

## Award for Keith Dixon

Keith Dixon was presented with a prestigious Melvin Jones Award at the recent Lions Club Changeover dinner. Keith was joined by his wife Nancy, their children and grandchildren, to celebrate the occasion. The award is given in recognition of community service. While there could have been a number of worthy recipients within the Lions Club and the Eugowra community the Lions Club believes that Keith's contribution has been outstanding. Lion Anne Heath outlined Keith's many achievements (see the full article on page 4) and Zone chairman Tony Smith presented the Award. Keith's daughter Annette responded on his behalf.

A good crowd of Eugowra residents, Lions from other clubs and Keith's family and friends enjoyed the dinner and celebration.



# from the editor

It is very exciting to see that the recent burst of energy and activity in the Eugowra community is being sustained.

Along with the continuation of the Mural Project we have a local craft shop opening and a proposal to extend the amount of Aged care accommodation in the town. Lets keep it going. Its my firm belief that energy creates energy and motivation for change and growth.

Cabonne council elections are coming up and our councillor David Hyde is retiring from duty. What a tireless worker for the community David has been. Being on any council is a pretty thankless task and criticism is often the order of the day. Thank you David for your efforts. I hope that someone in the community will be motivated to run for council and continue the good work.

At last the News is online, [www.eugowranews.com](http://www.eugowranews.com) this has been a labour of love for Cassie Gates and myself and we readily admit to a lack of any real expertise, so it is with a sense of some accomplishments, and trepidation, that we announce the Eugowra News website. This will increase readership and provide a broader advertising opportunities. It will also allow us to publish a gallery of additional photos and materials that don't fit in the print copy. Advertising in the News is going very well. We are very excited to have the real estate pages back in News. Michelle has lots of great properties for sale!

Contributions for the News are growing all the time so don't forget to get your copy to me on time.

Enjoy the News,

Anne



## The Eugowra News Committee

Anne Heath, Chairperson and Editor

Anne Burns

Cassie Gates

Peter Heath

Bob Roach

Jodie Greenhalgh

## Contributors this month

Jessica Bray

Nicole Brindle

Miles Burden

Anne Burns

Belinda Edmonstone

Hugh Ellis

Nina Hooper

David Hyde

CWA, Val McGrath

Karen Rowlands

St. Josephs School, Sarah de Lange

Judy Smith

Dawn Welsh

### Next Issue Deadline:

**Friday 24th August 2012**

**The News will be available on**

**31 st August**

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420 copies printed and distributed throughout the community.

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

### Deadline

**24th August**

**21st September**

**26th October**

**23rd November**

### Publication

**31st August**

**28th September**

**2nd November**

**30th November**

What's on this month including Doctors

# August 2012

Mon      Tue      Wed      Thu      Fri      Sat      Sun

		1 Lions Mtg Bowen Therapy Drs 9-1	2 Drs 9-4	3 Drs Manildra 9-1	4	5 Eugowra vs Canowindra @ Home
6 Drs 9-5	7 Drs Manildra 9-1	8 Bowen Therapy Drs 9-1 Craft on the Creek Meeting 10.30am	9 Drs 9-4	10 Drs Manildra 9-1 CWA	11	12
13 Drs 9-5	14 Drs Manildra 9-1	15 Lions Mtg Bowen Therapy Drs 9-1	16 Drs 9-4	17 Drs Manildra 9-1	18	19
20 Drs 9-5	21 Drs Manildra 9-1 Mural Meeting 6.30pm @ CWA rooms	22 Bowen Therapy Drs 9-1	23 Drs 9-4	24 Drs Manildra 9-1 Community Bus	25	26
27 Drs 9-5	28 Drs Manildra 9-1	29 Bowen Therapy Drs 9-1	30 Drs 9-4	31 Drs Manildra 9-1		

## The Melvin Jones Award

Lions International recognizes outstanding individuals by bestowing on them an award that is named for its founder, Melvin Jones. This Fellowship Award (LCIF) is the highest form of recognition and embodies humanitarian ideas consistent with the nature and purpose of Lionism. The recipient of this award becomes a model because of the exemplary service to their club and the community for which it serves.

### Who is Melvin Jones?

In 1917, Melvin Jones, a 38-year-old Chicago business leader, told members of his local business club they should reach beyond business issues and address the betterment of their communities and the world. Jones' group, the Business Circle of Chicago, agreed.

