

## DISTINGUISHED VETERANS



Recently featured on the ABC's Landline program, are two distinguished veterans, Kevin Howell of Eugowra, with his 11 year old champion Karana Abba.

This was Abba's last trial before retirement and he finished on a high note.

"You can't put a price on a dog that's that good," Kevin Howell, competitor and kelpie breeder, said of his champion kelpie Karana Abba.

"I wouldn't sell him, he's my mate." said Kevin in the Landline program.

Read all about the National Champions held in Bendigo recently featuring Kevin and his dogs Ripper and Abba on page 6.

# from the editor

Good Moaning

Bit of a knock in the engine this morning after a big night out reminiscing. Many laughs and a few drinks to remember a group of 20 yr olds at Agricultural College in the '80's. Dare I say 30 years ago. OMG ! where have all the years gone? It reminds me that time does pass so quickly but friends and good times remain fresh in the memory.



Now back in Eugowra and another frosty morning, sunny day and no rain on the horizon. Compared to last year when we were all so soggy, it is indeed very dry. Fingers crossed for a good dose of soaking rain for the crops and pastures, lawns and gardens.

Well done to Kevin Howell and his Kelpies on their success and recent Landline Story and Katie Townsend on her horsey success in Tamworth. It is always amazing how much talent and ability the people of Eugowra have.

Don't forget to support the PINK & BLUE day for our footy players. Join in and support our footy players and these important charities that affect all our lives.

A big thank you to Anne Heath for her recipes over the last 3 years in the Seasonal Kitchen. Anne is a very busy person who works long hours and travels many kilometres as a part of her job yet she always has found time to send in great recipes as well as her many years as Editor of the Eugowra news. Thank you Anne and enjoy a well earned break although I am sure your family will still enjoy your wonderful cooking.

So, we need a segment filled in ~ who would like to take over the recipe page, or perhaps another regular column that people enjoy reading ~ gardening? travel? You come up with the ideas or suggestions!

Time to start thinking about the Eugowra Show on Saturday 16th September. Start getting your photos ready, your jams made, craft and sewing projects finished up and ready for the Spring!

Look forward to some precipitation soon and may your pipes thaw quickly.

Until next time

Sarah

## Contributors this Month

Our Regular contributors:

Elaine Cheney

Judy Smith

Nicole Brindle

Cassie Gates

Janet Noble

Eugowra Primary School

Anthony Toohey

St Joseph's Catholic School

Kevin Trembath

Casey Fisher

Kay Howell

**Next Issue Deadline:**

**Friday 25th August**

**The News will be available  
on Friday 1st September**

**Advertising and Editorial Material To**

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

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throughout the community.**

**Please note: Views expressed by  
contributors are not the responsibility of  
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**Online at [www.eugowranews.com.au](http://www.eugowranews.com.au)**

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## EUGOWRA COMMUNITY MONTHLY MEETINGS

**VIEW CLUB**..... 3rd Monday of the Month  
Committee Meeting 5.30 Dinner Meeting at Central  
Hotel 6.30 for 7.00pm

**SHOW SOCIETY**..... 2nd Monday of the Month

**EPPA**.....2nd Tuesday of the Month

**HOSPITAL AUXILIARY**... 3rd Friday of the Month

**LIONS CLUB**.....Last Thursday of the month  
at the Central 5.00pm (after folding the Newsletter)

**BOWLING CLUB**....1st Monday of the month 7pm

**CWA**.....2nd Friday of the month CWA Rooms  
11.00am

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## SHOW NEWS

**Get ready for another fantastic Eugowra  
Show in the Springtime!**

◇ **Show Girl Competition**

(Contact Janet Moxey 043885113)

◇ **Ute Show & Shine Competition** ( Street / BnS / Chicks / Feral / Tradies / 4 x 4 and Grand  
champion Ute. Also best Ford / Holden / other) Entries of vehicles to be at the Show Grounds by 10am  
for judging to commence at 11am sharp. Contact; Leah 0410355388

◇ **Barrel Races** - Bikes and Utes

◇ **Dog High Jump** (Prize money over \$1000 Courtesy of Fox Sports)

◇ **Junior Judging** (ASC Lydia Herbert & Brendan Mansbridge)

◇ **Demolition Derby & Fireworks!**

**LOOKING FORWARD TO THE SHOW!**

**Friday 15th, Saturday 16th September 2017**

# WHAT'S ON THIS MONTH

## AUGUST 2017

Dr Vicki Wymer 68 592 220 Eugowra

63645901 Manildra

Mon

Tue

Wed

Thu

Fri

Sat/Sun

	1 Manildra 9-1	2 CLOSED	3 Eugowra 9-4	4 Manildra 9-1	5/6 VIEW CLUB evening with Allan Drew
7 Eugowra 9-5	8 Manildra 9-1	9 CLOSED	10 Eugowra 9-4	11 Manildra 9-1	12/13
14 Eugowra 9-5	15 Manildra 9-1	16 CLOSED	17 Eugowra 9-4	18 Manildra 9-1	19/20
21 Eugowra 9-5	22 Manildra 9-1	23 CLOSED	24 Eugowra 9-4	25 Manildra 9-1	26/27 TRIVIA NIGHT
28 Eugowra 9-5	29 Manildra 9-1	30 CLOSED	1 Eugowra 9-4	2 Manildra 9-1	3/4 FATHERS DAY
<b>Eugowra Church Services</b>					

