



April 2017

VOL. 43

A Lions Club project for the community we serve

OUR PRETTY TOWN

Autumn is here with full bloom after the beautiful rain, the creek is flowing and the town of Eugowra all is sparkly and clean. Thanks to all our volunteer gardeners, committees and residents who keep and improve the gardens and lawns in and around town.

What a pretty place to live in or visit!

Read all about the month of April activities for Eugowra.



from the editor

Gudday, (my fav. greeting from Footrot Flats.) Dog, Wal and Cooch ~ wonderful characters from rural New Zealand will live on in the books and in our memories. RIP Murray Ball and thank you for many laughs.



Now, back to Eugowra...after a couple of weeks of wonderful rain, over flowing dams and bubbling creeks; gardens are blooming, the lawn mowers are working hard and our farmers are flat out spraying and sowing for the years cropping and pasture routine. Thank goodness—that heat was getting a little tedious!

We have celebrated our Seniors in the first week of March with another successful Lions lunch at the Bowling Club. A great day out for all.

The Swimming Pool has closed up for the season with a free barbie for all to enjoy. And the three grades of football players are gearing up for another great winter season of footy. Good luck and happy playing to you all.

We are lucky to have free hearing checks coming to Eugowra on April 9th, another great service for our town. For those of us who are starting to lean in closer to hear someone or 'swap ears' when talking on the phone, make sure you book in!

April means Eugowra is about to shine ~ firstly with the Eugowra Country Fair on Saturday 8th, the Lions Club Car & Bike Show and Swap Meet also on the same day and then our magnificent Murals Weekend on the weekend of the 28/29/30th April.

May the weather be fair for our weekends of showing off our great little town.

Until then, have a safe and Happy Easter. Sarah



Contributors this Month

Anne Heath

St Joseph's Catholic Primary

Eugowra Public School

Nicole Brindle

Bob Roach

Barb Roach

Casey Fisher

Elaine Cheney

Judith Smith

Cassie Gates

Jodie Greenhalgh

David Hyde

Next Issue Deadline:

Friday 21st April

**The News will be available
on Friday 28th 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

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To the Editor

CABONNE AMALGAMATION

NO THANK YOU ANTY

"The Orange Revolution"

4th March 2017

Dear Eugowra Community

The Cabonne ANTY Committee wishes to thank the residents of Eugowra and the surrounding areas for the strong support you have given Cabonne Council in their fight against the NSW Governments proposed forces merger.

Without the determination and will of communities like yours, it would been difficult for the Council to remain steadfast in the face of overwhelming state Government pressure.

Whilst there were no doubt many reasons for the result at the Orange By Election, the greatest drop in the National's vote was in the polling booths located in the Cabonne Council. The National Party first preference vote at the Eugowra booth dropped 35% from 78% in 2015, to 43% at the By Election, showing there was an overwhelming dissatisfaction with some policies of the NSW Government of which forced amalgamations was the most prominent.

Without the votes from communities such as yours, the Nationals would have retained the seat of Orange and the train of events that led to the proposed merger being dropped would not have occurred.

The challenge for all residents is to now move on from this unpleasant, wasteful and divisive exercise, to continue to work proactively with our neighbours and maintain and progress the strength and identity of our individual and

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collective communities.

To acknowledge your support, members of the ANTY committee will be having a drink or two at the Central Hotel from 6pm 16th March, so please feel free to come down and say hello so we can personally thank you.

Regards

Jock Haynes

Cabonne ANTY Committee

(Ed; Sorry we missed that drink!)

EUGOWRA COMMUNITY MONTHLY MEETINGS

VIEW CLUB1st Monday of the Month Committee Meet at Central Hotel 6.30pm
3rd Monday of the Month Dinner Meeting at Central Hotel 6.30pm
SHOW SOCIETY2nd Monday of the Month
EPPA2nd Tuesday of the Month
HOSPITAL AUXILLARY3rd Friday of the Month
LIONS CLUBLast Thursday of the month at the Central 5.00pm (after folding the Newsletter)
BOWLING CLUB1st Monday of the month 7pm
CWA2nd Friday of the month CWA Rooms 11.00am

WHAT'S ON THIS MONTH

APRIL 2017

Dr Vicki Wymer 68 592 220 Eugowra

63645901 Manildra

Mon



Tue

Wed

Thu

Fri

Sat/Sun

3 Eugowra 9-5	4 Manildra 9-1	5 Closed	6 Eugowra 9-4	7 Manildra 9-1 St Joseph's Street Stall	8/9 Eugowra Country Fair
10 Eugowra 9-5	11 Manildra 9-1	12 Eugowra 9-11	13 Eugowra 9-4	14 Closed GOOD FRIDAY	15/16  EASTER
17 Closed EASTER MONDAY	18 Closed	19 Closed	20 Eugowra 9-4	21 Manildra 9-1	22/23
24 Closed	25 ANZAC DAY 	26 Eugowra 9-11	27 Eugowra 9-4	28 Manildra 9-1	29/30

