



OMEIO REGION NEWS SHEET

SUPPORTED BY



Wednesday 3rd April 2024

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

THE SWIFTS CREEK PONY CLUB LUCKY NUMBERS

18 Glenda McCormack

36. Noleen Smith

SNAPDRAGONS JOKE

Once upon a time a big English teaching Hospital invited over the group of students from Africa to study there for a year.

One day a gynaecological consultant was walking past a couple of the exchange students who were having an argument.

“I tell you it is wahoom W A H O O M!”

“No it is not! It is woomba! WOOMBA!”

Unable to resist he strolled over to them and said “Actually the word you are looking for is womb! W O M B.” and strolled on his way.

The first African turned to the second and said “What is he talking about, I bet he has never even seen a hippopotamus nevermind heard one fart underwater!”



WEATHER FORCAST WET !!

District Diary

Wednesday 3rd

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 4th

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

Friday 5th

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

Omeio Brew House CLOSED for renovations

Saturday 6th

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

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

Sunday 7th

Anglican Church Omeio... Parish Service11.00 am

Catholic Prayer Meeting Omeio.....9.00am

Monday 8th

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

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

Tuesday 9th

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

Movie “ Wonka “Omeio Library2.00 – 4.00pm

N.B

If you look for the bad in people expecting to find it, you surely will.

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

Swifts Creek Uniting Church invites you to an Easter Journey Service

Thursday 28th March @ 5.15pm in the Swifts Creek Uniting Church.

We are having a meal afterwards. Please Let Rev Marian know for catering.

Enquiries to Rev Marian Bisset 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"



The High Country Singers Choir

Has commenced practising for 2024. Practices are currently being held at the Omeo Shire Offices 2-3.30 pm Mondays. All welcome.

The third Monday of each month we sing with the residents of the Omeo Hospital in their lounge 11-12 Midday

Contact Rosemary Fitzgerald
0400 630 612

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..**

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



We will be closed for renovations

From the **5th** to the **11th** of April..

The Brew House will reopen on
the 12th of April 2024 ..

Sorry for any inconvenience ..

Phone 5159 1276

Email natalie@newrush.au



**Flu vaccinations available from
2nd April 2024**

at Swifts Creek Bush Nursing Centre.

Ph. 03 5150 2430



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

**Daily Services between
Melbourne - Bairnsdale - Omeo**
Bairnsdale Depot - Grinters Transport,
16 Lawless Street, Bairnsdale, 3875

Melbourne Depot - Vic Freight Specialists, 13B,
13-17 Progress Street, Dandenong, 3175

Omeo Depot – Omeo Welding & Engineering &
Equipment Hire, 87 Bilton Street, Omeo, 3898

Phone: (03) 5152 5778 Fax: (03) 5152 3329
Mobile: 0418 516 857

Email: admin@grinters.com.au
Pallets . Parcels .

- ◆ Livestock . Hay .
- ◆ Machinery . Bulk
- ◆ General . Wool
- ◆ Refrigerated Freight . Farm Equipment



Jens and Maureen Hudson

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

Many fabrics to choose from for all your
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
- Car roof linings replaced
- Cushions made to size
- 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



Movie Screening *Wonka*



Willy Wonka is the mastermind behind some of the most delicious and innovative chocolate in the creations the world has ever seen. But before shaking up the chocolate industry and making a name for himself as a confectionary genius, the ambitious young creator had to defy all odds. As a result, Willy transformed his wildest dreams into reality with a bold vision, determination, and unexpected help from new friends.