After contacting similar groups around the United States, an organizational meeting was held on June 7, 1917, in Chicago, Illinois, USA. The new group took the name of one of the invited groups, the "Association of Lions Clubs," and thus began the rich tradition of service that Lions Clubs are known for around the world.

### Lions Club International Foundation and the Melvin Jones Fellowship

Lions around the world are united by a great spirit of giving and dedication to helping others.

Lion's honors our most dedicated and generous members with a nomination to the Melvin Jones Fellowship. Eugowra Lions have had some funds put aside for a Melvin Jones Award for quite some time. This year we have decided to present a Melvin Jones Award to one of our charter members and a person who is an outstanding example of community service. Having to choose one recipient was a bit of a challenge and the award could equally well have gone to a number of our long term members.

However the decision was made and we are very proud to present this award to Keith Dixon.

As you listen to some Keith's achievements I am sure you will be equally proud of Eugowra's recipient of this highest Lions club award.

The early 1960's saw Keith and Nancy with a very young family running a garage and repair business and a roadside mail service. Keith also found time to be:

- A member of the "Back to Eugowra Week" committee in 1962
- A member of the Eugowra Tennis club for many years
- A Foundation member of the Small Bore Rifle Club
- Committee member of the Railway Jubilee celebrations
- Committee member of the Eugowra Golf Club for a number of years
- A member of the Eugowra Apex club until 40 years of age.

- Several terms as President of Eugowra Central School's Parents & Citizens Association
- Served on the Eugowra Memorial Hospital board for 17 years
- Member of Forbes Lions Club for 3 years
- President of Eugowra Lions interim club
- Charter member of Eugowra Lions Club
- Served as Service director, Treasurer for many years, many terms as "Tail Twister" and became well known as a poet.

Among some of the activities Keith has been involved in are:

- Played a major role in the erection of the Escort Rock Monument
- Welded BBQ's at Escort Rock and the Eugowra Memorial Swimming Pool
- The organisation of car rallies
- Worked on the Show pavilion extensions
- Many road side clean ups
- Painting the Swimming Pool as an Apex member then as a Lions Club member
- Many working bees at the Eugowra Central School, including relocating the "Dendroglyph Tree"
- Participated in many working bees, including building a ramp at the Doctor's surgery and creating a new entrance to the Eugowra Sports Ground
- Gate keeping at the annual Eugowra and Canowindra Shows for many years
- Fund raising with the sale of sheep manure
- Tree planting
- Supplying fire wood
- Building the Columbarium at the Eugowra Cemetery
- Seniors Day at the Eugowra Bowling Club
- Catered for many clearing sales and Trotting meetings

As a Hospital Board member and P&C President, Keith was well placed to comment on requests to the Lions Club for funds or equipment.

When tools or a welder were required it seemed Keith was there.

Keith is slowing down a bit now, but he and Nance still deliver "Meals on Wheels" and we always enjoy Nance's cooking at working bees.

Nancy and Keith are the proud parents of three and grandparents of eight.

Keith continues to contribute to Lions with his wit, wisdom and good fellowship.

Congratulations to Keith on his award.

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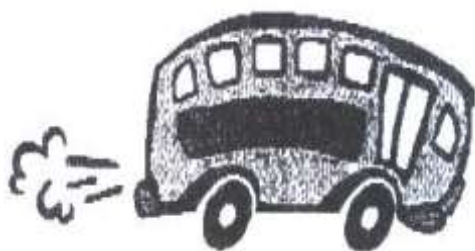
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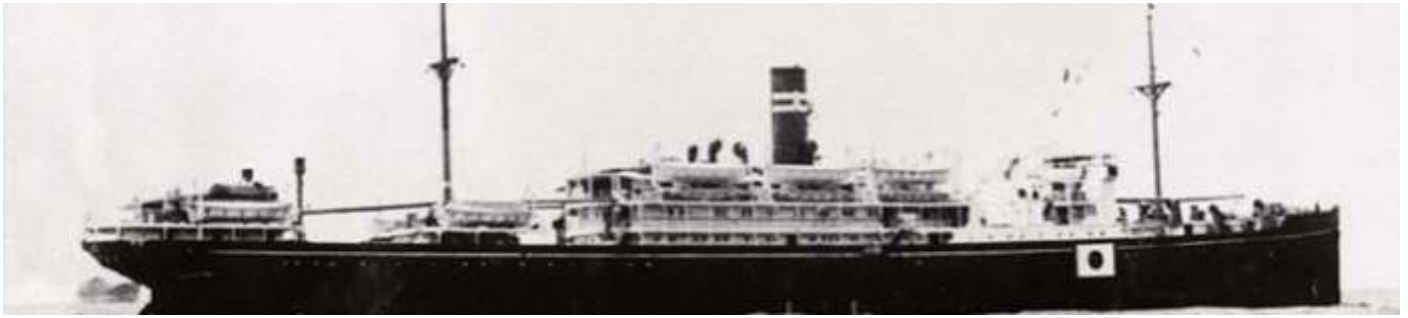
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# LOCAL CONNECTION TO WW2 TRAGEDY