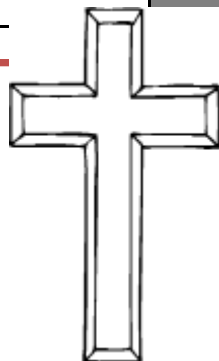
### St John the Baptist Catholic

Mass: 2nd, 4th, 5th Sundays 5.00pm

Parish Priest: Fr Laurie Beath 63 421369

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

Mavis Cross 68 592240



### St Mathews Anglican

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

5th Sundays share with Uniting Church at 2.30pm

Rector: Reverend Joy Harris 63441643  
joyharris159@gmail.com

Local Lay Preacher Elaine Cheney  
68 592820

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Or



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

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

## EUGOWRA / ORANGE COMMUNITY BUS SERVICE



### NEXT BUS:

Friday 25th August  
Friday 22nd September

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

PLEASE NOTE THE PRICE INCREASE;

ADULTS \$8.00

SCHOOL AGE \$3.00

PRE SCHOOL & UNDER - FREE

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

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

FOR MORE INFORMATION OR BOOKINGS CALL:

DEIDRE SLAVEN **6859 2414** OR

MARGOT BROWN **6392 3233**





Recently Kevin and Kay Howell of Karana Kelpie Stud travelled to Bendigo in Victoria to compete in the Australian Yard Dog Championship being held in conjunction with the Sheep and Wool Show at the Bendigo Show Ground. Kevin was representing N.S.W. with his dog Karana Ripper who qualified for this event from the N.S.W Championship held in Boorowa last year. Kevin also worked other dogs of his in the Novice and Maiden events. Karana Abba also competed for this much sort after title as it was his last trial before going into retirement .

A total of 103 dogs competed in the Open and Improver event over three days of freezing cold weather and very difficult sheep. Competitors travelled from all over Australia including WA, SA, Victoria, NSW & Tasmania .

Kevin was lucky enough to get two of his dogs Karana Abba & Karana Ripper into the Top 25 Dogs for the next round of the Australian Championship. Most dogs did not even get a score or make time around the course because of the very stubborn sheep. Ripper was lucky enough to gain enough points to win the Coprice Open Victorian Championship with a total of 125 points with the second dog 12 points behind him. Ripper then went onto the 3rd round of top 10 dogs in the Australian Championship and he finished in 7th place which Kevin was very happy with.

Two years ago Ripper won the National Kelpie Utility Championship Trial in Tasmania, so it goes to show he is a very versatile dog. Abba did not make it into the top 10, but he finished his competition trialling life on a high note.

The winner of the Australian Yard Dog Championship was Shane Maurer from Young in NSW with his dog Davey. Well done Shane and Davey .

A great week-end was had by all in very adverse weather conditions with temperatures well below 0 in the mornings. The two judges, Ian O'Connell (Vic) and John Latty (S.A.) standing for 3 days in these conditions concentrating on every move the dogs made to come up with the winner & place getters.





Katie Townsend and Sir Graham recently competed in the NSW State Pony Club Championships with great results.

Katie Townsend and her horse; Sr Graham (Grammy) are enjoying the results of lots of training and hard work in preparation for the NSW State Pony Club Show Jumping Championships in the July holidays.

Katie, is a former member of Eugowra Pony Club and now a member of the Forbes Pony Club, trains diligently with her horse Grammy. Katie has only been competing on Grammy (a 10year old OTT Thoroughbred) for the last five months and is achieving great results.

At the two days in sunny Tamworth at the impressive ALEC (Australian Livestock Equine Complex) Katie joined 169 other riders for the championships.

This is Katie's fourth State Championships she has competed in. This year she was one of four riders from Zone 11 competing in Grades D to A. Katie rode in C Grade in the 15 and under 17 years. In the four different competitions over the two days Katie placed 1st, 2nd, 4th and 6th which is a great effort. She also had the unusual distinction of not having any jumping penalties for the entire jumping competition.

Katie who is in Year 10 at Red Bend Catholic College is looking forward to continuing her riding in the Spring Show Season around the local area.



*Local rider Katie Townsend with her trusty steed; Sr Graham (Grammy) at the Australian Livestock Equine Complex Tamworth in July.*



Well done Katie!



Casey Fisher

## FOOTBALL UPDATE

### JULY GAME RESULTS

#### Eugowra Vs Cargo

Eagles lost 52-24

Geagles Won 10-4

Juniors 20-18 loss to Canowindra

#### BYE

#### Eugowra Vs Burrangong

Eagles 44-16 win

Geagles 28-0 win

Juniors 40-16 loss to Trundle

#### Eugowra Vs Peakhill

Eagles won 38-34

Geagles won 80-0

Juniors 28-28 Draw against Canowindra

#### Eugowra Vs Trundle

Eagles 50-14 loss

Geagles 16-0 win

Juniors 32-16 loss

### AUGUST GAMES

30th July Eugowra Vs Condobolin @ Home

6th August Eugowra Vs Manildra @ Home

Saturday -12th August Eugowra Vs Canowindra @ Canowindra.

