

# Eugowra NEWS

April 2013

*A Lions Club project for the community we serve*

VOL.17

## Successful Seniors Day

The Eugowra Lions Club hosted a very successful seniors Day Out and Luncheon on 18th of March. One hundred and twenty five guests from Eugowra, Manildra, Cudal, Grenfell, Canowindra and Molong enjoyed the entertainment, delicious food, and catching up with old friends.

Lions club president, Peter Heath, welcomed the guests and introduced the guest speaker, Nicole Brindle. Nicole, who is the physiotherapist from the MSP, gave an interesting and entertaining talk on health and dispelled some of the common myths.

The children from Eugowra Public School and St. Joseph's gave great performances. Local singers Cath Adams and Nelli Heinzl entertained with a couple of popular songs. After Lunch Shirley Heinzl recited a humorous poem.

There were lots of raffles, donated by the Eugowra business community and lucky door prizes donated by Bev Slaven. Bev did her usual excellent job of organising people to attend and contributing to the cooking for the day.

Seniors Day is partially funded by a grant from the NSW department of Ageing Disability and Home Care. It is also a true community effort with helpers from Lions, CWA and the community preparing and organising the food for the day. This year Eat Your Greens generously contributed delicious quiches for the luncheon. The Senior children from both schools assisted in serving the lunch to the large crowd.

We have a collection of tips on healthy and happy ageing contributed by the guests on page four.



# from the editor

I am really pleased with the amount of activity on the Eugowra News facebook page. I'm hoping that the use of Social Media will encourage contributors as well as connect with a broader audience. If you have a photo or an article you would like to go in the News you can post it on the facebook page. I love electronic media.

The year is speeding by and it feels like the News is back in full swing. This month we have all our regular contributors as well as some additional articles.

On Seniors Day I thought I would ask our guests about their tips for a healthy and happy life. After all they are the experts in this area! Read their great tips on page 4. I think a good sense of humour tops the list, closely followed by alcohol and sex....!

The Eugowra community is certainly busy and vibrant at present, there is a nice buzz about the Mural Weekend. Don't forget to help in whatever way you can. This is a huge project for a town of our size and it needs all of us to help in whatever way we can. Read the article on page 13 for ideas on how you can help.

Congratulations to our popular young chefs Jessica and Ben on their engagement. I always look forward to their recipe of the month and hope that you do too. Jessica, Ben and Neil and Jayne from "eat your greens" made a very generous donations of quiches to our seniors day luncheon.

The Lions Club in Eugowra has been struggling along for sometime now. Membership is critically low but the club still manages to make a huge contribution to the community. The committee are looking at ways of making the club relevant to 2013, if you have any ideas please let us know.

Enjoy the News,

Anne



Deadline	Publication
26th April	3rd May
24th May	31st May
21st June	28th June
26th July	2nd August
23rd August	30th August
20th September	27th September
25th October	1st November
22nd November	29th November

## The Eugowra News Committee

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Cassie Gates

Peter Heath

Bob Roach

Jodie Greenhalgh

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St. Josephs School, Sarah de Lange

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Barb Roach

Elaine Cheney

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Josh Driver

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### Next Issue Deadline:

**Friday 26th April 2013**

**The News will be available on  
3rd May**

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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)



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What's on this month including Doctors  
Surgery hours Ph. 68592220

# April 2013

Mon Tue Wed Thu Fri Sat Sun

1 Drs. Closed Easter Monday	2 Drs. Manildra 9-1	3 Drs. Closed	4 Drs. 9-4	5 Drs. Manildra 9-1	6	7 Community Garden
8 Drs. 9-5	9 Drs. Manildra 9-1 EPPA AGM	10 Drs. Closed	11 Drs. 9-4	12 Drs. Manildra 9-1 CWA MTG	13	14
15 Drs. 9-5	16 Drs. Manildra 9-1	17 Drs. Closed	18 Drs. 9-4	19 Drs. Manildra 9-1	20	21
22 Drs. 9-5	23 Drs. Manildra 9-1	24 Drs. Closed	25 ANZAC DAY	26 Drs. Manildra 9-1 News Deadline	27	28
29 Drs. 9-5	30 Drs. Manildra 9-1					

# Live Life!

Tips for a HEALTHY and HAPPY life, from the senior members of our community

*"Live in the country"*

*"Only marry someone you truly love! And be content"*

*"Be happy"*

*"Take every day as it come"*

*"Getting out and meeting people"*

*"Being active"*

*"Gardening"*

*"Betting Beer and yes dear don't forget your pills"*

*"Exercise your brain and body"*

*"Friendship"*

*"Exercise, healthy food, plenty of fresh air"*

*"No smoking and small alcohol, good food"*

*"Don't dwell on sad memories"*

*"Happiness-Essential"*

*"Laugh a lot"*

*"Walk everywhere"*

*"Work and walk and laugh"*

*"Work hard, beer daily"*

*"Hard work, now worries, keep interested and seek good company"*

*"Drink alcohol in moderation"*

*"Chocolate and more chocolate"*

*"Companionship, laughter, good food"*

*"Family and Friends and having fun"*

*"Lots of sunshine, exercise and eating proper foods."*

*Having a good laugh and getting into mischief now and again"*

*"Communicate to be happy"*

*"Have someone to share your life with and to talk"*

*"BE happy, be a good listener to your family and friends"*

*"BE friendly to people in the community"*

*"Limit alcohol"*

*"Beer and chocolate, am 70 and no medication!"*

*"Happy relationships and voluntary work"*

*"My husband"*

*"Tea coffee gardening"*

*"Good cup of coffee, good friends, keep busy"*

*Companionship, laughter, good food"*

*"Enjoy your family when they call to see you sit and talk"*

*"Move it or lose it"*

*"Enjoy life an have fun"*

*"Good sex at 80"*

*"Select a perfect partner"*

*"Live in Eugowra and have lots of friends"*

*"Plenty of Nanna Naps"*

*"Daily medicinal alcohol"*

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## EUGOWRA / ORANGE COMMUNITY BUS SERVICE



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The daylight hours are shortening quickly now and the early mornings are often quite cool. I am sure I am not standing alone when I say I am not in favour of the long daylight saving period. I would like to be able to reduce its span by at least several weeks, if not altogether.

The rain which we gratefully received was wonderful but of course we are all waiting and hoping for more to arrive soon.

Autumn, is in general a nice time, but it far from being a quiet time in the garden. For the vegetable gardener, there is soil cultivation and preparation for succession crops. It is a good time as the weather is cooling but the soil is still very much warm enough to ensure good germination of seeds and provision of a great start for the planting of seedlings.

### Organic tips

Liquid fertilisers can be expensive to purchase, so make your own fertiliser brew by placing a shovel full or two of whatever type of manure (sheep, cow, fowl) into a bucket or drum and fill with water. Leave for a week or until whenever you get back to it. Carefully take some of the liquid off the top, dilute to a lightish colour or the strength that you think won't be too strong. (remember fowl poo is fairly strong) Use to water your plants. Dilute to a weaker solution for indoor, shade loving and delicate plants.

Ensure that your compost heap is kept moist, by covering with old carpet etc. or by watering it from time to time. This will keep the soil organisms active.

Citrus trees are not only a useful fruiting tree but a well nourished specimen has a nice appearance and exudes a delightful aroma. All citrus will reward their carer with a good crop of fruit if given a good feed of aged manure or compost this month. For sweet fruit, trace elements are required as well as the usual manures and compost. Check the label when buying citrus fertiliser to ensure these elements are included. Check citrus trees for growth (suckers) from below the graft. Remove them with a clean cut if you find any.