Easter Services

St John the Baptist Catholic

Palm Sunday Mass 9th April 5.00pm
Easter Sunday Mass 16th April
8.30am

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

Fr Laurie Beath 63 421369

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

Mavis Cross 68 592240

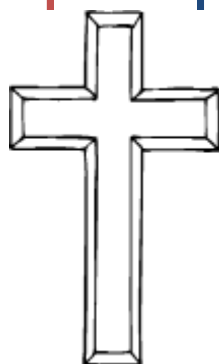
St Mathews Anglican

Saturday 15th April
Easter Vigil 6.30pm

1st, 2nd, 4th Sunday 4.00pm, 3rd Sunday 8.00am,

5th Sundays share with Uniting Church at 2.30pm
Rev. Joy Harris

Local Lay Preacher Elaine Cheney
68 592820



Eugowra Church Services

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 - **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 28th March

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

PLEASE NOTE THE PRICE INCREASE;

ADULTS \$8.00

SCHOOL AGE \$3.00

PRE SCHOOL & UNDER - FREE

If you could have the correct amount when paying the driver that will be greatly appreciated.

Please contact Margot Brown Coordinator
Cabonne CT 1300 302 446 if you have any queries.

FOR MORE INFORMATION OR BOOKINGS CALL:

DEIDRE SLAVEN 6859 2414 OR

MARGOT BROWN 6392 3233



Eugowra Lions News

On Monday 6th March Eugowra Lions Club hosted its annual Seniors Day as part of Seniors Week. The day has become a Lions tradition over many years and is our way of supporting our older citizens for their contributions to our society and way of life.

Local guests were joined by visitors from Grenfell and Canowindra, and together made up one of the largest gatherings we've seen, with well over 100 attending and in many cases meeting up with old friends.

They enjoyed lunch and morning and afternoon tea, with entertainment provided by students from St Josephs and Eugowra Public schools, and Mrs Cath Welsh's beautiful vocals.

The Eugowra Lions Club wishes to thank everybody who volunteered to assist in the successful running of the day, especially Mrs Bev Slaven, who once again organised the numbers to make it an outstanding event.

It wouldn't have been possible without the efforts of those extra kitchen staff and servers (including Eugowra Public year 6 students), who kept up a hot pace to keep everyone satisfied and cleaned up afterwards.

We also thank the Eugowra Community Bowls and Recreation Club for the use of its premises, the Eugowra Show Society for the use of its tables and chairs, the donors of raffle prizes and Cabonne Council for its financial support.

Would all those who assisted in any way please accept this appreciation as personal.



A NEW LOOK AT SMARTIES ~

OTHERWISE KNOWN AS SENIOR BEANS

Take as needed:

Gas: Yellow

Constipation: Green

Senility: Black

Arthritis: Blue

Baldness: White

Deafness: Orange

Winkles: Pink

Sex: Red



(Note: red beans may be cut in half or quarters if a lesser dose is required.)



on the *Mandagery Creek*

7

28th, 29th & 30th April 2016

@ Pioneer Park, Grevilla Ave

MURAL PAINTING | MARKETS | SPIN ART | CHILDREN'S MURAL ART

LIVE MUSIC | LUNCH CATERED BY EAT YOUR GREENS

FACE PAINTING | JUMPING CASTLE

PLUS WATCH THIS SPACE FOR A VERY EXCITING ANNOUNCEMENT!



A weekend full of art, fun and action!



EugowraVillageofMurals

MORE MURALS!

Your marvellous murals committee have been busy plotting and planning and preparing for another great weekend on:

Friday 28th, Saturday 29th and

Sunday 30th April

The murals will set up in Pioneer Apex Park by the creek and over the bridge in Byrnes Park for painting, so come along, have a cuppa and cake from the CWA stall and watch the paint dry! A most relaxing pastime watching these murals come to life.

The three new Murals representing this unique and resourceful town planned for this weekend are;

- ⇒ The Sawmill ~ to be done in sepia
- ⇒ Ashcroft's Bakery
- ⇒ The Granite Mill ~ to be done in three stages from obtaining the granite on site and the final product at Parliament House.

It all promises to be another great Eugowra Murals weekend!

To coincide with the murals weekend, the Swimming Pool Committee will be hosting an children's art exhibition with the theme of:

WATER

The Committee will be running workshops at the pool on Saturday and Sunday under the guidance of local Art teacher, Di Garner.

Come over to the pool and admire all the wonderful art work the children of Eugowra have created.



Eugowra Evening View Club
voice, interests and education of women

Guest speaker for the March meeting of the Eugowra evening VIEW Club was Rebecca Miller who is the owner/operator of La Bella Medispa in Parkes and Orange, with over 20 years' experience in the beauty and skin industry. Rebecca pointed out in her talk that her purpose is to empower and educate women to love the skin they have.

