

## STOLEN HISTORY

Local identity Wilf Norris is a sad and heartbroken man after the despicable break in and theft of his beloved and historical horse gear recently.



On Friday 4th March, Wilf discovered his padlocked gate had been cut and his shed had been broken into over night.

Thieves had taken historical and much treasured draught horse gear that Wilf has owned, used and loved for over 60 years.

"My time of working the horses is over, but I am upset for my sons; Laurie, Tom and Bill who now work the horses and use them at shows and weddings. It's my children's history that has been stolen."

"Two of the draught horse collars were made by Tim Peel in Sydney and have identity numbers stamped in the leather, so hopefully we can track these down," Mr Norris said.

"They even took my anvil bolted to the stump, you can see where they had to drag it through the

# from the editor

Finally Autumn is here, the nights are cooling down at long last. It's a pity that we have to put up with the darkness at 6 am when the sun should be up though. I enjoy daylight savings to a point, but really detest it going on for so long. Why not just for the three summer months?



Anyway, by the time this goes to print hopefully everyone will have had a safe and happy Easter with friends and families, camping, feasting and doing what ever the Easter break means to you. The weather was perfect for lots of out door activities, but oh so dry everywhere. Hopefully we will get some good soaking rains soon. The farmers are itching to get sowing (or have taken the punt and sown dry), the dams are dry and the gum trees are suffering and starting to flower and drop limbs, so they are 'over it' too. Fingers crossed.

Another remembrance of ANZAC Day will be held on the 25th with the community marching and attending the usual service to remember 100 years since the battles in France. Rumour has it that we will be having some defence force soldiers marching with us this year.

Coming up is the wonderful creativity of the Murals Weekend at the end of April. It is only a small committee that put together the Murals weekend, so congratulations again to them on their time and efforts to make our little town beautiful. The utility dog trials will be on again on the same weekend. Due to the enormous amount of work involved in the Off the Wall Art Show it has been postponed for this year - maybe with some 'new' and extra helpers it will be on next year.

The footy teams are up and running so we look forward to their season and wish them good sportsmanship and good fun footy for the season. Well done to Nathan Skeers and Zac Gransden for their fishing success!

Thank you everyone for your interesting contributions this month, keep up the good work and keep sending in your news.

Cheers until April

Sarah



## Contributors this Month

ohn Godden

Cassie Gates

Jeanine Gibby

Elaine Cheney

Sarah de Lange

Dawn Welsh

Kylie Reeves

David Hyde

Ali Burgess

Nicole Brindle

Sue Park

Kevin & Kay Howell

Sean Haynes

Claire Duff

Rosemary Townsend

Illona Dunn

Janet Noble

**Next Issue Deadline:**

**Friday 22nd April**

**The News will be available  
on Friday 29th April**

**Advertising and Editorial Material To**

**Sarah de Lange**

**Phone 68595253 ah**

**editor@eugowranews.com.au**

**or drop into the St Joseph's Primary School  
mailbox**

**420 copies printed and distributed  
throughout the community.**

**Please note: Views expressed by  
contributors are not the responsibility of  
Eugowra Lions Club INC. or the Editor**

**Online at [www.eugowranews.com.au](http://www.eugowranews.com.au)**

**Follow us on facebook**



## To the Editor

### Memorial Park Gardens and Cenotaph.

I'd like to thank the EUGOWRA Lions Club for their assistance in getting water over to the Cenotaph and the new Memorial Garden behind the gates in Memorial Park. The Lions are also assisting in the making of some new drop in gates for the Cenotaph to prevent some of our four legged fiends from damaging the plaques.

In particular a special thanks to Tony Toohey of Tony Toohey Contracting for providing the machinery for the trenching and his time. The task would have been impossible without Tony's assistance.

With the water now on hopefully the EPPA Garden Committee will be able to assist in maintaining the garden/s around the Cenotaph. During the recent hot spell some of the plants in the new garden have succumbed and will need to be replaced.

It would be greatly appreciated if someone could provide some mulch for the garden bed to help keep the garden moist during the hot spells.

John Godden.

### Farmers Wife

To all those wonderful, resilient "farmer's wives" who were the backbone of the farming industry.

These women were strong-willed, capable and industrious and showed ingenuity. They were patient, kind and courageous. The list goes on. Many worked for little financial gain. Furthermore their work was done without machines.

My domestic and farming skills just don't compare, however I'm still proud to be called a "farmer's wife".

Frances Anderson

## In This Issue

### Page

- 3. Letters to the Editor
- 6. Continued Wilf Norris - Stolen History /  
Eugowra Swimming Club
- 7. ECCC news
- 8. NSW Health - MPS Health Service Changes
- 9. Eugowra Bowling Club
- 10. CWA
- 11. Seasonal Kitchen
- 12. St Joseph's News
- 13. Wizard of Oz / 'Happy Hookers'
- 14. Eugowra Public School News
- 15. VIEW News / Eugowra Show Society
- 16. Fred Lavis Obituary
- 17. ANZAC Day
- 18. ANZAC History/ Murals Weekend
- 19. Eat Your Greens Super Catering
- 20. Debutante Ball
- 24. A bit of Humour - How to Identify a Nurse
- 25. A Little Bit of History
- 26/27. Eugowra Health Report - Falls
- 28. Dog Trials and Dog Shows
- 29. Eugowra Swimming Pool / Golden Eagles &  
Geagles reports
- 35. Pigeon Holes & Notices
- 36. Real Estate

### Community Gardeners Update



### Community Gardeners

The winners of our \$100 Club were:

First Prize: Claire Duff

Second: Ebony McEwan

Third: Elaine Cheney.

Thank you all for your continued support. Ali B

# WHAT'S ON THIS MONTH

# APRIL 2016

Dr Vicki Wymer 68 592 220 Eugowra

63645901 Manildra

Mon

Tue

Wed

Thu

Fri

Sat/Sun

	29 Manildra 9-1pm	30 Eugowra 9-11am	31 Eugowra 9-4pm	1 Manildra 9-1pm	2/3
4 Eugowra 9-5pm	5 Manildra 9-1pm	6 Closed	7 Eugowra 9-4pm	8 Manildra 9-1pm	9/10
11 Eugowra 9-5pm	12 Manildra 9-1pm	13 Eugowra 9-11am	14 Eugowra 9-4pm	15 Manildra 9-1pm	16/17
18 Eugowra 9-5pm	19 Manildra 9-1pm	22 Closed	21 Eugowra 9-4pm	22	23/24
25  <b>ANZAC Day</b>	26 Manildra 9-1pm	27 Eugowra 9-11am	28 Eugowra 9-4pm	29 Manildra 9-1pm	May 30/1

**School Holidays**

**School Holidays**

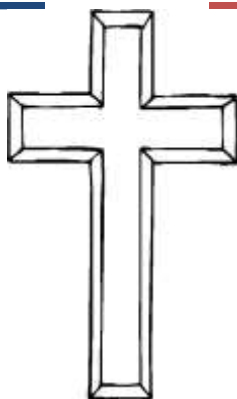
**Murals Weekend  
Utility Dog Trials**

## St Mathews Anglican

1st, 2nd, 4th Sunday 4.00pm, 3rd Sunday 8.00am,  
5th Sundays share with Uniting Church at 2.30pm

Rev. Jono Williams 63 441643

Other times: Local Lay Preacher Elaine Cheney  
68 592820



## St John the Baptist Catholic

Mass: 2nd, 4th, 5th Sundays 6.00pm

Fr Laurie Beath 63 42139

Liturgy of the Word: 1st, 3rd Sundays 8.30am

Mavis Cross 68 592240

# Eugowra Church Services



# Sunnyside Gravel Supplies



QUARRY DA 95/144

- **WHITE & RED DECOMPOSED CLEAN GRANITE FOR YOUR DRIVEWAYS, ROADS, FILL, SHEDS AND STOCKYARDS E.T.C.**
- **ONE TONNE LOAD DELIVERED IN TOWN AREA**
  - **ANY QUANTITY CAN BE ARRANGED**
- **PICK UP YOUR SELF BOX TRAILER TO SEMI LOADS BY ARRANGEMENT**  
ALSO AVAILABLE:
  - **TOP SOIL**— DELIVERED IN TOWN AREA OR PICK UP
  - **CONCRETE MIX 50/50 SAND BLUEMETAL MIX**
  - **STRAW FOR MULCH, BEDDING E.T.C.**

CONTACT: ALAN & MARIE NOBLE (02) 68592266

## CABONNE HOME & COMMUNITY CARE

Is funded to help support people who are frail aged or younger people with disabilities, who are assessed as needing help with tasks of everyday living.

For more information contact  
Cabonne Home & Community  
Care Service

6344 1199

Or



1300 369 738



\*\* **FOOD SERVICES** offer a range of food-related options

\*\* **NEIGHBOUR AID** offers a variety of assistance options

## EUGOWRA / ORANGE COMMUNITY BUS SERVICE



### NEXT BUS:

Friday 22nd April

Friday 27th May

Bus leaves Central Hotel 8.45am  
Returns to Eugowra at 3.30pm

### COST

ADULT: **\$6.60**

SCHOOL AGE CHILDREN: **\$2.20**

PRESCHOOL AGE CHILDREN: **FREE**

(PRICES INCLUDE GST)

FOR MORE INFORMATION OR BOOKINGS CALL:

DEIDRE SLAVEN **6859 2414** OR

MARGOT BROWN **6392 3233**

Continued from front page.

dirt, they ran into the sulky before putting it in their vehicle.”

