



OMEIO REGION NEWS SHEET

SUPPORTED BY



EAST GIPPSLAND
SHIRE COUNCIL

Wednesday 17th April

AN OMEOSHIRE LIONS CLUB PROJECT

20 Cents

SERVING ENSAY, SWIFTS CREEK, OMEIO. BENAMBRA, DINNER PLAIN.

NEWSHEET ENQUIRIES:

Email: newsheet@omeio.org.au

Phone: 5159 1515

Post: P.O. Box 182 Omeio 3898

Medical Services-Omeio Region

For URGENT Medical Care call 000

Omeio Medical Centre

Please Phone: 515490140

To arrange an appointment

Monday to Friday 8.00am—5.00pm

Pathology: Collection Monday to

Friday 8.00 am—9.00am

by appointment only

OMEIO COMMUNITY HUB

LUCKY NUMBERS

7. Deb /Dean

33. Dean / Deb

SNAPDRAGONS JOKE

A worldwide survey was conducted by the UN.

The only question asked was: "Would you please give your honest opinion about solutions to the food shortage in the rest of the world?"

The survey was a huge failure. In Africa they didn't know what "food" meant. In Eastern Europe they didn't know what "honest" meant.

In Western Europe they didn't know what "shortage" meant. In China they didn't know what "opinion" meant. In the Middle East they didn't know what "solution" meant. In South America they didn't know what "please" meant.

And in the USA they didn't know what "the rest of the world" meant.

WEATHER FORCAST

HANG ON SUNNY ER WINDY

OOPS ... WET AGAIN !!

District Diary

Wednesday 17th

Omeio to Bright Bus... departs Omeio 8.30am return 3.20pm

Lego Club Omeio Library.....3.30pm-4.30pm

Swifts Creek & Ensay Playgroup.....10.30-12.00pm

Thursday 18th

Omeio Opportunity Shop Open.....11.00am-3.00pm

Friday 19th

Omeio to Bright Bus... departs Omeio 8.30am return 3.20pm

Saturday 20th

AA. meeting 1st Saturday of month, CFA rooms2.00pm

Omeio Opportunity Shop Open.....1.00am-3.00pm

Chiropractor Richard Howden at Swifts Creek

Sunday 21st

Anglican Church Omeio No Service.....

Catholic Prayer Meeting Omeio.....9.00am

Monday 22nd

Omeio to Bight Bus departs... Omeio 8.30am return 3.20pm

The High Country Singers Omeio Shire Offices.....2-3.30 pm

Tuesday 23rd

Listen with Lorna live radio O.S.C.A.R. fm10.00 -12.00

N.B At my age "Getting lucky" means walking into a room and remembering what I came in there for.

Amicus

Omeio Medical Centre

Dr. Charles Luiz



*Please note some days are
via telehealth*

Phone:5159 0140



Darren Chester
Federal Member for Gippsland

Shopping Locally

Creates Local Jobs
#lovegippsland



1300 131 785 **www.darrenchester.com**



UNITING CHURCH
AUSTRALIA SWIFTS CREEK

We gather on the
first Sunday of the month
at 10 am for Worship
and morning tea afterwards.
All are welcome

Activities for the younger ones
Enquiries to Rev Marian Bisset
Ph: 0421 067 212



R.E.C. 17886

MITCHELL
Electrical Services

INDUSTRIAL → DOMESTIC
ELECTRICAL MOTOR REPAIRS

CONTACT: TOM MITCHELL
5157 3200 → 0428 573 205
"From The Lakes To The Alps"



CHIROPRACTOR
DR RICHARD HOWDEN

Will be available at Swifts Creek
Saturday April 20th
Please Phone
FOR APPOINTMENTS & DIRECTIONS
Please phone 51554400
before noon Friday

Skicom Mt Hotham
CARPET/UPHOLSTERY/MATTRESS CLEANING SERVICE

Scott DeVries
0429 723 274
scottdevries2@icloud.com




STUBBORN DIRT, GRIT, STAINS, PET ODOUR, ALLERGENS... BE GONE!