There are many insecticides, fungicides and herbicides at the ready on retailers shelves these days and we often find it tempting to go for the quick fix by using them but this can sometimes be detrimental to the users and consumers health if instructions for use and application are not adhered to but also, so is the health and well being of our bees and all beneficial insects and little native birds. Sometimes all that is required is a little strategic pruning of infested or diseased tree or shrub branches and the wielding of the hoe for being rid of a few garden weeds, catheads etc.

If you have a Hydrangea bush, the spent flower heads can make nice flower arrangements. Cut the spent flower

heads off the bush keeping long stems, pull off the leaves and place in vases with only a couple of centimetres of water. The flower heads will dry as the water evaporates. This is a very simple tried and true method.

### Ground covers or cover ups

These plants can add contrast, colour and highlights as well as often having practical uses. Most of us have an area or two which is often parched and dry. There are quite a number of plants which could fill these spaces and require a minimum of care and water eg.

**Mondo** grass which is available in varieties of dwarf, tall, green, black and variegated. It is clumping type plant and multiplies well.

**Erigeron** "Seaside daisy" grows into a profusion of tiny white flowers and will create a lovely soft look. This plant will self seed and self layer, thus producing a fairly thick ground cover.

**Felicia** "Blue Marguerite" will cover itself with a lovely sky blue daisy. It will also self layers, an easy way of producing more plants).

**Chrysocephalum** "Yellow buttons" is a native plant which as its name suggests covers itself with flowers a bit like yellow buttons. This is a plant which will thrive in hot conditions but also, once established generally tolerates frosts and dry times.

**Liriope** in variegated, green, dwarf or tall form. and **Dianella** "Silver Streak" can look attractive displaying their strap like leaves. Both of these plants are clumpers which will add interest to any spot which is either hot and dry or shady. **Dianella** is an Australian native plant.

**Juniperus horizontalis** is a frost tolerant grey foliage conifer. Make sure this plant is given enough area to allow for its spread. If it is grown in its correct location, it will rarely require pruning.

**Trachelospermum** "Chinese Star jasmine needs no explanation for its toughness as it can be seen growing in roundabouts and street plantings in any number of towns in our district. It takes the heat and dry of Forbes and Parkes as well as the coldness of Orange.

The most common variety is the green one, but the tricolour variety of green, pink and cream is very attractive and (in my opinion) it is not quite as robust in its growth habit.

**Trachelospermum** is known for its glossy foliage and highly perfumed white star shaped flowers. It grows equally well on a trellis, up a pole, topiaried or as a ground cover. If given some care it rewards well with its own performance. When grown as a groundcover it needs to be given regular clippings to the height of your choice. This will keep it neat and thick.

This is only a small sample of good and rewarding "cover up" plants.

If you are looking for some budget priced "home grown" plants, bulbs and corms, then please feel welcome to take a look at the little shop "Craft on the Creek" just near the bridge at Eugowra.

"Happy gardening" Jenny



# Caring for the Land

With Nina Hooper



Hello Eugowra.

Isn't it nice to feel the seasons changing and have a little bit of rain?

May it keep on coming!

It continues to be busy in the world of the CMA and Landcare – good to be keeping occupied!

As I write there are school children all over the catchment participating in a program called Envirostories!

This is a program where students write stories about an environmental topic and illustrate them as well; making effectively a reader that can be used by younger students.

In Envirostories, students compete to have their readers published and this year we will be choosing five winners!

How great to be a published author in primary school - but I can tell you – I am definitely not looking forward to the whole judging process – I think I will want to pick them all!

Kids Teaching Kids is picking up speed as well, with professional development sessions held at a couple of locations in the catchment, with a presentation by Kids Teaching Kids Educator Michelle Sanders from Melbourne.

With three of these environmental conferences coming up, we would like lots of schools to be involved.

KTK is such a great program and as well as providing kids with the opportunity to learn lots of fabulous environmental skills from their peers, it really does give students an amazing amount of confidence!

We have KTK graduates who are now in High School and are continuing their environmental passions and telling others about it!

If your school has a chance to be involved you just have to do it!

Catie is the CMA staff member you need to talk to on 0268519508.

Don't allow your kids to miss out – it really is such a positive experience!

At the Central West Lachlan Landcare level we have lots going on.

For the kids at the end of July we have Eco Day once again – already planning for that big event!

We will have some cool new presenters and as usual it will be a great day – really looking forward to it.

The CMA and DPI also have some Soil Biology workshops coming up.

We will be hosting one of these in Mid June, but the presenters are still looking for potential hosts if there is any interest in other areas.

These workshops are very practical, with participants to bring along a bucket of soil to use in litter trays with microscopes, to actually have a proper look at the micro invertebrates there.

The workshops will also cover how to encourage good soil biology in farming systems.

If you would like to participate in or even host one of these workshops give me a ring on 0447452362 and I'll put you in touch with the presenters.

Our Landcare committee also recently met in Forbes and heard about the Forbes Community Garden.

Councillor Graham Falconer talked us through the history of the garden and gave us a guided tour of the site.

Such production and such dedication people are putting in – amazing.

For just \$5 you can become a Friend of the Garden – and if you like, put your name down on the waiting list for a garden bed.

Another fantastic community project that we are all for in Landcare!

Until next month, don't forget to keep an eye on Parkes Landcare on Facebook – there you will find all of the up to date information you need!

## BOOTCAMP

is on every Monday and Wednesday from 6pm-7pm at Eugowra Footy Oval. \$15 per person. All fitness levels, go at your own pace.

## EUGOWRA PROMOTION & PROGRESS ASSOCIATION Inc.

Notice of Annual General Meeting to be held in CWA rooms, Eugowra, on Tuesday 9<sup>th</sup> April 2013 at 7.30 pm  
B Roach, Secretary





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## News from the Eugowra Bowling Club

Not much to talk about this month only that the bowlers are about to start playing for the pennants again soon. We are in Zone 5 and have gone up to Grade 5, so wish us luck and hope we win the title.

Local girl Jeanie and her friend Kerri played in the club on the night of 9<sup>th</sup> March, we did not have a big crowd, those who did turn up had an entertaining night. Thanks again to Jeanie and Kerri for your free time.

Easter is on the way and don't forget that we have a Chinese restaurant open most nights of the week, to eat in or take away.

Social bowls is still played on Wednesday nights, cost \$5.00 come along and have some fun.



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# News from Eugowra Community Children's Centre

NANIMA STREET, PO BOX 28, EUGOWRA NSW 2806 PHONE: 6859 2522 EMAIL: eugpreschool@yahoo.com.au

## Sand and Shapes

This month we got a special delivery of new beach sand for our sandpit. A very exciting time for the children at the Centre that day when the dump truck emptied it's load, everyone was on hand with their shovels to spread it around. We even had some left over to go inside to make a beach, with all the things you find at the beach, including shells and sea animals.



Delivery of our new beach sand



Watching the sand delivery



Time to play with our new sand



The children made a beach scene inside



Shapes, shapes and more shapes!

Welcome to  
our newest  
member:

Ruby



Sienna brought her pet rabbit Midge in to show everyone

# A LITTLE BIT OF HISTORY



Normally when we speak of the 'Great War' we think of ANZAC day and the soldiers in the battlefields. However, those at home were kept busy supporting the war effort. Articles from the Forbes Advocate 1915

## EUGOWRA SAND BAGS

A sand bag evening was held in the School of Arts on Saturday 23rd October, being the first on of its kind held here.