Rebecca had the pleasure of telling her story of the challenges, triumphs of being a busy mum of three children and busy business owner, showing her authenticity and that of being in a rural environment creating a strong platform for young women in the beauty industry. Rebecca said she was humbled by the invitation and unreservedly enjoyed connecting with the women from Eugowra Evening VIEW.

Therese Welsh made a presentation and 'thank you' to Bec on behalf of members.

Topics discussed at the meeting included:

Fountain Photo shoot- went very well

Hamper Basket for the June Street Stall- members to donate an item or money in an envelope

Painting- Di Garner has offered to have another painting session later in the year

History Day- Following the success of the previous one another is planned for the school holidays in July

Birthday Party- planned for July- date to be confirmed.

New member Roz Saillard was welcomed to the meeting

Four members and one guest enjoyed a social outing on Saturday with a visit to Cowra to view the Archibald Prize exhibition.

The April meeting of Eugowra Evening VIEW will be held on Monday 17th and will have a chocolate theme, with all items on the trading table to be priced at \$5-00. The item can be chocolate as in food, or a chocolate coloured item of any description.

As we will not be having a guest speaker, members are encouraged to take along an item of sentimental value to 'show and tell' with other members. The meeting will be held at the Central Hotel at 6-30 for 7-00pm.

Welcome to Reverend Joy

Rev'd Joy Harris, formerly of the Bermagui/Cobargo Parish was inducted at Canowindra on March 11 as Rector of the Canowindra Anglican/Uniting Churches and incorporates Eugowra's St Matthew's Anglican Church as one of the churches in the district.

Rev'd Joy, accompanied by her husband Max, conducted her first service for Eugowra on Sunday morning last.

Having been without a Priest since the departure of Rev'd Jono Williams late last year Rev'd Joy Harris has been made most warmly welcome.

Her next service at St Matthew's will be at 4-00pm this Sunday 9th April with everyone welcome.

A photograph of a man in a black long-sleeved shirt and blue jeans hanging a large banner on a wall. The banner is for the Eugowra Country Fair and features various colorful illustrations and text.

Eugowra Country Fair
Next: Saturday 8th April 2017

The banner includes illustrations of a tent, a wheelbarrow, a starburst saying "Face Painting", a BBQ, and a person in a hat. Below the banner, the text reads:

starts 8am Byrnes Park Eugowra
28 stalls including local CWA, brick-a brack, BBQ, games, plants, jumping castle

By Casey Fisher

Golden EUGOWRA Eagles

FOOTBALL UPDATE

The Geagles had a great day attending the Canowindra Gala Day, the Girls had mixed results but enjoyed their first run of the season. They played 4x 15 minute games;
1st Game; Lithgow Workies, with the Geagles winning 6-0
2nd Game; Orange Hawks winning 16-0 over the Geagles
3rd Game was against last years Woodbridge Cup winners, Grenfell, with the Geagles going down 8-0
The Final match of the day was against Forbes Magpies, who had just taken out the West Wyalong Knock-out the weekend before, with a very happy coach the Geagles got the win 4-0.

The Juniors played a Trial match on the 12th of March at home. In a tough game the Juniors came away with the win 20-14 over Manildras Juniors. Coach Toby Tanks and Manager Michael Dumesny said, "They will be a team to watch this year, with many talented and gifted players who have much to offer".

The Eagles have been training hard in preparation for the upcoming 10s Game day that would of been held as this edition went to print, will include the results in the next issue.

April Football Draw

- 2nd April Grenfell Vs Eugowra, Lawson Oval, Grenfell
- April 9th Eugowra Vs Cargo, Home Game
- April 16th Easter General Bye
- April 22nd Eugowra Bye
- April 30th Eugowra Vs Burrangong, Home Game

Have a Happy and Safe Easter & hope to you see at the Footy.





Pride in our Park

Locals may have noticed new activity around the Anzac Memorial Park and CWA Memorial gates lately.

The clean up was initiated by Noela Lane, a local CWA member, and member of EPPA, who has co-opted to help maintain the grassed area, plant rosemary at the gate, tidy up in and around the mausoleum, and maintain the Boer War memorial.

Work started last month with dead and mowed-down roses removed from the garden behind the gates, weeds chipped, irrigation lines installed and the path area gravelled.

Four Gallipoli rosemary bushes were planted, and have been nicely watered-in with the recent rains.

Access through the gates is now possible, it is hoped the gates will be opened on Anzac day for the march to pass through.

Plans involve obtaining Anzac grants to place seating between the palms, install irrigation systems to maintain the grassed areas, and roping off around the memorial area to prevent through-traffic to the toilets.

Noela hopes the park will become an area where visitors can sit peacefully, reflect and remember those who served and died in all wars to keep us free.





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



The Old Post Office *Serviced accommodation*

Located in the heart of Eugowra, *The Old Post Office* is set within a large garden and is just a short stroll to cafes, shops, the club and pub. Cook your own meals or pop over the road for some country hospitality!

Fully self-contained with three bedrooms, we can accommodate one to eight people. Outside pets are welcome too.

Discounts for weekly & monthly bookings.

Light breakfast provided & other meals by arrangement.

