

Eugowra NEWS

August 2014

A Lions Club project for the community we serve

VOL.18

New President for Lions Club

At the recent Lions changeover dinner Neil Whalan was installed as the incoming president of the Club. Peter Heath is the new secretary and Bob Roach, after many years as treasurer, handed the role over to Bruce Gregory. Members and their guests enjoyed the changeover dinner and were pleased to make some significant donations to various community organisations, including both Eugowra Schools and the ECCC.

Pictured below, immediate past president Peter Heath welcomes Neil Whalan to the role and Bob Roach presents a cheque for the ECCC to Maxine Vincent.



from the editor

As I am putting together this months news I have been reflecting that the Eugowra News is in pretty good shape these days and it isn't too big a task to put it together as the community contributions are much more regular then they have been in the past and we now have a very good system in place. I haven't heard from anyone who is interested in taking over the editors role to this point and I would really like to encourage anyone who is interested in the community and in communications to think about it. Ideally if a couple of people take it on it is not so much work for one person and it is a bit more fun. I can only continue until the end of November and would really like to spend a bit of time handing things over so the progress we have made with the news doesn't need to be redone. If no one comes forward I think Eugowra may be in danger of losing the news.

On the theme of change the Lions Club held a successful changeover dinner and welcomed some new committee members. Neil Whalan has taken on the presidents job and Bruce Gregory has taken over from Bob Roach as treasurer. Peter Heath will continue on the committee as secretary. After coming very close to closing the club has regained some momentum and is involved in quite a few activities. I hope the new committee enjoy their time.

Congratulations to the Bowling Club on their successful year and new committee, it is interesting to read Tim's Annual report on page eight and realise the massive amount of work that has been done at the club over the past twelve months.

Once again congratulations to Jodie on organising the very successful Twisted Debutantes Ball. I hear a good time was had by all.

Enjoy the News,

Anne



Deadline	Publication
22nd August	29th August
26th September	3rd September
24th October	31st October
21st November	28th November

The Eugowra News Committee

Anne Heath, Chairperson and Editor

Anne Burns

Cassie Gates

Peter Heath

Bob Roach

Jodie Greenhalgh

Contributors this month

Jenny Anderson

Claire Bray

Elaine Cheney

Eugowra Public School, Kylie Reeves

St. Josephs School, Sarah de Lange

Barbara Roach

Judy Smith

Jessica Stanley

Next Issue Deadline:

Friday 22nd August 2014

**The News will be available on
29th of August**

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the community.

**Please note: Views expressed by
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August 2014

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				1 Drs Manildra 9am-1pm	2	3
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11 Drs Open 9am-5pm	12 Drs Manildra 9am-1pm	13 Drs closed	14 Drs Open 9am-4pm	15 Drs Manildra 9am-1pm	16	17
18 Drs Open 9am-5pm	19 Drs Manildra 9am-1pm	20 Drs Open 9am-11am	21 Drs Open 9am-4pm	22 Drs Manildra 9am-1pm News Deadline	23	24
25 Drs Open 9am-5pm	26 Drs Manildra 9am-1pm	27 Drs closed	28 Drs Open 9am-4pm Fold up News	29 Drs Manildra 9am-1pm	30	31



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In recent weeks, due the cold wind there has not been much gardening done in our patch but I think during the coldest months of winter it is a good time for thinking about how you would like your garden to look and planning if or what you may wish to change and the plants you may like grow.

It can be a very good idea and often really beneficial to plan your garden from inside your home and by this I mean "take the view from your window".

Of course, we spend very much time inside our homes therefore it makes sense to make the view looking out as pleasing as possible.

So, when you stand at your kitchen sink or sit in your favourite chair, look out to see if your view pleases you. If not, while you are hibernating in doors on cold days it is an appropriate time to plan how and what you may like to change to enhance your view.

The cold months are good times to wander through nurseries to search for plants which have fragrant and/or luxurious attributes that will help to make our gardens places of pleasure.

Winter blooming Grevilleas are now displaying their splendour and attracting birds with nectar filled blooms. If you have space for another Grevillea or two in your garden, now is the time to source them, while you can see exactly the colour of their blooms and foliage at what some may say is the bleakest time of the year.

Winter time jobs

Rake up leaves, fill up compost bins and plastic bags which have a couple of holes in the bottom, to break down into some lovely compost.

Feed annuals and vegetables seedlings with slow release fertiliser to keep them looking good.

Spray roses and fruit trees with copper sulphate to prevent fungal fruit rot and leaf diseases.

While taking a stroll in the garden amongst the trees look diligently into them to identify any rubbing. It is advisable to rectify this by removing the rubbing branch without delay to prevent the problem becoming a real dilemma. (these areas make easy access for disease and pests to enter the tree)

If you haven't pruned your roses then August is the time to get on with this job.

Many of us, very often seem to be short on time or concerned about using too much water on the garden etc, therefore we are always on the look out for no-fuss, hardy but attractive and versatile plants.

Rosmarinus officinalis otherwise simply known as Rosemary is one such plant.

Rosemary originates from the Mediterranean regions and has spread (one could say) around the globe.

It can be grown to look quite beautiful, it is also aromatic, edible and versatile.

Rosemary grew on the rocky shores of Gallipoli and we all know of its connection with remembrance, friendship and loyalty and how it evolved as a symbol of Anzac Day..

