

# LOCKHART SHIRE NEWSLETTER

May 2020



# ENGAGE EDUCATE AND EMPOWER – 10 TIPS RESOURCES FOR YOUNG PEOPLE

## 1. ACTIVELY LISTEN

Learn practical tools and support to help youth get through every-day tough issues.

[reachout.com](http://reachout.com)



## 6. MODEL HEALTHY BEHAVIOUR

A self-help toolkit for all things related to mental, social and emotional well-being.

<https://apps.apple.com/au/app/nigg-kids-helpline/id1440036153?itl>



## 2. POSITIVE CHOICES

Online resources, sharing stories and health promotion of the effects of drugs

[Positivechoices.org.au/](http://Positivechoices.org.au/)



## 7. HELP A FRIEND

An App to help young people take the fear out of having a conversation with a friend struggling.

<https://www.youthbeyondblue.com/help-someone-you-know/thecheckin>



## 3. RESPOND CALMLY, EMOTIONS CAN OVERWHELM

Prevention, intervention, and treatment of anxiety in young people

<http://brave4you.psy.uq.edu.au>



## 8. PRACTICE RELAXATION EXERCISES TOGETHER

An App, teaching mindfulness, meditation to young people and adults

[Smilingmind.com.au/](http://Smilingmind.com.au/)



## 4. SHARE STORIES

See a range of animated videos exploring education, health, law and money.

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



## 9. BELIEVE THEM

Online activities, and positive psychology aiming to promote resilience in young people 12-25 years.

[biteback.org.au](http://biteback.org.au)



## 5. TEACHING TRUTHFULNESS

Learn cognitive behaviour therapy, skills to manage symptoms of depression and anxiety.

[moodgym.com.au](http://moodgym.com.au)



## 10. TALK TO ME

Internet chat, email or phone support for young people (12-25years) with a range of issues.  
[Headspace.org.au](http://Headspace.org.au) - telephone 1800 650890



# Mayoral Report



Hello again everyone.

Well the year continues to be very favourable to everyone weather wise, firstly for farmers to be able to have one of the best sowing starts experienced for years, as well as for people with gardens and lawns both of which are growing at a great rate. It's so nice to be travelling past dams which are now full and livestock grazing in paddocks deep with pasture.

Talking of travel, by the time you read this report the government (State) will have announced the relaxed rules regarding travel throughout the state of NSW which will commence June 1st. As far as I'm aware there are still restrictions with regard to interstate travel but you will be free to move throughout NSW. When travelling be very aware to exercise social distancing so as to minimise the chances of the Covid-19 virus again starting to spread.

Two new staff members have joined our team at Council they being Chris Neaves our new Compliance Officer and Matthew Holt who takes over from Jen Conner as the Tourism and Economic Development Officer. A very big welcome to both those people who will be commencing duties with Council in June.

There has recently been a motor vehicle accident in the Main Street of Lockhart which destroyed the two planter boxes and the lamp posts. Please be assured that these will be replaced as they certainly added to the look of our Main Street.

Councillors continue to meet and be informed through this difficult time of social distancing through Zoom meetings, emails and actual physical meetings where social distancing is possible. The efforts of Council staff both in the office and outdoor has been incredible, maintaining all the required protocols in this time of Covid-19, while still providing the same high standard of work to ensure our Shire carries on as usual. A very big thankyou to all staff throughout the Shire.

We will be unfortunately losing the services of Mr Alan Gundrill. Alan has been with Council for a number of years and the expertise he has shown in his field will be sorely missed in our Council. I wish Alan every success in his new appointment.

That's about all from me once again, but in cautioning you to show restraint and care in your soon to be acquired travel freedoms, thoroughly enjoy them and try and support those communities so badly effected by drought, fire and flood.

Stay safe till we chat again.

Cheers Rodg.

# Council Snippets 18 May 2020

## **Works**

### *Urana Road (MR 59):*

Approximately 10.7 kilometres of Urana Road shoulder widening works have been completed to date. Table drains, batters and sealing have also been completed. Linemarking is scheduled for May.