There are only 3 games left of normal season before Semi Finals start and we would just like to take this opportunity to thank all who are involved and have helped out so far.

Also a big thankyou to our supporters who week in and week out turn up to support and offer guidance and tips, it is truly appreciated.

### PINK AND BLUE DAY

This year our Annual Pink Day is morphing into a Pink and Blue Day so we will be supporting Breast and Prostate Cancer.

It is always a great day. Eagles and Juniors will be wearing Blue socks, Geagles will be wearing Pink socks and Pink Jerseys.

There will be raffles and a 100 Club going around the field. Lets see how

Pink and Blue we can get the Oval this year.







## THANK YOU LUNCHEON FOR CRAFT ON THE CREEK WORKERS

Members of the Craft on the Creek group met at the Central Hotel recently to have a 'thank you' lunch for Alan & Lyn Connelly and Sharon & Mick Radwick.

Alan was responsible for replacing the ceiling in the 'room next door' which was a big effort and he did a really great job. Lyn was thanked for allowing him to do the job. Sharon & Mick were responsible for doing the paint job on the exterior of the new room- it also looks great. President Judy Welsh made a very short speech thanking Alan, Lyn, Sharon, Mick and everyone else who have done so much to get the room ready for use.

The Craft on the Creek group will be holding regular workshops with information available from the shop. The room will also be available for hire by other groups or individuals. For more details check at the Craft Shop.

*Standing L-R- Janeen Wright, Andy Langfield, Susanne Wheeldon, Dugald Wright, Kerry O'Malley, Verna Riley and Judy & Trevor Welsh*

*Seated- Sharon Radwick, Lyn & Alan Connelly and Wendy Drady*



# head on in

hair & beauty

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Saturday 9.00- 2.00pm

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## WHAT'S ON AT THE.....

Friday 28th July DJ Shrek

30th Sunday July after home  
football game football DJ Shrek

Friday 4th Aug entertainment  
from Eddie Waqavesi including

Joker Draw and Happy Hour

Sunday 6th Aug DJ Shrek

Friday 18th Aug Tadpole and Wizza's 55th & 60th birthday. Entertainment,  
Joker Draw and happy hour.

Saturday 19th Aug entertainment from Paul Albert. Karaoke over weekend. And  
Sunday 20th After party. All welcome





## RURAL CRIME

Rural crime costs millions of dollars every year. Theft of livestock, produce and equipment, illegal shooting, trespassing and other crimes affect people's livelihood and well-being.

NSW Police Force needs the community's help to identify people involved in rural crime. With a state-wide network of experienced and dedicated Rural Crime Investigators, we can work with rural communities to prevent and solve these crimes.

To report suspected rural crime you can contact your local police officer or you can also report knowledge of rural crime anonymously to Crime Stoppers - 1800 333 000

Do you know what you are required to do if you are moving and selling sheep and goats (excluding feral goats)?

Step 1: Make sure you have a Property Identification Code (PIC).

Step 2: Become accredited with the Livestock Production Assurance (LPA) Program.

Step 3: Order National Vendor Declarations (NVDs).

Step 4: Create a National Livestock Identification System (NLIS) database account.

Step 5: Purchase NLIS tags.

Step 6: Check sheep and goat tags.

Step 7: Complete the NVD.

Step 8: Complete transfer on NLIS database.

Additional information regarding these steps are available on the NSW Department of Primary Industries website at:

<http://www.dpi.nsw.gov.au/content/agriculture/livestock/nlis/sheep-goats/nlis-8-step-guide-to-moving-and-selling-sheep-and-goats>

Make sure you know your legal responsibility **BEFORE** you purchase, transport or sell livestock within NSW.





# St Joseph's Primary School

PYE ST EUGOWRA NSW 2806

Phone: (02) 6859 2485 Fax: (02) 6859 2500

Email: stjosephseugowra@bth.catholic.edu.au

*Love and Truth Through Christ*

We welcome everyone back to school for another busy term of learning and having fun. This term we have a new family joining St Joseph's and we welcome Paisley (year 4) and Indy (Year 2) and their parents Nancy and Adam. We hope they settle in well to their new home and school.

## END OF TERM ASSEMBLY & TALENT QUEST

What a great day of entertainment we had on our last day of Term 2. All the children either helped set up the stage and props for the talent quest and or participated in the quest by singing, presenting an iMovie, whip cracking, joke telling, gymnastics display and karaoke, hip hop dance and lots more. Well done to all the children for showing us what amazing bravery and talents they have.

Parents, grandparents and visitors all enjoyed the end of term assembly with Principal's Awards presented to the following students; **Isla Combe**— excellent work in all areas, **Zane Wren**— always having a go and never giving up—a friend to all, **Eve Moore**—always being polite, reliable and consistent.