“The locals and beyond have been very kind, I have had phone calls from the Draught Horse Association members from all over Australia which is kind. I have heard a whisper that they (Eugowra) want to fund raise money for me, but I don’t want that, Mr Norris said emphatically. I don’t need money, but I do ask that everyone keeps their eyes and ears open for property ~ they may see a harness in the back of the trailer, or some of it may have been dumped in the bush, It is such specific equipment that will be hard to sell.”

It is reported that the thieves were wearing riding boots, and they knew what they were after and they knew horses as they even wired the front gate shut again when they left to stop the horses getting on the road.

It is indeed a sad robbery to cause grief to an elderly man with his love and pride of his old but still used horse equipment and gear. Not necessarily monetary value, but an awful lot of historical and personal value. If anyone sees or hears of anything to do with this senseless robbery please contact the police on the following numbers: Cowra Police Station: 63415099                      Crime Stoppers 1800333000

The list of items stolen is as follows;

- Full set of cart harnesses, suitable for a sulky
- Six draught horse collars and harnesses which had all been restored)
- Eight draught horse winkers
- Two dray back saddles and breeching
- Six sets of plough reins
- Anvil and stump
- Two sets of check reins
- Saddles and bridle Braces and bits
- New chainsaw
- Curb bit fitted with a new leather bridle

Plastic box with photos and personal papers.



# Eugowra Swimming Club

2015/16 Swimming season has finished with our swimming club members presentation recently.

Coach Britney Dukes with winners of the Coaches Award: Ella Higgins & Hannah Williams Julie and Britney Dukes, Britney with Most Improved; Alec Maclean and Cooper Gates.





Happy Easter from the staff, children and parents! The children have been super busy making and decorating Easter hats for the Easter parade, we had the public school join us and didn't everyone have a great time!!! We also joined St Joeys in their Easter hat parade their hats were defiantly works of art!

Our annual Easter raffle has been drawn by Belle Moxey, Ingrid Smith and Chloe Gibson and our winners were 1st- Di Smith , 2nd - Cathy Epp and 3rd - Corey Williams. Congratulations. We would like to thank every one who bought a raffle tickets we deeply appreciate your ongoing support!.

We are now in the midst of planning this years Deb Ball keep your eyes open for our posters and get ready for a fantastic night.

The Eugowra Community Children's Centre is now open for After School Care Monday - Friday until 5.00pm. Contact ECCC for further details.

Claire Duff



## What to do with your old RECYCLING and GARBAGE bins?

Cabonne Council's new Waste Collection Contract will commence the week of the 4<sup>th</sup> April 2016.

Residents in the Cabonne Local Government Area have been provided with a new 240 litre yellow lid recycling bin and new 240 litre red lid garbage bin.

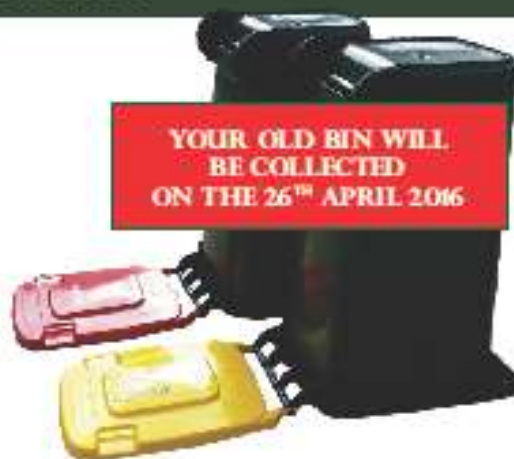
**Your Waste Collection Services will not change.**

If you have a new **recycling bin**, this will be collected **FORTNIGHTLY** on the same day of the week as your garbage bin. Your **garbage bin** will be collected **WEEKLY** as normal.

**What to do with your old recycling and garbage bins?**  
Please place your old bins out for collection on the night of 25<sup>th</sup> of April for collection on the 26<sup>th</sup> April.

- Place your old bins near the kerb, upside down with the lid open.
- The old bins must be completely **EMPTY**, they cannot be removed if they contain any items.
- If the bins are not collected on the day, please leave them out and they will be removed as soon as possible after the 26<sup>th</sup> April.

**IMPORTANT:** no old bins will be serviced after the 4<sup>th</sup> April 2016. The contractor will go down your street only once to collect you old bins! Please have your old bins ready the night before collection.



[www.cabonne.nsw.gov.au](http://www.cabonne.nsw.gov.au)





## **Community meets to talk about the need for health service changes**

The Eugowra Health Council recently led community consultations on renaming signage at the Eugowra health service to better reflect services available to a "Walk In Health Centre".

On 23<sup>rd</sup> February Eugowra community members attended two discussion forums run by Western NSW Local Health District at St Joseph's Hall to discuss health service models for Eugowra.

"The meetings were requested by Eugowra Health Council to discuss the current role of the Eugowra Multipurpose Service (MPS) and whether the signage reflects that role," said Health Council Chairman, David Hyde.

"The Health Council agreed that it is confusing to see the word 'hospital', when we have a Multipurpose service that provides residential aged care, palliative care, respite services and community care. It is not a hospital where people with serious illness are admitted for overnight care," Mr Hyde said.

"People who attended the meetings agreed that the main business of the Eugowra MPS is aged care, treatment of minor injuries and ailments and community health care," said Eugowra Health Service Manager Mark Telford.

"On average, six people attend what is now called the 'emergency department', each month. Generally they present with minor conditions. Occasionally people who are not familiar with the role of the MPS present with more serious conditions. "

"People with serious conditions have always been encouraged to call '000' so that they can be safely transported to the nearest facility with the specialised staff and equipment to treat their condition," he said.

"In consideration of these factors the people at the meetings agreed that the service would be better referred to as a 'Walk In Health Centre'.

"Essentially this means that people with coughs and colds, mild breathlessness, urinary infections, sprains, cuts and grazes and other minor illnesses and injuries can come to the centre without an appointment," said Mr Telford "Some people may also make appointments for regular checks or wound dressings."

The Walk In Health Centre will still be open 24 hours a day and be staffed by registered and enrolled nurses who will be trained in first aid and the management of common ailments.

Nursing staff will be able to contact a doctor if medical treatment is required. If people are seriously ill, nurses will commence first aid and arrange for the person to be transferred for specialist care.

"The need for more locally based community health and outpatient services was also raised at the meetings and how these services can be promoted," said Mr Telford

Ways of providing more services that reduce the need for unnecessary hospitalisation or travel will also be looked into and may include the use of Telehealth. An information Sheet will be placed around town to explain the concept of a Walk In Health Centre and the Health Service is keen to hear the community's feedback. "The proposed Walk In Health Centre is a change for the Eugowra Multipurpose Service and I encourage community members to either contact myself or the Manager for Planning and Service Development Anne Lea or the Health Council to talk further about it" said Mark Telford.

Further community consultations will occur later in the year on the Walk In Health Centre before any final decision is made. For more information people can contact the Manager for Planning and Service Development, Anne Lea on 6369 8089.





## Ladies Cocktail Party

A wonderful afternoon was enjoyed by all at the Cocktail Party organised by the Bowling Club Committee on Saturday 5th march. Barman and cocktail master, Tim Cheney was flat out shaking and stirring and making colourful cocktails and mocktails for the ladies. Nibbles to soak up the drinks were plentiful and delicious and make up Mary Kay consultant Kylie Spice powdered some faces. Thanks to the committee for a great afternoon.



# Upcoming Events at YOUR Club

## APRIL

- Sun 3rd Bowling Pennants ~ Eugowra vs Cowra (Away Game)
- Sun10th Bowling Pennants ~ Eugowra vs Grenfell (Away Game)
- Sun17th Bowling Pennants ~ Eugowra vs Woodstock (Home game)
- Mon 25th ANZAC DAY~ Club will be open after ANZAC service at the Cenotaph in Memorial Park. Restaurant will be open for meals.
- Fri 29th Market Night Raffle ~ Members Draw & Barrel Draw

## MAY

- Sun 1st Bowling Pennants ~ Eugowra vs Cowra (Home game)
- Fri 6th Mothers Day Market Night Raffle
- Fri 27th Market Night Raffle, Members Draw & Barrel Draw

## JUNE

- Fri 24th Market Night Raffle, Members Draw & Barrel Draw
- Sat 25th Local Business EOFY Party (To be an annual item)

## JULY

- Sun 17th ANNUAL GENERAL MEETING
- Fri 29th Market Night Raffle, Members Draw & Barrel Draw

**Raffle winners; Carly Welsh, Alison Haynes, Kahlia Townsend and Committee member Di Smith**





Janet Noble

## COUNTRY WOMEN'S ASSOCIATION OF NSW

## EUGOWRA BRANCH

The next meeting of Eugowra CWA is on **8th April** and will include a visit to Ellie Hetherington's nursery at Military Road Parkes. Members are to meet at CWA rooms 9.15 am ready to depart at 9.30am. Anyone else who have not already indicated they are coming please notify Margaret Swift on 68592256 before 6th April. The meeting will be held at Margaret Lewis's 36 Kelly Rd, Parkes. Further discussion on resolutions for conference will take place at the meeting, so bring your February journal. We will then go to "Bellas' Clarinda Street Parkes for lunch.

