in the Wiradjuri language.

They sang Waltzing Matilda for us and it was also beautiful.

Ms Crevatin then invited us to have a tour of the kitchen (where butter chicken was being prepared for children's lunches), library and a classroom.

Kevin Fogarty thanked Ms Crevatin and her helpers, presented our Probus pen as a token of our thanks. The Probus group then went back to Henty Club for a lovely lunch of fish with chips and salad, and lots of discussion about Henty primary school being a good place to learn about being a person.

Our next meeting is to be at Culcairn Bowling Club 8th May at 9.30am for a 10.00am start. We are hoping to have Dr Penny Vine from Upper Murray Refugee support group as our speaker.

Guests are always welcome to join with us to hear speakers.

## IN YOUR GARDEN

We are looking for some rain at the moment for lawns and gardens. While soil is still warm, plant some carrot and beetroot seeds as well as red, brown, and white onion seeds. Winter vegies are moving along-broad beans, broccoli and cauliflower are enjoying the sunshine. Spinach and lettuce are growing well too. There is still time to plant peas before the colder weather. Butternuts are ready to harvest now, whilst larger varieties of pumpkin are still maturing. Wait for the vines to wither and the tops to harden before picking and storing OFF the ground. Olives are traditionally harvested on Mother's Day. Compost heaps can have Autumn leaves added to them as they break down and make good mulch. Garlic corms can be planted now. Homegrown garlic has great flavour not found in imported garlic that has been sprayed, bleached, and fumigated to comply with government laws.

Kangaroo Paws - feed in Spring and Autumn to promote multiple flowers per stem. They need lots of sunshine and good drainage. Cut back after flowering and divide now. Don't forget pots of mini Chrysies or cyclamen for Mother's Day (12th May). Still time to plant bulbs. Some of mine are coming up already but later flowering varieties can still go in. World Environment Day is on 5<sup>th</sup> June. We can conserve water and energy by growing our own food. Use mulch to suppress weeds and enable use of less water. Purchase deciduous trees in Winter, after selecting the ones you like in Autumn, as they show off their colours. Trees come bare rooted and suffer less shock when planted now. Hellebores in shady areas brighten up a winter's day. You can cut away scruffy leaves to allow the new flowers to be seen as they emerge.

Time to prune roses and plant new, bare rooted stock, I always try to buy repeat flowering and perfumed varieties. Bottle Brush (Callistemon) are flowering, and the native birds just love them. Planted with Grevilleas in your garden they are a great winter food source for the birds. Now is also time for the colour and beauty of Camellias, firstly the Sasanquas then the Japonicas. Enjoy time in your Winter Garden, Margaret Pumpa

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## 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.

Did you know ANYONE can purchase healthy and nutritious meals from Meals on Wheels? We stock a very large range of frozen soups, small meals, main meals and desserts. Our menu contains over 100 individual items, including gluten free options! And you know our meals are good for you, as we follow the National Meals on Wheels Guidelines and meet all nutritional content. People who are registered with our service receive meals at a subsidised price, however we are also able to supply meals to the general public at “retail”. All proceeds from retail sales help support our service and keep costs affordable for those in our local community who need it most - Keeping your money local and helping support local people!

We have a range of HACCP accredited suppliers including Farm Door (My Chef) meals made locally in Wagga Wagga. My Chef provide home style meals which contain no added colours, fillers or preservatives. Our prices are very affordable and start at \$3.00 for soups, \$5.70 for small meals and \$7.70 for majority of main meals. We are also now able to assist you with your Domestic Assistance and Personal Care services. Domestic Assistance can help you with maintaining a clean home, change your linen or do some washing, do your shopping and help with meal preparation. Personal Care services can help you with self-care, showering and dressing. I you have a My Aged Care referral and would like our friendly staff to help you out, just let us know. Other services available include Social Support, friendly visitors, someone to help you with your shopping or attending appointments and transport services both locally and regionally. If you would like to try the meals for yourself or would like more information on other services call us and we will send our menu and information. You can call on 60 363677 or visit our office at 114 Albury Street, Holbrook.



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**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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  - 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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