HINNOMUNJIE PICNIC RACES
Labour Day Weekend - Saturday, March 10, 2012

Omeo & District Race Club AGM.
7pm on Friday the **26th April** at
The Benambra Hotel.
All executive positions declared open.
Everyone Welcome. Come along and support
one of your oldest local sporting clubs.
Any enquiries can be emailed to
hinnoraces@gmail.com.



Cassilis Recreation Reserve Committee of Management Inc.

President: Howard Reddish howard@skymesh.com.au

Notice is given of a **PUBLIC MEETING** to be held at the
Swifts Creek Community Centre on **Tuesday, the 23rd of April**, commencing at 7.00 pm. The purpose of
the meeting is to nominate no less than three (3) or more than nine (9) persons as the Committee of
Management for the Cassilis Recreation Reserve for a term of three years. The current committee's term
will expire on **the 30th of April, 2024**. All positions will be declared open and nominations will be
accepted prior to or on the night. Nominations from women, Aboriginal people, people with disabilities,
young people and people from culturally diverse backgrounds are encouraged. Further information,
nomination forms and nominee declaration forms may be obtained by contacting your local Department of
Energy, Environment and Climate Action office or at the meeting. For further enquiries please contact
the Secretary, Debra Herbertson on **0425850148** or by email:debraherbertson@gmail.com.

Omeo Pharmacy

**“SPEAK TO YOUR
LOCAL PHARMACIST”**

**186 Day Avenue. Omeo. 3898
PH: 03 51591663 FAX: 03 5159 1686
AFTER HOURS: 0474 017 705**

**EMAIL: omeopharmacy@gmail.com
DELIVERY AVAILABLE**

SWITCH RECYCLING BOUTIQUE



157 Day Avenue Omeo

Next to the Post Office

Open 7 days 9.00am to 5.00pm

**IN STOCK, HUGE RANGE OF NEW
TRENDY DRESSES AVAILABLE ...
GET IN EARLY-ALSO IN STOCK JUMPERS/
JACKETS/ JEANS/ TOPS/ SKIRTS/ MENS
SHIRTS/ JUMPERS/ / SHOES/ BOOTS/
HATS & JEWELLERY..
COME IN FOR A BROWSE..**

EUCHRE IS BACK! For a trial run.

Need to see if we can get it going again.

Wednesday 24th April 3pm to 6pm at the Hub.

Day Avenue Omeo. (Hall Foyer)

Covid stopped this activity & we miss it!

**So calling all former card players & anyone
interested, beginners most welcome.**



**Further info. Call or message Lorna,
0439 194042**

SUBSCRIBERS PLEASE NOTE

www.omeo.org.au/newssheet

Phone : 5159 1515

**All articles for the newssheet
to be in by**

**12.00 noon on the Monday
before publication. (Wednesday)**

**Prices for Newssheet Ads are as
follows**

Full Page A4 \$40.00

1/2 Page. \$20.00

1/4 Page. \$10.00

1/8 Page. \$ 5.00

Please state

**what size you require &
How Long /Dates you would
like it advertised for.**

Thank You



OMEO GOLF CLUB

Important notice of

SPECIAL MEETING

**to be held at the golf club
Wednesday May 15th at 7pm.**

All members requested to attend.

(Sec. Lorna Peterson)

0439 194042



ANGLICAN CHURCH

NO SERVICES TILL

SUNDAY MAY 5th

Benambra 9.am



FOR SALE

Sapphire Swim Spa

3.9m Long

2.3m Wide

1.3m Deep

\$15,000

Contact Deb Swift: 0439023464

Glenn Swift: 0409035755



OMEo • BAIRNSDALE • MALLACOOTA • MELBOURNE

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Jens and Maureen Hudson

18 Great Alpine Road Lucknow 3875
Phone : Maureen 0402 001 593
Jens 0402 006 268

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furnishing needs Over thirty years in
Business and 76 years' experience in the
industry, between us we can help you.