It is said to have many other qualities, for example, Rosemary oil rubbed on foreheads will stimulate memory. (I haven't tried it yet)

Used to make hair conditioner and we have all heard of its extensive use in cooking in a whole variety of dishes as an ingredient and also an accompaniment.

It is quite often thought of first, as being a kitchen herb but it will be found on most lists of landscaping plants because of its hardiness, both water wise and frost tolerant. With its dense growing habit, which is always enhanced by regular pruning, it makes for wonderful use as a well groomed single specimen plant or a low hedge, often being used as a border around vegetable plots, where its aromatic qualities can be used to advantage by helping to repel unwanted pests.

It will tolerate being trained into many topiary forms, make a handsome pot plant and is great for poolside plantings.

The prostrate form is ideal for spilling over retaining walls and growing in rockeries.

In general, it starts to bloom about mid/late winter, with its spikes of tiny flowers in colours of white to mauve tones to a variety of blues and also pink, held slightly above the foliage. It has a fairly long flowering period and in fact it is not uncommon to find a smattering of flowers on the plant at various times of the year.

There are two main forms of Rosemary. One is shrub like, the other being a prostrate ground cover or creeping form.

My favourite varieties are "Blue Spires" and "Tuscan Blue".

Once established, Rosemary will tolerate almost total neglect and still manage to perform in a reasonable manner, but it will not cope with prolonged wet feet.

It loves sunny spots. It will become leggy and flower very sparsely if grown in too much shade.

It is rarely fussy about soil types and thrives in sandy, rocky and alkaline soil.

It will, of course give the grower reward if given water in dry times, an occasional application of slow release fertiliser and its growing site topped with some good aged compost now and again.

A part from all the qualities of Rosemary which I have already mentioned, there is yet another and that is, our native blue banded bee loves Rosemary's sweet nectar and we need to encourage and support the humble but important little bee.

Until next time, I hope you find happiness in your patch.

"Happy gardening" Jenny

Eugowra Bowls & Recreation Club AGM 20th July 2014

Welcome and thank you to everyone for attending.

I would firstly like to thank the current committee for their help and support during the past twelve months.

During the past year the club has faced a number of challenges, which I am proud to say the committee, staff and members have confronted head on.

These include:

Changes to the liquor licensing laws has meant the introduction of risk based licensing, dependent on a venues trading hours, have come into effect. We have gone from a *free* 24 hr license to paying \$500 plus a risk based fee of \$2500 to trade until 01:30am. To trade past 1:30am would have cost the club \$5000 which is an expense we could not justify. Compliance with OLRG regulations has meant that all staff serving liquor must hold a competency photo id card. Clubs NSW have introduced compulsory director training for club directors. This is mandatory training across all licensed clubs. We were lucky enough to qualify for hardship assistance to cover the substantial training costs and so far four directors have recently undertaken the training course held in Dubbo, learning about the management of a club. The government increase in the tax on alcohol and tobacco has meant that our prices had to be put up to cover costs. NSW Health and the Food Regulation Partnership recently audited the clubs kitchen. A number of changes have been made to the kitchen to bring it up to standard.

Some of the outstanding achievements over the past twelve months have included:

The major works in the kitchen. The old stove was dangerous, and most of it did not work. Thank you to all of the hard working volunteers who helped to remove the old stove and install the new commercial stove, as well as take out the old island bench and install the new stainless steel sink and benches. There is still a lot of work to be done to bring the kitchen into the 21st century, but it is a great start.

A huge thank you to Karen Clarke for the successful application she submitted to the Dept. of Sports & Recreation who approved a grant for over \$19000 to the club to improve access into the club house. The renovations to the outside area are a major construction job, and as you can see are still to be started. Hopefully we can soon work on disabled toilet facilities after that and, who knows, maybe fix the leaking roof and gutters. And wouldn't decent air conditioning be great?

The club was pleased to welcome Donna Turner as a new staff member. This means we now have four paid staff from Eugowra employed by the club. Thanks to Geoff, Carol, Janice and Donna for their hard work. We are currently advertising for an experienced qualified casual bar attendant to help cover sick leave, annual leave, and work at functions, and during busy periods. The Christmas raffle last year was an extraordinary event. The support from local businesses in either donating or selling prizes at cost price was overwhelming. Between the Christmas and Easter raffles

and a lot of very successful Friday market nights we managed to accumulate over \$12000 in the market night bank account. This enabled us to buy the new stove which cost over \$4000, as well as cover the costs of a lot of the new stainless steel benches and shelving for the kitchen, which will benefit all club users.