## BIG SCHOOL VISITS

This term the 'older' children from Preschool will be coming to visit the school and do some class room work as a preparation for their next step in education. They will be with us from 11am for 1/2 an hour in the classroom and will join us for lunch afterwards. Sounds like great fun for the little ones.

## MUSIC

This term we are very excited to have Nerida Cuddy from Canowindra at St Joseph's to give the children music lessons every Friday morning.

## SOUTHERN REGION ATHLETICS Canowindra Friday 28th July

The following students have been selected to represent the school in the Southern Region Carnival on Friday 28<sup>th</sup>: Thomas Brindle, Angus Whatman, Bailey Cullenward, Eve Moore, Lainey Myers, Celeste Gavin, Keiley Whatman and Chelsea Colvin. We wish them well in their athletics and hope they have a great time.

## FIRST EUCHARIST SACRAMENT

On September 10th Zaide Hodge, Zane Wren, Gaby Wren and Alana Haynes will make their First Eucharist. They along with their parents and classmates have begun their preparation for this important sacrament.

We ask that everyone keep Sr Helen Sullivan in their thoughts and prayers as she is unwell in Bathurst. We send her blessings and a speedy recovery.

Until September,

God Bless St Joseph's Students and Staff.



*Zane, Eve and Pippa with Mrs Epp*



*Karaoke Singers Isla Newell and Jada Mongan*



Yes.....It's on once again!



at the Bowlie.

Saturday 26th August 7.30pm sharp

Good fun night for all ages

TABLES of EIGHT - suggested size

OR Just come and help make up a group

Come with friends or make new ones that evening

\$ 10 adults, \$5 school children admission.

Bring some nibbles or buy from Kenny Tea & Coffee available Competitions

This is an annual event to support the upkeep of the Community owned RTC/Post Office building which with the extra services is here for the whole community.

Table bookings Judy S. 68592218, Elaine C. 69592820

or the Staff at RTC/Post Office



MULTIPLE CHOICE MULTIPLE CHOICE MULTIPLE CHOICE MULTIPLE CHOICE.....

A, B, C or D Answers on page 3 1(don't cheat!)

		A	B	C	D
1	Where did the Flower Pot Men want to go in 1967?	New York	San Francisco	Woodstock	Memphis
2	James Bond was searching for what kind of airplane in 'Thunderball'?	707	Piper Cub	Vulkan	B52
3	Which kind of animal did Florence Nightingale often carry around in her pocket?	Kitten	Puppy	Owl	Snake
4	'Goodbye Farewell and Amen' was the final episode of which TV series?	MASH	Dallas	Friends	The Muppet Show
5	What does a nidologist study?	Waves	Clouds	Birds nests	Caves
6	Festfolk was the original name for which group?	The Beach Boys	ABBA	Motor head	Simon & Garfunkel
7	In which book is there an inn called Admiral Benbow?	Lord of the Rings	Gulliver's Travels	Treasure Island	Peter Pan



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Janet Noble

## COUNTRY WOMEN'S ASSOCIATION OF NSW

## EUGOWRA BRANCH

The next meeting of Eugowra Branch of CWA will be held on Friday 11 August at 11 am.

After our July meeting we enjoyed a delicious lunch at Café 51.

We have received invitations from Canowindra Branch for their Primary product lunch (Limes) On Monday 21<sup>st</sup> August. (Come dressed in green!)

Rural women's Access Group to a health information day at Cudal. A great line up of speakers. Commences 9am.

Nepal is our Country of Study this year.

Cumnock Branch has invited us to their International Day Tuesday 8<sup>th</sup> August 12 MD.

Two Fat Ladies Molong for wardrobe make over Workshop 1.30pm Saturday 12<sup>th</sup> August. Travel packing workshop 26<sup>th</sup> August 1.30pm.

For more information contact Janet 68592457.

Eugowra International Day is on Friday 18<sup>th</sup> August, commencing 11am at St Josephs Hall. Therese Welsh will be guest speaker. A Nepalese luncheon provided. Members of the public are most welcome, ring Janet to book.

We will be having a stall at the Country Fair on 29<sup>th</sup> July. Hot soup will be available.

CWA Branch will be combining with Cudal CWA to cater for Eugowra Show on 16<sup>th</sup> September.

We will be having a "Sweets night" for "All Mothers" in October, date to be finalised.

Any new babies arrived lately? CWA like to give a book to all babies born to Eugowra parents. Please let me know of any arrivals.

CWA State AGM will be held at Armidale next April/May. Central Western group will have AGM at Canowindra in October.

CWA of NSW will be raising funds for research into Lyme disease this year.

CWA members did a week of Meals on Wheels last month.

*Visiting Canowindra for the CWA Birthday;*

*Frances Anderson, Janet Noble, Gill Stone, Jenny Middleton.*



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pm

PIZZA from 6.00 pm every night.

(Monday & Tuesday – CLOSED)





# Eugowra Public School

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

## News

### Participation Leads To Success

#### WELCOME BACK!

The year is half over and we are back at EPS with our returning teachers, Mrs Doyle and Ms D (Dalla Vecchia) and a new enthusiasm for learning and activities.