- Including car and motorbike seats
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- Foam cut to size
- Toyota Land Cruiser seat foams



- Groceries
- Meat
- Fruit & Veg
- Gas Bottles
- Bottle Shop
- Post Office
- Fuel ULP & DSL + Winter Mix
- Breakfast & Lunch Daily until 2pm
- Fish & Chips - Friday Nights 4pm-7pm
- Eat In or Take Away
- Personalised Weekly Orders of Meat, Fruit & Vegetables

Drop in and meet our awesome team to grab a
bite to eat or stock up on supplies for your
adventure around Sunny Benambra

TRADING HOURS

Weekdays 8am - 5:30pm

Weekends 9am - 5pm

Public Holidays 9am - 5pm

03 5159 9209



Bore pumps Sales and servicing,
Mains and solar operated

TV Installation and servicing of both
Satellite & "Terry"

Generator - Sales/Hire/Installation/
Mains to Generator
changeover switches and inlets

Electrical Appliance Repairs/Maintenance

Electrical Installations
Industrial to domestic..

Competitive rates
and servicing the Omeo region

Contact Jeremiah on 0418 909 978

EAST GIPSLAND
SHIRE LIBRARIES



April LEGO Club Sessions



April LEGO Club Sessions

Junior LEGO enthusiasts are invited to attend our school holiday LEGO Club session in the new year! This session will incorporate freestyle creativity – make whatever you'd like!

Come along and unleash your imagination! The library will gladly accept donations of old or new LEGO brand pieces for our LEGO Club collection.

Omeo Service Centre
17, 24 and 30 April
3.30 pm – 4.30 pm
Phone 5154225

**or book in person at the library
for this FREE event**



SWIFTS CREEK BUSH NURSING CENTRE INC

T. 03 5150 2430 F. 03 5150 2439

Email: susan.carroll@gha.net.au

17 McMillan Street, Swifts Creek 3896

Open 9am until 5pm Monday to Friday
Emergency on-call available after hours 9am until 11am
weekends Nursing services: No appointment required.
You are required to pay an annual membership fee or otherwise a non-member fee.

A Rural and Isolated Practice Nurse

is available for wound infections.

Assistance with Virtual Emergency consults.

Pathology: Monday, Wednesday and Friday

9am until 9.45am Women's Health Ante/Postnatal Care

Suturing

Hire of Equipment

Memberships Family \$140, Single \$70 due 31st July

RFDS Counselling by appointment.

Home visits if required.

24hr Bp monitor

Immunisations

Webpage –

<https://www.swiftscreekbushnursingcentre.com.au>

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**GLASS & GLAZING –
WINDOW REPLACEMENTS**

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Potable Water Cartage

**Transport of general freight, Agricultural goods,
Motorbikes, Quad bikes, Mowers
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Bagged grain and much more.**

Reasonable rates

Truck equipped with 1,000 KG. tailgate loader

Full tarpaulin if required,

ability to load and unload goods
with 1.6 tonne all terrain pallet jack.

Truck capabilities: 6.tonne, 4x4

Tray size: 5.5 mtrs x 2.4 mtrs.

Flat top trailer 6.3 mtr x 2.5 mtr

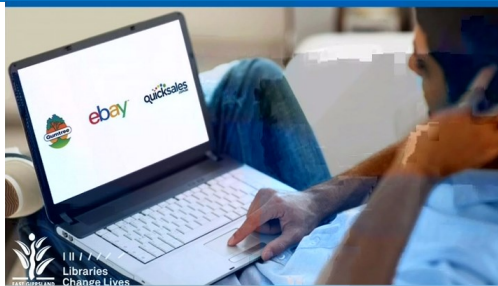
**Transporting weekly to Omeo and district from
Albury/Wodonga Corryong
Orders phoned or emailed by Tuesday 11.00 am
For delivery on Wednesdays**

**Contact Mark for delivery charges on
0428 264 480**

Mark @ tectronix.com.au



Tech Help Sessions By Appointment



Bring along your own device for 30 minutes of one-on-one assistance.

Support is limited to the use of devices, applications and browsers but does not cover problems relating to security, repairs, or purchase recommendations.

For privacy reasons we cannot assist with online banking related issues.

Thursday 29 April 9.30am -12.00pm

Omeo Service Centre

Phone 5154225

**or book in person at the library
for this FREE event**



Tech Savvy Workshop Intro to The Cloud



Learn more about cloud-based services!

This two and a half -hour session will delve into the use of cloud based services. We'll teach you what the cloud is, the different kinds of cloud services available, and how to back up your photos and documents to the cloud for safe keeping and explore other features the cloud has available to you.