The club has also installed 4 security cameras for the protection of both the members and the clubs assets. Our surveillance system will take a further four cameras, with one to cover the back door, and additional cameras over the bar area to be installed soon. During the year the club hosted a very successful twilight volleyball comp. Over 50 players were utilizing the bottom green on Mondays and we will re-start the comp in October. Twilight bowls was also successful in summer. An application was made to win a new kitchen from the Royal Easter Show. Unfortunately we were not successful, however a huge thanks goes to Frances Anderson for all her help completing the application. A special thank you also goes out to Elaine Cheney for her help selling the market night tickets every Friday night. A thank you to Jodie Greenhalgh for her design work for the ads, posters and flyers which she does free of charge. I would also like to acknowledge and thank David Glasson and Alan Anderson for the tireless work in maintaining the greens to such a high standard. A number of very successful events were held during the year. The Ag'n'Vet night, a number of fun work & club Christmas parties, two very large engagement parties, the introduction of Ballroom dancing as well as events such as the Country Muster, 'Pink &Bling' cancer fundraising, the Lions Change over, Farmers Federations meetings, Bingo, Trivia night, numerous funeral Wakes and the Seniors week celebrations; just to name a few. This has kept the committee and staff very busy. The number of members has increased to 317. A credit to a community of approximately 500 people. I would encourage you all here today if you have family or friends in town who are not already members or whose memberships may have lapsed to get them to join.

Our small club has been an asset to this township since the 1930s and following WW2 the Eugowra Bowling Club became a popular gathering spot for those who took their bowls seriously. The number of committed bowlers has dwindled over the years, with no ladies affiliated club now, but the greens at Eugowra are a credit to the volunteer green keepers and the bowlers can take pride in their little home patch.

On a concluding note I would like to share some sobering statistics with you. Since 1995 more than 350 clubs across New South Wales have merged or closed down. 174 of those (half) have been from regional and rural areas of the state and this number continues to grow at an alarming rate. Many small Clubs are struggling to maintain member numbers or unable to recruit a committee. This great little club is the only one we have and that we must all continue to work together to diversify and to grow our club and ensure that what has become a sad reality for so many small towns does not happen here in Eugowra.


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Eugowra Bowls and Recreation Club News

Our new committee has been formed as of last weekend, it was great to see old and new faces at the AGM, we can never have enough support for our local club. Our new committee is as follows

President - Tim Cheney

Vice Presidents - Claire Bray and George Pile

Treasurer - Karen Clarke

Secretary - Geoff Flannery

Assistant Secretary - Kylie Godden

Committee Members

Catherine Adam, John Dukes, John Godden, Tim Adams, Diane Smith, Colin Smalley, Tim Yell, Bernie Davey and Tom De Lange.

Sub-Committees:

Bowlers Sub-Committee: Geoff Flannery, Tim Yell, Colin Smalley

Property & Maintenance Sub-Committee: Tim Cheney, Bernie Davey, John Godden, Tim Adams, Karen Clarke.

Poker Machine Sub-Committee: Tim Cheney, John Godden, Geoff Flannery, Bernie Davey.

Bar Sub-Committee: Tim Cheney, Geoff Flannery, John Dukes, Tom de Lange.

Promotions & Entertainment Sub-Committee: Tim Cheney, Claire Bray (PR), Catherine Adams, Tom de Lange, Diane Smith, Kylie Godden, Karen Clarke.

Bowls News

Eric Morthorpe Memorial Day

We had 30 bowlers from around the area which was great to see. Our winners for the day were Bob Hamilton Team from Orange City 2 Wins + 27 and Runners Up were Greg Weekes Team with 2 Wins +26.

The club championship is on the board so be prepared to play starting on the 2nd of August next month.



August Recipe



Pork Empanadas



Empanada Dough

2 1/4 cups plain flour
1 tsp. salt
1/2 cup very cold butter (cubed very small)
1 large egg
1/3 cup iced water
1 tbsp. vinegar

Place flour, butter and salt in food processor. Pulse until resembles bread crumbs. Add egg, water and vinegar. Pulse until almost together and then turn out onto a bench and knead to finish it off. Do not over work it!

Rest for 1 hour, wrapped in plastic in the fridge.

Pork Mix

250g pork mince
1 chorizo sausage, diced
1 tsp. smoked paprika
1 large onion, diced
2 tbsp. garlic, finely chopped
2 tomatoes, seeded and chopped
1 tsp. tomato paste
1 large handful parsley chopped
2 tsp. oregano, chopped
2 red capsicums
dash of sherry vinegar

Preheat oven to 200, In a roasting dish place capsicums, drizzle with olive oil and salt and pepper. Cook until skin is dark. Wrap up in plastic for roughly 10 mins then peel and discard skin and seeds. Chop up roughly. Keep oven on!

Gently sauté onions until translucent, add garlic. Cook for a further 5 minutes. Add pork mince and chorizo and cook for around 10 mins, then add paprika, tomatoes, tomato paste, and roasted capsicums. Cook for around 5 minutes and add sherry vinegar, salt and pepper and also the fresh herbs. Taste the mixture and see if you think it needs any thing extra.

Place in fridge to cool down, ready for filling pastry.

With pastry, divide into 4 pieces so its easier to work with, roll out to a thin piece. Using a cookie cutter, cut out desired size. Roughly the size of the top of a coffee cup.

Place a small spoonful in each circle, and brush one side with a small amount of water, and fold the circle in half.

Once you have rolled and filled them all place in the already hot oven, on a greased tray for around 15 minutes, or until golden.

Enjoy dipped in aioli or a fresh herb sauce!

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Eugowra Evening View Club

voice, interests and education of women

Eugowra Evening VIEW club celebrated their 6th birthday with a celebration luncheon at the Eugowra Community Bowls and Recreation Club on Sunday last.

President Therese Welsh welcomed visitors from Parkes and Blayney VIEW Clubs who joined with the local VIEW ladies for the luncheon celebration.