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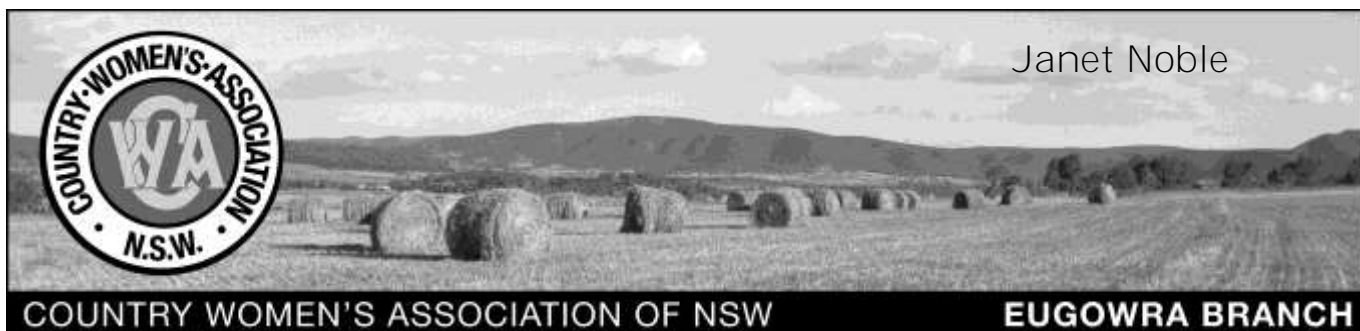
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The next meeting of Eugowra Branch of CWA will be held on Friday 7th April at 10am. Guest speaker will be Garth England a volunteer pilot from Angel Flight who will do a Power Point presentation and talk of his experiences. All are welcome, if you are having lunch please let Janet or Margaret know.

In March, Frances took us on a tour of Nepal, our country of study for 2017. She arrived dressed in the National costume and gave us an insight into the life of the Nepalese, with photos and souvenirs.

Members decided our Branch would join ACWW, (Associated Country Women of the World). This organisation helps with many projects worldwide, such as bringing water to remote villages, setting up clinics and much more.

After the meeting we had a group photo taken for Origin Energy as our sponsor. Then we had an enjoyable lunch at the Central Hotel.

For our May meeting we are planning to tour the Adagio Mohair Mill and to have lunch at Nile Street Café Orange.

Next year Eugowra Branch will have been operating in Eugowra for 90 years. Their first project was to operate a maternity hospital. (The house where Gwenda & Tony Rue now live) The hospital was opened in 1930. The first baby was Campbell Walter Athol Howell. Preparations are under way for celebrations in May 2018.

The Central West Group of CWA donated \$500 to Sir Ivan fire appeal.

The Eugowra Branch will be holding a Cake & Craft stall at Eugowra Country Fair on Saturday 8th April. —any donations welcome.

Congratulations were sent to Elaine Armstrong of Wagga Wagga Branch on her OAM award.

Members entered the CWA handicraft competition in Orange. Eugowra Branch came fourth overall. Wendy Drady's small handmade doll came first and will go on to be judged at State in May next year.

Frances Anderson and Margaret Swift after Fran's presentation of Nepal.



CWA Group photo—Dorothy Jones, Joan MacMillan Lorraine Carty, Wendy Drady, Helen Sullivan, Janet Noble, Margaret Swift, Frances Anderson.



APRIL 2017

kids page

Jokes

How does the Easter Bunny exercise?
- He egg-ercises.

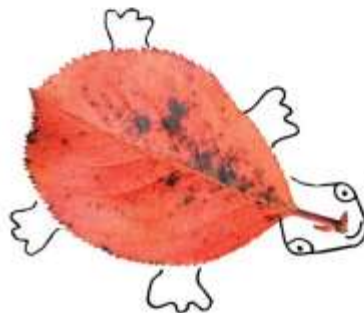
Why shouldn't you tell an Easter egg a joke?
- It might crack up!

How many eggs can you fit in an empty basket?
- Only one! Because after that its not empty!

How does Easter end?
- With the letter "r"!

Kids Craft!

Watching leaves change color and feeling a chill in the air? Celebrate Autumn with these fun drawing activities. Collect the leaves and see what you can create!



Find-a-word!

W	B	H	R	B	E	Q	U	E	S
A	K	U	D	I	V	I	N	T	H
R	C	N	I	N	D	Y	M	R	O
M	A	T	B	A	S	K	E	T	C
T	T	M	U	D	I	R	G	E	H
C	H	O	C	O	L	A	T	E	I
R	O	I	C	E	C	B	A	A	C
O	N	N	F	E	V	B	K	S	K
B	U	N	N	Y	N	I	E	T	S
N	S	E	R	F	L	T	H	E	N
O	L	E	E	G	G	S	N	R	S
L	Y	P	A	R	A	D	E	C	S

CHOCOLATE
RABBIT
EASTER

EGGS
CHICK
HUNT

BUNNY
BASKET
PARADE

Autumn Treat

Marshmallow's

Marshmallow ghosts and scary faces are such an easy treat to create. They are very kid-friendly, just watch out for the sharp skewers with younger kids. You can create any facial expression, from scary to cute, use a food decorating pen to draw onto the marshmallow.