### *Flood Detour Road:*

Culverts have been installed. Base and sub-base as well as drainage works are mostly completed. Sealing is scheduled for May.

### *Western Road (R2R):*

3.7km of Western Road sealing has been completed with batters and signage installed in February 2020. Sealing is scheduled for May.

### *The Rock-Mangoplah Road:*

Completed.

### *Urana Road and Narrandera Road Intersection:*

Boxed out and gravelled with sealing scheduled for May.

### *HVSPP culvert upgrades:*

Culverts have been installed at Flood Detour Road and culverts ordered and delivered to site at Grubben Road, Lockhart-The Rock Road and The Rock-Bullenbong Road. Installation of culverts on Grubben Road has commenced.

### *Grading and minor gravelling of unsealed roads:*

Continuing in accordance with the 12-month programme. Recently completed grading on Spanish Avenue, Forrest Lane, Crows Lane, Wattles Lane and French Park-Bullenbung Road. Resheets are completed on Spanish Avenue and Lockhart Tip Road.

## **Major Projects**

### *Flood Mitigation Construction -The Rock:*

Council has submitted a revised grant application for Stage 2 flood mitigation works at The Rock, being the drainage works along Nicholas, Yerong and Urana Streets.

## **Road Safety**

### *Road Safety Audits:*

The Road Safety Officer is continuing with the safety audit of roads within the Shire. The audit will form the basis of Council's Strategic Road Safety Plan and will be used for grant applications in the future.

### *Road Safety Strategy:*

# Council Snippets 18 May 2020

Drafting a Road Safety Strategy that will underpin the annual Road Safety Action Plan from 2021.

## *Bridge Renewal Program:*

Currently investigating potential projects for the Bridge Renewal Program. Applications close on 29 May 2020.

## *Crash Data:*

Currently analysing the latest available 5-year crash data to support future infrastructure and behavioural projects.

## **Lockhart Local Emergency Management Committee (LEMC)**

The Local Emergency Management Officer (LEMO) participates in as many Regional Emergency Management Committee (REMC) and Riverina Murray (East) REMO-LEMC COVID-19 video conferences as possible. The Riverina Murray (East) REMO-LEMC video conference includes the LEMCs of Albury City, Bland, Coolamon & Junee, Greater Hume, Leeton, Lockhart, Narrandera, Temora and Wagga Wagga Councils.

## **Fleet**

All plant replacement in accordance with the adopted 2019/20 budget is completed.

## **Biosecurity and Environment**

### *Weeds:*

Inspections were carried out on residential, rural and commercial properties, which were selected due a change in ownership or to assess the effectiveness of applied control methods. The weeds most commonly found were Privet (*Ligustrum* sp.), Horehound (*Marrubium vulgare*), Bathurst burr (*Xanthium spinosum*), Coolatai grass (*Hyparrhenia hirta*), Silverleaf nightshade (*Solanum elaeagnifolium*), Lippia (*Phyla canescens*), Asparagus weed (*Asparagus* sp.), and Willow (*Salix* sp.).

### *Control Program:*

Priority has been given to the control of Bathurst burrs (*Xanthium spinosum*), Feathertop Rhodes grass (*Chloris virgata*), and Silverleaf nightshade (*Solanum elaeagnifolium*) on roadside reserves.

### *Common White Snail Baiting Program:*

Snail baiting application occurred on Fairview Lane on 8 April.

## **Parks and Gardens**

### *Capital Works:*

Works including the excavation of the nature strip between the footpath and the kerb, installation of crushed granite, boxing out tree sites, and planting and mulching new

# Council Snippets 18 May 2020

trees has been completed on the eastern side of Halliday Street, Lockhart from Hebden to Brookong Street. Works and the trees selected, Acer negundo "Sensation", have duplicated the treatment used at the entrance of the swimming pool. Similar works are planned to start toward the end of May at The Rock Medical Centre, Day Street, along with some landscaping to tidy up a small section of the premises adjacent to the laneway.

## *Inclusive Playground, The Rock Recreation Ground:*

The finishing touches including landscaping, planting and installation of the perimeter fence are completed.

