



OMEEO REGION NEWS SHEET



Wednesday 12 February

AN OMEOSHIRE LIONS CLUB PROJECT

20 cents

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

NEWSHEET ENQUIRIES:

Email: newsheet@omeeo.org.au

Phone : 5159 1515 www.omeeo.org.au

Post: P.O. Box 182 Omeo 3898

Medical Services-Omeo Region

For **URGENT** Medical Care call **000**
Omeo Medical Centre

Please Phone: **51 590 140**

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

No 20 ... Arija (!!)

No 38 Leanne McCormack (!!!)

SNAPDRAGONS JOKE

Two women were playing golf. One teed off, hit a cracking drive, and watched in horror as her ball headed directly toward a foursome of men playing the next hole. The ball hit one of the men. He immediately clasped his hands together at his groin, fell to the ground and proceeded to roll around in agony. The woman rushed to the man, and immediately began to apologize. "Please let me to help. I'm a Physio-Therapist and I know I can relieve your pain if you'd allow me." Oh, no, don't touch it! Maybe the swelling will go down in a few minutes," the man replied. He was in obvious agony, lying in the fetal position, still clasping his hands there at his groin. At her persistence, however, he finally allowed her to help. She gently took his hands away and laid them to the side, loosened his pants and put her hands inside. She administered tender and artful massage for several long moments and asked, "There. Now how does that feel?" "Feels great," he replied; "but I still think my thumb's broken."

Omeo Weather 12—19 February

Wed 15-32 Thurs 17-31 Frid 12-23 Sat 4-18
Sun 3-16 Mon 5-21 Tues 5-19 Wed 10

District Diary

Wednesday 12th February

Omeo to Bright Bus..departs Omeo 8.30am return 3.30pm
Lego Club Omeo Library.....3.30pm-4.30pm

Thursday 13th February

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

Friday 14th February

VALENTINES DAY... 

Omeo to Bright Bus...departs Omeo 8.30am return 3.30pm

Saturday 15th February

AA. meeting 1st Saturday of month, CFA rooms2.00pm
Omeo Opportunity Shop Open..... 11.00am-3.00pm

Sunday 16th February

Anglican Church Omeo..... 11.00am
Catholic Prayer Meeting Omeo
Golf Comp 12.00pm

Monday 17th February

Omeo to Bright Bus depart...Omeo 8.30am return 3.30pm
The High Country Singers Omeo Shire Offices.....2-3.30 pm

Tuesday 18th February

Listen with Lorna live radio O.S.C.A.R. fm ... 12.00-2.00p

NB.

The tragedy of life doesn't lie in not reaching your goal
The tragedy lies in having no goal to reach.

Amicus.

Medical Centre



*Charles Luiz &
Howard Goldenberg*



*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



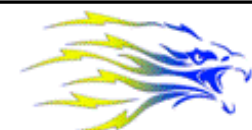
OMEOPHARMACY
SPEAK TO YOUR LOCAL PHARMACIST

186 Day Avenue. Omeo. 3898

PH: 03 51591663 FAX: 03 5159 1686

EMAIL: omeopharmacy@gmail.com

DELIVERY AVAILABLE



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"

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!

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.

On sale Wednesday.

Prices for Newsheet 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.

TREE TRIMMING
HEDGE TRIMMING
GUTTER CLEANING
STUMP GRINDING
FREE QUOTES
Ph: GARY 0427772634
email: garysmaintenance@gmail.com



**Omeo Rodeo
General Meeting**

Wednesday 19 February 2025

At the Omeo Hub

7pm

All Welcome



**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
Leaves 9.30am from Bairnsdale to Omeo



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 GIPPSLAND
SHIRE LIBRARIES



LEGO CLUB 2025



Junior LEGO enthusiasts are invited to attend our after- LEGO Club school sessions.

The sessions incorporate freestyle activity and themed construction activities.

Donations Welcome

The library will gladly accept donations of old or new LEGO brand pieces for our LEGO Club collection.

For more information, phone **51524225** or ask in person at the library about these **FREE** sessions.

Omeo Service Centre

3.30pm-4.30pm

Every Wednesday

Except School Holidays



All Children must be accompanied by an adult

LYREBIRD PLANT NURSERY GARDEN SUPPLIES



35 HANKSHAW'S HILL ROAD OMEO –
Last house on the left.

OPEN SATURDAY & SUNDAY 10-4PM

OR ANYTIME BY APPOINTMENT

How is your Vegetable garden looking this year?

Visitors are welcome to wander through the Nursery garden and purchase plants including Vegetable and Herb seedlings – grown from seeds onsite. Tomato plants. Established potted color and small shrubs. Potting mix available.

CASH ONLY OR DIRECT DEPOSIT

Please call Kell J

0438 373 789

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: 5152 6791

JUSTIN: 0457 775 168

emailsales@allscreensgippsland.com.au

www.allscreensgippsland.com.au



Specialising in the following services

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 am For delivery on Wednesdays

Contact Mark for delivery charges on
0428 264 480

Mark@tectronix.com.au




THE HANG OUT

Join us after school in a fun space to hang out with friends! Enjoy food, your favourite music, and weekly opportunities to learn new skills, get crafty, or play games.