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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

We are nearly at the end of Term 1 and everyone is looking forward to a break. It has been a long hot summer and the children have been very busy with their class work and swimming for sport.

CATHOLIC SCHOOLS WEEK Monday 6th – Friday 10th March GREAT SCHOOL! GREAT WEEK!

The aim of this week was to showcase the rich history of Catholic Schools and build community awareness about the strengths and distinctiveness of Catholic Schools.

On **Monday 6th** we enjoyed showing our visitors around the school and everyone enjoyed morning tea and a Teddy Bears Picnic for lunch. It was lovely to meet lots of young preschoolers, toddlers and babies and their parents and show them our lovely school and grounds. Thank you to the older children who helped look after the little ones, and thank you to the current parents who helped with catering and explaining school life. The Primary students popped up to say hello to the Seniors at the Senior Citizens Day lunch and sing a song or two.

On **Tuesday 7th** we were visited by Healthy Harold and the Life Education Van. Thank you to Emma who was a wonderful tutor explaining some of life's lessons to the children with Harold's help. K—Yr 2 learnt Safety Rules, Years 3-4, Be Cyberwise and Years 5-6 Decisions. Years 3—6 then went off to the pool for a swim and some relay races.

On **Wednesday 8th** the PP5 relay team of Kirbie, Angus, Ash and Celeste headed up the Newell to Dubbo to swim at the Diocesan Carnival. Congratulations to the children who came 6th in their race. Well done ~ it starts to get very competitive at Diocesan level so no doubt the children did their very best effort.

Mrs Whatman's class went over the road to the Museum and had a guided tour with Mrs Elaine Cheney looking at Eugowra families in the past and the differences in people's photos and fashion.

On **Thursday 9th** we enjoyed some activity groups; Pendulum Painting, 'Fishing', Cooking and Decorating, & publishing our newspaper. These groups used real life Science, Math's, English and Creative Arts Skills and provided a different aspect to learning the basic skills. They were also lots of fun!

Finally on Friday 10th, we headed up to the Public School to visit the Circus. It too was very educational and entertaining. Well done to all the children on their enthusiasm for their school and their education. We are so blessed to have such a lovely little school.

END OF TERM ASSEMBLY, STREET STALL & COUNTRY FAIR

At the end of Term, we will hold our Annual Street Stall on Friday 7th April. This will be across the road from the Supermarket from 9-12.00. There will be lots of yummy cakes, slices, biscuits and goodies for sale. (Great to stock up for all those visitors in the holidays).

After the Street Stall, we will hold our end of Term Assembly. We will draw the tickets for the Monster Easter Egg raffle, have a Sports Report and announce the Principal Awards for the term. We invite all parents, grandparents and friends to join us at school at 12.30pm.

The P & F will also be holding a stall at the Country Fair on the Saturday ~ Face Painting, Children's activities, so make sure you pop along and see what the Joeys have got for you!

School resumes on Wednesday 26th April and our term starts with the Eugowra Schools Athletics on Friday 28th April.

May you all have a Happy Holidays and a Blessed Easter. See you at the ANZAC Day march on 25th April. Until then, St Joseph's Staff & Students.



*Bailey
 Cullenward &
 Asher
 Chenhall
 welcoming
 families to our
 Open Day*

More School photos



Amanda & Kirbie Mongan and Lexi Eppelstun at the St Joseph's Open Day

Rianna Reeves at the LEEP Ag Day in Forbes



A visit from Healthy Harold and the Life Education Van for both schools was a chance to learn about some of life's lessons



Airlie D'Ombrian in the reading bean bags at Joeys.



Teddy Stanley and Chase Hodge catching up with each other's news.

The Circus came to the Public School which was entertaining and educational.



Serious photos at the Museum with explorer Evans and some Joeys students.



Eugowra Car & Bike Show and Swap Meet

Proudly presented by the Lions Club Eugowra Branch
& Shannons Insurance



Saturday 8th April 2017

Pioneer Park & surrounds
Cnr Grevillea & Pye Streets
(opposite the Central Hotel)

Entrants from 9:00am - \$10 Entry Fee
Public from 10:00am - gold coin donation
Judging 11:00am

Swap Meet Stalls 9:00am - \$20 Site Fee

ENTRY FORMS AVAILABLE ON OUR FACEBOOK PAGE

Entry Fee - pay on the day

Entrants contact: John 0400 339 250 OR

Neil 0429 239 918

Swap Meet Contact: Brad 0414 695 555

Coffee & cold drinks
Food
12 Awards up for grabs
Lucky Gate Prize

Visit the Eugowra Markets



head on in hair & beauty

TRADING HOURS

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Wednesday 9-8pm

Thursday 9-8pm

Friday 9-5.30pm

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News

Participation Leads To Success

As the season changes we have come to the end of another swimming season with the students. Thank you to the Eugowra Swimming Pool Committee for accommodating us again – the students have enjoyed their sport time at the pool. To cap off the swimming competition, our Eugowra Public School PP5 (small school) relay team qualified for Western Region and competed in Dubbo on the 10th March. The team came an impressive 5th place and took 6 seconds off their qualifying time. The team consisted of Nina Merchant, Rianna Reeves, Mitchell McMahon and Ricky Stibbard. Rianna also swam in Dubbo for her individual 50m Butterfly race.