Prior to the meal Therese conducted a Dutch auction with the money raised going towards the VIEW club funds which in turn is sent to the Smith Family to help disadvantaged children.

Following the delicious lunch, everyone present became involved in a special game of exchanging gifts which was very entertaining and everyone ended up with a gift.

Foundation member Helen Perry was given the honour of cutting the celebration cake which was a delicious carrot cake decorated with the VIEW Club colours.

It was a very happy occasion enjoyed by all those present.

Enjoying the VIEW club birthday luncheon were (L-R) Irene Sharp, Jeanette Norris, Elaine Cheney, Judy Smith, Helen Perry and Margaret Sharp



Shelley Norrie, Chris Hay, Therese Welsh, Lyn Ellis and Kay Jones enjoyed the birthday luncheon



Vicky Archer, Diane Agustin and Margaret Brien having a chat at the birthday luncheon





COUNTRY WOMEN'S ASSOCIATION OF NSW

EUGOWRA BRANCH

There was a good attendance at our July 11th meeting in the CWA rooms.

There was plenty of business on the agenda which needed to be discussed and President Margaret got proceedings underway after members recited the CWA pledge.

Margaret thanked members who helped out with "Meals on Wheels" recently.

Cookery Day at Cudal on 27th September 9.30am for 10am for members who are interested cookery judging.

Membership Fees for 2014/15 are due in September. Cost \$45.

Group Council meeting will be held at Orange on 4th August.

WRAGS (Rural Women's Access Group) will be on 19th August at Orange.

Trivia Night 16th August at the Bowling Club. Proceeds to the RTC.

CWA will book a couple of tables. If you would like to join the ladies and their friends, give Margaret or Frances a phone call.

All assistance to support our RTC will be appreciated.

Wendy Carey, Frances Anderson and Dorothy Jones travelled to attend Cumnock branch's International Day on Tuesday 22nd July.

They had a very pleasant day being treated to a feast of delicious Botswana style food and plenty of happy fellowship.

Frances and Dorothy were lucky on the day, with Frances winning the lucky door prize and Dorothy having the winning ticket for the raffle.

On Wednesday 23rd July, Dorothy Jones, Noela Lane, Jenny Anderson and Yvonne Smalley enjoyed the hospitality of Millthorpe branch, where they gathered with other CWA members from Woodstock, Carcoar, Lyndhurst and Orange to participate in a "Finishing" workshop to learn the techniques as required and expected when entering handicrafts in competitions.

Mrs Joyce Pascoe AM was the very talented and competent instructor.

The CWA International Day will be celebrated on Thursday 7th August in St Joseph's Hall. 10.30 – 11am start.

The winners of school international competitions will be announced on the day.

Elizabeth Akhiwu originally from Botswana, now residing in Grenfell will be our Guest speaker.

Cost \$10 Luncheon – a variety of hot foods from Botswana

REMINDER about the Garden party at "Clonelly" Murga, on 20th September from 10.30am.

Organisation is on track for a lovely day to be had by all who attend.

Our Guest of honour, Father Chris Riley AM will have his books for sale which he will be happy to sign for people who make a purchase.

There will be musical entertainment, stalls, raffles, a fashion parade by Somerset Lane and various other attractions.

Tickets are \$20 which includes morning tea and lunch.

RSVP by 13th September to Lorraine (68595261) Wendy (68595221) Jenny (68592605) for catering purposes will be most appreciated.

Some news from CWA communications

1. A new mobile app launched by beyondblue will make it easier for young people to have important conversations with friends who they are concerned may be experiencing depression or anxiety.

The free Check-in App, which can be downloaded from the App Store on iTunes or the Google Play store, lets young people choose options to construct a unique, step by step plan for approaching a friend whom they are worried about.

2. AMP's Tomorrow Fund wants to help individuals who are doing great things, They are looking for Tomorrow Makers: talented, determined people of all ages and walks of life who have a dream and are on their way to realising it. Inspiring Australians from all fields of endeavour – from art to athletics, IT to environmental care, youth work to music, social enterprise and more – can apply for a grant. Applicants need to say what they want to achieve, how they plan to do it and their progress so far.

For more information about these two and many other articles of interest go to CWA Communications (communications@cwafnsw.org.au)

The next meeting will be on 8th August at 9.15am. After a short meeting, members will car pool and travel to Cowra to visit various places of interest and have luncheon at the Rose Garden Café.

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To the Editor

I can't believe I forgot to mention the POOL!

Is there anything nicer on a hot Eugowra day than cooling off in the pool? I know that there are families with pools in their backyards and that must be wonderful, but I love to go to the Eugowra Pool. I can't believe that it took me until last Summer to appreciate it. During the school holidays, and again when school went back I went with my grand daughters to the pool.

What a great place. What it lacks in slippery dips, diving boards, fountains etc. it more than makes up for with atmosphere. The children are never short of mates to play with because they all know each other from school and they are more than happy to amuse themselves with games that they make up, and absolutely nobody cares who is wearing what - and that goes for the adults as well.

I had some of the best afternoons that I have had in ages lolling around in that pool, leaning on one of the complimentary 'noodles', wearing a soggy hat and just chatting with the other mothers, grandmothers (like me), and anybody else who happened along, collecting the children when it was time to go, jumping in the car in our cossies, no need for a shower when we got home and a quick salad for dinner.