## *Mowing and Slashing:*

The autumn mowing schedule is well underway. All areas are growing quickly due to recent rain. The fortnightly mowing schedule of irrigated areas are still required but should ease back now that cooler temperatures arrived.

## *Weed Control:*

Khaki and Cathead are chipped and sprayed in known problem areas; recent rain has renewed growth and many areas will require follow up treatment. Assistance from residents in the form of reporting infestations or controlling outbreaks adjacent to their properties will help control weeds. Regular spraying and weeding of urban areas will continue throughout May.

## *Trees:*

The watering of street trees are relaxed due to recent rain and cooler temperatures. Many of the trees are entering their dormant period. Pruning of street trees and lanes has commenced and will continue over the winter months, Focus has been on peppercorns in Lockhart's CBD and footpath clearance in Green Street.

## **Lockhart Renewable Energy Project**

The Southern Regional Planning Panel has approved the development application for that component of the Lockhart Renewable Energy Project that involves the establishment of a solar farm and battery storage. Other aspects of Stage 1 of the Project which are progressing include detailed design, technical optimisation and procurement plan as well as financial modelling which supports the viability of the project. The project proponent is also liaising with the Australian Energy Market Operator (AEMO) regarding the necessary regulatory approvals that will be required for the Project to proceed.

# Council Snippets 18 May 2020

## **Naming of Bridges and Culverts**

Council is considering names for the bridge on Urana-Lockhart Road and the culvert over Brookong Creek, Lockhart. The Geographic Names Board of NSW encourages all bridge naming to follow the guidelines as set out in the Geographical Names Board of NSW Policy – Place Naming. Local councils initiate the naming of bridges on local, regional and state roads (other than freeways). Transport for NSW approves these proposals. To obtain approval from Transport for NSW it will need to be demonstrated that the proposed name has wide community support.

Accordingly the Council is inviting proposals from interested persons for names for the bridge on Urana-Lockhart Road and the culvert over Brookong Creek, Lockhart.

## ***STREET LIBRARY***



Have you visited the Street Library yet? It is located on the verandah of Lockhart Uniting Church Hall. There are plenty of borrowers and the books are turning over. It is free and available to anyone. Why not have a look and see if you can find something to take home and enjoy? Also you may have some books that you have finished with you may like to donate for someone else to read.

Any enquiries, please contact Lorraine Hoffmann on 69206233 or 0427204051.

## Health Services in Lockhart Shire

The Lockhart Health Advisory Committee (LHAC) provides a link between the local community and Lockhart health care services. At this critical time it is more important than ever that local residents are aware of the health services that are available in their local community.

### Lockhart Multipurpose Service (MPS) – 53-55 Hebden Street, Lockhart

Lockhart MPS available services incorporate aged care, community health, acute care and emergency services. Some services have reduced their contact with the community with screening services allowing for safe care to be provided. This allows its services to be directed to critical and essential clients.

Services such as Radiology, Physiotherapy, Occupational therapy and Speech Pathology are by appointment only with a referral from the GP.

Community Health Services are available through the Community Care Intake Service and referral from the GP.

If you have any concerns about health services in the Lockhart Shire please contact the Lockhart MPS on 69307100.

### Lockhart Medical Practice – 132 Green Street, Lockhart

Lockhart Medical Practice remains fully functioning through the COVID-19 pandemic. Telehealth consultations will occur for selected issues.

Attention to health needs is important. Everyone is encouraged to consider all their health requirements. Preventative opportunities for heart, stroke and cancer will continue to be looked at.

Support for the Lockhart Hospital Emergency Department and afterhours services is maintained as much as possible. A remote GP service is available through Murrumbidgee Local Health District to support care where needed.

Within the practice Dr Bond will be providing GP care. Caitlin Mannion, the Practice's dietitian, will provide face to face services on a monthly basis. The diabetic educator, Debbie Scaddan, currently provides telehealth consultations whilst podiatry continues on a three-weekly cycle. Mental Health in the main is provided by telehealth.

Immunisations are critical in 2020 and in addition to flu vaccines many other vaccines can also be discussed.