For 12 to 18 years old
Every Wednesday
3:15 PM TO 5:30 PM
The Swifts Creek Community Centre
Free Transport to Omeo

To stay in the loop with THE HANGOUT updates:
 @o_d_h_youth
 @ODHYouth

Tiffany Brammall
Omeo District Health
Youth Worker
PH: 0449 100 010
Tiffany.Brammall@omeohs.com.au

HEART HEALTH CHECK

TIME TO BOOK A HEART HEALTH CHECK?





Having a Heart Health Check is an important first step to protecting your heart.


Who needs a Heart Health Check?

- All people aged 45 - 79 years
- People with diabetes from 25 years
- First Nations people from 30 years

These are bulk billed for Medicare card holders.

Call the Omeo Medical Centre to secure your appointment.

 (03) 5159 0140
 Benambra Neighbourhood House
 Wednesday, February 19th
 10am - 2pm




FARMGATE

Agribusiness Finance

FARMER FIRST APPROACH

"Your trusted partner in rural and agricultural finance"

OUR SERVICES INCLUDE:

- Farm Loans
- Seasonal Finance
- Livestock Finance
- Equipment Finance
- Annual Bank Reviews
- Housing Loans

Cameron McPhan
Phone: 0439 388 808
 cameron@farmgateagrifinance.com.au

NEW RUSH BREWHOUSE

Opening Hours

Friday from 5pm
 Sunday Breakfast 8am 12pm
 Sunday Lunch 12- 2pm

Phone :5159 1276




Omeo District Health Healthcare Worker Grade 1 – Casual

As a Health Care Worker, you will be providing personal and developmental care to clients, patients and residents. Responsibilities may include transportation, cleaning and housekeeping; support with meals and other health and wellness related activities. The Health Care Worker will have knowledge of the needs of the frail, aged and disabled people and demonstrate a commitment to best practice ensuring services are provided in a caring, respectful and dignified way.

Why Join our team Omeo District Health provides attractive conditions including generous Salary Packaging. Flexible working arrangements such as job-sharing options could be considered for this role.

Omeo District Health (ODH) is a publicly funded, Small Rural Health Service located in East Gippsland's High Country. This spectacular Alpine region of Victoria, is a lifestyle destination with Dinner Plain, Mt Hotham and Falls Creek alpine snow resorts a short drive away.

A great place to enjoy many outdoor pursuits.

Omeo will also soon have its own, competition level Mountain Bike Park currently in construction.

Should you wish to discuss the role further please contact: Leanne McKenzie, Home Based Services Manager on 5159 0100 or via email to: leanne.mckenzie@omeoohs.com.au

**For a full position description visit our website at www.odh.net.au
To apply, please submit a cover letter and resume to recruitment@omeoohs.com.au**

Applications close 5pm, 15th February 2025

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

FREE | Bookings Essential **EAST GIPPSLAND SHIRE COUNCIL**

Tech Savvy Workshop



Social Media



Join us for this group workshop!

This session will focus on how to use and utilise social media while also teaching you how to keep on top of your privacy settings. We will look at the different social media apps that have been released over the years and will go over how you can create accounts on these platforms. This session will also provide an in-depth overview on how to navigate and get the most out of Facebook

**Omeo Service Centre
Monday 17 January
9.30am-12.00pm
Book now at the library
51524225**



**Libraries
Change Lives**

We would like to thank all those who supported the recent Snack and Chat hosted by Wellways in Bairnsdale and Orbost.

We really valued the sharing of stories and experiences. We would love to see you and others at our next catch up.

We will have a day AND evening Catch Up again in February.

These are very informal and relaxed sessions designed to encourage sharing of stories and needs around the topic of suicide prevention and wider mind health.

These Catch Ups are for anyone in the community to come share, learn and help each other. You do not have to be a health worker, etc, to come and participate.

Below are the details of the Snack n Chat and would ask if you could please distribute to others. The more the merrier.

If you have any other ideas or suggestions, please contact Emma Free

efree@wellways.org,
03 562 24 100 or 0466 025 874

Ross @ East Gippy Suicide Intervention Team.

ARE YOU OR YOUR COMMUNITY GROUP INTERESTED IN PARTICIPATING IN AN INDOOR 2025 EASTER MARKET?

Your junk can be someone else's treasure.

INDOOR EASTER MARKET

Omeo is always busy over Easter.

(SAT & SUN)

Fundraiser for Omeo Soldiers Memorial Hall

9am - 4pm both days. Friday set up also available.

\$15 per stall (3m x3m) & 1 table provided with room for more on each site.

1 day only stalls also available.

Why not declutter your house & make a few \$\$\$\$?

Traders are also welcome.

If you're interested contact

omeocommunityhub@gmail.com

OR ring Ronda 0427191223.

Please contact the Hub for further information or to book a site.