The Official Opening of New State Office by Joint Patrons, His Excellency General The honourable David Hurley and Mrs Linda Hurley was held in February. Danica Leys is to become new CEO of State CWA.

The State AGM & Conference is to be held at Cowra 1st to 5th May. Cowra will be inundated with over 1000 women. Helpers are needed to man International stall - please contact Joy Granger 69312780.

Metro Hotels have continued their agreement with the CWA for another 2 years. 15% discount off best available rate at Aspire Hotel, Metro Hotel Sydney, Marlow Central, Metro On Pitt, Metro Apartments on King & Metro Apartments Darling Harbour.

The Land Cookery and Handicraft was held at Orange Civic Centre; a wonderful display and Cudal most successful exhibitor.

M. Swift, W Carey & J Noble attended the Central West Group Meeting in Orange recently. The CWA catered for 20+ at the Local Land Services information afternoon.

On Saturday 9th April at the Canowindra Balloon Festival there will be a group stall. Slices required. 7 x 7

During the Murals Weekend is 28th April - 1st May CWA is working from the Welcome to Eugowra Shed. Slices and cakes please.

On Sunday afternoon 15th May an afternoon of Mongolian culture. The Odeon Theatre 5 will be

showing two films, one set in Mongolia "Cave of the Yellow Dog". Contact Rowan Jaffray Ph 6365 9144.

At the Rural Women's Access Group, Peter Brown will be guest speaker. Palliative Care Forum to be held at Service Club Orange 29th May, ring Gail Hayden 63610022.

CWA Public Speaking Competition for Primary Schools will be judged at the Schools and winners selected to represent Eugowra at Kinross Orange on 31st May.

The late Mrs Betty Wilson, Group Patron has left a Leadership Grant. A bequest of \$500 annually to a member of 5 years or less, already in a leadership position or prepared to take one on. This can be a self nomination which includes a written application plus interviews. The aim is to further the member's leadership skills and to give her a chance to develop as a leader. This will have a positive effect on her Branch, Group and Association. The recipient needs to undertake a report on what she has learnt from the grant and how does she plan to achieve the objectives listed. This report will assist in others in applying to participate in the future.

Entries for the State Cultural Competitions are to be into Janet by 15th November. Janet 68592457

Senior photography: Bells / Something old.

Junior: Eating ice cream.

Senior Short story : Downsizing.

Junior short story : Best mates.

Poetry (any format) Gossip.

Poetry: Bushranger.

Used stamps are needed for International Funds. Please give to any CWA member.

Claim the Date :

**Friday 5th August**  
**CWA Street Stall.**

Anne Heath



## THE ~ SEASONAL KITCHEN ~

I was browsing through my mother in laws cookbook the other day, you know the ones with the handed down collected handwritten recipes! I was really struck by how many lovely recipes that I used to cook regularly never get a look in these days.

I had offered to cook her a meal of her choice and she chose Corned Silverside with a mustard sauce and boiled vegetables, that was really nice and for desert she opted for Lemon Delicious, this is one of my favourites too and I had forgotten how very delicious it is!

*To make enough for 6 generous serves you will need:*

*4 eggs at room temperature*

*1 ½ cups of sugar*

*4 tablespoons of butter*

*Grated zest of two lemons*

*2/3rd cup of lemon juice*

*2 cups of milk*

*4 tablespoons of self-raising flour*



Cream the butter and sugar together until light and fluffy, add the lemon zest and the egg yolks, beat until combined, gradually add the milk, flour and lemon juice, alternating a bit of each at a time until you have a nice smooth batter, in a separate bowl beat the egg whites until soft peaks form, then fold the egg whites into the batter a little at a time until they are incorporated.

Grease an over proof dish, spoon mixture into dish and place the dish into a baking dish that has enough hot water in it to come half way up the sides. Place in oven that has been heated to 180 and cook for about 40 minutes or golden on top and slightly firm to touch. When cooked it should have a layer of batter and a layer of creamy lemon sauce.

*Serve with some berries and cream!*



The Geagles after their  
16 - 0 win against  
Canowindra at the recent  
Knockout.





# St Joseph's Primary School

PYE ST EUGOWRA NSW 2806  
 Phone: (02) 6859 2485 Fax: (02) 6859 2500  
 Email: stjosephseugowra@bth.catholic.edu.au

*Love and Truth Through Christ*

## MARCH NEWS

March has been a very busy month and the children have had lots of extra curricular activities expanding their knowledge of the world around them. Despite the extra schedules the morning sessions in the classrooms are productive and intense learning in the numeracy and literacy areas.

During Lent the children have been remembering to 'do good for others' and raised money for the Caritas Project Compassion program. All the families contributed greatly to the catering of 2 ex families of the school ~ the Wykamp and Lavis/Harvey family funerals which was very much appreciated. P& F President Alison Haynes commented, "When we put a call out for help, everyone is there to support each other. We may be small in numbers but when we come together we make such a positive impact."

## CATHOLIC SCHOOLS WEEK(S)

Our celebrations of being a Catholic School incorporated a number of activities. The children made a poster depicting the aspects of belonging and accepting everyone in our society and what they loved most about their school. We joined with the Public School with visitors; Larry Brandy Aboriginal Story teller and Snake Tails Reptile display, had the Life Education Van to visit and learnt some of life's important lessons about making choices, responsibilities, medicines, drugs and safe behaviour. After being 'Green' on St Patrick's Day we travelled to Yeoval to share St Joseph's Feast Day with our fellow small schools; Yeoval, Manildra and Molong for Mass, fellowship and friendship.

We then celebrated our Term Assembly with parents and friends singing some songs, an Easter Hat Parade and Principal Awards.

Congratulations to the following children who were awarded this special term award on their extra hard work and achievements this term:

Charlie Philipzen—Setting a good example

Angus Whatman—Consistent work in all areas

Lucy Philipzen—Excellence in all areas

Elizabeth Brindle—Excellence in all areas

Philo Habahsi—Improvement in all areas

Isla Newell—Excellence in all areas

The Easter hats were all wonderful and creative and the following day the children wore them down to the Street Stall much to the amusement of the locals. Thank you to the Preschool for joining us at our Assembly with your beautiful Easter hats and prizes.



*Kindergarten; Caden Wykamp and Isla Combe*

## STREET STALL

Many thanks to our parents and community members who supported our Annual Street Stall. Lots of delicious cakes and slices to purchase and enjoy over the Easter weekend and the Winners of the Monster Easter Egg raffle and 100 club were;

1st Sarah South

2nd Brodie Adams

3rd Pawamdeep Badesra

4th Kirbie Mongan

5th Zaide Hodge

6th Jada Mongan

7th Sean Haynes

8th Lawrence Perry

9th Basem Habashi

10th Jeanette Norris

11th Whatman Family

12th Ash Gates

13th Zaide Hodge

14th Luke Holland

15th Celeste Gavin

16th Heidi Holland

17th Di Agustin

18th Di Agustin

19th Brodie Adams

20th Sandra Morthorp

21st Max Gates

22nd Virginia Townsend

23rd Pippa Combe

24th Lisa Wren

25th Baz the Bus Driver

100 Club:

1st Leonie Greenhalgh

2nd Pauline Howell

3rd Alana Haynes

On Thursday 31st March & Friday 1st April our school is off to the **DUBBO ZOO for a SNOOZE!**

All are very excited about a sleep over at the zoo. We have been doing a lot of research about zoos and the animals in their natural habitat in preparation for our visit.

Term 1 finishes on Friday 8th April and St Joseph's students return to school on Wednesday 27th April. See you at the ANZAC Day march. Until then, God Bless

St Joseph's Staff and Students.

*Year 5 Olivia Holland, Bailey Cullenward, Angus Whatman and Thomas Brindle.*



**Congratulations!**



## *Wizard of Oz*

### **Satire in Planning Stage**

A spoof of the famous 1939 movie "The Wizard of Oz" is being planned by local residents. The new version will have a cast of eleven characters including current politicians and celebrities and of course Dorothy and Toto. The local production will be performed in early October and will be a benefit for the Eugowra Swimming Pool and the Community Gardens.

Residents over 16 years old who are interested in being in the cast or with building sets, gathering costumes, or helping in any fashion should attend an informational gathering at the **Bowling Club on April 7 @ 7:00 pm.**

Call or email Jeanine Gibby at 6867-1100 or [gibbyj@live.com.au](mailto:gibbyj@live.com.au) for more details.

### **2016 AUSTRALIAN YELLOW BELLY CHAMPIONSHIPS**

A couple of 'Happy Hookers from Eugowra secure a win at Pindari Dam recently.

**Zac Gransden and Nathan Skeers** from Eugowra NSW fishing in their first ever AYC event take out the win convincingly at Pindari Dam with a full limit of 12 fish for 4706mm. Not only did they get the win and some loose change but they also gained an automatic qualification into this years 2016 Grand Final.



# AVALIND

photography

Contact: Kim Storey

Mobile: 0467315172

Email: [info@avalindphotography.com.au](mailto:info@avalindphotography.com.au)

Find us on facebook:

[www.facebook.com/avalindphotography](http://www.facebook.com/avalindphotography)



# Eugowra Public School

Hill Street, EUGOWRA NSW 2806  
Phone: (02) 6859 2233

## News

### Participation Leads To Success

Term 1 is nearly over and we have had a very productive time at Eugowra Public. The students have had a number of extra-curricular opportunities to enhance their education during this Term.