With the changing of the teaching staff we will also say goodbye to some of our support staff. After many years of dedicated service to Eugowra Public School we are sad to say farewell to Miss Gail (Gail Katon). We will all miss her very much and thank her for her many years of service working at our school. She has always been dedicated to EPS, its students and families, and we look forward to her visiting us regularly.

We also said Good bye to Bill Norris, our General Assistant, at the end of last term. We thank Bill for all his hard work whilst he has been our GA. Bill has been a valued staff member of our school and we will miss him greatly.

#### END OF TERM ASSEMBLY AWARDS

In the last week of term our Students of the Term were announced at the Assembly. Congratulations to our winners, Levi Goodwin, Hayley Newell and Adam Valentine from the infants class and to Joe Valentine, Nina Merchant and Rianna Reeves from the primary class. 100 % attendance awards were given to Chloe, Sophie and Alyssa Gibson, Axxell, Anastacia and Cameron Mulligan, Hayley Newell and Ben McMahon.

#### ACTIVITIES

During the last week of term we held an NRL workshop for the students with NRL accredited coaches. The students thoroughly enjoyed this sporting activity and on the last day of term the students enjoyed a sausage sizzle with the residents at Willawa.

#### LITTLE LINK

Eugowra Public will be hosting 'Little Link', an informal group for toddlers and bubs Linking Families and Bubs to Play, Language, Music and Fun. Little Link will begin on Monday 24<sup>th</sup> July in our school Library from 10am to 11.30am and will continue each Monday during the school term. We welcome anyone with children 0-5 years old to attend.





Visits to Willawa, End of Term Awards and NRL Activities.





Judy Smith

# Eugowra Evening View Club

voice, interests and education of women

Eugowra Evening VIEW Club members celebrated the 9<sup>th</sup> birthday of their club with a luncheon which was held at the Eugowra Bowls & Recreation Club on Saturday 15<sup>th</sup> July. They were joined by other VIEW Club members from Forbes and Parkes and guests invited by the local members. The venue was decorated with streamers and balloons in the VIEW Club colours and also cut-outs of black cats, the theme for the party being cats. Proceedings commenced with a very short meeting which was followed by the tasty two course meal.

Marie Ball was given the honour of cutting the lovely birthday cake which was made and decorated with a cat theme by Annette Connell. The ladies from Forbes won the cat themed 'catty quiz' with the ladies from Parkes being runners-up. There was also a competition between tables, where the ladies on each table sang a song about cats. There wasn't a winner as each table voted for themselves.

Vice President, Therese Welsh, carried out the role of MC and also announced that her nomination for Zone Councillor was accepted. Eugowra is in Zone NH-01 along with Forbes, Parkes, Orange and Blayney. Therese will go to Sydney in November for training and will commence her Zone Councillor's role in January which will last for two years.

The 9<sup>th</sup> birthday day was a very social one with everyone enjoying the company of other guests.

The next event for the Eugowra VIEW Club is the Allan Drew night at Eat Your Greens on August 5<sup>th</sup>. He is part of an International Disaster Retrieval team, an accomplished auctioneer and an acclaimed member of Lions International and will be the guest speaker at the dinner.

For information contact Kay Jones or Lyn Ellis.

The August dinner meeting for Eugowra Evening VIEW will be held at the Central Hotel on Monday 21st August.

*Marie Ball with Vice President Therese Welsh cutting the birthday cake.*

*Forbes VIEW members L-R Pat Phillips, Judy Kerr, Noelene Toohey and Alpana Mahagoankar won the cat themed quiz*







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# DRONE'S EYE VIEW



Anthony has a now and then photo of Eugowra - 1950's and today



Eugowra taken 17.7.2017

UAV technology is reducing cost, increasing efficiency and improving safety in Agriculture, Mining and Construction.

Drones are a lot more cost effective than traditional manned aircraft and can take a fraction of time and give more accurate results including thermal imaging and a live feed to an operator on the site







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### *Trading Hours*

Monday to Friday 6am - 5.30pm  
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 (takeaways only)  
 Friday - 6pm to close  
 Saturday - 12pm to close  
 Sunday - 12pm to close

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 CHINESE  
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 Sunday 12pm - close

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*New members & visitors are always welcome!*



## Eugowra Lions News

### Advertise in Eugowra News

Eugowra News is delivered (11 editions per year) to residences in Eugowra township and environs. Advertising is cheap (per issue):

\$50 - full page

\$25 - half page

\$15 - quarter page

\$ 8 - eighth page

\$ 5 - pigeon hole ad - limited space for brief notices only.

Please advise of email address so your invoice can be sent electronically.

During the winter months, Lions can supply a limited amount of firewood, delivered as a 1 Tonne ute load within 5km of Eugowra, for \$140.

To order, please contact Neil Whalan on

0429 239 918.