### Glenrock Country Practice - 16 Day Street, The Rock

Glenrock Country Practice is opened for appointments 5 days per week from 8.30-5.30pm Monday to Friday. Dr Samiha Azab continues to practice on Monday's and Dr Souz Khan seeing patients Tuesday to Friday. A/Prof Shenouda is also available Friday afternoon's but is currently working in the Respiratory Clinic for COVID-19 situated next door to our Glenfield Park practice.

Laverty Pathology is available on Monday's and Wednesday morning for all your pathology needs and Jo our lovely Podiatrist is available Wednesday's once a month.

During the COVID-19 Pandemic our practice is continuing to see patients via telephone, video conferencing and Face to Face for appointments.

Flu season is upon us this year and our practice is fully stocked to provide Injections to all our patients.

Glenrock Country Practice at The Rock has been servicing the community of The Rock and its surrounds for many years now and look forward to providing quality health care to their patients for many more to come.

**LOCKHART HEALTH ADVISORY COMMITTEE**



## **Visiting Aged Care Facilities**

In view of the restrictions relating to the COVID-19 pandemic, the following visiting protocols are currently in place at Woodhaven Aged Care – Lockhart.

- ◆ Visitation is by appointment only by ringing (02) 6920 5610.
- ◆ Family members only.
- ◆ No-one under sixteen years of age.
- ◆ Visitors must show proof they have had a 2020 flu injection.

Please do not visit the aged care facilities if you are feeling unwell, have recently returned or arrived from overseas, or have had contact with a confirmed case of COVID-19.



## **Lockhart Shire Council**

### **Naming of Brookong Creek Crossings**

#### **Proposals Invited**

Council is considering names for the bridge on Urana-Lockhart Road and the culvert over Brookong Creek in Green Street Lockhart. Whilst local councils can initiate the naming of bridges on local, regional and state roads Transport for NSW has to approve these proposals. To obtain approval from Transport for NSW it will need to be demonstrated that the proposed name has community support.

Accordingly, the Council is inviting proposals from the community for names for the bridge on Urana-Lockhart Road and the culvert over Brookong Creek, in Green Street Lockhart. Proposals marked for the attention of the Director Engineering and Environmental Services should be forwarded to Lockhart Shire Council PO Box 21 Lockhart NSW 2656, emailed to [mail@lockhart.nsw.gov.au](mailto:mail@lockhart.nsw.gov.au) or delivered to 65 Green Street Lockhart by Friday 19 June 2020.

Do you have a little time to communicate with an elderly person in isolation?



## Community Visitor Scheme (CVS)

(A Federal Government Initiative)

Do you have as little as half an hour a week to make the world of difference to an elderly person who feels isolated either in an aged care facility or on a care package at home?

During the pandemic we are focusing on phone calls or virtual friendships or pen pals while these social distancing measures and visiting restrictions are in place.



Normally the CVS supports volunteer visits to provide friendship and companionship to older people, however it is possible that the communication is even more important now than ever.

Visits are available to anyone who receives government-subsidised residential aged care or Home Care Packages and feels socially isolated

### The Community Visitors Scheme (CVS) is so important.

Some older people feel alone for various reasons, including:

- little contact with relatives or friends
- lost their peer group contacts
- mobility issues that prevent them from taking part in social or leisure activities
- feeling isolated from their culture and heritage
- being different in some way

Regular contact from volunteers helps to improve their quality of life

The CVS is a free service that aims to:

- provide friendship and companionship to older people
- help develop social connections

The program focuses on the needs of older people at higher risk of feeling isolated, including the special needs groups under the Aged Care Act 1997. The Riverina Community College has been part of the CVS program for over 20 years.

The CVS scheme is a Commonwealth Government Funded Scheme and is available to people residing in an Australian Government subsidised aged care home or people living in their own home who are in receipt of a Home Care Package.