It was a decided success, the hall being packed with a busy throng of ladies and gentlemen, busily engaged in sewing sand bags. As a result of the evening's work, some 240 bags were made. A trophy was given for the gentleman who had the neatest sewn and best made bags, and Mr Neil McMillan was the winner. He generously donated the prize to be raffled, the proceeds to go towards buying hessian for another evening.

The ladies who judged were Mrs A Hazelton, Mrs W Niven and Miss M G McMillan, and they had quite a hard task, carefully examining such a large number of bags. The ladies who organised the evening were Mesdames W H Hazelton, C Boyd, H Langford, G H Vitnell, J R Greenhalgh, G L Ridley, H Thorncraft, D Goodsell, and Miss M G McMillan. Mrs W Niven was the hon. Secretary, and she is sincerely grateful to all those gentlemen who came along and helped to make the evening such a success, also to the ladies who so ably assisted in giving out the bags and generously donated the refreshments.

Another article in November read—

## A SOLDIERS' GIFT EVENING.

A soldiers' gift evening will be held in the Eugowra School of Arts on November 20th .

Material will be supplied for the making of sand bags during the evening. Any persons who have sugar bags, or waste hessian of any description, such as the covering round binder twine etc., for instance are kindly requested to bring same along.

Miss Mille Dwyer has charge of a beautiful cake, to be raffled. There is also a shaving outfit, given by Mr N G McMillan, which is being raffled by Mrs Townsend, the same evening.

Messrs G H Vitnell, N G McMillan, J T Noble and D C Goodsell have been appointed to conduct the raffles. The ladies will provide light refreshments, at a nominal charge of 6d. Admission to the hall will be a gift—handkerchiefs. cigarettes and stationery preferred.

The committee in charge is making provision for a big roll up.

## Community Gardeners

The first 'Eugowra Community Garden' Meeting, was held on March 14, and as a starting point it was resolved to:

1. Assist the Public School in setting up their School Garden....all helpers welcome.
2. To lend a hand to the maintenance of Apex Park and any other town beautification projects underway. In the spirit of assistance & cooperation we are planning to hold regular 'Gardening Mornings' at Apex Park on the 1st Sunday of every month, from 8.30am onwards, followed by a **BYO** sausage sizzle/picnic lunch. There is no obligation to be there from the beginning, nor for the duration; whatever time you can spare will be wonderful.

### **Kicking off April 7; in preparation for the Mother's Day Luncheon/Mural weekend**

Should numbers and enthusiasm increase to warrant it, our aspiration is to progress to a truly 'community garden' on one or more of the vacant lots around town. In the interim; let's get out in the fresh air, to garden together & catch up with friends & likeminded people. Absolutely everyone is welcome.





# MURAL MEET

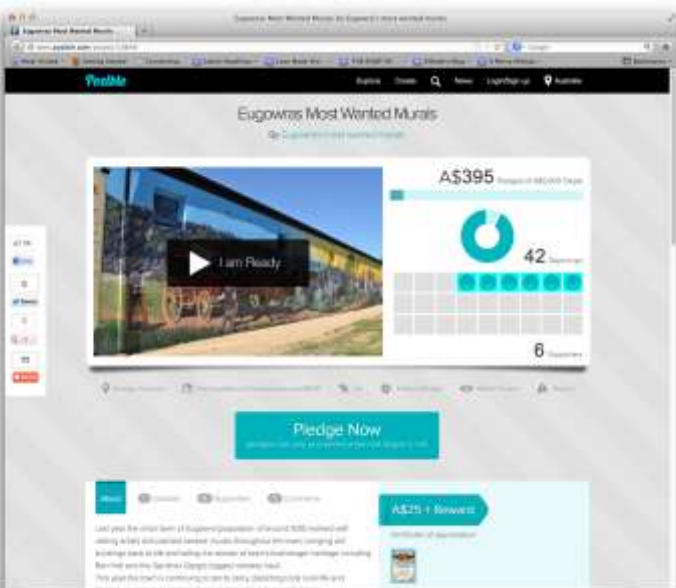
## MOTHERS DAY WEEKEND 2013

Have you ever heard of Pozible? Pozible is a crowdfunding platform and community-building tool for creative projects and ideas. It was developed to help people raise funds, realise their aspirations and make great things possible. Eugowra Mural Project has joined forces with Pozible to ensure that this year's event is another huge success.

Crowdfunding with Pozible is a way for projects such as ours, to access funding beyond 'official' channels by talking directly to switched-on consumers, fans, peers and like-minded strangers. How does it work, I hear you ask? Pozible provides the platform for project creators to present their ideas to a connected audience, worldwide. If people love what you're creating, they can support it by pledging money. In return, the Eugowra Murals project offer rewards matched to the level of funding commitment. Eugowra Mural Project has joined Pozible and is now asking for pledges at this site:

<http://www.pozible.com/eugowramurals/18848>

Our goal is for \$5000 and the deadline is 2nd May 2013. The \$5000 requested is required to fund tri-coat paint (base coat) and exterior paints for the four sites we have planned this year. If we don't receive the \$5000 in pledges the project will receive no money, but if we have the required pledges or more we will get the whole amount to put towards the project.



Preparations for this year's Mural Meet are progressing well. Over 45 artists have already confirmed they are coming, with 3 weeks still left before registration closes. We are still looking for accommodation for our artists, so if you have a spare bed or two for the Mother's Day Weekend, 10-12th May, give Michelle Cheney a call on 0414 815 479.

We are also looking for any donations of old paint you may have knocking around in the shed or garage. It must be exterior paint and any colour is fine. As long as the paint is in good condition and you no longer need it, we would love to have it for the Murals. Paint can be dropped off at the Eugowra Sawmill during working hours.

Tickets are now on sale for the Mother's Day Lunch these can be purchased at: [www.trybooking.com/COXG](http://www.trybooking.com/COXG). Numbers are limited so get in quick.



## CLEAN UP THE GARAGE!

### We want your old paint!

The Eugowra Mural Project is looking for donations of any exterior paint to help with the 2013 Murals. If you have any paint, in good condition, that you don't need, please drop off your cans at Eugowra Sawmill during working hours.



Thank you





## April Recipe



### Sour orange curry of trout and vegetables



#### Ingredients

- 3 cups of chicken stock
- 100g fresh water trout
- 3 tbs tamarind (In Asian section of the supermarket )
- 2 tbs fish sauce
- Pinch of white sugar

About 1 cup in total of the following vegetables chopped roughly

- Green beans
- Asparagus
- Tomato's
- Chinese cabbage

#### For the paste

- 5 dried chillies, deseeded, soaked and drained
- Large pinch of salt
- 1 tbs chopped galangal (similar looking to ginger, available in veg section)
- 3 tbs chopped red shallot
- 2 tbs shrimp paste ( available at Essential Ingredient)

#### Method

First make the paste, pound the galangal and chilli in a mortar and pestle until smooth. Then add the shallots, shrimp paste and salt, and pound until all ingredients are broken down, and a smooth paste is achieved. Alternatively place all ingredients in a blender, adding a little water if necessary.

Bring the stock to boil, add 1/3 of the fish, simmer until cooked, remove and drain, then work into the curry paste. Return the stock to the boil, season with tamarind, sugar and fish sauce. Add the paste, return to the boil once again add the vegetables cook for 3 mins then add the remaining fish.

