



# OMEEO REGION NEWS SHEET



Wednesday 24<sup>th</sup> April

AN OMEOSHIRE LIONS CLUB PROJECT

20 Cents

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

**NEWSHEET ENQUIRIES:**  
Email: [newsheet@omeeo.org.au](mailto:newsheet@omeeo.org.au)  
Phone: 5159 1515  
Post: P.O. Box 182 Omeo 3898

### Medical Services-Omeo Region

For **URGENT** Medical Care call **000**

Omeo 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

\*\*\*\*\*

**OMEEO COMMUNITY HUB**  
**LUCKY NUMBERS**

- 4. Jenny & Jack
- 14. Postie Pete

### SNAPDRAGONS JOKE

Bill and Bob, two young guys, were sitting outside a clinic.  
Bill happened to be crying very loudly.  
"Why are you crying?" Bob asked.  
"I came here for a blood test," sobbed Bill.  
"So? Are you afraid?"  
"No. For the blood test, they cut my finger."  
As Bob heard this, he immediately began crying profusely.  
Astonished, Bill stopped his tears and asked Bob,  
"Why are you crying now?"  
To which Bob replied,  
"I came for a urine test!"

### Weather Forecast

Wed 24	Thu 25	Fri 26	Sat 27	Sun 28	Mon 29	Tue 30	Wed 1
15° 2°	14° 3°	15° 2°	17° 2°	16° 2°	16° 5°	11° 1°	14° 7°

## District Diary

**Wednesday 24th**  
Omeo to Bright Bus... departs Omeo 8.30am return 3.20pm  
Lego Club Omeo Library.....3.30pm-4.30pm  
Swifts Creek & Ensay Playgroup.....10.30-12.00pm

**Thursday 25th**  
**ANZAC DAY**  
Omeo Opportunity Shop Open.....11.00am-3.00pm

**Friday 26th**  
Omeo to Bright Bus... departs Omeo 8.30am return 3.20pm

**Saturday 27th**  
AA. meeting 1<sup>st</sup> Saturday of month, CFA rooms .....2.00pm  
Omeo Opportunity Shop Open.....1.00am- 3.00pm

**Sunday 28th**  
Anglican Church Omeo No Service.....  
Catholic Prayer Meeting Omeo.....9.00am

**Monday 29th**  
Omeo to Bight Bus departs... Omeo 8.30am return 3.20pm  
The High Country Singers Omeo Shire Offices.....2-3.30 pm

**Tuesday 30th**  
Listen with Lorna live radio O.S.C.A.R. fm ....10.00 -12.00

N.B

Don't part with your illusions. When they are gone you may still exist, but you have ceased to live.

*Amicus*

**Omeo 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  
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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**  
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CONTACT: TOM MITCHELL  
**5157 3200 & 0428 573 205**  
*"From The Lakes To The Alps"*

**NDIS SUPPORT**

**Rhiannon O'Doherty**

0474 552 617  
rhiannonkod@gmail.com

**Rhiannon O'Doherty**  
Disability Support Worker


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- In-Home Support
- Respite
- House and yard Cleaning & maintenance
- Daily Living Assistance
- Cooking & meal prep
- Happy to take clients to Melbourne for appointments
- Working with Children check

**Skicom Mt Hotham**  
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Scott DeVries  
0429 723 274  
scottdevries2@icloud.com



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



**OMEEO GOLF CLUB      SPECIAL MEETING**

Important notice of **SPECIAL MEETING** All members should attend.  
**7PM Wednesday 15th May 2024**

At this Special Meeting it is intended is to pass the following Special resolution:

“The Omeo Golf Club Inc (OGC) wants to update the current own rules from 1986 as registered with Consumer Affairs Vic to comply with the Associations Incorporation Reform Act by adopting the Model Rules. The existing purpose of the OGC will be maintained. The financial year will now be specified as the 12 months ending on 30th June”.

Proxies can be lodged in writing (email) with Secretary Lorna. omeogolfclub@gmail.com

**Ph 0439 194 042**

# 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**



**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.**



## 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**



## Swifts Creek Bush Nursing Centre

Should you require urgent treatment, the Swifts Creek Bush Nursing Centre can assist you with a Victorian Virtual Emergency Department consultation with an Emergency Doctor. The Bush Nurse can assist you with setting up, and being with you, for the consultation. Please call **5150 2430** Victorian Virtual Emergency Department (VVED) is a free, state-wide public health service to treat non-life-threatening emergencies.