*To learn more about this important initiative please contact the Riverina Community College*

Phone: 02-6933 5555 or email: [info@riverinacc.edu.au](mailto:info@riverinacc.edu.au)

RTO Code: 90133

(A CVS Coordinator will be in touch to explain the program)



# Youth News

## **Push-up Challenge**

Headspace has created the Push-Up Challenge to raise awareness for mental health in May and we have created a team for young people to sign up and get fit for a great cause. We would love anyone young person to join our team to help us reach 3,046 push-ups in 21 days! You can join anytime by going to <https://www.thepushupchallenge.com.au/team/8799-greater-hume-youth> and using the code GHCYAC to sign up.

## **Youth Advisory Committee**

We are looking for some new members for our two Youth Advisory Committees which are based at Lockhart Central and The Rock Central School.

The Youth Advisory Committee or YAC plays an important role in assisting Council to develop initiatives and projects for young people living in the Lockhart Local Government area. The YAC meets regularly to discuss issues, express views and contribute to the development of the local Lockhart Shire community.

The Committee –

- Has the opportunity to influence decisions made by council that affect young people;
- Organises and participates in youth activities and events such as youth week;
- Contributes to important community development projects affecting young people; and
- Informs council on issues that are important to young people

If you think the Youth Advisory Committee would be for you please inform the teachers at your school.

## **Help for your HSC**

It's getting towards that time of year again for Year 12 students, HSC time! Your Riverina Regional Library website has all the info you need to keep on track with your study. Jump online to your HSC Help page and have a browse through the many resources and website lists available for you to access. There are past papers, the HSC Study Guide, Revision tips and lists of references to help throughout your exams.

So jump online and check out all the ways to improve your study for your HSC.

## Newsletter Deadline

All articles for the next Newsletter need to be received no later than 4pm on:

**Friday June 12, 2020**

Placement of articles is subject to available space.

Ph: (02) 6920 5305

Fax: (02) 6920 5247

or [mail@lockhart.nsw.gov.au](mailto:mail@lockhart.nsw.gov.au)

Don't Miss the  
**DEADLINE!**

## Rates Information



If paying by instalments, your next instalment is due by:  
**31st May 2020**

Overdue Rates are subject to daily interest in accordance with the provisions of The Local Government Act, 1993 at the interest rate approved by the Minister for Local Government. Currently, interest is set at 7.5% pa. Failure to contact Council regarding overdue Rates may result in additional and unnecessary recovery costs which will be added to your account.

## Next Council Meeting Monday 15 June 2020



**Notice is given that Council's Meeting for May will be held in the Council Chambers, Green Street, Lockhart, commencing at 5.00pm.**

### PLANNING MATTERS AVAILABLE ONLINE

Council is now able to notify the community of local planning matters online, to ensure the public receives the most accurate and up-to-date information during the COVID-19 pandemic. Visit the 'Building and Development' page of Council's website to view development applications and other planning matters that are currently under exhibition:

<https://www.lockhart.nsw.gov.au/development/building-development.aspx>

**The Rock Op-Shop CLOSED Until further notice Contact  
Lynly Boyle 6920 1522**

# BUILD YOUR DREAM HOME

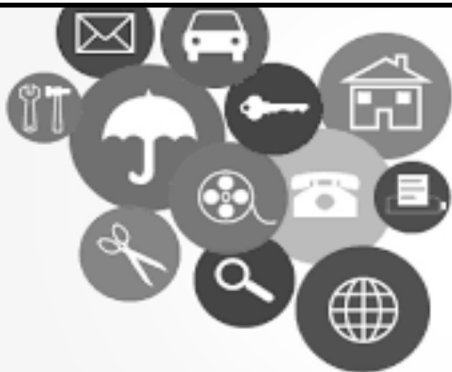
## TOWN BLOCKS FOR SALE IN LOCKHART

### AVAILABLE SERVICES

ELECTRICITY  
WATER  
PHONE  
SEWER



CALL JOHN MOONEY REAL ESTATE - 02 69 211255



## ONLINE Business Directory

*Find information on local businesses in and around Lockhart, The Rock, Pleasant Hills and Yerong Creek quickly and easily at*

[lockhartshirebusinessdirectory.com.au](http://lockhartshirebusinessdirectory.com.au)

# School News

## **Lockhart Central School**

The first two weeks of school have been very busy here at school.