Still in the sporting arena, we congratulate Ricky Stibbard, Sanjay Buttle and Reece Matheson who recently qualified for the PSSA Western Rugby League team to play in Dubbo.

We have had a number of visiting performers and extra-curricular activities during this term including a visit from the Life Education Van, with Healthy Harold. The students really enjoy these sessions; interactive, fun and educational.

We have had a visit from the “Healthy Ears” educators and the infants’ class from St Josephs joined with our infants’ class to learn about the importance of blowing your nose when you have a cold and the effects of glue ear and hearing loss if this is ignored.

The pre-school and St Josephs joined with us for the visiting “Circus Challenge”. Students enjoyed a circus show and then participated in circus workshops for the morning session.

We enjoyed our annual visit to the Lions Club Seniors Day concert and put on 2 class performances as part of the entertainment. Students also enjoyed listening to Mrs Welsh perform a few songs for the guests.

The Forbes High School has again invited selected students to participate in the Lachlan Engagement and Enrichment Program (LEEP) in the subjects of Maths/ Science and Agriculture. Hannah and Calare Williams,

Mitch McMahon, Reece Matheson, Alec Maclean, Olivia Connell and Nina Merchant enjoyed their Maths and Science experience, some even got to dissect a sheep’s heart. Rianna Reeves enjoyed the experiences offered at the Agriculture session including halter training sheep.

Term1 is quickly coming to an end. We will spend some time on the last day of term with the residents at Willawa doing some Easter craft and as a reward for great behaviour this term; the students will be having a mufti day and putting on a talent quest. The students are looking forward to this event.



*Healthy Ears
Miss Mathews
& Mr Pepper
with the
puppets Toby
& Sophie*



*Reece, Ricky
& Sanjay
PSSA Rugby
League*



*Students
participating in
the LEEP
Science*



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FIG TART TATIN

We have had a bumper crop of figs this year; mostly we just enjoy eating them straight from the tree but for a special desert try this easy Tarte Tatin.

Ingredients:

1/4 cup demerara sugar or brown sugar if you don't have it
10 medium fresh figs, cut in half
2 tablespoons unsalted butter
sprinkle of balsamic vinegar
1 sheet frozen puff pastry or use the sour cream pastry, recipe below, its much nicer



Method:

Use the top of pie dish to cut out a circle on the pastry. Leave aside to thaw a little. Prick with fork. Sprinkle sugar thickly over the base of the pie plate and put into a hot oven to melt into a light toffee around ten minutes.

Arrange figs, cut side down on bubbling sugar. Dot with butter, sprinkle lightly with balsamic vinegar. Place pastry over top of figs and tuck in. Bake in a 200C oven for 20 minutes or until pastry is golden and the figs in the base are bubbling.

Cool 5 minutes, then invert onto plate so that it resembles a tart. Serve with thick cream or Greek yogurt.

Maggie Beers sour Cream pastry

125ml sour cream
250g plain flour
200g unsalted butter chilled

To make the pastry,

1. Dice the butter, then pulse with the flour in a food processor until the mixture resembles fine breadcrumbs.
- 2: Add the sour cream and continue to pulse until the dough starts to incorporate into a ball.
- 3: Wrap the dough in plastic film and refrigerate for 20 minutes.

Then roll out and use as required. Yum!

Seniors Around The World

Old age does not have to be a bad thing, in a lot of societies, elders are respected and admired for their wisdom. Have a look around the world to see how other cultures treat their seniors.

In East Asia people are bound by a Confucian principal—a moral respect for the elderly, fathers and ancestors where elderly parents become the responsibility of the adult children. Deeply rooted in traditional values children are brought up knowing that they will eventually exchange roles with their parents and care for them.

In China, an elderly rights law was introduced to inform adult children that they should never neglect or snub elderly people and must visit them often regardless of their proximity.

In Japan, the 60th and 70th birthdays are marked with big celebrations where children perform dances and offer gifts.

In Singapore, there are laws which place the interest of the elderly at heart. Parents can sue their adult children for an allowance. If you fail to comply you can spend 6 months in jail.

In the Mediterranean culture respect for elders operates as a cultural norm. 'Old Man' is a term of endearment and its also common for extended families to live together with several generations under the one roof. The older generation is often relied on to assist to care with the younger children whilst the parents continue to work, as such, they tend to be thoroughly integrated into their last days.

In African—American families, grandparents tend to live with the families and aging is celebrated.