Monday 22 April 9.30 am– 12.00pm

Omeo Service Centre

Phone 5154225

**or book in person at the library
for this FREE event**



OMEHO HISTORICAL SOCIETY Inc



Omeo District State Schools' Exhibitions.

AUGUST 10 and 11, 1906.

First Prize.

Awarded to _____

For _____

W. H. INCLEDON,
President.

C. UNKLES,
Hon. Secretary.



**Ensay/Swifts Creek
RSL
ANZAC DAY 2024**

All Welcome

**Dawn Service at Reedy Flat Memorial
Hammonds Road
Commencing at 6:00am**

**Followed by Breakfast on site
(\$5.00 Donation)**

**Main Service at the Ensay Cenotaph
Commencing at 11:00am**

**Followed by Lunch at the
Little River Inn (at menu prices)**



**Omeo / District
RSL
ANZAC DAY 2024**

All Welcome

**Dawn Service at the Memorial
Day Avenue Commencing at 6:00am**

**Followed by Gunfire Breakfast at the
Hilltop Hotel (\$5.00 Donation)**

March from Post Office at 10.45

Main service Commencing at 11:00am

With a Guest Speaker



Cook/Chef

Full time, fixed term (minimum 2 years)

We are looking for a qualified and experienced cook/chef who is passionate about preparing a range of nutritious and high quality meals to a range of clients.

Omeo District Health, is a Small Rural Health Service located in East Gippsland's high country providing acute, primary care, residential aged care, and various community and home-based care services.

The catering team delivers meals to residents, patients, staff and the community.

Base annual salary is approximately \$70,000. In addition, there are shift allowances, salary packaging and other benefits.

Should you wish to discuss this further please contact:

Cindy Gardiner, Manager Support Services Phone 03 5159 0100 or email

Cindy.Gardiner@omeohs.com.au For a full position description please visit our website at

www.odh.net.au/careers or to apply, please submit a cover letter & resume to recruitment@omeohs.com.au

Omeo District Health is a merit-based equal opportunity employer and encourages applications from people of all cultural backgrounds, diversity (LGBTIQ) and with a disability.

Application close midnight Sunday 20 April 2024

Omeo District Health

12 Easton Street PO Box 42

Omeo Victoria. 0351590100

Recruitment@odh.net.au www.odh.net.au



Changes to skin services at Omeo District Health

After 12 years of dedicated service, Dr Jenny Schleger will no longer be providing skin services within our community. The Board of Directors and staff of Omeo District Health sincerely thank Dr Schleger for her care and commitment.

General Practitioner, Dr Charles Luiz will continue to provide skin lesion removal and follow up care at the Omeo Community Health Centre. Dr Luiz is a highly experienced GP and former trauma surgeon. He provides a full range of care to members of our community with appointments available 5 days per week.

Please call **5159 0140** to book an appointment.

Australia has one of the highest rates of skin cancer in the world. When detected early, skin cancer is highly treatable, which is why regular skin checks are so important.

Please ensure you make a skin check part of your ongoing care and as a vital part of maintaining overall health and wellbeing. The Cancer Council's website includes some helpful information on getting to know your skin, visit cancer.org.au/cancer-information/causes-and-prevention/sun-safety

**Should you have any questions, please call 5159 0113
or send an email to pru.hart@omeohs.com.au**

Ensay Bush Nursing Centre

T. 03 51502416 F. 03 51502419

email: ensaybnc@gha.net.au



Open 9am until 3pm Monday to Friday

or 8.30am-9am and 3-3.30pm **emergencies only**

5 Great Alpine Road
Ensay, VIC., 3895

Nursing services: No cost No appointment required.

Pathology Monday to Friday 9 am until 10.30 am- No cost. No appointment required

Footcare: Approximately 6 weekly, \$15.00 cost ring for an appointment

Walk and morning tea: 1st Friday of each month may include some craft activities, no cost only delicious homemade cakes etc.

RFDS mental wellbeing: Fortnightly face to face and telehealth model.

Memberships: \$50.00 family and \$25.00 single due 31st of July each year, pro-rata payments accepted for new members.