As parents, carers and buses drop students at the front gate, we will be taking every staff and student's temperature and they will hand sanitise before entry to school. This will be repeated half way through the day. We ask that parents and carers avoid being onsite.

Things will be very different at school. Classrooms have been set up to ensure Social Distancing, with desks and technology allocated to individual students. Enhanced cleaning will occur at the beginning and end of the school day as well as throughout the day, particularly after student breaks including toilets.

There will be no lunch passes for any student until further notice. Students will stay all day at school. Please provide all food and drinks as there will be no Breakfast Club, Lunch Orders or bubblers available. For now our decision is to remain within the NSW and DOE Health and Safety guideline which means there will be no shared toys, sporting or play equipment. Things may change as we get into a routine with other new hygiene rituals.

Primary students are returning learning completed at home and Years 7 – 10 are now learning online with all work on the Moodle and Online lessons for every class up and running. Years 11 and 12 are continuing their Riverina Access Partnership (RAP) online learning as normal. All secondary students will need to bring their school laptop or own device to school on their school day.

Week 3 has seen a return of students one day a week. Weeks 3 and 4 will continue as planned.

Students have been fantastic since their return. Completing their online and packs of learning. They have been wonderful with regards to our hygiene practices throughout the day. We do ask that parents avoid coming on-site. If you can, please drop off and pick up your children at the front gate area.

Circumstances about on-site learning are changing and we will continue communicating any future changes as we are informed.

I would like to thank each and every one of our parents and carers for your support and the positive approach working with us to ensure the best for each and every student.

I encourage you all to continue to contact the school if you have any questions or need assistance with anything.

**Janine Dunne, Principal**

# Local Church Contacts

## **CATHOLIC CHURCH NOTICE**

**For further information contact  
Father Henry on 6920 5446**

## **St John's Presbyterian Church**

Rev Craig Nicholas 6929 3129  
[www.hentylockhartpresy.org.au](http://www.hentylockhartpresy.org.au)

## **Lockhart Uniting Church Services**

Services will recommence once more than ten people can gather. However in the meanwhile you can go to the Riverina Presbytery website and find services to be part of every Sunday.

The address for the Home page on the website is <https://riverina.untingchurch.org.au>  
If you have any pastoral concerns, please contact Lorraine Hoffmann on 69206233 or 0427204051 or Dorothy Creek on 0427207233.

## **St Mary's Parish, The Rock**

Enquiries: Fr Damian Jellett 6920 2017

## **St Peters Anglican Church The Rock**

Enquiries:

Rev Jocelyn Heazlewood 0427 198 513  
Mrs M Vennell 6920 1067

## **The Rock Uniting Church**

CONTACT: Barbara Weily  
(02) 6920 2024

## **Bethlehem Lutheran Church Milbrulong**

Phone 02-69206226 with enquiries

## **ANGLICAN CHURCH OF AUSTRALIA**

**Diocese of Riverina**

**St Aidan's Lockhart**

Phone: 0429 028 274

*Diocesan website: [www.anglicanriverina.com/](http://www.anglicanriverina.com/)*

Christian Radio in Lockhart 87.6  
Tune every day



Our Services delivery areas encompass the Lockhart & Federation Shires. For further classification of service provision in what areas and for any queries please contact Lockhart on **02 6920 4162**

The following services Valmar Support Services

◆	<b>Home Care Package Provider</b>
◆	<b>Individual &amp; Group Social Support</b>
◆	<b>Home Modifications</b>
◆	<b>Meals on Wheels</b>
◆	<b>Domestic Assistance</b>
◆	<b>Community Transport</b>
◆	<b>Personal Care</b>
◆	<b>Flexible Respite</b>
◆	<b>Craft Group– 10am-12pm</b>
◆	<b>Day Club– Tuesdays 10am-3pm</b>
◆	<b>Home Maintenance</b>
◆	<b>Brokered Services NDIS</b>

offer are:

We also offer a Weekly Bus Service to Wagga each Wednesday.

Social bus Trips each Friday .