Cook for a further 2 mins, until the fish is cooked. The curry will be quite thin, and should taste salty sour and hot. Serve with rice and pickled vegetables .

## EUGOWRA VIEW CLUB



Eugowra Evening VIEW Club March dinner meeting was held at the Central Hotel on March 4 with 15 members and one visitor present.

Included in the items discussed were (a) Women's Health brochures from Brenda Hurst, the Women's Health Nurse from Lachlan Community Health, concerning the clinics she conducts in Eugowra. Appointments can be made by contacting the Eugowra MPS (b) thank you letter from the Smith Family re the support in sponsoring Learning for Life Students (c) brochure outlining the different programs that are run in the schools to help disadvantaged students (d) Format for submitting a resolution (e) information about Christmas fund raisers (f) New Learning for Life fees (g) a significant donation was made from Eugowra Evening VIEW to the Smith Family Joy Spreader Appeal

Due to the fact that there was not a guest speaker for the evening Andy Langfield had organised a few fun

activities which members greatly enjoyed.

Members are reminded that the visit to Moxey Dairy Farm has been organised for April 13 with numbers to be in by the next meeting.

The April dinner meeting will be held at the Central Hotel on Monday April 1 with members to RSVP to Esther by Saturday March 30.

Guest speaker for the evening will be Forbes Civil Celebrant Laurel Hull.





## LIFE'S MILESTONES

Mark and Anne Bray of Eugowra together with Barry and Pip Stanley of Faulconbridge and Eugowra are happy to announce the engagement of Ben Stanley and Jess Bray both of Eugowra.

They will be marrying in Jan 2014 in Tasmania at a little fishing village called STANLEY (very appropriate).

We wish them all the happiness in the world....

Congratulations Ben and Jess



# 2013 DEB BALL

Invitation to all potential debutants  
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## Eugowra Lions News

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I must say it was good to see four of our senior members taking a seat and enjoying seniors day with the other 125 guests. Seniors from Eugowra and surrounding villages were entertained by a talk from Physiotherapist Nicole Brindle, singing from the two schools, songs from Cath Adams and Nelli Heinzl and a poem from Shirley Heinzl. They also enjoyed a luncheon and morning and afternoon tea prepared by Eat Your Greens and a team of volunteers led by Anne Heath. A special thank you to Eat Your Greens for donating the quiches.

There were many raffle prizes donated by the following; Somerset Lane, Lady Bushranger, Central Hotel, Ag N Vet, Eugowra Newsagency and Supermarket, Eugowra Quality Meats, Head on In, Gulf Western Oil, Eugowra Post Office, Peter Grinch and Eugowra Bowling Club. Thanks also to Bev Slaven for organising the numbers and for the Lucky Door Prizes. Seniors Day is a community event and the Lions club relies on support from the community to make it happen.

On Wednesday 20th we held our AGM. After a lengthy discussion it was decided that the club would continue to function. Myself, Anne Heath and Bob Roach were re-elected as President, Secretary and Treasurer. We all felt that the club needs to continue as it is an important part of community life in Eugowra. Lions organise the Eugowra News, Seniors Day, Carols by the Creek, Show gate, catering at the Dog Trials and other community events.

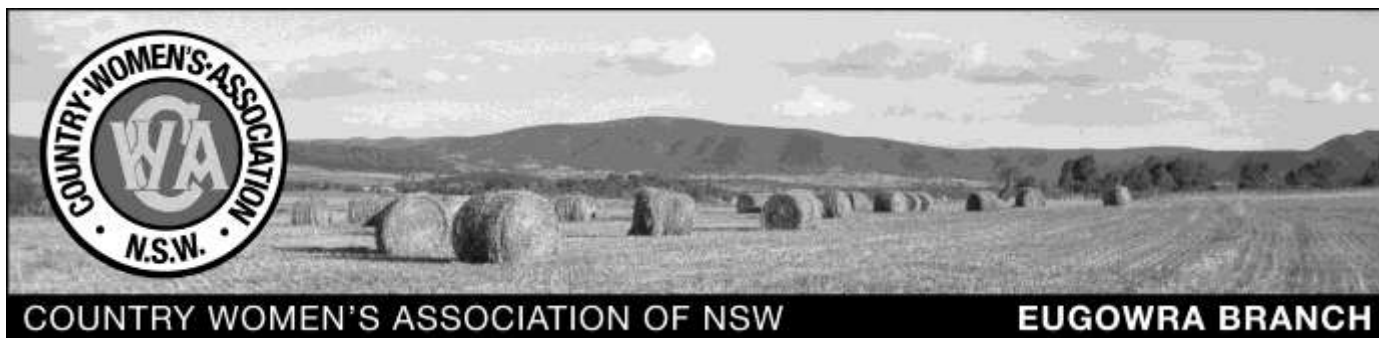
There is a feeling in the club that we need to move away from the current format and become a more social and project based club. We will use electronic media to communicate and hopefully attract a few new members. More about the future of the club later. If you have any ideas contact me on [eugowralions@gmail.com](mailto:eugowralions@gmail.com) or 68592944.

Enjoy your Easter.

Peter Heath

President





### Pauline Howell Honoured for her Outstanding CWA Contribution

Long-time Eugowra CWA member, Mrs Pauline Howell, was presented with a Certificate of Appreciation by Mrs Margaret Brown, President of CWA Central Western Group at the Branch Meeting on 8 March 2013. Pauline has contributed an outstanding 46 years of active service to the Branch since she joined the Eugowra CWA Evening Auxiliary in 1967. She was elected Secretary that year as well as President from 1970 to 1971 and representative on Group Council in 1972.



In October 1973 the Evening Auxiliary joined the parent branch. Pauline represented Eugowra Branch as a representative to the Central Western Group Council from 1975 to 2002, an impressive 27 years. She participated in Cultural activities at Branch and Group levels and attended many State Conferences.

Pauline was elected President of Eugowra Branch 1980 to 1983 and again 1994 to 1995 and Vice President from 1977 to 2002. She also held the positions of Treasurer from 1997 to 1998, International Officer 1977 to 1980 and Handicraft Officer in 1977, then from 1982 to 1995 and again from 1999 to 2005. Pauline has been the Branch Patron since 2005.

Pauline is a well-respected member of the CWA and the wider community. She and her late husband, Ernest, were stalwarts of the Uniting Church in Eugowra, active supporters of the Eugowra Show Society and joint recipients of a Certificate of Appreciation in 2004 in the Eugowra Australia Day Awards for their community involvement.

Son Doug and daughter Helen from Darwin joined with Branch members in their acclaim for Pauline's achievements. She was also presented by Branch President Margaret Swift with a beautiful floral arrangement made by Eve Hayes.



### Invitation to Join Us

The guest speaker at the 12 April meeting will be **Stephanie Loader**, Managing Director, Northparkes



Mines. Stephanie will arrive for lunch at 1pm and talk from 2pm. **Eugowra residents are cordially invited to join us for lunch and Stephanie's talk** and are asked to RSVP to Margaret Swift (6859 2256) by 10 April. The meeting will commence at 11.00am as usual and members need to advise Margaret if they require lunch.

Members had a busy time catering at the **Panbona clearing sale** on 16 March. We had a great turnout of members on the day plus family/friends supporting us as we cooked egg & bacon rolls for breakfast and hundreds of steak & sausage sandwiches! A big thank-you to everyone who was involved in preparing and setting-up, working on the day and making delicious cakes, slices and sandwiches.