Gold Dredge, Omeo.
c1920

Ensay Bush Nursing Centre

T. 03 5150 2416 F. 03 5150 2419

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>



OMEO GOLF RESULTS



Wednesday Twilight 5/2/25			*Sunday 9/2/25*	
9-hole Stableford - start 4.30pm			18-hole Stableford - start 12.30pm	
Place	Points	Player	Points	Player
<i>Winner</i>	21	Phil Chapman	50	Steve Squire
<i>2nd</i>	21 <small>countback</small>	Steve Squire	39	Richie Adams
<i>3rd</i>	20	Darren Hayward	37	Christine Faithfull
<i>NAGA</i>	8	Shelley Beaton	26	Ross Ansaldi
<i>Nearest pin 7th</i>	-	Steve Squire	-	John Reid
<i>Nearest pin 16th</i>	-	-	-	Christine Faithfull
<i>2nd Shot nearest 6th</i>	-	Darren Hayward	-	Dean Jobling
<i>Nearest pin 4th</i>	-	-	-	Ross Ansaldi

Come join us on Wednesday &/or Sunday ... all welcome.

Annual Members Championship over 3 weeks Feb 2, 9 & 16

Thanks to our major Championship sponsor Golden Age Hotel.



To the Resident/Business Owner

Please find some important information regarding Peaks Challenge Falls Creek 2025.

Peaks Challenge Falls Creek will be travelling through your region on **Sunday 9th March**, and as a result there will be changed traffic conditions in place (please refer to table).

Event Details

Date: Sunday 9th March 2025

Route: Loop Ride – Falls Creek to Falls Creek via Mount Beauty, Harrietville, Dinner Plain, Omeo and Anglers Rest

Distance: 235km

Riders: 2000 approx.

Rest Stop Omeo Recreation Reserve. 11am First Rider – 15:30pm Last Rider

During the event, the following areas of restricted vehicle access will be in place:

Road Name	Closure Type	Location	Details	Road Closing	Road Re-opening
Bogong High Plains Road	Full Road Closure	Falls Creek to Mount Beauty	Closed to all vehicles, except Emergency Services and official event vehicles	5:30am	9:00am
Tawonga Gap Road	Full Road Closure	Tawonga to German-town	Closed to all vehicles, except Emergency Services and official event vehicles	6:30am	10:30am
Great Alpine Road	Full Road Closure	Harrietville to Hotham Heights	Closed to all vehicles, except Emergency Services and official event vehicles	8:00am	1:30pm
Bogong High Plains Road	Full Road Closure	Bogong High Plains Road turnoff to Falls Creek	Closed to all vehicles, except Emergency Services and official event vehicles	12:00pm	8:30pm

In addition to the above road closures there will be changed traffic conditions in the area which may include speed reductions and the presence of traffic controllers.

The treatments, which take into consideration the safety of all road users, have been implemented following extensive consultation with the Council, VicRoads and Victoria Police.

Additional information regarding the event and the route can be found at www.peakschallenge.com.au, or by contacting Bicycle Network on (03) 8376 8888. Alternatively, please scan the QR code provided.

For information and advice on the day please contact **Event Assistance** on **0425 777 484** or **0425 381 816**.

If you are interested in volunteering for this event, email volunteer@bicyclenetwork.com.au or call (03) 8376 8813. For more information visit our website: bicyclenetwork.com.au/volunteer.

Thank you in advance for your cooperation.

Kind Regards,

Stephen Anastasiu & Carlijn Kerdijk

Bicycle Network



CASSILIS
COMMUNITY
MARKET
SATURDAY, 1ST
MARCH, 2025

10.00AM TO 2.00PM

GREAT FOOD
GREAT STALLS
AT THE CASSILIS
RECREATION RESERVE



STALL BOOKINGS:
Debra 0425850148 or
debraherbertson@gmail.com

FUTURE MARKET DATES:
5/7, 6/9 & 6/12



East Gippsland **SUSTAINABLE LIVING & MAKERS' FESTIVAL**

A celebration of lost and emerging trades,
live music, great food, artisan
demonstrations and children's entertainment.
**A fundraiser for Bairnsdale Neighbourhood
House Rebuild Project.**



Easter Saturday,
19th April, 2025
9.00am to 3.30pm



**Bairnsdale
Racecourse**

Admission: \$10 / adults (Under 18 free entry)
Book through HUMANITIX or pay at gate

STALLHOLDER BOOKINGS

E: rcmr9820@gmail.com





GARAGE & CLEARANCE SALE




555 High Forest Road, OMEO

5.5 km's of good gravel road

22nd & 23rd of February 2025

8:00am – 4:00pm both days

Cash & EFTPOS accepted



Antiques, furniture, electricals, tools, vintage items, collectables, household, craft & sewing items & plenty of knick knacks. Lots of leather couches & recliners, tables, display cabinets, beds and Fowlers items. A spinning wheel, washing wringer, 3 roller mangle, Christie post driver to name a few and so much more.

**Sausage
sizzle.
Free tea,
coffee & water**

**Contact Bernie
Asman
P: 0407 808 159**



**Wheel chair
accessible &
toilet on site**