Can't wait for Summer!

Gay Merchant.

APPLICATIONS INVITED FOR CABONNE COMMUNITY ASSISTANCE GRANTS

Applications are open for the Council's Community Assistance Program grants, which are designed to provide an ongoing or sustainable benefit to Cabonne communities.

Cabonne Mayor Ian Gosper said the grants are provided on a 50:50 basis, but communities could provide their half of the funding through voluntary labour or in-kind contributions.

Not-for-profit organisations are being invited to seek funding for projects on non-commercial community facilities within the Shire. CAP grants have replaced the Community Improvement Program (CIP), which restricted projects to Council-owned or controlled land and projects.

Applications for CAP funding close at 5pm on Friday 29 August 2014.

Further details about the grants and application forms can be obtained by contacting Cabonne Council's Community Business Development Officer Hannah Dunlop on 6392 3267 or by visiting Council's website www.cabonne.nsw.gov.au

PICTURES FROM OUR PAST.

THE BRAVEHEART WAGON is becoming well known in Eugowra and will soon be the feature exhibit of the extensions to our local Historical Museum and Bushranger Centre. The huge wagon was built prior to the Great war on the "Rosebank" property by a very talented Robert McMillan. The builder and two other McMillans from "Rosebank" were to give their lives in that war.

Robert was to die in Belgium in 1917.

Robert's nephew, Viv McMillan, and family members, especially Viv's daughter Wendy, are recording the McMillan history and Viv has been very much involved in the wagon's restoration. Viv had a most interesting DVD made of the wheelwrights working on the restoration of the huge wheels of the 'Braveheart' and it is often on show on the Museum's large screen. So for any visitors who are interested in the old style wheelwrights at work, come in and look at this DVD.

Robert was one of a large family of Archibald and Mary McMillan who farmed the, then extensive, property "Rosebank" on the Waugan Road along the Mandagery Creek. They were a family of most progressive farmers and in the early 1900s were noted for their livestock, grains and produce.



One article from the newspapers in 1912 was headed

PLOUGHING BY NIGHT. EXPERIMENT AT ROSEBANK

"Something right up-to-date in the way of speeding the plough is at present being carried on at Rosebank Estate, near Eugowra. Recently Mr Neil McMillan. had powerful acetylene gas lights installed on the traction engine, and these big head lights enable, the ploughing to be carried on at night as well as in the daytime. During last week the traction engine was carrying on the night work, pulling two six-furrowed stump-jumping ploughs. So far the experiment is most successful, and the brothers Neil and Vivian McMillan intend keeping on working the double shift. This night ploughing is something absolutely uncommon in this part of the country, and probably it is the first time in Australia that this scheme has been tried. It is sure to create a great deal of interest should the novel idea continue as successfully as it has commenced".

The Neil McMillan mentioned in this article was the father of Viv McMillan and the Vivian McMillan was the youngest son and brother in this farming family. Vivian was also to give his life in France in 1916 in the 'War to end all wars'. Roy McMillan was their young nephew and died in 1915 in the Gallipoli conflict.

This photograph shows McMillan family members on 'Rosebank' wagons and the McLaren traction engine, but the massive 'Braveheart' is not pictured. Viv McMillan is keen to find if the McLaren is still in existence.



OMG! Who's Who at the Twisted Debutante Ball?







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

Welcome back to the start of Term 3 at St Joseph's. Another busy and productive term starting with the celebration of some of children's First Reconciliation and First Eucharist and later in the term; Confirmation for our Yr 6 students.

These sacraments are another step in the faith journey for our young students.

RECONCILIATION AND FIRST EUCHARIST

On Thursday 24th July at the 2.00pm service Ty Jones, Thomas Brindle, Olivia Holland, Eve Moore, Lachlan Haynes, Celeste Gavin, Siena Carver made their First Reconciliation - a time to think and talk about making good choices.

On Sunday 27th Thomas, Olivia and Ty supported by family, friends and parishioners made their First Eucharist. This is seen as the heart of the Catholic faith and life, as the community comes together to listen to the Scriptures, give thanks and be united in Holy Communion. Afterwards all the children celebrated with a cake and supper.



Left: Ty Jones with his mum Casey.

Above: Celeste Gavin talking with Fr Laurie

ATHLETICS

Unfortunately our Sports Carnival with the Public School had to be postponed because of the cold, wind and rain but we have rescheduled this for Friday 15th August.

On Friday 25th July we sent a team of athletes to compete in the Southern Region. All the children did really well and are to be congratulated on their efforts and sportsmanship.

A big congratulations to our PP5 4 x 100 relay team of Riley Whatman, Liam Heinzl, Jordan Moore and Angus Whatman who came in first in front of fellow small schools teams. They ran a fantastic time of 1.37 and will now qualify to compete at the Diocesan level in Bathurst soon.

JOEYS WORLD CUP

The fuss in Brazil has now died down with the World Cup finished for another 4 years. (Congratulations to Liam on Germany winning - commiserations to the Dutch and Socceroo supporters). However the real World Cup was held at Joeys on the last day of Term - what a spectacular sight of colour, team and ball skills! No red cards or penalties were given out!

Thank you to Doug McKenzie for a great day teaching us all the fun of the World Game. Thank you to the children (and parents!) for the great team uniforms.