AGM: Occurs on the second Monday of October all welcome, new members to the COM welcome.

Follow us on facebook and our webpage for events and employment opportunities.

WEBPAGE

<https://www.ensaybushnursing.com.au>



Our Communities' Stories

A community comes to life when the stories of those who live in, and have experienced what arises in the community, are shared.

The result is a community history told with a personal perspective.

What made our community work?

What should our children and grandchildren know about the history of the community in which they live?

Tambo Crossing Community Building

11 May 10am-2pm and 18 May 10am-4pm

Essay Bush Nurses

25 May 10am-2pm and 1 June 10am-4pm

Swifts Creek Community Centre

8 June 10am-2pm and 15 June 10am-4pm

Omeo Community Hub

22 June 10am-2pm and 29 June 10am-4pm

Benambra Recreation Reserve

13 July 10am-2pm and 20 July 10am-4pm

**Join facilitator
Yvonne Werner for a free,
two-part workshop in
your area.**

Registration is essential as numbers are limited to ten per workshop.

Email helenkaking@gmail.com
for more information and a form.

Swifts Creek Bush Nursing Centre
is excited to announce we will be offering
Physiotherapy on a fortnightly basis commencing
Wednesday 24th April 2024
Robert Hughes is a qualified and extremely experi-
enced Physiotherapist from McMillan Chiropractic



Common injuries & conditions Rob treats are:
Neck and lower back pain/stiffness
Joint and muscle injuries (related to work/sport/
trauma etc)
Arthritis/age related stiffness and reduced mobility
Post-surgery rehabilitation, including joint replace-
ments and arthroscopic surgery
Exercise programs for strength and conditioning
Plus much more
For appointments please phone 51502430

Enrol Now!!!

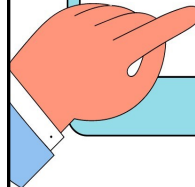
Intermediate Computer Course

➔ For anyone who has used computers
before but would like to learn more

➔ Three week course:
24 April, 1 May, 8 May
10:30am-2pm each session

➔ \$70 full fee / \$45 Concession

★ Trainer: Lachlan Knowles



At the Community Centre Swifts Creek

6879 Great Alpine Rd Swifts Creek

E: ccswiftscreek@gmail.com M: 0491 697 298



Community Centre
Swifts Creek Inc.

ABN 76381 866 949



Hi we are in Shimazu near mt fuji

From your assistant editor

Create your own kite
and come along in July
(details to come)
for an all-communities,
all-ages, all expertise
kite flying day



Omeo Region Kite Day



Need help making a kite?

Men's Shed in Omeo have **free kite kits**
and can help you.

Kite workshops at the Omeo Men's Shed

Mondays and Fridays, 12pm-4pm

Sunday 28 April, 10am-2pm

Sunday 19 May, 10am-2 pm

Sunday 16 June, 10am-2pm

Want to do it yourself?

Pick up your **free kite kit** from the Omeo Men's Shed,
Omeo Community Hub, Benambra Neighbourhood House
or Swifts Creek Community Centre, from May.

Create your own - big kites especially welcome.

See you at the Kite Day!

Queries: Contact Men's Shed coordinator **Brent Burke** 0447824628
or email ORCRA project officer **Helenka King** helenkaking@gmail.com

HOME BASED CARE SERVICES

"I will be out in the community discussing how Omeo District Health can assist you living independently and safely at home for as long as possible, through our many Home Care Programs..."
Leanne McKenzie, Home Based Services Manager

Are you having trouble with everyday tasks and feel a little support could improve your health and wellbeing, our funded programs could be right for you.

The programs Omeo District Health (ODH) have available are:

- The Commonwealth Home Support Programme (CHSP) helps older Australians, over the age of 65, access entry-level support services to live independently and safely at home.
- Home Care Packages (HCP) are packages designed for those with more complex care needs that go beyond what the CHSP programme can provide.
- The Home and Community Care Program for Younger People (HACC PYP) supports Victorians under the age of 65 years if their capacity for independent living is at risk.

ODH wants to support you.

Each month we are coming to you - Where will we be?