We joined with St Joseph's students to participate in an interactive Aboriginal experience with Aboriginal Storyteller Larry Brandy. Students learned about the aboriginal traditions, artefacts and got to role-play some of the stories.

We got up close and personal with some reptiles when we hosted the Australian Reptile Display. Gooloogong Public and St Joseph's students joined with us for this very informative, interesting and entertaining experience. We even got to hold a big python.

Kinder to Year 6 students enjoyed a live performance at the Orange Theatre where we watched "The 52 Storey Tree house", an adaption of the best seller novel by Andy Griffiths' and Terry Denton.

Also this term, we have had a visit from the Forbes Family Dentist to teach the children about how to care for their teeth, as well as a visit from Healthy Harold and the Life Education Van.

For sport this Term we have continued our Hockey program with a weekly coaching session from a specialist hockey coach and we have also continued our swimming and lifesaving skills at the Eugowra pool each Friday.

Thanks to a kind donation to our school, all the students from Kinder to Year 6 got to go to the Dubbo Zoo for a 'Zoosnooz', an overnight stay in tents within the zoo. Students got up close to many of the animals throughout their stay including a number of reptiles in the education centre, a night walk to see some of the nocturnal animals, had an early morning visit behind the scenes to some of the animal exhibits and got really close to the big tigers in their night cages. During the visit to Dubbo students also got to have a bowl at the Dubbo Ten-pin bowl. This was a fantastic experience for all involved.

Our Easter activities included a hat parade with the preschool children and a number of cooking and craft activities and we will finish the term with our annual participation in Seniors Day.







Eugowra Evening View Club  
voice, interests and education of women

Shomie Gibby was the guest speaker for the Eugowra Evening Club March dinner meeting. Shomie, who is Indian/ Fijian, was raised in Fiji. Last year she and her husband Dylan Gibby were married there.

For the dinner meeting Shomie wore her traditional wedding gown of gold exquisitely trimmed with adornments including gems. With the gown Shomie wore a beautiful red veil trimmed with gold and magnificent matching red and gold jewellery

Shomie gave a powerpoint presentation of their wedding where she pointed out various aspects of the traditional wedding. She also showed a number of the Eugowra people who were guests at the wedding.

Dylan's mother, Jeanine Gibby, wore to the dinner, the beautiful mint coloured gown which she had also worn to Shomie and Dylan's wedding.

Sally Mongan, on behalf of members, thanked Shomie and presented her with a little gift.

The Easter themed trading table was a great success, earning more funds towards our 'Learning for Life' students.

Members agreed to hold a combined Street Stall/ Clothing Drive/Awareness day on Friday June 17<sup>th</sup> in the front of the old Mulligan's building next to the RTC.

Monday 11<sup>th</sup> April has been set aside for members to have a VIEW photos day at Diane Agustin's at 10-00am. Contact Diane for details.

This Saturday April 2<sup>nd</sup> will be the Fashion Parade at Blue Illusion. Members who are going will meet for lunch prior to the parade. Should there be any members who were not at the last meeting, and who wish to go, a phone call to Wendy early Saturday will enable you to be included in the numbers.

*Sally Mongan with  
Shomie Gibby and  
Jeanine Gibby.*



The Eugowra Show Society held its AGM on Monday 14<sup>th</sup> March at the Showground Committee Room. After the presentation of Treasurer's report by Kevin Townsend and the President's report by Peter Philipzen all positions were declared vacant and elections took place for all executive roles.

#### **The elected executive for 2016 are:**

President - Tony Toohey

Vice Presidents - Peter Philipzen, Kevin Townsend & Brendan Mansbridge

Treasurer - Kevin Townsend

Secretary - Sean Haynes

Although nominated, Peter Philipzen declined to accept the position of President for 2016 due to work commitments and concern that he would not be able to give the role his full attention over this period. David Herbert also did not seek re-election as Vice President due to taking on an increased role within the Group 10 Show group.

Tony Toohey extended thanks to both Peter & David for their efforts in their previous roles within the Eugowra Show Society and welcomed Brendan Mansbridge in joining the executive.

The next committee meeting is to be held at the showground committee room on **Monday 11<sup>th</sup> April at 7:30pm.**



*Peter Philipzen  
handing over the  
Presidency of  
Eugowra Show  
Society to*

*Tony Toohey.*

## OBITUARY ~ FREDRICK SAMUEL LAVIS ~ Fred

*The following is an extract from the eulogy read by his son Tony Harvey and nephew Greg Benson at Fred's funeral on March 3rd.*

Fred Lavis was born in Penshurst, Sydney on the 5th November 1935. He was the first son and third child to Fredrick (Ted) and Alice Lavis. His sisters were Frances, Mavis (both deceased) and younger brothers; Peter & Johnny. He was a happy, laughing boy who had a happy childhood. His mother died when he was 11yrs old and his maternal grandmother came to live with them. Fred went to Primary School at the convent at Penshurst and won a scholarship to High School at St Benedict's at Broadway, Sydney. He started his employment with Henry Simons at Glebe. They were flour milling engineers. Fred went on to obtain his mechanical engineering qualifications at Tech and at this time purchased the first of his many, many vehicles in his life time. Fred was called on to do his National Service as was the order of the day and had a great time, except in training.

In 1957 Fred met and married a lovely young lady; Helen Quiney. They had a unit in Bellview Hill and purchased 168 acres at Werombi that his father had owned. They built an A Frame kit home to settle down to live a long and happy life in the bush. In 1972 Fred was dealt the cruellest of blows, when his beloved Helen was taken from him with cancer. We can all imagine that this was a very difficult time for him.

After many years of working for Simons, he went to the opposition; Thomas Robertson's at Revesby where he became the chief draftsman ~ he loved the role of designing and building flourmills. He travelled farm and wide and was well known in the industry for his ability to solve problems and build what the customer wanted and needed. He built mills throughout NSW, Victoria, New Zealand and PNG.

After Helen died, Fred found another love of his life; a 1968 Shelby Mustang. Fred was a bit of larrikin in this mustang and there are a lot of stories about the mustang. The term 'tie it up with tie wire to keep the show on the road' fits Fred and his many vehicles to a T. Whether it was bike, car, ute, truck, tractor, backhoe, dozer or grader they were all the same.

In 1974 Mum (Mary) and Fred were set up by mutual friends and in March 1975 they were married at Hurstville, Sydney. Fred always joked the day he said, 'I do', he became a husband, father and grandfather. We'd all laugh that he drove to the wedding in a sports car and needed a bus to get us all home!

We moved from Camden to Werombi to start our life with Fred. As we all know, Fred was a gentle, easy going, compassionate and fun loving bloke, so the transition for me and my sisters was made very easy by him and I cannot remember there ever being a difficult time. I was 10 years old at the time and my sisters and I needed Fred in our lives. Over time we became very close. He was not our Father, he was our Dad. Any man can be a father, but it takes a special man to be a Dad, As the years went by we became good mates and he was always in our shenanigans. He loved it, Fred also started sailing at the St George Sailing Club racing 16 & 18 footers. Once I was roped in to be the 'new bailing boy' and what an education I got from this quiet, gentle, easy going man. Talk about Captain Competitive. He was roaring and shouting and then he swore. I couldn't wait to tell Mum that Fred could swear!

In 1985 Mum and Fred moved to Ballina and Fred ended up working for the Ballina council for 16 years until his retirement in 2001. They built a lovely new brick home on the river at South Ballina and he loved fishing and being a part of the community.

In 2003, Mum and Fred moved to Broad St in Eugowra and Fred enjoyed life in Eugowra and he made some very strong friendships here. He loved his Military memorabilia, model trains, his violin and his geraniums. He also became mates with the native birds always feeding and calling them. He loved the Australian bush. He got great joy out of watching his beloved Sydney Swans and he backed Queensland in the State of Origin, St George in the footy and was a Ford man through and through.

In 2005, Fred was diagnosed with Prostate cancer when he was 69. He lived with it for a long time but even with treatment it never really stopped him from doing what he wanted. He always looked on the positive side of life and just laughed. He lived a long and happy life, he had his ups and downs but through it all he smiled and laughed. He was proud of all his family and loved keeping up with what ever they were doing.

Our family would like to thank Ann Stenhouse our community nurse. She was his nurse and one of his mates. Dr Vicki Wymer who was with Fred all the way through. Part of Fred will always live in her garden with his geraniums. The staff at the MPS and cancer staff at the Orange hospital and the nurses at ICU in Orange for the compassion and care to Fred and our family at this very difficult time. Finally thank you to Fr Laurie and Sr Helen. Thank you.



# ANZAC DAY – EUGOWRA



## ANZAC DAY COMMEMORATION CEREMONY 2016

The Commemoration of ANZAC Day will be held on Monday 25<sup>th</sup> of April 2016 11 am at the Cenotaph in Memorial Park on the corner of North and Cooper Streets Eugowra. This year commemorates the Centenary of the Western Front in France and Belgium.

The march will start again this year in Nanima Street near the Butcher Shop and proceed over the bridge and turn into North Street and onto the Cenotaph. We are aiming for a 10:40 am start for the march.

For those who feel they cannot manage the full length can join in at the RTC on the corner of North Street. We will have a vehicle travelling behind in case anyone cannot make the distance.