Esther Hyde (Branch International Officer), Wendy Carey (Group International Officer) and Margaret Swift reported on the **International Study School at Armidale** which they attended in February. Guest speakers, supported by PowerPoint Presentations, provided a wealth of information on this year's country of study, Morocco. Moroccan food was enjoyed at each meal and a cooking demonstration provided handy tips on preparing food from this country. A fashion parade of Moroccan garments was a highlight of the weekend. Esther then gave the meeting a brief outline of many aspects of the country.

The **Group International Day** will be held at Cudal on 9 April. Several members will attend and take a Moroccan savoury and sweet dish to share. Entertainment on the day will include a couple of belly-dancers.

Members will again provide morning and afternoon tea for the **Mural artists and signwriters in May**. Arrangements will be discussed at the April meeting.

2013

# Mother's Day Lunch

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For further information, call Simon on 0427 59 5226 after 6.00 pm  
or [heidiholland@bigpond.com](mailto:heidiholland@bigpond.com)

# Robert Ellis Receives Seniors Award

At the New South Wales Parliament house on Sunday 17<sup>th</sup> March 2013, the 30<sup>th</sup> Seniors Week Achievement Awards were given.

The awards embraced 7 categories:

- Business
- Supporting Working Seniors
- Community Service
- Lifelong Learning
- Environment, Science, Agriculture
- Health and Wellbeing
- Intergenerational Understanding

Of each of these categories there was a Highly Commended and a Winner. A former Eugowra resident, Mr. Robert Ellis was fortunate enough to be the winner of the Lifelong Learning category. This was in part because of his interest in Eugowra's history and his community involvement during the time he was a resident there. Since he retired to Molong six years ago, he has been involved with the Marsden rural History Group, where for three years he wrote a short district historical story each month in the Central Western Daily newspaper. He was also involved with The Molong Historical Society, The Cabonne Council Heritage Committee, the Molong Show Society, and The Molong Probus Club and was the instigator of the Molong Men's Shed. Robert is currently writing the sesquicentennial history book for the Molong Show Society which will occur next year, as well as ten short booklets on various aspects of Molong's history for the Molong Historical Society.

Since his retirement Robert has raised almost \$10,000 for charities such as the Molong Men's Shed, the McGrath Foundation, and riding for the Disabled

**Pictured below Warren Welsh, Glen Ellis, Robert Ellis and Barry Welsh**



Association, for the ladies of the Central West Group of the CWA and lastly the committee who is organising a Boer War Memorial to be built in Canberra. He has raised these funds by organising a giant pumpkin growing competition and the proceeds from books he has written.

His citation in the Senior Citizen Achievement Awards Program reads-

**Robert Ellis Winner**

With a string of royal Easter Show awards under his belt, Mr. Ellis is humble in his victories. He enjoys giving tips and tricks on growing gigantic pumpkins, for which he is famous, and sharing the seeds of his prize plants. He has published a book on the topic and donated a number of copies to the Country Women's Association or fundraising.

Preserving local and national history is also a passion and he has published books on the Boer War. His works are treasured by museums, libraries and local families. He is regarded in his community as an all round good bloke who always makes time to visit people, especially if they are unwell.

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If you have available space in your home or a caravan we could borrow  
 please call:

Michelle Cheney on (BH) 6859 2231  
 (AH) 6859 2819 or MOBILE 0414 815 479  
 to register or for more information.

# Out 'n' About interviews the new Mayor of Cabonne Council

A new team headed up by Mayor Ian Gosper have taken on the job of steering Cabonne Council into the new Council term. Ian says he is fortunate to have a unified group of both Councillors and Council staff with many new faces including Cabonne's new General Manager Andrew Hopkins.

With the removal of the Council ward system at the last local elections, many wondered how the new Councillor structure would work but Ian says he is very pleased with the way it has brought everyone together with Councillors now not feeling they have to defend "their own little patch" they are working for all the communities of the Cabonne Shire.

Being born and bred in Cabonne, Ian has a great love of the community spirit within the villages that make up the Shire. He is very keen to defend the existing Shire boundaries against any talk of amalgamation with larger regional centres, like Orange. As Ian points out Cabonne Council is unique with its multiple village structure. Each village requires its own very important infrastructure which must be maintained almost despite the cost if the villages are to remain attractive to residents. There is a feeling that councils based on a major town may not be sympathetic to this fact particularly if the infrastructure was viewed from a cost perspective for example Cabonne has the most number of swimming pools to maintain of any Council in NSW. Losing any of this type of infrastructure be it a showground, oval or community hall would be a great loss to any town and damage the community structure.

In response to a question about the State Government's current review of Local Government, Ian said "until we know the details of these reports we won't know what the State Government has in mind, we do have assurances from the Minister for Local Government, Don Page that there will be no forced amalgamations". He went on to say "If there are better ways of doing things we are always interested in listening".

"The Local Government Review Panel will release its next discussion paper in April and make its final recommendation to the Government in July or August and again it is wait and see what the State Government come up with".

"Cabonne has some 13,000 ratepayers, I think Weddin Shire has 5,000 we are a similar size to Cowra we cannot afford to lose ratepayers, if say Borenore/Nashdale came under Orange City Council this would be a big loss of ratepayers for Cabonne".

Whatever the outcome of the review Cabonne is

financially secure with previous Councillors and Council staff setting us up as a viable and sustainable organisation.

For the past 10 years Council has been part of the Wellington, Blayney, Cabonne, Central Tablelands Water Alliance (WBC Alliance). This alliance has saved the Council approximately \$5 million, sharing staff and machinery between the local areas. "The alliance shared a strategic planner to prepare all the councils' Local Environmental Plans, providing a substantial saving to Council," says Ian. The LEP provides the primary planning controls for the Cabonne local government area.

"With 2,200km of roads to maintain within the Cabonne Council area we are one of the largest diesel users, which we purchase through the CENTROC Group, another alliance of Central Western Councils formed to give Council's greater buying power" says Ian.

"When talking to locals, roads are a top priority" the Mayor said. Council has received an additional \$49,400 from Roads and Maritime Services (formerly the RTA) for heavy patching on Escort Way and an additional \$88,000 to widen 3km of shoulders on the this road south of Toogong to allow for an edge line. "Fortunately due to the excellent management of our recently retired General Manager Graeme Fleming, Council has one of the largest road building fleets with a large number of new machines", commented Ian.

Ian then provided information on a range of projects that are of interest to the Eugowra community. This included:

Council this week called tenders for investigations and designs for the proposed Puzzle Flat Creek flood levee. The State Government has provided the funding for this independent review of design works completed to date. This is the final certification required by the Government before the project can move to the construction phase.

Initial plans are to upgrade the existing structure along the creek, filling in a 900m gap between two sections of the existing levee and raising it to a height 600mm above the one-in 100 year flood level.

In the past few months, Council staff have been conducting stream clearing in the Mandagery Creek, between the sawmill and the oval. Along with clearing in Puzzle Flat Creek to connect with work previously done on clearing exotic vegetation. This work has to be done in stages to comply with legislation.

Council staff have also repaired a break in the Puzzle Flat Creek bank.

The excavator will return in the next few weeks to clear snags which could cause potential blockages in Mandagery Creek above the town.

There is a plan for Council staff to also carry out weed spraying in the Mandagery Creek area, depending on wind conditions.

Some additional stormwater projects are under review in Evelyn Street (\$160,000 budget) and Bowler Street (\$10,000).