**Contact 02 6920 4162**



**The Rock & District  
Meals on Wheels  
Association Inc.**

Help support your local Meals on Wheels Service

Everyone can assist us, just by having a conversation with a neighbour living alone, parents or grandparents or with the person with time on their hands. We offer freshly cooked hot meals daily, an extensive frozen meal menu, prepared locally in Wagga, centre based meals twice a week as well as outings, entertainment and various activities to people over 65.

**Social club operates every  
Tuesday and Thursday from 10  
am till 3pm  
at the Rock Memorial Bowling  
Club**

***For further details please  
contact Vicky  
6920 2500***

### **Tai Chi Classes:**

If there are no new cases and the easing of restrictions continue I am hoping that Tai Chi classes will be again on Monday 1<sup>st</sup> June at 9am. In the meanwhile the Tai Chi ladies are taking part in a 5000 Step Challenge organised by the MLHD Health promotion office which means we will be trying to do 5000 steps a day from 18<sup>th</sup> May until 14<sup>th</sup> June. Any enquiries about joining the classes please contact Lorraine Hoffmann on 69206233 or 0427204051



# Health & Associated Services



## Do you need a Community Health Service?

You can now access Community Health Services such as:

- Community Nurse
- Child and Family Health Nurse
- Generalist Counsellor
- Occupational Therapist
- Dietitian
- Physiotherapist
- Speech Pathologist
- Palliative Care Nurse
- Diabetes Educator
- Chronic Care

By calling one number the health professional on the end of the line will help you access the service you need.

**Call 1800 654 324**  
(1800 MLHD CH)



**Health**  
Murrumbidgee  
Local Health District

CV111596 06/17

Murrumbidgee Primary Health Network provides a counselling service on the 2nd and 4th Tuesday of each month at the Lockhart Hospital. Referrals are required, please call Lockhart Medical Practice to arrange your referral.69205249

### Australian Unity Home Care Service **HCP Packages** **NDIS Service**

- Domestic Assistance
  - Personal Care
  - Respite Service
  - Social Support
  - Brokered Service
- Call 1300 296 835

### **X-RAY SERVICE**

X-ray services are available every second Friday at Lockhart & District Hospital. A referral from the doctor is required. For appointments phone 6930 7100

### **OPTOMETRIST**

Russell and Chalker Eyecare Plus visit Lockhart regularly for comprehensive consultations including glaucoma testing, cataract assessments, macular degeneration. Adults and children's assessments, and Veteran's Affairs patients welcome. Spectacle frames available. For Appointments Phone: (02) 6921 8833.

# Council Waste Disposal Centres Opening Hours

	Each TUESDAY	Each WEDNESDAY	SUNDAYS IN JUNE (14th & 28th)
<b>Lockhart</b>		8.30am - 10.30am	8.30am - 11.30am
<b>The Rock</b>		1.00pm - 3.00pm	1.00pm - 4.00pm
<b>Yerong Creek</b>	1.30pm - 3.30pm		
<b>Pleasant Hills</b>	10am - 12pm		



## Lockhart Lions Club Recycling

**Location:** Next to Uncle Toby's Shed on the northern side of railway line.  
Entry from Brookong Street.

**Opening Times:** Daylight Hours, Seven days a week

**Items Received:** Paper/Magazines, Books (including. phone books), Cardboard, Aluminium cans, Plastic bottles (rinsed) and any type of motor vehicle batteries (truck, car, tractor etc).

**UNFORTUNATELY, WE ARE NO LONGER ABLE TO ACCEPT PLASTIC WRAP OR PLASTIC BAGS**

### Unacceptable Items:

Wax-coated cartons, Polystyrene, Light bulbs, Fluorescent tubes, Window glass, Heat-treated glass, Steel cans or drums and plastic bags or wrap.

***To make our job easier , please use receptacles provided.***

***Thank you for supporting the Lions Club***

## COMMUNITY RECYCLING CENTRE

Strapped for cash? Looking to tidy up your garage or shed?

There is a wide range of items that you can take to the Lockhart Community Recycling Centre (CRC) for free! Motor oil, paint, televisions and computers, batteries and old fire extinguishers & green waste are all accepted free of charge at the Lockhart CRC.