*Following the ceremony the EUGOWRA Recreation & Bowling Club will be open for the usual ANZAC Day refreshments food and activities.*

Contact John Godden 0400 339 250 or 6859 2558 [john.godden@bigpond.com](mailto:john.godden@bigpond.com) for further information.





## A LITTLE BIT OF HISTORY



With the approach of ANZAC DAY  
Articles from our local papers of the  
past.

**Forbes Advocate** 4 April 1916 **FOR THEIR COUNTRY** Heroes of the Dardanelles. Eugowra men killed were Roy McMillan and Joseph Shine. Wounded were Arthur Chatman, Roy Douglas, Charles Kelly and John Sloane. Ill in Hospital were L Gillet and Jim Kelly. *Sadly the name of Roy Douglas would later appear in the list of those killed (1918) along with mates including Gage, Ditton and Kelly.*

**Forbes Times** Friday 23 June 1916 **ROLL of HONOR.**

'Again it is my painful duty to report the death of another Eugowra Soldier – Private Vivian McMillan, the youngest son of the late Archibald and Mrs McMillan of Rosebank, Eugowra. The sad news came by cable from his brother, Private Robert McMillan, who is also on active service in France, and stated that Vivian was killed and Private Ernest Vitnell, second son of Mr G H Vitnell, of Eugowra was wounded. Mr Vitnell, who is a brother-in-law of Vivian McMillan, has three sons at the seat of war.

The writer, who has known the McMillan family since their arrival on the Mandagery Creek, at the junction of the Lachlan River, cannot speak too highly of them, and I feel I am voicing the sentiments of the people of Eugowra and district in extending to Vivian's sorrowing mother, sisters and brothers the most sincere sympathy in the sad loss of their noble son and brother. Poor Vivian is the third Eugowra native to fall fighting for his King and country, Private Joe Shine being the first, and Private Roy McMillan the second.'

*Later Robert McMillan was also to give his life in the war. Imagine the sorrow in the hearts of Mrs McMillan and family with the deaths of sons Robert and Vivian and grandson Roy.*



The Annual Eugowra Murals Weekend is on again!

**28th, 29th, 30th & 1st May**

This year all the artists are painting at the one spot ~ outside the Eugowra Supermarket. The main mural is to be painted on the side of the building depicting Eugowra Granite being quarried, processed and transported to Parliament House. Possibly also the Fat Lamb replica

with scenes of the Feral Bike Run and Quick Shear along with the good times had at the 'Fatty'.

The Catholic church will have a mural painted displaying St Mary Mackillop of the Cross with the original convent which was built in 1907. This is because Mary's Sisters of St Joseph started the first Catholic school in Eugowra in 1882.

Come along and show your support and encouragement and witness another creative and productive weekend celebrating all that our little town has achieved over the years.

# Superbowl of the Central West!

On Saturday 19th March, Eat Your Greens catered for the Forbes Rugby Union President's Luncheon at South Circle Oval. It's a major fundraiser for the club, with the crowd growing each year. 2016 was no exception with a record crowd of 871 people. It's a mammoth effort for the Eat Your Greens team to be able to cater for such an event. The menu comprised of three courses with alternate serves for entree and mains. There were 17 people in the on-site kitchen preparing these meals. Twenty six wait staff made sure those meals were delivered to the hungry crowd, fresh and still hot. Last year it was timed and it took 32 minutes to deliver 850 meals. The pressure was on to beat that, and they did! 871 meals served out in under 30 minutes. A top effort from all the staff that worked on the day, many of which travelled over from Eugowra.

In the five years this event has run, Eat Your Greens has been there to cater for it.

Eat Your Greens also provided one of the main auction items on the day, a gourmet dinner for 10 people. It sold for an impressive \$5600. All money to go to Can Assist for their great work.

As well as this function, Jess and her crew went to Boorowa to cater for 151 people at a wedding there. This brought the total to 1022 people were catered for on Saturday by Eat Your Greens.

We should all be very proud of the quality food and service that this great local business provides. Well done and keep up the great work.







# WINTER WONDERLAND

**SATURDAY, 28TH MAY 2016**

DOORS OPEN 6.30PM

**TICKETS \$35pp** (AVAILABLE @ HEAD ON IN)

DEBS PRESENTED AT 7PM

**ENTERTAINMENT** HOUSE OF TRIBES

SPECTATORS WELCOME \$10 @ THE DOOR

LUCKY DOOR PRIZE AND RAFFLE

**DEBUTANTES:**

Anika Heinzel  
Sophie Welsh  
Sophie Huckel  
Britney Dukes  
Emmy Den  
Maddie Vincent

**BYO ALCOHOL & NIBBLES**

IF YOU REQUIRE ANY FURTHER INFORMATION  
CALL CLAIRE 0488 150 079



## EUGOWRA WALKING TRACK AND FITNESS PATH

### WE NEED a LOGO & a SLOGAN

The working party are inviting students of St Joseph's and Eugowra Public schools, to come up with a logo and the Eugowra community to come up with a slogan to promote the fitness path and to be used on any promotional items such as signage, stationary, caps, t shirts, balloons, banners, etc.

Please put your ideas on paper and place in the box provided at the Eugowra Newsagency/ Supermarket. Any questions:- Phone Tim Cheney 0409107816 or Ann Stenhouse 0429152380

## head on in hair & beauty

GIFT VOUCHERS  
for Mother's Day.  
Lovely Shampoo &  
Conditioner packs  
available.

- Style Cuts
- Colours
- Perms
- Hair Straightening Systems
- Treatments
- Earpiercing
- Lash & Brow Tint
- Brow & Facial Waxing
- Spray Tans

Ph: 6859 2566



50 Nanima Street, EUGOWRA

OPEN 6 DAYS



## The Gentle Cow CAFE

- Coffee ● Milkshakes
- Homemade pies ● Burgers
- Cheesecake
- Morning & Afternoon Tea

**OPEN 5 DAYS**

41 Broad Street, Eugowra NSW 2806  
tel: 02 6859 2657

## BnBs BnB eugowra



2 bedroom farm cottage  
accommodating 4

*All home comforts  
modest tariff 2km from town*  
Ph Bob 68592243 or  
0428 102 808

*Celebrating 14 years of friendly service*

Call 0428 595 259

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

*Catering for your special occasion*



eat your  
greens  
CATERING



# EUGOWRA NEWSAGENCY & SUPERMARKET

*For all your...*

- Milk • Bread • Fruit • Vegetables • Meat • Lollies • Chips • Drinks • Newspapers
- Magazine • Lotto • Stationary • Cards • Toys • Photocopying • Laminating
- Gardening & Hardware • Craft Supplies • Chemist Lines • Pies
- Southsea Seafood EVERY Thursday at 8.30am
- PLUS HEAPS MORE



## *Trading Hours*

Monday to Friday 6am - 5.30pm  
Saturday: 6am - 12pm Sunday: 6.30am - 12pm  
Public Holidays 7am - 11am

*Daniel, Diane & our Friendly Staff*

32 Broad Street,  
Eugowra NSW 2806

Ph: (02) 6859 2420 | Fax: (02) 6859 2420

  
**CHINESE  
RESTAURANT**  
ph. 6859 2805

**RESTAURANT HOURS**  
Wednesday - 6pm to close  
Thursday - 6pm to close  
(takeaways only)  
Friday - 6pm to close  
Saturday - 12pm to close  
Sunday - 12pm to close

**MEMBERS  
DRAW &  
CHINESE  
SMORGASBORD**  
Last Friday of the  
month

**TRADING HOURS  
OPEN 7 DAYS**  
Monday to Friday 4pm - close  
Saturday 1pm - close  
Sunday 12pm - close

**EUGOWRA**



Community Bowls  
& Recreation Club

*It's Your Club...*

- AIR CONDITIONED COMFORT
- 6 BEERS ON TAP
- AVAILABLE for PRIVATE FUNCTIONS,  
Birthdays Parties, Work Functions, Anniversaries & Weddings
- FRIDAY NIGHT MEAT RAFFLES - 7.30PM
- EVERY SATURDAY SOCIAL BOWLS  
(Bowls Available - Families Welcome)
- PLAY SOCIAL BOWLS

Hill Street, Eugowra NSW - (02) 6859 2315

**SUPPORT | ENJOY | RELAX**

*New members & visitors are always welcome!*





Registered Stud Bulls with EBV information  
 Grass fed & ready for work  
 Good temperament and easy to handle  
 Using AI from leading Angus sires  
 Reiland Angus cover bull used  
 Suitable for both heifers and cows

**Contact: Tim de Lange**

**"Avalon West" Eugowra**

**02 68595253**

**0427 595252**



**EUGOWRA QUALITY MEATS**  
 ——— PREMIUM BUTCHER & DELI ———

AWARD WINNING SAUSAGES  
 COLD MEATS & SMALL GOODS  
 BBQ CHICKENS AVAILABLE WEDNESDAY & FRIDAY  
 BULK DEALS AVAILABLE  
 MAIL & PHONE ORDERS WELCOME  
 EFTPOS AVAILABLE

**NANIMA STREET EUGOWRA 02 6859 2372**

LOCAL FREE HOME DELIVERY CUSTOMERS

## COLLECTABLES AND OLD BOOKS



Wander through everything old and unique at Kath's Eugowra Emporium in the old Masonic Lodge building

(c 1920's) on the banks of the Mandagery Creek, Eugowra

*Furniture bargains, gift ideas, unique bits'n' pieces, 45 and 75 records, old wirelasses, fur coats, retro gear.*

**Open Sundays 10 a.m. to 4 p.m.**



(on entering Eugowra, turn right towards Forbes/Parkes, travel over the bridge, turn 1st left)

## How to Identify a Nurse

- Is the first person you see when you wake up after saying to your mates; ' Hold my beer and watch this'.
- Gets paid to stab people with sharp objects.
- Has a code for every colour ~ even brown.
- Asks you to repeat your name and date of birth every time they see you.
- Can hold their need to pee for an entire shift.
- Takes coffee intravenously to keep awake during night shift.
- No body part or bodily fluid grosses them out and can hold an entire conversation about bowel motions.
- Able to survive a week on less than 20 hours sleep
- Is happy when their patients pass wind.
- Able to decipher Drs handwriting instructions even if it looks like a flat line on the ECG.
- Usually at work when everyone else is asleep, partying, or at the beach.
- Thinks it acceptable to have a glass of wine after work, even if work finishes at 7am.
- Has the ability to love and care for complete strangers when they are at their lowest moments.