Tuesday 9 April 2.00pm– 4.00pm

Omeo Service Centre

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 Sutur-
ing

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>

ALL SCREENS GIPPSLAND

SALES - SERVICE - REPAIRS

GLASS & GLAZING –

WINDOW REPLACEMENTS

– SHOWER SCREENS – ROBE DOORS –

SECURITY DOORS – FLY SCREENS & MORE

Servicing - Ensay, Swift Creek, Omeo,
Benambra & Dinner Plain

OFFICE: 51526791

JUSTIN: 0457775168

Email: sales@allscreensgippsland.com.au

www.allscreensgippsland.com.au

Mark Trafford **TRAKERS** 0428 264 480
13 Jobling Street **TRANSPORT**
Bethanga Vic 3691 **&**
ABN: 13 946 732 134 **WATER CARTAGE**

Potable Water Cartage

**Transport of general freight, Agricultural goods,
Motorbikes, Quad bikes, Mowers
Small tractors, SXS's, Machinery parts,
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

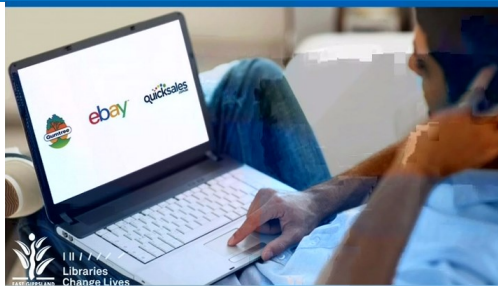
For delivery on Wednesdays

**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**



School Holiday Session Fractured Fairy Tale



Join us for a fun and exciting session of magic and fairy tales!

Come along and experience the magic of fairy tales. Meet new people and make new friends. Create a fairy tale name, try on different costumes to make a memorable character and go on your very own quest solving clues around the Library. Make a shield or banner to take home at the end of the session and make sure to take advantage of fantastic photo opportunities.

Monday 8 April 1.30pm—3.30pm

Omeo Service Centre

Phone 5154225

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



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.

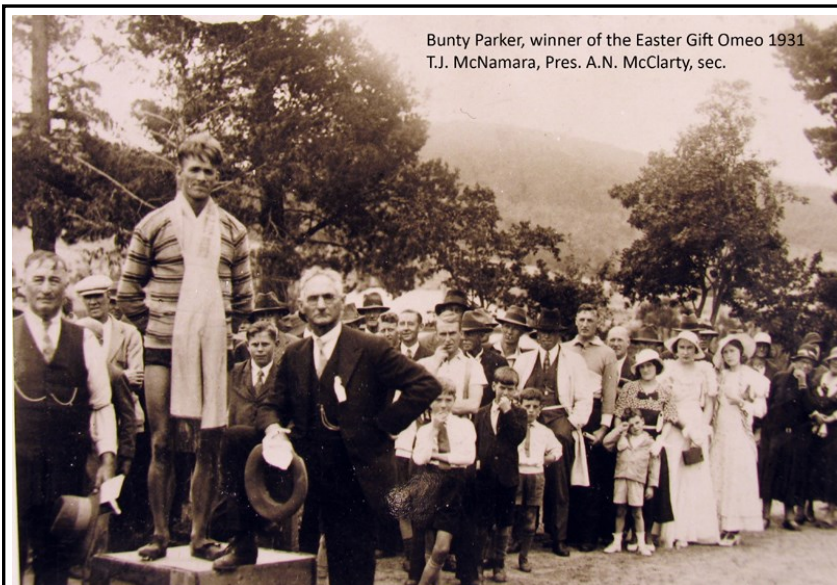
Omeo Service Centre

3, 10, 17, 24 and 30 April

3.30 pm – 4.30 pm

Phone 5154225

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



Bunty Parker, winner of the Easter Gift Omeo 1931
T.J. McNamara, Pres. A.N. McClarty, sec.



The 110 posters produced by Omeo Historical Society to mark the 150th of the Old Shire of Omeo in 2022 were distributed around the region. If you are still using them, thanks, and keep them up. If you have any you are not using anymore we would be happy to have them back and we will place around the Civic Square over Easter.

Good pics and interesting stories of Omeo Region.

Jeff Cooper will pickup, 51591515.

The Courthouse will be open Good Friday, Saturday and Sunday from 10am—2pm.

The building is still a “work in progress” , access is limited.