When discussing flood control Ian commented "Council have seen that clearing the debris from the creek bed at Molong has helped reduce the flooding in the town and are keen to do similar work in Eugowra's Mandagery Creek but it is a fine line working with the State Government legislation covering this type of work"

Another priority for Eugowra residents is the shire's LEP.

"This is a living document which will continue to be reviewed and refined" Mayor Gosper says. "While Cabonne retains the 100ha minimum rural lot size in our LEP, I see Wellington Shire has gone back to 400ha minimum lot size."

Mayor Gosper was keen to discuss Eugowra's Mural Project, being very impressed with the work of the organising committee, (watch out Jodie I think he sees you as Councillor material). Tourism Officer Glenn Mickle has attended several of the committee meetings and has suggested the committee apply for funding from

Council's Events Assistance Program for the second murals weekend in May.

Another tourism initiative is the Gold Trail linking seventeen local Government areas with National Parks and Wildlife Service sites to promote the gold rush history and bring tourists to our region. With the recent upgrades at the Escort Rock site and following recent meetings with the NSW Tourist Attraction Signposting Assessment Committee and the Roads and Maritime Services we will hopefully see more road signage provided for the Escort Rock reserve.

Keep a lookout for the new Gold Trails website launched by Minister for Primary Industries Katrina Hodgkinson, our "Rock" features prominently.

The Mayor is enthusiastic about working with the newly elected Councillors, we also welcome support from the community "We are only ever a phone call away" he said. "We need people to give us their input, to give us the information to act on their behalf"

Eugowra News thanks the Mayor Ian Gosper for his time.





# Eugowra Newsagency & Supermarket

## Newsletter

Hi everyone and I hope you enjoy reading my first newsletter in quite a while! What can I say I got a little bit slack! I will start first with some obvious changes in our shop. We ended last year by saying goodbye to Kahlia and Branden. Danny and I enjoyed working with these two young adults and we miss their presence around our shop a lot. Kahlia is now working part time at the Alpine Store in Orange and studying at the International Beauty School in Orange and Branden is working at Moxey's before starting his studies next year. We wish them all the best and we now welcome Karleigh Ford and Jemma Howell to our team. Some of you might remember Jemma did a few weeks work for us a couple of years ago and is proving to be a very capable young lady. These two are very quick learners, so there haven't been too many hiccups with their training. We hope everyone will make them feel welcome.

With Easter coming up we have a small selection of Easter Eggs for sale. Don't forget we also have bags of ice for \$3.00, sun screen, zinc, hats and sunglasses, cold drinks and ice blocks. For those of you who over-indulge in the glorious sunshine (I love summer for those of you who do not know!) we have Aloe Vera Gel for \$7.95 and also Aloe Vera After Sun Spray for \$8.70. If you like wearing thongs we have a thong stand with some unusual looking pink and blue thongs (not my thing), but I have seen people wearing them. Then to make your toenails look stunning (in the thongs that you buy from our thong stand, off course!) we have a selection of very bright, alive cool looking colours of nail polish selling for \$2.70. Some of these have already sold, so come in and have a look before they all go!

We are still able to take part in the promotion with Dairy Farmers and we are still selling our full cream and light white milk cheaper at least for a little while longer. The prices are 2lt full cream milk \$2.99 and 3lt full cream milk \$4.99. Our light white 2lt milk is \$3.99 and these are all \$1.00 cheaper. We hope people will take advantage of this promotion while they still can. We have increased our supply of Paul's milk to include thickened cream, custard and more variety of the Oak flavoured milk. I have been told if you are a diabetic Oak flavoured milk is better for you. We are also looking at other dairy products supplied by Paul's, but fridge space is an issue still. Although we have had a refrigeration mechanic over to have a look at the big 6 door fridge and now we are waiting on some parts or something like that! Anyway maybe by next Christmas the fridge will be going or I might take it to with a sledge hammer... that option is always there!

So far our grocery deliveries coming from Sydney have proved to be successful. We have noticed prices decreasing on most items and we have access to a lot more freezer and fridge lines. So if anyone wants a particular item we will endeavour to get it in for you.

For those of you who have been waiting, our new shipment of herbs and spices came in today. I read the comment on the jar of dried mint and it says "mint helps digestion so remember after dinner mints are a digestive aid first and only - second a delicious extravagance".

Hopefully our new selection of bulbs will be here in the next couple of weeks, so don't forget to keep an eye out for them. I am still waiting for the new catalogue to come in from our garden supplier. It was supposed to be out a couple of months ago, so maybe it will be here soon! When it does come in we will have a revamp of our gardening section. (I can't wait to do that because that means spring is on the way which then means summer is almost here! Pity I have to get through winter first!!!)

I have had a few people asking me when am I going to write again and remind people to shop locally. Everyone has had a long enough break from my constant reminders to shop local, so I figured I could just slip it in now! Sure – there are a lot of things you can't buy in town, but there is a hell of a lot that you can get in the local shops. Maybe items might be a bit dearer, but chances are they are probably not much dearer (sometimes even cheaper) and when you factor in the drive, the wear and tear on your vehicle and the hours spent shopping it may be worth comparing the different costs involved.

Now I seem to be repeating myself but please check the prices especially with things like stationary and gardening equipment before shopping out of town. We have had instances recently where people have said they were looking for particular items and couldn't find them in Woollies or IGA or Coles, but found them here. So as I have said before check your local shops before leaving town. It might just save you time and money!! We always welcome enquiries for any of our stock, so by all means come in and ask about our prices.

I have a few more things to discuss here that are not to do with the shop, but I thought this is as good a place to write about them. As a lot of you know I do the roster for

Meals on Wheels. I have had a few drivers leave the roster due to various reasons so if there is anyone out there interested in becoming a driver could you please let Sue Herridge (at the RTC) know. The next roster won't be done until August, but I can always find a spot for you. Usually you only need to do one day a month and it takes about half an hour to deliver the meals, depending on how many people are getting meals that day.

The reason I am asking you to let Sue Herridge know is because I will be out of action for at least 6 weeks. Apparently there are a few different stories going around about me, but the simple truth is I do have a few health issues and by the time this comes out I will hopefully be on the road to recovery and to whatever else awaits me after my surgery. One of the reasons I decided to write about this is to let people know that this is the reason Dr Wymer's surgery is open Mondays and Thursdays only in Eugowra for a while. The surgery at Manildra is still open Tuesday and Friday mornings as per usual. So please everyone keep an eye on your scripts – it will make life much easier for everyone if you do! Try not to run out of scripts or medications as it is a bit harder at the moment to get an appointment, especially with Easter just around the corner and with all the public holidays in April there are a couple of weeks that the surgery will only be open for one day.

I would like to thank everyone here for their offers of help and support to Danny and myself – it is very much

appreciated. I would also like to thank everyone for their best wishes and gifts following the birth of David and Amanda's little girl Macey and also following the death of Amanda's beloved father, Terry, to those who offered condolences. David, Amanda and Macey asked me to say "thank you" on their behalf.

Don't forget ANZAC DAY Thursday 25<sup>th</sup> April everyone is to gather at the corner of Broad and North St at 10.45am and the ceremony at the Memorial Park is to commence at 11am. I hope to see you all there. Eugowra always has a very large gathering for the ANZAC March. It just goes to show the respect Eugowra has for their war veterans. Jemma Howell is the guest speaker for this year's ceremony.

Anyway I think I have written enough for this time – so until next month enjoy your Easter break (may the Easter Bunny be good to you) and I will get back to work!