Coming up this term we will raise some money for Jeans for Genes, and celebrate BOOK WEEK. This years theme is Reading to Connect - Connect to Reading.

Until then
St Joseph's students and Staff.

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News

Participation Leads To Success

We had a very bright start and a colourful welcome to Term 3 with the addition of new pavement art and interactive pavement activities for the students. Thanks to sign writer and artist Sharon Fensom who was commissioned to do these works, we were very impressed with the result.

We have a beautiful school logo and welcome at the entry to the school, a large road and town painted on the floor of the weather shed, a clock, a map of Australia, a globe compass and a large 100's chart. The students are enjoying these new activities in their play time the new additions to the playground complement the existing artworks that were done by the parents and staff during 2012.

This Term we welcome Miss Amber Brown, an intern from the University of Newcastle. Miss Brown will be with us for the duration of Term 3 and is teaching on the 3/4/5/6 class. We hope she enjoys her time at Eugowra Public School.

The debating rounds are continuing with the most recent contest being held at Mulyan Public School in Cowra. Montana Bevan, Darcy Merchant, Corey Williams and Lauren Cullenward were the team this round debating the topic of Facebook for children.

We have celebrated Planet Ark's National Tree Day this year in our community vegetable garden weeding and planting more vegetables and herbs. The students enjoy this time in the garden and especially enjoy eating the produce during organised cooking activities.

By the time this goes to print the P & C will have hosted a very successful 'Twisted Ball' to raise funds for the school. The efforts of the committee, all helpers and especially the "Twisted" Debutants and their partners who made this event a huge success, your efforts are much appreciated by the school community.

Parents, friends and community were welcomed into the school during Education Week, 28th July to 1st August. Students visited Willawa, showcased their dance lessons, hosted open classrooms and a morning tea, and year 6 attended the Eco day at the Forbes Livestock Exchange.

Eugowra Public School is currently taking KINDERGARTEN ENROLMENTS for 2015. If you have a student due to start school in 2015 please visit the school office or call the school on 6859 2233.

On the 1st August the District Athletics Carnival will be held in Parkes for the students who qualified at the Small Schools Carnival back in May. Sanjay Buttle, Nina Merchant, Mitch McMahon, Darcy Merchant, Jake Greenhalgh, Haydan McCarthy, Montana Bevan, Corey Williams, Lauren Cullenward, Peter Valentine and Grace Frazer will be representing our school and the Forbes Small School area.

We wish these athletes all the best.





News from Eugowra Community Children's Centre

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

Welcome to Term 3!

We would like to say thank you to a few wonderful people for their kind donations and support.

Firstly to the Lions Club for their generous donation of \$500.

Also to Val McGrath who has donated puzzles, a doll house, bikes and furniture to the Centre.

Ann and Ian Burns who have donated display boards.

Amanda Mongan who has donated books to be given as gifts at the end of the year.

Denise Fisher for a variety of toys and resources.



Isla is cutting out her igloo for her "Name of the Day" board



All the children are learning their numbers



Luke is marble painting



Levi is learning to write his name



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Eugowra Health Report

EUGOWRA MULTI-PURPOSE HEALTH SERVICE

Don't be silent about elder abuse!

Child abuse and domestic violence have been in the news lately with the Royal commissions and the trials. These are horrific things that have happened and we are hopefully becoming more aware of them and this will help us to prevent them in the future. I thought this might be a good time to highlight that elder abuse is also present in our communities and we can do something about it.

Listening to some of the victims who were abused as children - one of their biggest concerns is how they are going to be cared for as they age and the possibility of returning to an institution or dependant situation which would again place them in a situation to be abused.



Older people have the right to:-

- **Self Determination and Dignity** - To make their own decisions on matters affecting their lives.
- **Feel Safe** - To live safely, free of violence, abuse, neglect and exploitation.
- **Self Fulfilment** - To be able to develop their own interests and to participate in educational, cultural, spiritual and social activities.
- **Access Information and Assistance** - To access information and assistance that is culturally and linguistically appropriate.
- **Participate in the Community** - To share their knowledge, contribute to the community and be an active member of society.

Elder abuse is any act which causes harm or distress to an older person.

Elder abuse happens in our communities in many different forms and it is important that we are aware of it, recognise it and support the people involved to improve their situation.

The majority of alleged abusers are close family members, neighbours, friends, paid carers or people in close contact with the victim. It can occur in private

homes or in public care facilities. Research suggests that as many as 50,000 older people in NSW may have experienced some form of abuse.

Types of abuse

Emotional Abuse

- Someone threatening to hurt you or damage your belongings
- Being threatened with eviction or removal to a nursing home
- Being denied the right to make your own decisions

Financial Abuse

- Your pension skimmed or money taken from your bank account
- Paying excessive expenses for others to assist you, include you in activities.
- Being forced to change your will
- Being denied access to, or control of your own funds

Neglect

- Not allowed to access the services you need
- Not having your physical, medical or emotional needs met

Physical Abuse

- Slapping, hitting, pushing or restraining

Sexual Abuse

- Someone making unwanted sexual approaches or behaving indecently towards you.