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@omeoohs.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@omeoohs.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@omeohealth.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>



2024 Indian Pacific Wheel Race

A bicycle race which started in Perth on the 16th of March, finishes at Sydney Opera House.

The riders set their own pace and are coming through Omeo enroute to BHP Road, Falls Creek. In total the riders will ride 5471 km, Omeo is the 4361km mark and the lead European riders have come through over the weekend.

The riders are self sufficient and unsupported, they welcome a chat with locals about their journey. The lead rider enjoying a feed at New Rush on Sunday and the second downed a litre of yoghurt kindly supported by The Manse.

The first Australian rider Luke Patch from Lismore, will be through on Tuesday 2nd of April. With Geoff Bell from Perth a day behind.

To watch any of the riders you can follow on:

ipwr24.maprogress.com



Mediation - The basics

In this group we will cover the myths, the science and basic techniques for good meditation practice, rejuvenate your current practice or simply practice.

Date: Sunday April 7, 2024

Time: 3- 4pm

Where: Swifts Creek Community Centre
6879 Great Alpine road
Swifts Creek VIC 3896

RSVP: Donna Hall on 0456 852 070 or email dhall@mindaustralia.org.au
Leanne Stedman on 0491 697 298 or email ccswiftscreek@gmail.com

Please bring a water bottle, a cushion to sit on (one that will give you a bit of height) and some warm socks.



mindaustralia.org.au
Mind Connect 1300 286 463
Carer Helpline 1300 554 660



Mind Australia Limited ABN 22 005 063 589





OMEO SOLDIERS MEMORIAL HALL

At a public meeting, held on March 27th 2024, it was agreed that the Omeo Soldiers Memorial Hall Committee of Management and the Omeo Community Hub Committee would amalgamate under a new committee titled Omeo Hall & Hub Incorporated.

This new committee will become an incorporated standalone group who will manage the Hall and the Hub operations.

The Hall will maintain its name of Omeo Soldiers Memorial Hall and the Omeo Community Hub will maintain its title.

We are pleased to announce that the Hub will open 4 days per week.

Mon 12noon – 4pm Tuesday 9am - 4pm Wednesday 10am – 3pm Thursday 9am – 4pm
Friday – we're having a rest Friday & Saturday – as needed

Are you currently or planning to study online?

- Register with Bairnsdale Study Hub <https://gestudyhub.org/register>
- Register with Omeo Community Hub
- Contact Ronda Manhire for further information on 0427191223

Access to :
High-speed internet
Printing
Learning skills
Advisors

OME O **the hub**

GREAT NEWS : Ten new Regional University Study Hubs for regional Australia & Omeo Community Hub is one of the sites as a spoke of the Bairnsdale Study Hub. So please get in contact if you want to utilise the Hub for online study. omeocommunityhub@gmail.com

BENAMBRA ANGLING CLUB

PRESENTATION NIGHT

FEATURING

XTRA COVER



**BENAMBRA RECREATION RESERVE
FRIDAY 5 APRIL – BAND STARTS 7.30PM**

**Meals available from 6.00pm
all welcome – free entry**



Bar open from 5.30pm

Presentation at 8.30pm



SWIFTS CREEK
PONY CLUB



FREE
COME & TRY DAY
PONY
CLUB
KIDS 3-18

WITH PARENT(S)/GUARDIAN(S) & SIBLINGS

GEEJAY
PONY PARK

280 DEPTFORD RD
GRANITE ROCK 3875

SUNDAY

19TH MAY 2024
10AM - 3PM

PONIES, HELMETS, GEAR, INSTRUCTORS &
LUNCH PROVIDED!

PLACES ARE LIMITED
BOOKINGS ESSENTIAL

PLEASE WEAR FLAT SOLED RIDING SHOES

PH: SANDRA 0400 914 780

SWIFTS CREEK PONY CLUB 3896@GMAIL.COM



GIPPSLAND
Community
Foundation