# A LITTLE BIT OF HISTORY



Elaine Cheney



**Rabbits.** Young people today possibly only think of a rabbit as an Easter Bunny but in the past it caused untold damage to Australia. Then, people thought that cats could overcome the damage caused by rabbit plagues.



**Molong Argus 12 October 1900. Rabbits at Eugowra.** Departmental attention has been drawn by the Eugowra Progress Committee to the alarming increase of the rabbit pest in that part of the district. The Committee ask that the locality be declared rabbit infested.

In a book called **"Tooth and Nail"** by Brian Coman, there is considerable reference to the use of domestic and feral cats to control rabbits. He writes about a 1913 Booklet 'The Rabbit Pest and the Balance of Nature: An Experiment and a Mathematical Analysis' where it was claimed by the author of that paper that if cats were introduced into rabbit populations by the inexorable law of demand and supply their daily requirements for rabbits as feed would, within the space of three years, outstrip the rabbits' ability to supply it. He did his sums carefully, noting daily requirements of the cats and the breeding potential of both predator and prey. Prey other than rabbits were inexplicably left out. They did not fit the equation. In 1886 four hundred cats arrived by rail in Bourke, bound for Tongo Station on the Paroo. In Western Australia in 1899 the Colonial Secretary had 200 cats from Adelaide released between Eyre Patch and Mt Ragged on the south coast to control the advance of rabbits.

**From another publication - 1892 Mossgiel, NSW** 'Some time ago Mr. Parsons tried the experiment of Keith raising wild cats, and actually built a cat house on one part of the run, placed a man in charge, and purchased every domestic cat which was in the district, besides importing others. The experiment, however, did not succeed, a disease of some kind sweeping the cats away to another kingdom. Indeed cats have never proved an unqualified success, although they have been tried on most of the stations in the west. They do not thrive on rabbit, become exceedingly emaciated, and die in a short time. In the old days [?1880s] the rabbiters killed the cats.'

**Our local Museum** holds interesting items from our past and although long forgotten we used to have prominent



Chinese gardeners working here for many years. Irrigation was limited to stream diversions and physical labour with the watering. **This old shoulder yoke** would have been used to carry water buckets or baskets of produce. There are known sites off the Marara Creek and in the now Nangar National Park. The yoke pictured is from the Power House Museum, but ours is complete with wires and hooks for carrying.

**Forbes Advocate Friday April 1916.** Included in items were - Mr and Mrs W Welsh returned home from their honeymoon trip on Saturday last, after two or three weeks' sojourn in the metropolis. Mr Welsh is having a new home built on his property near Galwary. The Committee of the Mackey's Creek Hall intends holding a series of dances throughout the autumn and winter months, viz., one each month on the Wednesday nearest to the full moon. The first dance will eventuate on April 12<sup>th</sup>, Gentlemen are expected to contribute 2/- at the door and the ladies are to provide refreshments. The proceeds of these dances are to go towards writing off the debt on the building. A good evening's entertainment is promised to all lovers of the light fantastic at these gatherings.



Physiotherapist Nicole Brindle

# Eugowra Health Report

EUGOWRA MULTI-PURPOSE HEALTH SERVICE

## FALLS PREVENTION - SUPPORT FOR CARERS

Falls prevention is everyone's business. Caring for someone who is at risk of falling or who has had a fall and is injured can be very stressful and time consuming. Carers play a big role in assisting people at risk of falling in the community and in their homes. Without the support of carers many people would not be able to remain in their own homes. Most people get this job with no training and limited experience. It can be confusing working out what are the best ways to help someone who is unsteady on their feet.

### What to do if you come across someone who has fallen?

Do not try to get them up straight away – if they are injured you may make it worse

The first thing to do is relax and reassure the person who has fallen – get them to take a deep breath and get over their shock.

Check that they are conscious, and orientated (they know their name, where they are, what day it is). – If they aren't conscious or are disorientated ring an ambulance.

Check that they can move all their limbs without too much pain.

If you think they haven't done any major damage then you can try to get them up.

If they are injured and it is not safe for you to move them get pillow and blankets to keep them comfortable while you wait for the ambulance to arrive.

**If you are concerned about injuring yourself or doing more damage to the person who has fallen – call an ambulance.**

### How do you get someone up from the ground?

If the individual appears able to get up, proceed with care and follow the steps below.:

Bring a chair close by; help the person turn onto the side and bend the upper leg; help the person into a semi-seated position.

Placing yourself behind the person and getting a firm grip on the hips, help the person to a kneeling position with both hands on the chair.

Holding on to the chair, the person should then place the stronger leg in front. You may help by guiding his or her leg.

With a firm grip on the hips, help the person to stand, then turn and sit on the chair.



### How can I help someone who looks unsteady?

Clear the way – remove rugs, trip hazards If you can't clear the way make sure the trip hazard is obvious. We don't trip over tables because they are too big. If you have a small hazard that you can't get rid over you might need to paint it a bright or contrasting colour or make it bigger.



Highlight rails and supports that the person can hold onto.

Install rails - If you are looking for a present for the parent who has everything – check out their house for areas that need rails or supports. This will help them maintain their independence – the best present they could hope for.

If you want to physically help someone you should hold out your arm or hand so that the person can lean on it like a walking stick. Always ask the person if they want help and tell them where you are going to touch them. You don't want to startle them and throw them off balance.

Don't rush them.

If they are going up stairs or narrow places (after gaining permission from the person) hold them around the hips – this gives stability near the centre of balance and is easier for you to help them stay inline.

### **When does someone need a walking aid?**

There are lots of different walking aids and being assessed by a physiotherapist for the appropriate aid is advisable. A very rough guide is if you cannot stand balanced on one leg you need an aid of some sort.

### **How can I help to prevent falls?**

The causes of falls are multifactorial. Vision, muscle weakness, environment, attention, shoes, clothing, medical conditions and medication are just some of the factors that contribute to falls.

Becoming more aware of how these things impact on falls and making the changes to address these is very powerful. NSW Health have a booklet called “**staying active and on your feet**” which provides information about all these areas. These are available at your local hospital or on the internet [www.activeandhealthy.nsw.gov.au/assets/pdf/stayactive\\_web\\_final.pdf](http://www.activeandhealthy.nsw.gov.au/assets/pdf/stayactive_web_final.pdf)

### **What services are available to assist me?**

**Education programs:** “stepping on” is a nationally recognised education and exercise program that deals with all the factors that contribute to falls. This program is run by Eugowra MPS Contact Anne Stenhouse on 6850 4000 if you are interested in attending as a participant or a carer.

**Stay Active:** attend community exercises such as Tai Chi, water exercises, walking groups.

**Occupational therapists** – assist with home modifications and environment changes.

**Physiotherapists** –assist with walking aid prescription and balance and strength exercises.

**Technology:** alert systems such as vitalcall or carealert can be used to help monitor people who live alone or if you are a carer but not living with the person.

Mobile phones are great if they are charged and always with the person.

**My aged care:** a government website for referring to aged care services. It provides information to individuals and carers on Government funded services that are available in the community such as respite care and counselling and support for carers. <http://www.myagedcare.gov.au>

**Your GP:** this may be the first person who you have contact with. They can discuss medical issues with you and refer to appropriate providers.

**Your Chemist:** understanding your medication and the effect it has on you balance, concentration and alertness can be very important. Also knowing what effects happen should you miss your medication.

If you require further information please contact Eugowra MPS 6850 4000.



# and more dogs.....

## Eugowra Dog Show

Report by Rosemary Townsend

On 12/13 March Eugowra Kennel Club hosted their annual dog show. The event saw over 300 dogs entered. Many of the competitors came from around the area such as Orange, Grenfell and Canowindra while others travelled a considerable distance such as Berrima and Sydney.



Kelly Scott (Grenfell) with her Supreme Champion, Best in Show for Saturday competition; 'Foxscott Walk the Line' ~ a smooth fox terrier with judge Mr William Stevenson from Leesville, QLD.

## EUGOWRA UTILITY DOG TRIALS

Friday 29th, Saturday 30th Sunday 1st May

@ Eugowra Showground

**NURSERY, NOVICE & OPEN SECTIONS**

**Nursery event** (for people who have not won a trial of any type)

**starts at 8.30am on Friday 29th April**

Come along and see some of the top working dogs and their handlers in Australia including our local bloke Kevin Howell 9 times National Kelpie winner, also N.S.W. Yard Dog Handler of the year for the past two years .