(Hello Normie down the south coast, I finally made the newsletter deadline!!!)

Until next time

Diane

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# Eugowra Public School

Hill Street, EUGOWRA NSW 2806

Phone: (02) 6859 2233

## News

### Participation Leads To Success

As the end of Term One draws to an end we are able to reflect on another fulfilling term of learning, sporting and extra-curricular activities at Eugowra Public School.

#### DISTRICT SWIMMING

Firstly we would like to congratulate our schools relay team on their success in getting to the Regional Swimming Carnival in Dubbo. The team, consisting of Savannah and Montana Bevan and Hayden and Jake McCarthy performed well in a strong line-up of schools from throughout the region. Montana also represented the Forbes Small Schools Junior Girls Relay team.



#### SCHOOL LEADERS INDUCTION CEREMONY

On the 1<sup>st</sup> of March we held our Captains and School Leaders induction ceremony. Jodi, Savannah and Jack made the School Leaders Pledge in front of an audience of parents and family members, fellow students, teachers and staff.

#### SCHOOL ACTIVITIES



Since the beginning of this year each morning at 11am students have been participating in morning fitness consisting of a variety of fitness activities to stimulate the students mind and body. Children have enjoyed parachute games, Zumba, relays and fine motor activities.

Healthy Harold and the Life Education Van visited us during February with the children from all stages enjoying lessons relevant to the Health Education Syllabus delivered in a fun and interactive way. The students really enjoyed the sessions.

Students enthusiastically participated in this year's Clean up Australia Day activities busying themselves around the school grounds and its perimeter collecting any stray litter and unwanted items.



Ride 2 School Day is designed to encourage riding or walking to school to promote healthy lifestyle choices. The majority of students at Eugowra PS participated in this event and decorated their bikes, scooters and helmets as part of the celebrations.

#### SENIORS DAY

On Monday 18<sup>th</sup> March our students sang at the Bowling Club for Senior Citizens Day. The students did a wonderful job and represented the school to a high standard. The performance included items from the primary class, the infants' class and the school choir. It is great to be involved with these community events.

#### EASTER

The students were invited to participate in an Easter Scripture Service at the Anglican Church on Friday 22<sup>nd</sup> March conducted by Reverend Michael Pailthorpe. The parishioners very kindly provided morning tea and Easter gifts for the children.





# 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.

Term 1 has been busy and fun filled as always. We have enjoyed celebrating Catholic Schools Week commencing with our Induction Mass on the 9th March with family, friends and the Parish.

## CELEBRATING CATHOLIC SCHOOLS WEEK INDUCTION MASS

We all had a lovely evening with our Opening School Mass and the start of the celebrations of our little Catholic School. Congratulations to our School Captains: Katie Townsend and Ryan Huckel, SRC leaders; Michael Martin, Max Gates, Baylie Tulloch, Olivia Holland and Kirbie Mongan who were blessed and received their badges for the year. The students, staff and parents/grandparents then pledged to do their best for the students and school for the year.

The Kindergarten children and their families all received a badge and a tree to welcome them to the school. The tree represents their growth during their school years and their faith in Christ.

Thank you to all the families who attended and stayed for a BBQ afterwards. The food was plentiful and delicious and everyone had a good time getting to know each other.

*Fr Joe and School Leaders reading the peace prayer of St Francis.*



## OPEN CLASSROOMS

Thank you to our parents/aunties /grandparents who came to visit our classrooms during Catholic Schools Week. It was lovely to see a good roll up and the children very much enjoyed showing off their book work and classrooms. The Primary children had spent last week learning about movies on the pads and showed the adults the results of their movie making. The children then sang a few songs and some were presented with awards for the weeks work.



*Hayley Valentine showing her Aunt Cheryl and cousin Adam some of her work*

## JOEYS PARENTS AND FRIENDS.

At our AGM recently a new executive were elected. Congratulations to Rachael Martin (President), Rose Philipzen (Secretary) and Nicole Brindle (Treasurer). The committee are busy planning the years events for fundraising. The P & F are an integral part of the Joeys community assisting the children each year with resources such as the iPads, excursions and lots more.

These past weeks we have been busy attending the Senior Citizens Week entertainment at the Bowling Club, a visit to our friends at St Joseph's Molong and Manildra to celebrate St Josephs day and we are preparing for Easter celebrations at school and with the church. Thank you to the parents and community for their support at our Holy Thursday Street Stall.

Term 1 finishes up with an SRC Disco on the Thursday evening and on Friday 12th a visit from the team at the MPS who will talk to us about our bones - how to keep them strong and healthy.

We look forward to the last few weeks of Term 1 and a couple of weeks holiday. Until then.....  
God Bless,  
St Joseph's Students and Staff.

## Grain Poisoning

By Belinda Edmonstone, Lachlan LHPA District Vet

Over the last few weeks I have had an increased number of phone calls regarding grain poisoning, particularly in sheep. The need to feed increased amounts of grain has come about as paddock feed deteriorates and requirements of stock increase with lambing approaching and the need to finish last year lambs.

To prevent grain poisoning in stock here a few points to consider:

- The highest risk grain is wheat with the least being oats. Barley and triticale are in between.
- Introduce grain slowly over two weeks to full feeding, ideally by trail feeding in the paddock before offering self feeders. If you are using self feeders turn them down to the lowest setting. This can still be dangerous as some lambs can still gorge themselves. It may be necessary to also close off the feeder completely each day for half a day during the introduction period.
- Provide ample hay so stock have enough roughage.
- Add 1.5% limestone and 1.5 % salt to prevent calcium deficiency and urinary stones.
- Eskalin, an S4 product available through vets, is an additive used to help prevent grain poisoning.
- Lasalocid, bentonite and bicarbonate can also be added to the grain to reduce grain poisoning however this is not an alternative to slow introduction.
- Check the sheep regularly for signs of grain poisoning. These signs include depressed sheep, lack of appetite, scouring, lameness and death.
- Once the sheep are onto full grain feeding and then have a period without grain you need to reintroduce them slowly again.
- Wet weather may result in reduced appetite of sheep for a day or two or inability to get out to the paddock to feed. This needs to be considered when putting out the next feed.

Hopefully with the recent rain feed will begin to grow in paddocks, however producers need to ensure they do not stop feeding lambing ewes too early as it will take a number of weeks and follow up rain before the feed will have any substance to it.

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## PRESIDENTS REPORT 2012

2012 was again a very busy year for the Show Society and the Showground with many events being held throughout the year.

A successful Dog show in March started the year off followed by the Sesquicentenary celebrations in June which was a tribute to the organizers & the spirit of the Eugowra people who braved the weather to support the events.

A great Show and very successful Canola Cup made for a busy end to the events for the year.

The Pavilion kitchen refurbishment was a huge strain on the committee and community volunteers who helped us with both labor and materials. With limited resources & funds at the time, to get the kitchen to a usable state for the show was a massive effort by all. A successful grant application will now mean we can finish it properly which I am sure will increase the use of the pavilion.

Pulling down the old cattle shed and working with Harness Racing Club to see their new building go up and in time for the Canola Cup was another great achievement and an asset for the showground.

The continued redevelopment of the old Tennis area is also a very positive step in improving facilities for both the Pony Club and the Yard Dogs with more work to be done this year.

We have run many successful events & functions in recent years but our 2013 showgirl Final would have to be our finest work, thanks largely to Cindy, her band of helpers, the great venue & the volunteers who helped with the marquee.