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ANGUS STUD**  
Eugowra

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Reiland Angus cover bull used

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**Contact: Tim de Lange**

**"Avalon West" Eugowra**

**02 68595253**

**0427 595252**



## COLLECTABLES AND OLD BOOKS



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

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

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

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



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

# A LITTLE BIT OF HISTORY

Elaine Cheney



With activity at the old Hotel site and the awaited rebuilding of the Fat Lamb Hotel, it is interesting to see some of the news of activities around the Hotel in the past.

Known as Eugowra Hotel for some years, as John Bull Inn (with the first Post Office) at another time, once again as Eugowra Hotel, then for many years as the Club House Hotel, the name chosen in 1958 was the Fat Lamb Hotel. It is believed that there was a 'grog shop' at what we call the Muddy Gate crossing of the Mandagery Creek near 'Eat Your Greens' at the time of the Escort Robbery in 1862, which was prior to the village settlement. The journal of Hanbury Clements of 'Eugowra Station' only makes slight mention in 1866 of the Public House he was building when he checked on the work and later that year when he had spent two days with Mr Thompson the licensee. Somewhere there is a remark which possibly means that the rent was not forthcoming. This establishment was to be known as the Eugowra Hotel. Hanbury Clements married Edith Blacket, daughter of Colonial Architect Edmund Blacket in the early 1870s and her drawing of Eugowra Hotel is the earliest known depiction of the hotel. This would be from Cheshier Street which continued on to Cooper Street, and was known by Russell Thomas as Pi\*\* pot Lane.



## ***Canowindra Star and Eugowra News Friday 1 April 1904, page 3.***

**EUGOWRA HOTEL.** Mr. Donald Cheshier, Landlord of the Eugowra Hotel, is having extensive alterations and additions made to the building. The following are the alterations to be effected: Building a new kitchen, a large dining room 35ft x 20ft, adjoining which is a pantry and cook's room with all modern conveniences. To the main building, will be added 4 new bedrooms built in accordance with the New Health Act, also two sitting rooms. Mr. Cheshier also contemplates dividing the present billiard room into two bed and sitting rooms, and will eventually build a new billiard room on the western end of the building. The stabling accommodation will also be

renovated, and Mr Cheshier is to be complimented on his efforts to cater suitably for the public's good. The alteration will entail a great deal of expense.

Following the demolition of original pise rooms to the Cheshier Street side of the building and the extensive rebuilding in brickwork it was reported **EUGOWRA'S NEW HOTEL.**

***Forbes Advocate Tuesday 4 October 1927, page 2*** The old Club House Hotel at Eugowra is now only a memory. Many thousands of pounds have been spent by the Laneyrie family on alterations and additions, and to-day Eugowra has a modern hotel of which a town twice the size might well be proud. Electric light is fitted to every room, and new furnishings have been used throughout. The bar and dining-rooms are large and airy, and the convenience of patrons has been studied in every possible way. *The hotel then boasted eighteen bedrooms, three parlours, spacious dining room and two bathrooms, with hot and cold water to the kitchen and bathrooms.*







Physiotherapist Nicole Brindle

## Eugowra Health Report

EUGOWRA MULTI-PURPOSE HEALTH SERVICE

### Osteoarthritis – Myths and Truths

One in 10 Australians suffer from osteoarthritis (OA). A condition that has an extraordinary number of myths, the most common being that there's nothing much that you can do about it.

Osteoarthritis is a painful condition that typically affects knees, hips or hands and it's the most common reason a person develops lower limb disability. It relates to structural changes that occur within the bone, the lining of the joint, the synovium and cartilage.

#### **MYTH: OA is related to age**

**TRUTH:** OA isn't just wear and degeneration. It isn't just old age. Teenagers can develop osteoarthritis. It is a dynamic condition. Every joint has the capacity for repair. OA develops where the reparative processes are overwhelmed by destructive processes that often times relate to injury, overweight and other mechanical load factors.



#### **MYTH: OA is Genetic.**

**TRUTH:** Genes plays an important role. About 50% of a person's likelihood of developing hand osteoarthritis relates to familial predisposition. Your mechanical alignment is often related to your genes e.g. loose ligaments resulting in poor posture which places extra stress on your joints.

Occupation/activity plays a role. So if you are involved in operating jackhammers or heavy machinery you are more predisposed to hand osteoarthritis. If you are a farmer or butcher you are more predisposed to hip arthritis.

Excess weight plays a role. You are more likely to get osteoarthritis if you are obese. Not just because of the extra load but primarily thought to be due to that up-regulation of inflammation due to those circulating molecules in an obese person.

#### **MYTH: Activity is the biggest risk factor for developing OA.**

**TRUTH:** The biggest risk factor for developing osteoarthritis is overweight and obesity, and that accounts for between 45% and 50% of a person's likelihood of developing osteoarthritis of the knee. If we reduce the average weight in the community by five kilograms, we would reduce the number of people who develop osteoarthritis by a third.

#### **MYTH: Surgery is the only way to manage OA.**

**TRUTH:** There are a lot of other treatments besides surgery. The mainstay of treatment for everybody that has osteoarthritis should consist of three fundamental things; exercise, weight management and then self-management of their disease.