Benambra Neighbourhood House community BBQ, April 17th, from 12pm

Ensay Bush Nursing Centre, April 23rd, 11am - 12pm

The Omeo Hub, May 7th, 11am - 12pm

Swifts Creek Bush Nursing Centre, May 14th, 11am - 12pm



Home Based Services Manager
(03) 5159 0112



Visit our website
www.odh.net.au



Dear Community

The Benambra Dinner Plain Omeo Landcare Group wish to invite you to attend an event with a special guest attending.



- DATE:** Monday the 29th of April 2024
- TIME:** Starting at 12:30PM concluding at 3:30PM
- LOCATION:** Starting at Ian Junor's property 870 Benambra Road
- LUNCH:** At the Benambra Neighbourhood House

IN ATTENDANCE: Hon Darren Chester MP, Australian Government's Member For Gippsland and representatives from the North East Catchment Management Authority and Greening Australia.

This is a free, catered event, hosted by BDPO Landcare. Visit farms in the Hinnomunjie, Benambra and Omeo Valley areas, to see how our local farmers have utilised the Murray-Darling Healthy Rivers' grant from the Australian Government. See and discuss the different, successful and sustainable revegetation methods across our catchment and meet the Hon Darren Chester.

12:30 pm: Starting at Ian's property. View his new shelter belts then the Hon Darren Chester will unveil a Landcare sign. Then onto other local land holder's properties who've planted almost 6,000 seedlings for erosion control, livestock shelter and riparian enhancement as part of a Murray-Darling Healthy River's Program.

1:30 pm: Join us for a free BBQ lunch at the Benambra Neighbourhood House.

2:30 pm: Travel over Blowhard to Omeo Valley where Greening Australia have fenced and direct drilled thousands of native plant seeds for wildlife corridors, erosion control and property enhancement.

2:30 pm: Finish up at Livingstone Waters in the Omeo Valley to visit the North East Catchment Management Authority's works on the Livingstone Creek where poles, snags and rock work has been installed to enhance riparian conditions and native fish habitat.

All Welcome. RSVP: Lisa Lee, BDPO Landcare Project Officer, P: 0499 192 722 E: bdpolandcare@gmail.com
Bring sturdy shoes and a hat.



Supported by  Australian Government

 NORTH EAST
CATCHMENT
MANAGEMENT
AUTHORITY

 HOTHAM FREIGHT



Media Release Darren Chester

Federal Member for Gippsland

5/04/2024

WE WILL REMEMBER THEM: CHESTER

Gippslanders are being urged to attend their local ANZAC Day service and commemorate all Australians who have served in the defence force.

Federal Member for Gippsland Darren Chester says the region has a rich military history which deserved recognition on April 25.

"ANZAC Day is not about glorifying war or conflict, quite the opposite," Mr Chester said.

"It's a chance to pay our respects to the 102,000 people who have been killed wearing our nation's uniform and protecting the freedoms we all enjoy today.

"At the same time, we remember those who have been injured physically or mentally, the families who supported them, and the Australian Defence Force personnel who continue to serve today."

Mr Chester said the Gippsland and Latrobe Valley region had made an enormous contribution to the ADF over more than 100 years including links to some of the most significant figures in Defence's history.

"Sir Stanley Savige was born in Morwell and after World War 1 he helped establish Legacy to care for families of war victims," Mr Chester said.

"Sir John Monash was arguably the greatest officer to serve Australia in World War 1 with his achievements at the 'Battle of Hamel' and when he returned home he was instrumental in the establishment of the SEC and Victoria's energy generation system in the Latrobe Valley.

"Then there's Corporal Harry Thorpe, the most decorated Indigenous soldier in Australian history who was born at the Lake Tyers Mission, enlisted at Sale, and served with gallantry on the Western Front before his death in 1918.

"In more recent times, our long history as an airforce training location in World War 2 and at East Sale RAAF Base has provided a continuous link with the defence force. Further east, the Mallacoota Bunker Museum is a living memorial to the tracking and reconnaissance activity which was required during World War 2 to protect our shipping lanes.

"On ANZAC Day, we have the opportunity to gather as a region and demonstrate our respect to all who have served, and continue to serve in 2024.

"It's best to check details of ANZAC Day services in your region with local RSL clubs."