You can also drop off unwanted items that are too good to throw away, by delivering them to the Lockhart Re-use Shop, during normal tip opening hours.

For more information on waste and recycling in the Shire, visit our webpage at <http://www.lockhart.nsw.gov.au>

## PARTHENIUM WEED



*Parthenium hysterophorus*

**Other Common Names:** Bitter weed, Carrot grass, Congress grass, False camomile, False ragweed, Gajar Ghans, Ragweed, Ragweed parthenium, Santa Maria, Santa Maria feverfew, White top, White head.

**Description:** Eight new incursions in NSW recently. Weed of National Significance. One of the worst weeds in Australia due to its invasiveness, potential for spread, and economic and environmental impacts. It has a large and persistent soil seedbank, fast germination rate, can undergo seed dormancy, and is allelopathic, releasing chemicals into the soil to deter other plants from germinating near it. Is a host for crop viruses.

Native to Mexico, Central America, South America, and the Caribbean. An annual herb with a deep tap root and an erect stem that becomes woody with age. As it matures, the plant develops many branches in its top half, reaching up to two metres in height.

Prolific seed producer and aggressive competitor, which colonises bare, open ground on roadside, pastures and disturbed areas. The herb can mature and produce seed in a short period of time. Particularly if stressed, it can germinate and set seed in 4 weeks.

**Leaves:** Pale green. Lower leaves are 5 – 20 cm long with deep divisions. Upper leaves are less divided and smaller. Covered in soft, fine hairs. Alternate on stem. Most leaves die after the plant has flowered.

**Stems:** Grooved or ribbed, making stems look striped. Woody with age. Highly branched in upper half during flowering.

**Flowers:** Creamy-white. 4 – 6 mm in diameter. At the tips of stems. Made up of clusters of tiny florets in the centre. Star-like with 5 distinct 'points' – each point has a tiny petal. Can flower all year round. Each flower produces 4 to 5 seeds.

**Seed:** Dark brown to black. 2mm across. Flattened. Triangular with two thin, white, spoon-shaped appendages. Produces up to 25 000 seed in a growing season. Seed dormancy. Can germinate at any time during the year, but more common between October and January.

**Toxicity:** Toxic to cattle, and meat or milk from livestock that eat the weed can be tainted. Unpalatable to livestock unless no other feed is available. Causes kidney damage in cattle, sheep and goats. Young cattle most susceptible to dying from parthenium poisoning. Animals may also have allergic reactions including dermatitis. Parthenium weed can cause respiratory problems and severe dermatitis to humans, particularly if exposed to pollen.

**For All of NSW: General Biosecurity Duty:** All plants are regulated with a general biosecurity duty to prevent, eliminate or minimise any biosecurity risk they may pose. Any person who deals with any plant, who knows (or ought to know) of any biosecurity risk, has a duty to ensure the risk is prevented, eliminated or minimised, so far as is reasonably practicable.

**For All of NSW: Prohibited Matter:** A person who deals with a prohibited matter or a carrier of prohibited matter is guilty of an offence. A person who becomes aware of or suspects the presence of prohibited matter must immediately notify the Department of Primary Industries. **NSW DPI Biosecurity Helpline: 1800 680 244.**

For further information please contact Council's Environmental Officer on (02) 6920 5305 or visit [www.dpi.nsw.gov.au/agriculture/pests-weeds/weeds](http://www.dpi.nsw.gov.au/agriculture/pests-weeds/weeds)

# Feeling unwell? GET TESTED



call the COVID-19 hotline  
**1800 831 099**

#### COVID-19 SYMPTOMS

Most common symptoms include fever and dry cough. Some people also experience sore throat, shortness of breath, or runny or stuffy nose.

#### CALL NOW

Call the COVID-19 Hotline: 1800 831 099 (open 7am – 9pm everyday). Callers will receive a confidential over the phone assessment, and if they require testing, an appointment will be made for them at their nearest, or preferred location.



Health  
Murrumbidgee  
Local Health District