If your situation is life-threatening, please call Triple Zero (000)

Pathology is available Monday to Friday at SCBNC, between 9am and 9.30am.



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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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- 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

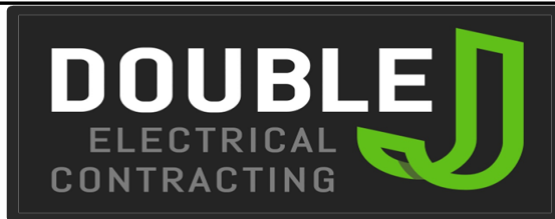
#### TRADING HOURS

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,**

**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](mailto: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 31<sup>st</sup> July

RFDS Counselling by appointment.

Home visits if required.

24hr Bp monitor

Immunisations

Webpage –

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

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Benambra & Dinner Plain

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[www.allscreensgippsland.com.au](http://www.allscreensgippsland.com.au)

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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

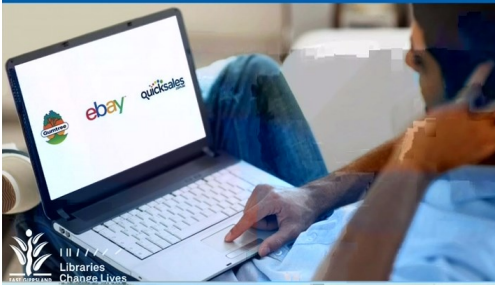
**Transporting weekly to Omeo and district from  
Albury/Wodonga Corryong  
Orders phoned or emailed by Tuesday 11.00 am  
For delivery on Wednesdays**