The key interventions for exercise are strengthening exercise of the muscles either side of the joint to improve the joint stability. There is also some good evidence to suggest that aerobic conditioning, particularly by facilitating some of the weight loss, is also helpful. And when a person does exercise, we generally recommend low impact exercise for the aerobic conditioning portion, so things like swimming, cycling, Tai Chi, rowing, paddling sports.

The majority of people who have osteoarthritis will get an exacerbation of their systems that will last oftentimes for 2 to 3 days, oftentimes on a monthly basis.

We would suggest that medication that helps most would be the anti-inflammatory group of medications such



as Voltaren, Feldene, Ibuprofen. These drugs are effective at relieving symptoms but they do carry with them risks and other side-effects. The major risk is gastrointestinal, the development of ulcers in the gut. A person who is at risk should start with a topical (rub on cream) anti-inflammatory, and in Australia we have Voltaren and Feldene available.

Physiotherapy can help to teach you how to manage your symptoms, improve your mechanics and guide your exercise program.

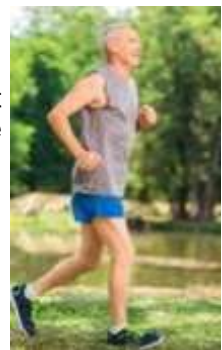
### **MYTH: Everyone with OA will need a joint replacement**

**TRUTH:** For most people who have osteoarthritis, it shouldn't be the first thing that you consider as a means of management. If you have persistent pain, limited function and particularly night-time pain and despite all of the other treatments to control your symptoms your lifestyle is limited, then it's worthwhile going along to a surgeon and having a conversation about whether you are an appropriate candidate for surgery.

### **MYTH: Stop running because they've got OA.**

**TRUTH:** If you're a runner and you develop osteoarthritis, or if you've got osteoarthritis and you want to take up and running, the data is conflicting. There's good data suggesting that high impact load potentially leads to exacerbations or flares of pain. But there is some observational study data suggesting that those people who are able to maintain running, their function long-term is likely better as a consequence of them being able to do that, compared to people with osteoarthritis who don't run.

A great study in a recent physiotherapy journal suggests that the more sedentary you are, the greater the risk, but if you increase your activity levels, including through running, you will reduce your risk substantially. For those people who are elite performers e.g. Marathon runners, you potentially place yourself at some risk.



### **MYTH: Knee injuries (which lead to OA) in sport happen from contact with other players**

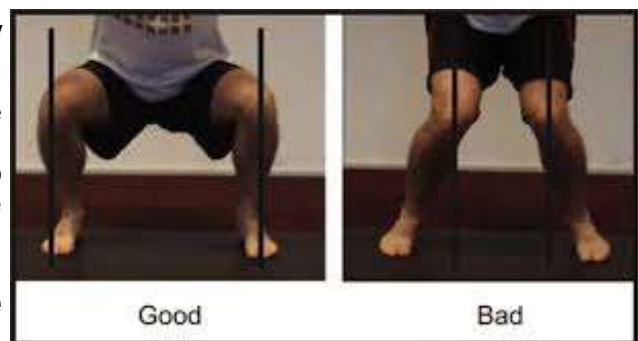
**TRUTH:** About 70% of ACL, cruciate ligament injuries, occur through noncontact, where the knee lands at an inappropriate angle and places the cruciate at risk of rupture. The best way to prevent knee injuries occurring during sport is to teach people who are playing sports to land on their knee properly.

Landing with knees neutrally aligned directly between the hip and the ankle reduces your risk of injury. In Scandinavian countries educating sportspeople has reduced injury rates by about 70%.

If we were to eliminate the risk of knee injury completely we would reduce the number of people developing knee osteoarthritis by 20%.

### **MYTH: Surgery to repair the cruciate ligament, if you don't have instability will prevent OA from developing.**

**TRUTH:** If you tear your cruciate ligament, one of the main stabilising ligaments in the knee, or your meniscus, you are likely to develop knee osteoarthritis within 10 to 15 years of that injury. Surgery doesn't appear to change a person's long-term risk of osteoarthritis development.



### **MYTH: All meniscal tears need to be repaired.**

**TRUTH:** Most MRIs in people who are 50 or above, are going to reveal a meniscal tear. Regardless of whether you've got a sore knee or not. 65% of people in the general community without knee osteoarthritis will have a torn meniscus. It just happens as part and parcel of us growing older. In knee osteoarthritis about 98% of people will have a meniscal tear. That torn meniscus doesn't contain nerve fibres in people over 50. So it can't be responsible for why a person presents complaining of pain. If you've got a locked knee, maybe. But not pain. Unfortunately they see the MRI, they see the tear in the meniscus, and the automatic response to that is you need to fix it, and the response from the orthopaedic surgeon is often to trim that away. And that accelerates the rate of progression of osteoarthritis and shortens the time to joint replacement.



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Fresh Bake Thursdays  
Children & Baby Items  
Pickles, Chutneys, Jams  
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Dates to be nominated so keep an eye out for flyers

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AUGUST 2017

# kids page

## Jokes

What's an ig?

- A snow house without a loo!

Why don't mountains get cold in the winter?