Hosting 22 Showgirls and catering for a crowd of over 340 people without a complaint I consider to be a major achievement to be proud of and did great job of showcasing Eugowra.

The icing on the cake was to see our local showgirl Lydia selected as one of the three finalists to go on to Sydney.

A big thank you to Vice-Presidents Dave, Tony & Peter for their help & support in the difficult week's before the show. Thank you also to Maria & Sandy for their support and keeping us on track.

In closing I would like to thank the whole committee & the community volunteers who have helped this year and look forward to working together again as we celebrate the milestone of our 100<sup>th</sup> show.

Kevin Townsend



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## **Take up the 3x3 Challenge for healthy bones in April**

### **Healthy bones prevent injuries**

This information applies to young and old. The sooner you start strengthening and building up your bones you hold off the disastrous effects of Osteoporosis. We encourage people of all ages to see how well they are looking after their bones.

**Parents -** Bone building is at its peak during childhood and adolescence, and bone density is at its maximum by the twenties. This is the best time to build your children's bones and save them from osteoporosis in the future.

**Teens -** especially girls whose diets don't provide the nutrients to build bones to their maximum potential are at greater risk of developing the bone disease osteoporosis, which increases the risk of fractures from weakened bones.

**Young people -** Bone calcium begins to decrease in young adulthood and is progressively lost as we age, particularly in women. However if we continue to look after our bones we can help to maintain our bone strength.

**30+ people –** your reserves are being used and you need to make sure you do all that you can to prevent further decline in your bone strength.

Healthy bones are strong and flexible. If we fall our bones will absorb some of the force. Bones that become brittle due to loss of bone density break easily during falls and take longer to heal.

As babies our bones are cartilage – soft and bendy. This is how some children can have terrible accidents and amazingly not break a bone. As we grow we lay down calcium in the cartilage and this turns the soft cartilage into bone.

### **What makes healthy bones**

#### **Calcium**

More than half of all Australian adults do not meet their recommended daily intake for calcium

Calcium is the major building block for bones. It's deposited as a crystal onto our bones and gives them their hard strength. Bone also acts as a storage bank for calcium so when we don't get enough calcium in our diets, the body will snatch the calcium it needs from our bones to use for other important functions. If it is not replaced our bones will become porous and lose their strength.

That's why it's so important to have a daily supply of calcium, throughout our lives.

Aim to have 3-4 serves of calcium rich foods daily

One serve of a calcium food is equal to:

250ml Milk (1 cup)

40g (2 slices) hard cheese

200g Yoghurt

100g Sardines

100g tinned salmon with bones

### **Weight bearing exercise builds bones**

Exercise is essential for everybody. When we exercise, our muscles pull on our bones, which in turn build bone. Hence exercise builds stronger, denser bones.

As a rule of thumb, 30 minutes of bone building exercise 4-6 times a week can help maintain better bone density. Bones strengthen better to particular types of exercise, including:

- Weight-bearing exercises e.g. brisk walking, hiking, stair climbing, tennis, netball, jogging and aerobic dance.
- Resistance training eg exercises can be machine-based ( e.g. leg press, seated rowing) or done using free weights i.e. dumbbells or ankle weights.
- High impact exercise. e.g. skipping, jogging, jumping, netball and basketball
- Balance training. e.g. standing on one leg with eyes closed, sitting on an exercise ball, tai-chi and yoga.
- If you have arthritis or a condition that reacts badly to high intensity/ weight bearing exercise – do the exercise that you can manage.

### **Enjoy a little Sunshine**

Vitamin D is like a key that unlocks the door and lets calcium into the body. Vitamin D forms in the skin when it is exposed to UVB radiation that is present in sunlight. While there are some foods that contain Vitamin D, it is difficult to get the required amount from diet alone.

Vitamin D is essential to bone health. It increases the amount of calcium that's absorbed from the gut, adjusts the amount of calcium that's in the blood and strengthens the skeleton. Most of us get our vitamin D from sunlight exposure. Rickets is a disease of Vitamin D deficiency

In Australia we need to balance the risk of skin cancer from too much sun exposure with maintaining adequate Vitamin D levels.

So how much sunshine do you need, to get enough vitamin D?

In summer - for moderately fair-skinned people, a walk with arms exposed for 5–10 minutes mid-morning or mid-afternoon in summer is beneficial for Vitamin D production.

In winter – the same moderately fair skinned person needs to be exposed for longer so the recommendation is 7–30 minutes at noon. You need to expose as much bare skin as feasible, to maintain adequate vitamin D levels in the body. Avoid peak UV periods due to the cancerous effects of sunlight at that time.

To help measure if you are getting enough of these important things to make your bones strong we want you to take the 3x3 Challenge for three weeks in April. Mark off on the calendar provided when you meet the daily requirements.

More calendars are available at the MPS.

If you want any more information about healthy bones or ideas to prevent falls there will be a display of information at the MPS or contact Nicole or Ann for more information.



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### **Nitrogen problems for the 2013 winter cropping**

There has been some interest around the district in applying 'Up front' nitrogen for this season's crop. Although this is usually a good idea, this season has thrown up some other issues unlike the last two years because soil moisture is critical in getting the process started and most topsoil's around the district are dry from 0-20cm.

Also Nitrogen in the districts farming systems are quite different this season where some soils are quite depleted in available N and others have good residual N still available in the soil. Generally this is due to some paddocks coming out of 'pasture phases' but some residual N is from last seasons crops not utilizing applied nitrogen from last year.

If you are considering up front nitrogen for this season here are some big questions most ask prior to making this decision.

**Q: How long before planting can pre-plant nitrogen be applied?**

A: There is no hard rule but as close to the optimum planting time is advisable to avoid any issues of leeching that could occur on the lighter textured soils in this district if a heavy rainfall event was to occur. It is still a good idea on heavier soil types to still stick to this rule of thumb. Approximately 2-3 weeks prior is a good bench mark.

**Q: How much nitrogen can be applied at planting that will come in contact with the seed?**

A: The issue with nitrogen at planting is that the solubility and mobility of all nitrogen products will effect the establishment and growth of the crop via ammonia toxicity. Factors that can affect this are

- Soil moisture
- Soil pH
- Poorly buffered soils

Larger seeds can tolerate higher rates such as oats but smaller seeds such as wheat, barley and canola's are not as tolerant of the nitrogen products that are planted close to the seed.

**Figure 1: Suggested maximum Nitrogen rates in contact with seed of Wheat and Barley at 18-20cm row spacing's under good soil moisture content in NSW**

Clay 33kg/ha N	Loam 25kg/ha N	Sand 10kg/ha N
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Source: 'Fertilizer choice guide' Third edition December 1998, Incitec Pivot

Rates will vary from soil types but as a rough guide in this district for cereal grains, the rate of nitrogen on the lighter textured soils should not exceed 20 kg/ha of nitrogen when planting with the seed but can be adjusted if factors are at optimum levels such as good soil moisture at planting, pH and other soil properties are at optimum levels.

In the instance of canola it is typical of nitrogen rates that are in direct contact with the seed at 18-20cm spacing's should be around 10kg/ha of N.

If there are any questions regarding up front fertilizer applications please feel free to come in and discuss these options prior to sowing this year.

## **Anzac Day In Eugowra**

Please gather at the Rural Transaction Centre at 10.45am on Thursday 25th April. The march concludes at the Memorial Park and the Anzac Ceremony commences at 11am.

The guest speaker for this year is Jemma Howell.





# Ray White

## Eugowra

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