**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

Libraries  
Change Lives

## SUBSCRIBERS PLEASE NOTE

www.omeo.org.au/newsheet

Phone : 5159 1515

All articles for the newsheet  
to be in by

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

Prices for Newsheet Ads are as  
follows

Full Page A4 \$40.00

1/2 Page.\$20.00

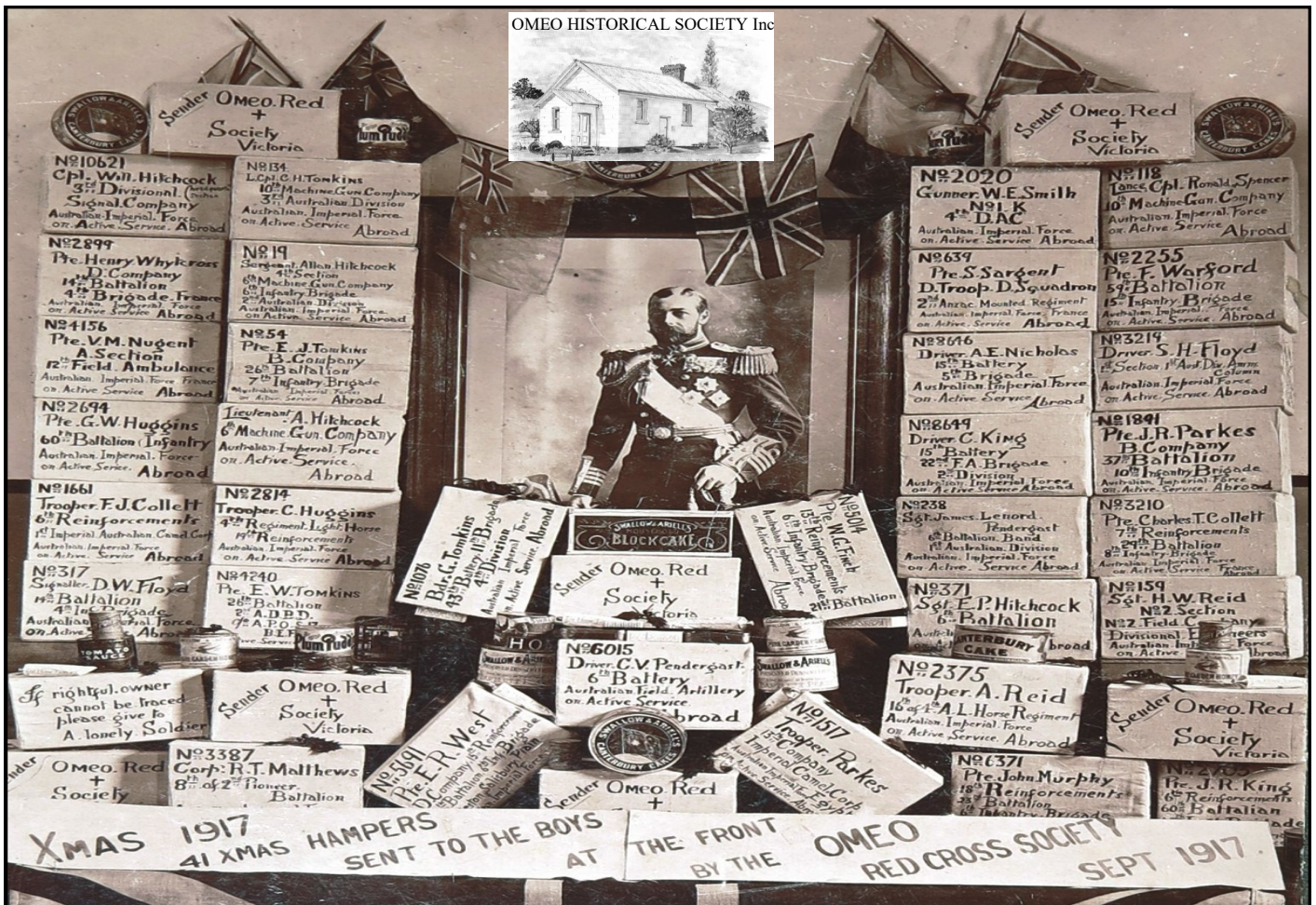
1/4 Page.\$10.00

1/8 Page.\$ 5.00

Please state

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

Thank You





**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)**

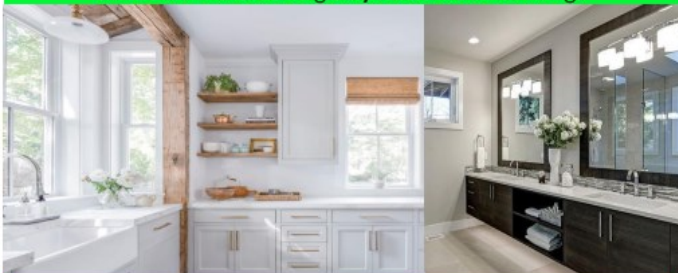
**March from Post Office at 10.45**

**Main service Commencing at 11:00am**

**With a Guest Speaker**

**Professional Cleaning Services East  
Gippsland**

Let us do the cleaning so **you** can do the living!



**Cleaning  
Services**

Houses  
Commercial  
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Air BNB  
Offices

**Areas**

Benambra, Omeo  
Swifts Creek, Mt  
Hotham, Dinner  
Plain and  
Surrounding areas.

**Prices**

All places are  
quoted for free, or  
we can negotiate a  
competitive hourly  
rate.

Professional cleaning service in the area.

Contact Maïke Cruze | 0474 552 617 | eastgippslandcleaning@gmail.com |

**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**



## 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](http://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](mailto:pru.hart@omeohealth.com.au)**

## Ensay Bush Nursing Centre

T. 03 51502416 F. 03 51502419

email: [ensaybnc@gha.net.au](mailto: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:** 1<sup>st</sup> 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 31<sup>st</sup> 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>



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](mailto:helenkaking@gmail.com)



## Colour & Creativity Workshop 2024

Join Madelaine for a fun afternoon connecting with your creative side. Using acrylic paint on stretched canvas or coloured inks on paper we will explore, create and play.

CatholicCare Victoria's Rural Community Service provides mental health and wellbeing support to communities across East Gippsland. Art is a fun and therapeutic activity great for calming the mind and body, developing self-awareness, and cultivating mental wellbeing.

✓ No experience necessary

✓ Free workshop

All materials supplied

### *Swifts Creek Community Centre*

- *Tuesday 30 April*
- *Wednesday 29 May*  
**1pm – 3pm**

- All materials supplied
- Registrations at Community Centre
- All age groups welcome
- No experience necessary
- No cost

#### RSVP

Swifts Creek Community Centre  
Email: [ccswiftscreek@gmail.com](mailto:ccswiftscreek@gmail.com)  
Leanne or Janne: 0491 697 298



Bushfire Community Recovery Service  
Gippsland, VIC  
T 1800 522 076

[www.ccam.org.au](http://www.ccam.org.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 29<sup>th</sup> 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.

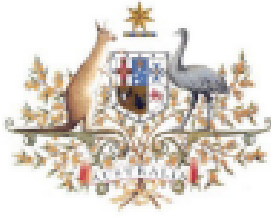
All Welcome. RSVP: Lisa Lee, BDPO Landcare Project Officer, P: 0499 192 722 E: [bdpolandcare@gmail.com](mailto:bdpolandcare@gmail.com)  
Bring sturdy shoes and a hat.



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."