Contact Kevin Howell for more information

68592311



'Tilly' St Bernard with her owner Judith Brumton of Berrima

'Thunder' and owner Neil Ford, Berrima. Thunder is a Supreme Australia Champion Tibetan Mastiff. This means he has amassed over 1000 competition



points from 10 different judges.



## EUGOWRA WAR MEMORIAL SWIMMING POOL



The committee would like to thank all our volunteers and helpers who have taken their time to help run the pool this season. Thank you to those who have made generous donations throughout the season and the businesses/photographers who took part in the calendar.

The committee tried to have the pool opened as many hours as possible this season. It is great to see the continued support of the pool during the hot weather in the last few months.

We have had some stressful times with some of the pool systems, but we can announce through Cabonne Council supplying the latest new equipment to our pool this has been rectified. The pool chemical system is the most up to date and the committee is trying to get further equipment replaced to make the new season even better.

18 weeks have taken the pool season to about the end of March. Our pool committee A.G.M is to be held on the 23<sup>rd</sup> March and by the time you read this article the new committee will have been elected.

We, the committee for the 2015/16 season thank you, the season ticket holders and those who just paid their \$2.00 entry. This helped fund our pool, together with Cabonne Council supplying costs water/electricity/maintenance and money support. Also the many fund raising activities including the sale of roses and calendars and the street stall.

Thank you Eugowra.

Eugowra Swimming Pool Committee

*Helen Watchorn, Carol Monahan, Karliagh Williams-Ford, Julie Dukes, Esther Hyde, Karen Clark, [Treasurer] Robert Cameron [Secretary] David Hyde [Chair].*



Eugowra Golden Eagles have had a busy time preparing for the 2016 season with refurbishment of the canteen facilities, installation of a PA system (thanks to Jake Eppelstun for his assistance with this project) and new improved lighting. The field looks great with the Ian Walsh memorial arch and the hard work that Brett Myers and Lance Wheeldon have carried out on the grounds; they look a picture.

Matthew Park is coaching the First Grade team and Kristy Hartwig is coaching the Ladies League Tag. Training has been in full swing and numbers for both teams are great. The girls competed in the Western League Tag challenge at Canowindra the girls had a great day despite the heat and look ready for a strong season. The First Grade will play in the Woodbridge Cup 10s tournament on Saturday the 2<sup>nd</sup> April at Grenfell. They play at 3:10pm against Canowindra. At this stage we don't have the numbers to form a juniors team however we are still hopeful and if any under 19 year olds are interested please contact us.

One of our major sponsors The Central Hotel is helping us run a Joker draw every Friday night. All proceeds from this go to the club. The jackpot started at \$1000 and is currently at \$1300, so come down to the Central on a Friday night and test your luck.

The competition starts on Saturday 9<sup>th</sup> April. Eugowra travel to Trundle. 17<sup>th</sup> April will be the first home game against Canowindra. We look forward to see all supporters for the 2016 season. **Sue Park**







# TONY TOOHEY Contracting SERVICES

## ALL TYPES OF TRENCHING

- Telephone Cable & Lead-in
- Pit & Conduit
- Power Cable
- Water Pipes

- VIBRATORY PLOW for direct bury of Cable, Pipe & Tree Establishment

## UNDERGROUND CABLE & STEEL PIPE LOCATIONS

- 9 TONNE BEAVER TAIL TRUCK TRANSPORT
- CAR TRAILER HIRE - 2 TONNE
- EXCAVATOR - 1.5 TONNE, 4 Buckets (various sizes), Ripper and able to fit through 1 metre gate
- LANDSCAPING - TRENCHING - FOOTINGS
- 4.5 TONNE PLANT TRAILER FOR HIRE



**0428 417 826**

PO Box 4, Eugowra

Email: AJTC@bigpond.com



# St. Mary PHARMACY

open **5** days

TRADING HOURS  
Mon & Fri 9am - 6pm

*Caring for you and your family*

VISA



## SERVICES:

- ☑ Free Webster Pack.
- ☑ Free Delivery.
- ☑ Free Home Medicine Review.
- ☑ Free Blood Pressure Monitoring.
- ☑ Prescription Management Services  
(script kept on file- keeping your safety net and tax record).
- ☑ Medication Counseling and Information.
- ☑ Equipment Hiring.
- ☑ Ask For less expensive brands and save more money.

## GOOD PRICES ON:

- ☑ Gifts
- ☑ Cosmetics and Accessories
- ☑ Vitamins
- ☑ Blood Pressure and Glucose Monitors

- ☑ Fragrances
- ☑ Over The Counter products
- ☑ Vaporizers and Nebulizers

**No hassles, No Worries, No Waiting!**  
**It's as easy as 1-2-3**

1. Leave your script at the store
2. Call us before you want to collect your scripts
3. When you arrive at the store pickup your prescription and be on your way! It's that easy!




Ph/Fax: **6859 2899**

5 Pye Street, EUGOWRA  
After Hours **0476 205 177**

Proud supporter  
of the  
Eugowra Lions Club

Get  
above  
your  
**TAX**  
problem...  
Go see

**DAVID  
Bigg  
Accountants**  
62 Gaskill Street,  
Canowindra NSW 2806  
Ph: (02) 6344 1606  
Fax: (02) 6344 1951



CRAFT on the CREEK Inc.



- Fresh Bake Thursdays
- Children & Baby Items
- Pickles, Chutneys, Jams
- Gifts & Plants