An Indian tradition for youngsters to touch the feet of their elders, which is known as a mark of love and respect for them and a request for their blessings. The elders act as the head of the household, the elders are supported by the younger members of the family and they in turn play a key role in raising the younger children. Disrespect the elders of the family or sending them to an old age home has a social stigma.

In France, they passed a degree in 2004 requiring its citizens to keep in touch with their aging parents. This was bought about due to the high number of elderly suicides and the aftermath of heat wave which killed 15000 people, most of them elderly.

In Scotland, older people are valued as an asset. Their voices are heard and they are supported to enjoy full and positive lives in family settings. The Scots have changed its cultural thinking and shifted away from hospitals and toward preventative care and allowed the culture to value life rather than treat ailments.

Western cultures tend to be youth centric, emphasizing attributes like independence and individualism, this relates to their value and ability to work, which is something that tends to diminish in old age. Studies have shown that the treatment of elderly across some cultures live lonely lives, separated from their children and life long friends.

As their health deteriorates the elderly in these cultures often move to retirement communities, assisted living facilities and nursing homes.

So lets admire, respect and care for our seniors. They have lived through amazing and massive changes in the world since the early 20th century.



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A LITTLE BIT OF HISTORY

Elaine Cheney



Agostinelli P A

Baker W

Bowes A B

Boyd A J

Bryant R +

Charlton E

Chatman A

Cheadle W E

Chesher G

Chesher W

Clarke J J

Collier H E

Cook E +

Cook G

Davis A

Dawes A V

Ditton J P +

Douglas R I +

Dwyer F J

Dwyer M T

Elbourne G *

Forseythe R +

Gage Chris +

Gage Charles +

Galway M +

Garner A

Garnett A +

Garvin T H

Gillespie C

Gillespie T

Gosper O

Gow W

Greenhalgh E

Harrison S

Harrison W

Harwood J

Haynes J

Higgins J T

Hoswell C

Hoswell W Y *

Hough T

Howard J

Hummell W

Jones C

Jones J

Jones W

Kelly C

Kelly J +

Kelly W +

Kiss R

Littlejohn J B

McClintock S

McMillan R A +

McMillan R B +

McMillan S

McMillan V E +

Messner V

Murphy T

Myring W W

Parker C +

Parker H

Pratt C

Saddler W

Sharp H

Shine J +

Shrimpton W +

Simmons J

Simmons W

Sloan J

Sloan J J

Smeaton J

Smith T

Smith T

Smith W A

Sommerville E +

Stanley B

Sudgen H +

Sutton C S

Vitnell D

Vitnell H

Vitnell W

Webb T

Weston F H

Woodgate J J

100 years ago the Eugowra District had a good number of young men serving, or who had already given their lives, in the Great War.

The ROLL OF HONOUR for the period of 1914-1918 has these names recorded. A couple of these names are also mentioned on the Murga Roll of Honour. Ten Murga lads went off to the front. Five died and the other five were wounded. There may be one or two errors, but this is the official list.

The photograph shows the 1932 ANZAC Day service at the local cenotaph, which had opened the previous year. The cenotaph is decorated with floral tributes and a boy scout stands on top of the building unfurling the flag.

There had been much agitation in the community regarding a suitable place to record the names of those who went off to the Great War. With the opening of the Imperial Theatre in 1927 an Honour Board was placed in the vestibule and on 11 January 1928 was unveiled by the local member of Federal Parliament, Sir Neville Howse. The following year the Theatre was burnt out and the board damaged. A meeting was called in March 1930 and it was decided to build the beautiful cenotaph we have today. This was erected before the 1931 ANZAC Day commemorations. Pictured below is the Murga Roll of Honor. *NB Spelling is as recorded.*





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Make a booking at Eugowra Community Health today for a free hearing check on the 9th of April.

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Physiotherapist Nicole Brindle

Eugowra Health Report

EUGOWRA MULTI-PURPOSE HEALTH SERVICE

Supplement or source – what is better?

April is when we focus on preventing injury from falls. One of the main causes of damage from a fall is poor bone strength (osteoporosis).

The Supplement Dilemma

There has been a lot of conflicting information about the benefits and side effects of taking vitamins and minerals in the form of pills.

Some people claim they are preventing disease such as -taking Calcium if you want to prevent osteoporosis. Others are claiming that the unregulated use of vitamins and supplements is wasting money and not doing anything or worse they are even dangerous to our health and may actually lead to the development of health problems.

Supplements



vs.

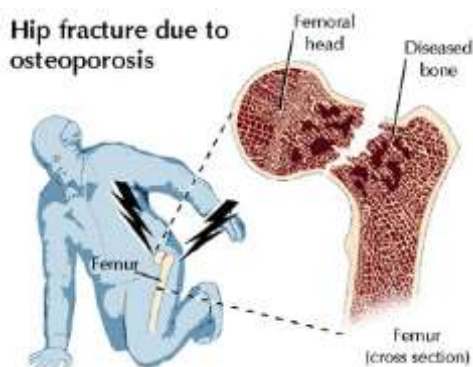


How do we sift through all this information and make the right decision for our personal situation?