What are signs of elder abuse

The older person (Victim):

- Repeated injuries or injuries that don't match explanations – eg cuts, bruises, broken glasses.
- Reluctance to follow through with treatment plans or involvement by other agencies
- Frequently missing appointments without explanation

- Reluctance to answer questions
- Unexplained withdrawal from social activities or outings
- Ongoing depression, fear and/or anxiety

Family members or carers (perpetrators):

- Denial of knowledge about injuries or giving excuses which don't "add up"
- Blaming the older person for their injuries or condition
- History of drug or alcohol abuse
- Refusal to let health professionals talk to, or meet with, the older person
- Continually answering questions or talking for the older person

Remember there may be lots of different reasons for these behaviours. There are some nasty people out there but more frequently abuse occurs because the carer is exhausted and needs to have support with the duties that they are doing for the elder rather than any real intention to harm them.

We have probably all been guilty of telling our parents/grandparents what they need to do and what is good for them. This is often done with the best of intentions but we need to remember that, unless they have been assessed as not being capable of making their own decisions, we

need to respect their right to make their own decisions. This can be very difficult, particularly with elders with memory problems, but there is support available to assist us and we should use it.

Where can you get advice/ help:

Call the NSW Elder Abuse Helpline on 1800 628 221

Anyone can make the call

The Elder Abuse Helpline provides information, advice and referrals relating to the abuse of older people in NSW.

In an emergency situation involving risk of harm, contact emergency services on 000.

The service is confidential and callers remain anonymous.

The NSW Elder Abuse Helpline puts the safety of the older person first.

If you require an interpreter, first call 131 450 (Translating and Interpreting Service) and tell the operator your preferred language.



PINK & BLING

Thursday 21st August

7pm Eugowra Bowling Club

Competition this year: best dressed in pink

Best dressed winner's name goes on the "Donna Jones, perpetual trophy".

- Guest speaker – Maureen & Wendy from Can Assist
- Auction of preloved items, (those items that you may have worn once or twice but too good to throw away), why not donate to the Cancer Council. Limit one to two items per person.

Bring a plate, not necessarily pink food.

Please bring a friend as the night usually has some "unexplained surprises"!!

Entry: gold coin donation which gives you a ticket in the lucky door prize.

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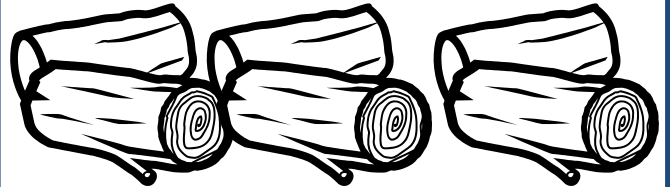
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Talk Town

The recent rain and cold brought back fond memories of the good old gloomy days of winter: homes draped in washing; cold feet, heater break-downs! Fortunately there has been plenty of activity in the town to keep us warm!

I have made some exciting discoveries lately:

1. Our local St Mary's pharmacy sells the most **awesome sticky paper tape** to wrap around all those little finger splits, bumps and scrapes. You must try it! Better than Band-Aids. Also Basem will measure your blood pressure for free. Are you getting your scripts made up there yet? Please make the most of this fantastic local business or we may lose it.

2. **Gym equipment at the MPS.** Yes, a little scare did wonders for my motivation! Anne Stenhouse, our Community Nurse has a room full of shiny new machines to help get us motivated, and to trim off a few pounds. One actually counts the calories being burned up as you use it. WOOOHOOO!!!! Gym time is between 2pm and 4pm weekdays when Anne is around to mop up those who "overdo" it.

BRIDGE POPLARS TO GO



A recent inspection of the three remaining Lombardy poplars at bridge in town has found they have reached their use by date.

These poplars were planted around 70 years ago by our imaginative forefathers, about the time that the bridge was constructed, to frame the bridge giving it majesty and presence - a grand feature of Eugowra.

Removal of the trees will result in a noticeable change in the appearance of the bridge; however, it has been agreed by EPPA representatives and Ron Hay (Garden Committee) that four advanced young poplars will be planted to replace the originals.

Council will be engaging a Contractor to remove the trees, and this will probably involve temporary closure of Broad Street at the bridge. We have asked Cabonne to advise us when the job will be done. Enquiries should be directed to a very friendly Denis O'Brien in the Engineering Department.

PUZZLE FLAT CREEK LEVEE

I'm wondering whether the NSW Government, Council planners and the Banks and mortgage lenders are being dictated to by the Insurance Council of Australia and its members????!!!!

Quote from Cabonne Council July 2014....

"Flood levees are major construction projects which must be built to the Office of Environment and Heritage's specific and strict standards. The work must be certified by the Government *to be recognised by the Insurance Council of Australia as a flood protection levee.*"

The Eugowra Puzzle Flat Creek earthworks, banks and existing levee were funded and constructed in the 1990s by local farmers and NSW Soil Conservation. The purpose was to protect the eastern part of Eugowra village from flood water that comes overland from Puzzle Flat Creek. The whole system has worked brilliantly so far, with floodwater being diverted across "Sunnyside" into Leaders Lagoon at the base of Round Hill, and thence into Mandagery Creek, downstream of the former Nut Farm.

Unfortunately a section of levee has never been completed – yes, it has a gap in it!!!

Eastern Eugowra should be flood free. But because of the gap in the levee, and **because the levee has not been tested and proven that it is up to the standard required by the insurance industry**, the entire residential area of eastern Eugowra, from Nanima Street all the way out to the Showground, **based on Cabonne Consultants' predictions of flood heights**, has been zoned as "inundation prone".