- They wear snowcaps!

What is a snowman's favorite breakfast?

- Frosted Flakes!

What do you call a reindeer with no eyes?

- No eyed deer!

## Kids Craft!



Make sparkly snowflake clusters by dipping shaped pipe cleaners into borax dissolved in boiling water with food coloring. As the water cools, borax forms crystals that cling to pipe cleaners.

### WHAT YOU NEED:

white pipe cleaners  
string  
pencil  
wide mouth mason jar  
water  
borax  
blue food coloring

### INSTRUCTIONS:

Cut pipe cleaners in half. Twist three pipe cleaners together to form a snowflake. You can create different patterns. Tie the flake with string to a pencil. Find a big enough jar so the suspended flake won't touch the sides.

Fill jar with 3 tablespoons borax and 10 drops blue food coloring per 1 cup of boiling water. Hang the snowflake in the jar, making sure it doesn't touch the sides of your jar. Let your snowflake sit overnight in the jar. In the morning remove your snowflake and dry on a piece of kitchen towel.

## Find-a-word!

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

SNOW

SKIING

ICICLES

FROST

SNOWMAN

FROZEN

COLD

IGLOO

BEENIE



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**OPEN 7 DAYS**

**ACCOMMODATION AVAILABLE**

Reasonable Rates -

A Great Place to Stay In Town

**6 BEERS ON TAP**

**COUNTER LUNCHES**

Monday to Sunday 12pm - 2pm

**BISTRO HOURS**

LUNCH

7 days from 12 noon-2pm

DINNER

Thursday - Sunday

6pm - 9pm

SUNDAY

Roast Lunch

Pizza's 6pm - 8.30pm



*Ask us about catering for your next event!*



**what's on**

**THURSDAY NIGHTS**

\$10 Snittys

**FRIDAY NIGHT**

\$10 Rump

Happy Hour from 5-6pm

Schooners for the price of middies



Jockey Draw from 7pm  
supporting the Golden Eagles

**SATURDAY NIGHT**

\$10 Snittys



**DJ SHREK**

Twice a month  
on Saturday Nights



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[hugh.ellis@bigpond.com](mailto:hugh.ellis@bigpond.com)

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



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Guest House



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- migraines
- fibromyalgia, chronic fatigue
- knee, ankle and foot problems
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- RSI, carpal tunnel syndrome and tennis elbow
- sport and accident injuries

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



**Eugowra**  
**VIEW CLUB**  
 Presents an evening with  
*Allan Drew OAM*  
 International Disaster Relief Member  
 at  
**Eat Your Greens**  
**SATURDAY 5TH AUG**  
**\$55p/p 6.30pm**  
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**Your Local Sparkie**



Our Community Nurse and MPS Board Members are looking at some of the safety and public health issues around town and one of these being the safety of the Mandagery Bridge footpath. Considering the traffic and then pedestrians, gophers, bikes, school children etc that access the bridge daily they are looking at the possibility of getting a footbridge to the side of the bridge for safety and easier access.

They are also looking at revamping the fitness pathway grant application




However this requires the input of the community for ideas and assistance and completion of a report for a grant application. With this in mind could you please fill out the survey on page 32 and drop it into the box at the Eugowra Newsagency and Supermarket.

Many thanks for your input.

1.B, 2.C, 3.C, 4.A, 5.C, 6.B, 7.C.

Page 31



## Geoffrey L. Knight

**Solicitor With Local Eugowra Knowledge**

Are you thinking of selling your home, farm or business in the near future?

Are you looking at buying a Home, Building Block or Rural Property in the local Eugowra community?

Before you start talking to Agents we are happy to give you some legal advice about buying and selling property and the issues to look at and also the mistakes to avoid.

We act as Conveyancing Solicitors all over the Central West and elsewhere in New South Wales

Please phone me on 0418-431074 for advice with buying and selling real estate, rural properties and businesses.

**"LOCAL KNOWLEDGE WITH LOCAL EXPERIENCE"**



## The Pigeonholes

Short Messages, For Sale, Wanted

Wanted to buy: down or injured stock.

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

---

### Talented volunteers needed

If there are any community members that either play an instrument, sing or recite poetry out there - would you like to volunteer to share your talents with our MPS residents?

It would be great if we could have ongoing short visits of less than an hour.

If you are interested please contact  
**Tanya Greenhalgh Ph: 02 6850 4000.**

---

### WINTER FAIR

Saturday 29th July  
 8am - 1 pm Byrnes Park  
 Come and enjoy the talents and goodies at the Eugowra Markets



## EUGOWRA COMMUNITY SURVEY

Do you believe there is a safety problem in crossing the road bridge over our creek for pedestrians?

If you think there is a problem, could you please cut out this part and put it into the box provided at the Eugowra Newsagency & Supermarket.

**Please return comments by the end of August**

Thank you David Hyde

**IS THE FOOTPATH ON THE MANDAGERY BRIDGE A CONCERN TO PEDESTRIANS?**

Please circle **YES** or **NO**. If **YES** explain why .....

.....

.....

.....

.....

.....