**NEXT MEETING**  
**WEDNESDAY 13TH APRIL @ 10am**  
Members & guests welcome. Morning Tea  
after meeting.  
~~~~~  
Proposed workshop - Making Organic Pots  
Contact Barbara Thompson 68661287 for  
more information.

**Trading hours; Tuesday to Sunday.**  
**10-00am to 4-00pm**  
Broad St Eugowra NSW 2806

**Court Press**  
From Design to Delivery

Court Lane Forbes NSW 2871  
Ph 6852 2564 • Fax 6852 4004  
cpforbes@westserv.net.au



**Why use Court Press?**

- Knowledgeable and helpful staff
- PDF technology
- Digital & Offset printing
- Print from your email or disk
- We accept most file formats in Mac & PC
- Large range of paper
- Creative artwork & design
- Great range of stationery

**Printers • Designers • Stationery Supplies**

**BRETT MYORS  
PLASTERING**

**0409 307 599**

- Cottage
- Insurance Work
- Renovations
- Decorative Cornice
- Suspended Ceilings
- Insulation

*Servicing the Central West*



Call Brett Myors for  
an obligation FREE quote today...



# The CENTRAL HOTEL

**OPEN 7 DAYS**

## ACCOMMODATION AVAILABLE

Reasonable Rates -  
A Great Place to Stay In Town

**6 BEERS ON TAP**

## COUNTER LUNCHES

Monday to Sunday 12pm - 2pm

For more information go to...

[www.centralhoteleugowra.com](http://www.centralhoteleugowra.com)



*Come in and enjoy...*

**what's on**



## THURSDAY

Pool Competition  
(Minimum 8 players)



## FRIDAY

Happy Hour from 5-6pm  
Schooners for the price of middies

## BISTRO HOURS

### LUNCH

7 days from 12 noon-2pm

### DINNER

New Summer Hours

Thursday - Sunday

6.30pm - 9pm

### SUNDAY

Roast Dinner and Pizza

Ask us about catering for your next event!



**PUBMART**  
BOTTLESHOP

## We are NOW part of Pubmart!

This means we can give the people of  
Eugowra great VALUE  
on TAKEAWAY LIQUOR SALES!

Ask us about our Weekly Specials...



Supporting our Golden Eagles  
Footy team for 2016

- Friday Night Joker Jackpot Draw. Goes up by \$100 every week. Currently sitting at \$1300. Be here to win!
- Friday Night Raffles & Meat Trays. Drawn at 7.30pm
- Friday Night Snitzels only \$10!
- Check our weekly PUBMART specials

## SWAP & GO GAS BOTTLE

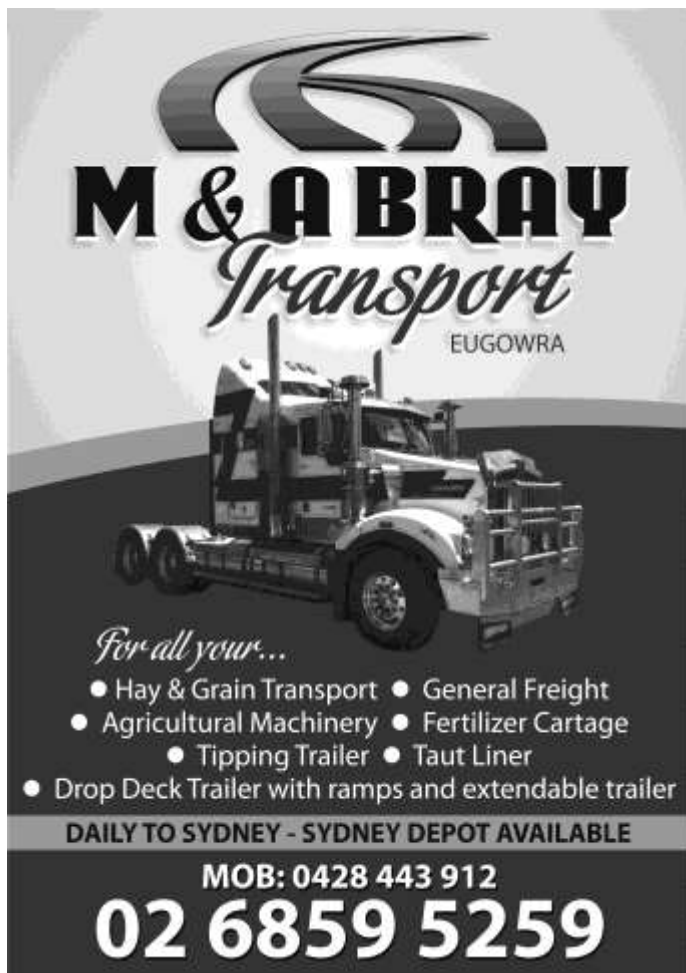
Fast, Safe & Easy  
\$28 to Swap & \$76 to Buy




2 Grevillea Ave, EUGOWRA  
tel 6859 2247







**M & A BRAY**  
*Transport*  
EUGOWRA



*For all your...*

- Hay & Grain Transport • General Freight
- Agricultural Machinery • Fertilizer Cartage
- Tipping Trailer • Taut Liner
- Drop Deck Trailer with ramps and extendable trailer

DAILY TO SYDNEY - SYDNEY DEPOT AVAILABLE

MOB: 0428 443 912  
**02 6859 5259**



*Seldom Seen*  
GUEST HOUSE

*The Ultimate...  
Country Experience*



Soak up the sophisticated, relaxed atmosphere and experience rural peace five minutes drive from Cental West town of Eugowra. The Seldom Seen Guest House is situated in a bush setting high in the garden adjacent to the pool and tennis court overlooking the famous architecturally designed 'Kiembah' homestead.

- Accommodation for 4 people
- Also available is the orgianal homestead, ideal for a family, 1 double with 4 single bunks



Hugh & Lyn Ellis  
'Kiembah', Kiembah Lane, EUGOWRA NSW 2806  
Phone: 02 6859 2926  
Email: hugh.ellis@bigpond.com

**STEVE**  
**Wykamp**  
Lic No. 128169C



For all your...  
Bathroom or Kitchen Renovations,  
Home Improvements and Repairs,  
Tiling etc.

Give Steve a call today

**0427 700 696**

33 Nanima Street, Eugowra NSW 2806

**FORBES BOWEN**

**THERAPY & WELLNESS**

19 Bridge Street FORBES

The Bowen Technique is extremely gentle and is considered appropriate for anyone from pregnant women to newborn babies, the frail and the elderly.

Bowen should be considered for :-

- back, shoulder & sciatica pain
- digestive and bowel problems including IBS
- migraines
- fibromyalgia, chronic fatigue
- knee, ankle and foot problems
- menstrual and hormonal irregularities
- support healing after surgery
- groin pain, pelvic tilt and uneven leg length
- respiratory problems and hay fever
- RSI, carpal tunnel syndrome and tennis elbow
- sport and accident injuries

**Appointments are required by phoning:  
Bowen Technician - Greg Howell  
0427592771**



# AGnVET Services

**1st Choice for all your Rural Requirements**

- Specialist Agronomy Advice
- Agricultural Chemicals ■ Livestock Health & Nutrition ■ Fertiliser
- Seed ■ Seed Cleaning & Grading ■ Pet Food & Accessories ■ Fencing supplies
- Washing powder & Laundry needs ■ Water supply equipment ■ Cement
- Gardening equipment ■ Farm Hardware
- Water - supply equipment

**LARGE enough to have what you want – SMALL enough to care**

7 Noble St, EUGOWRA 2806  
ph. 0268 592208 - fax 02 6859 2487  
email: eugowra@agnvet.com.au



## K.A & R.A TOWNSEND

Backhoe Hire ● Tractor & Slasher Hire  
● Mowing ● Spraying (Small Blocks)

**Specialising in** ● Sewerage & Drainage Work  
● Irrigation Repairs & Maintenance  
● Residential & Industrial Footings  
● Swimming Pools



"Keysoe" Orange Rd, EUGOWRA

**Mobile 0427 639 701 Ph 02 6859 2340**

**VALE**

## Fred Lavis

5th November 1935 - 25th February 2016

The funeral of Fredrick Samuel Lavis was held at St John the Baptist Church on Thursday 3rd March.

Fred is survived by his wife Mary, 4 children, 12 grandchildren and 17 great grandchildren and his two brothers; Peter & Johnny and their families. Fred was a true gentleman and will be missed from the Eugowra community.

\*\*\*\*\*

## Jack Kirby

John Kevin Kirby aged 97yrs formerly of 'Galwary', Eugowra passed away in Buderim QLD, on March 2nd, 2016.

Jack is survived by his wife Iris and son Robert. He was predeceased by his first wife, Edna, infant daughter; Kathryn and sons Peter and John.

The Kirbie families were pioneers of Eugowra and Jack was a very generous man to his community.

## WELSH MEMORIAL CHURCH BELL

On the 1st May at the morning service the bell at the Welsh Memorial Uniting Church will be re-dedicated. The reconditioning of the bell and the new metal stand have been a gift from the family of the late Ernest Howell.

When I came back to Eugowra in 1940 my late Grandfather, Thomas Henry Howell was the official bell ringer. He had been for many years of what was then, the Presbyterian Church, and remained so until blindness overcame him in the early fifties, when Ernest took over the task.

Dawn Welsh



## The Pigeonholes

Short Messages, For Sale, Wanted

Wanted to buy down or injured stock.

**Contact : Kevin Howell. 02 68592311.**



### Thumbs Down!

To last months reader who criticised the editor for publishing a humorous article the 'Farmers Wife' Obviously you are not a farmer or a farmer's wife and don't have a clue what we do. Obviously you don't have a sense of humour either.



### Thumbs Down!

I'm sure the rest of Eugowra took the article (Farmers Wife) as it was intended - a tongue in cheek look at farmers and their wives. I read the article with a smirk and a giggle as it is completely true! The article was never intended to be biased in anyway towards farmers or women. Yes shock horror, some farmers actually do have wives! My advise to you is to stop criticising others who are volunteering to produce a wonderful community magazine.



**Thumbs Up!** To diversity and tolerance in our community - and a sense of humour!



### Thumbs Down!

How could have anyone rob such an iconic local of a life time's treasured memorabilia and horse gear! On the morning of the day of the funeral of Robert Ellis, his mate Wilf Norris found his farm block and shed on the Escort Way had been broken into and Wilf, Pat and family were victims of such a cowardly act. Shame.....Shame....Shame.



**Thumbs Down!** Since when is it demeaning and insulting to be called a 'farmers wife?' Political correctness BS

## Position Vacant

Part Time Preschool Director to start Term 2.

Must be ECT or working towards.

NCC & WWCC required.

Please send application to;  
ECCC PO Box 28 Eugowra NSW 2806 by 7/4/16.  
Contact the Secretary on 0407176141 for further information.



SOLD



42 Pye Street EUGOWRA

**LISTINGS NEEDED URGENTLY FREE  
NO OBLIGATION MARKET APPRAISALS**

**Ph Michelle 0414 815 479**

### 56 Oberon Street EUGOWRA \$278,000 neg

- Neat tidy 3 bedroom home, new kitchen with stainless steel appliances
- Spacious lounge and separate dining room
- Home has been freshly painted, new floor coverings, ceiling fans in all bedrooms, reverse cycle A/c, covered paved entertainment area.
- 6 rubber lined brick stables, tack/harness area, stable area is 80ft x 30ft with under cover tie ups and is council approved.
- Other features- concrete wash bay, 40ft X 30ft shed, 2 x garden sheds, spell yard established trees and gardens with rear and side access to back yard.

**NEW LISTING**



### 3 West Street EUGOWRA \$215,000 neg

*THIS PROPERTY IS RELISTED FOR SALE DUE TO GENUINE ILLNESS AND FAMILY COMMITMENTS INTERSTATE.*

- Huge 4 bedroom home features wrap around verandahs, polished boards, wood panelling, and leadlight detailing, huge living room and impressive central hallway.
- Property boasts a renovated bathroom, brand new evap a/c, in ground salt water pool with solar hot water system, wood heater.
- Huge 6065sm block is terraced and offers several access points for vehicles, double garage and low maintenance gardens.

**NEW LISTING**



### 6 Oberon Street EUGOWRA \$198,000

- Massive lounge/dining room, eat in kitchen featuring granite bench tops and electric stove
- 3 generous bedrooms plus office or potential 4th bedroom
- Gas heating, evap a/c plus reverse cycle A/c.
- Huge 3907sqm block on 3 separate titles with rear lane access, bore, established trees and gardens, 4 bay shed/workshop with power, concrete floor, servicing pit, plus rear skillion.



### 161 Marara Street EUGOWRA \$235,000

- Elevated split level home boasting great rural views from front deck.
- 4 generous bedrooms plus office with built ins.
- New flooring in kitchen, dining and lounge area.
- Family bathroom plus ensuite off main bedroom.
- Lock up garage plus lots of storage area under house.
- Evap a/c, wood heater, ceiling fans, sprinkler system, garden sheds, chook pen, dog run, rainwater tank.