Having this zoning classification means that building a new home in Eastern Eugowra costs more because of having to build floor heights **above a predicted flood level**, and \$10,000 per year for flood insurance is required in order to be able to obtain a bank loan to build a house.

In Molong, a detailed, street by street and lane by lane specific inundation map has been described, **minimising** the impact of land restrictions on the community of Molong, but in Eugowra this zoning curse has been thrown like a blanket over the whole of the eastern side of Eugowra, effectively **maximising** the negative impact on our town.

Mayor Gosper stated in his open letter to Eugowra residents that when the levee project is finally completed and signed off as meeting the Government standard "*recognised by the Insurance Council of Australia as a flood protection levee*" the "inundation zoning" will be removed, and the costs of living and building in Eastern Eugowra should go down, and the value of land there should increase.

It is now six months since Cabonne Mayor Ian Gosper claimed that "design work for the Puzzle Flat Creek project is due to be completed in February 2014, subject to a favourable evaluation of a previous geotechnical investigation" so I recently asked Cabonne Council per Dale Jones, Media Officer some specific questions about the project....

What are the results of tests conducted on the strength and effectiveness of the existing levee?

Answer: -----

Have Cabonne's consultants completed their investigation of the levee?

Answer: "*This geotechnical testing commenced on site in July. Completion of the geotechnical testing, analysis and confirmation of design is due at the end of August*"

3. Have Cabonne's consultants completed the design of the levee?

Answer: "*The draft design for the Puzzle Flat Creek Levee was completed, however the consultant identified additional geotechnical testing was needed*"

4. Where and when can Eugowra residents take a look at this design?

Answer: -----

5. When and how will tenders be sought for the construction of the levee?

Answer: "*If Government approval and funding is approved and the project proceeds to the construction stage, public tenders will be advertised. Interested firms or contractors would have to submit tenders to carry out the work in accordance with conditions and specifications set out in the contract*"

6. Does Cabonne have the funds in hand for the levee construction?

Answer: "*Continuation of the project depends on government funding being received. A total of \$1m has been included in Council's 2014/2015 Budget but funding hinges on NSW Government approval and substantial government grants, with Council hoping to receive about two thirds of the cost (about \$660,000) from the State Government.*"

Council last year applied for State Government funding to construct flood protection levees in Eugowra and Molong.

In December, the Minister for the Environment and Heritage advised both applications were unsuccessful; however the Eugowra application was placed on a reserve list pending the availability of additional funds"

7. When is construction of the new levee expected to commence?

Answer: -----

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Museum Networking

Twenty seven members of Museums and Societies from around the region (Cabonne, Orange and Blayney) spent the day in Molong recently to attend a network meeting. A productive networking and sharing of ideas day was held with attendees travelling from Blayney, Millthorpe, Orange, Eugowra, Canowindra and Yeoval.

Pictured below Judy Smith at the networking day.



Illegal activity on travelling stock reserves under the spotlight

People illegally dumping rubbish, removing firewood, riding motorbikes and otherwise damaging travelling stock reserves (TSRs) are warned that penalties will apply when caught.

Local Land Services is giving notice to people illegally using TSRs and is closely monitoring a number of sites across the region.

People using TSRs legally for such things as bushwalking and birdwatching are also being encouraged to report any suspicious activity.

Local Land Services is responsible for maintaining these public assets and are acting to protect them from illegal activities, according to Central West Local Land Services Team Leader Peta Holcombe.

"We are closely watching a number of TSRs in our region and will be taking legal action against anyone found dumping rubbish, removing firewood and dirt bike riding," said Peta.

Local Land Services is using surveillance cameras, staff inspections and public reports to identify and fine offenders.

"TSRs have social, grazing, ecological and cultural heritage value and can be easily damaged through these activities."

Fines of up to \$5500 can apply to people caught carrying out illegal activity in TSRs under the *Local Land Services Act 2013*.

People can report any illegal activity to Local Land Services on 1300 795 299 or their local police station.

"We encourage everyone to report suspicious behaviour on TSRs and to record as much detail as possible.

"Information such as registration numbers, descriptions, locations and dates will help us fine those responsible.

"We encourage all users of TSRs to take steps to protect these valuable public assets."

Special use permits are available from your Local Land Services Office for a range of non-destructive recreational activities. Camping on TSRs is prohibited at all times unless you are with travelling stock.

People can collect firewood from selected state forests with a firewood permit. For more information, search 'firewood state forest' online.

For more information on TSRs visit www.lls.nsw.gov.au or call 1300 795 299.

Photo: LLS Field Officers Ian Mulcahy and Bob Stanley with some of the illegally dumped rubbish on a travelling



Forbes Soccer Club Gala Day

The day started out very foggy and didn't clear until after 10.30am. The day catered for teams in the Under 9's, Under 11's, Under 13's and Under 15's. The matches have shortened game times to allow for more games to take place. With 15 minute halts with no half time breaks, each age group had four or more games to play. Teams came from Cowra, Young and Canberra to compete in the Gala Day. All participants received an award banner for taking part and the under 9's received a medal as well for participating. It was a great day and there were a few tired boys in the car on the way home.