One of the problems is that supplements sold in supermarkets and health food shops are not considered drugs and are not required to undertake the testing and research that is required of pharmaceutical drugs. This doesn't mean that they are good or bad it just means we don't really know what they do.

As this industry has come under more scrutiny and criticism the research is developing – but it is still not sufficient in many cases to confidently make positive or negative statements about their effect.

The Calcium dilemma - Does it prevent osteoporosis progressing?



Calcium supplements are widely used by people with osteoporosis and those at risk of calcium deficiency who are not meeting the recommended dietary intake. Recent reports have outlined an association between calcium supplementation and an increase in cardiovascular events (heart attacks and strokes).

Calcium deficiency leads to a reduction in bone mass by increasing resorption and can contribute to the development of osteoporosis in elderly people. As a consequence, fractures are common, especially in women, and are associated with high disability, healthcare costs and mortality.

To prevent fractures in elderly people, Australian guidelines recommend a diet with sufficient calcium intake.

In recent years, controversial evidence has emerged about the increased risk of cardiovascular events in people taking calcium supplements. There is increasing concern that calcium supplements may be doing more harm than good. The problem is thought to be coming from the high concentration of calcium delivered to the body by the pill, compared with regular small amounts delivered by eating calcium rich foods. The body can absorb small amounts of calcium into the bones but when the high dose is given with the tablet it is unable to absorb all the calcium at once so the excess is deposited in other parts of the body including the arteries which can progress the plaque build-up leading to increased cardiovascular disease.

Does Calcium Supplementation prevent fractures?

Supplementation with calcium and vitamin D has proven benefits for institutionalised elderly women with low dietary calcium intake, significantly reducing risk of hip and non-vertebral fractures.

However, the benefit is less clear for elderly people living in the community. One large study demonstrated that although calcium with vitamin D supplementation resulted in a small but significant improvement in hip bone density, this did not result in a significant reduction in hip fracture, and increased the risk of kidney stones for healthy postmenopausal women.

There is limited evidence that supplement calcium helps people living in the community

What should we do? If you are putting any pill in your mouth - prescription or supplement you should check with your doctor if this is something that you need to take and that it is safe for you.

There should be a proven deficiency before you take a supplement. This can be done with a test by your doctor. The effect of the supplement can then be monitored in follow up tests.

Try to get your calcium and other vitamins and minerals from food. This is tastier and the concentration your body is designed to absorb safely.

The best prevention for osteoporosis is weight bearing exercise.

If you want more evidence based information about medicines I recommend the NPS MedicineWise website. <http://www.nps.org.au/>

If you want to do some gentle weight bearing exercise join us for Tai Chi @ the MPS.

Tai Chi classes according to the Tai Chi for Arthritis program by Dr Paul Lam will be starting on Friday 28.4.17. These exercises are gentle, peaceful and great for your bone health, movement, memory and balance.

Classes will be held in the Willawa room of the Eugowra Memorial MPS from 2.00pm to 3.00pm.

No special clothes or equipment required. No cost to attend. Everyone is welcome. We will be starting with the basics and slowly working up to full routine.

Pool News

The Eugowra Pool closed on 26th March after a very successful season. Pool patrons enjoyed swimming and cooling off in our beautiful pool on the many, very hot summer days as well as participating in the different activities on offer at the pool. We ran a number of very successful art projects for our local children which are now proudly on display in the pool grounds. Aqua classes which were held during the day and in the evenings were extremely well attended while the children had a lot of fun improving their water skills at Swim Club and Learn To Swim Classes. The local schools also made good use of the pool for sport and swimming carnivals. We would like to take this opportunity to thank all those people who supported the pool and made use of our wonderful facilities. A special thankyou also to local businesses for their sponsorship and on going support. We would not be able to keep the pool operating without their help. We are already planning ahead to improve the pool facilities and grounds and looking at activities for the 2017/2018 season. David Hyde

Little Lexi Eppelstun enjoying a final dip in the pool at the closing party on Sunday 26th March





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Eugowra Community Bowls & Recreation Club

APRIL	WHAT' S ON AT THE CLUB!
Sunday 2nd	Pennants Game Eugowra vs Woodstock (Home game)
Friday 7th	Easter Raffle & Easter Egg Hunt for kids. Members & Barrel Draw
Sunday 9th	Pennants game Eugowra vs Cowra (Home game)
Friday 14th	Good Friday - Club will be closed
Monday 24th	ANZAC Day Club will be open after the ANZAC service in the Memorial Park. Restaurant will be open for meals.
Saturday 29th	Ladies Cocktail Party
MAY	
Friday 12th	Mothers Day Market Night Raffle
Friday 26th	Market Night Raffle, Members & Barrel Draw
JUNE	
Saturday 17th	Trivia Night
Saturday 30th	Market Night members & Barrel Draw

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