On Sunday 1<sup>st</sup> July last a belated memorial was dedicated in Canberra at a commemorative service marking the 70<sup>th</sup> anniversary of Australia's worst ever maritime disaster. Over 1,000 people attended and there was a fly past of WW2 aircraft marking the deaths of more than 1,000 Australian servicemen and civilians when the Japanese prison ship Montevideo Maru was sunk by an American submarine.

One of the POWs was from Gooloogong and local historian **Dawn Welsh** has compiled the following account of the tragedy:

Information on NX 54368 **BERNARD JOSEPH SLAVEN** born 25/11/16 to Joseph Slaven and wife Elizabeth nee Devine (a Eugowra girl) from the office of Australian War Graves states: "**SLAVEN**, Pte. Bernard Joseph, NX54368. A.I.F. 1<sup>st</sup> Indep. Coy., Australian Infantry. 1<sup>st</sup> July 1942 age 25. Son of Joseph & Elizabeth Slaven of Gooloogong N.S.W. Commemorated on Rabaul Memorial panel 14"

From other sources we have learnt that he was among a small number of Australian infantry men who landed on New Ireland in the hope of getting intelligence on the movement of Japanese troops early in 1942. However the island was swarming with Japanese and the group was taken prisoner of war.

At 8.00 am on the 2<sup>nd</sup> June 1942 unranked soldiers and civilian prisoners were herded out of their makeshift camp and marched to the harbour where the "MONTEVIDEO MARU", on charter to the Japanese Imperial Navy, was waiting to receive them. The timing is uncertain but it's known that other service and civilian prisoners were embarked from Rabaul, on the island of New Britain.

Some time after its departure the ship was sighted off Luzon, in the Phillipines, by an American submarine, the USS "STURGEON," which shadowed it through the night. It's understood the ship carried no markings to identify it as carrying prisoners of war.

At dawn the following day, 1<sup>st</sup> July 1942, the submarine closed in, firing four torpedoes in close succession. US Naval records show the Montevideo Maru sank stern first in about ten minutes. It is presumed the prisoners were trapped in the hold and all drowned.

The total number of victims is disputed, but most records cite 845 Australian servicemen and 208 civilian prisoners. The servicemen who died included men from the 1<sup>st</sup> Indep. Coy. and men from the 2/22 Battalion AIF (known as Lark Force). The civilians were plantation owners, public servants and a large number of missionaries.

The sinking of the Montevideo Maru went unreported until the war's end. The news appeared in the Australian press, in a few brief paragraphs, on Victory Day 1945. It put paid to the joy of many Australian families who had clung to the hope their loved ones were still alive.

Officers had been separated from other ranks and non-combatants and were transported to prison camps with nurses and other women on the vessel "MATURO MARU". Some of these survived the appalling indignities and hardships of being prisoners of the Japanese, but it has been said that at times the living may have envied the dead.

In 1995 two of Bernard Slaven's brothers, Simon of Cowra and Vincent of Homebush, and sisters Ella Baker of Cudal and Margaret Bird of Neville, were still alive.



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# Caring for the Land



Hello Eugowra.

There is a lot happening in the world of Natural Resource management – you really could attend a workshop or field day almost every day.

How you decide what to attend can depend on workload and where events are held, but when I was a farm planner, we used to promote having a property business plan as being a great tool to use as a filter to decide what workshops and field days are in and which are out.

If you don't have a property plan, there are quite a few great providers around – the Western Institute of TAFE being one – that can help you get started. If you have a business/ property plan here are the events to run past it this month!

The Rural Women's Gathering is coming up in Parkes. The committee is well into the organising – and now registrations have opened. If you would like to know more you should contact them at [parkesruralwomensgathering@gmail.com](mailto:parkesruralwomensgathering@gmail.com) or go to the blog at [www.parkesruralwomensgathering.wordpress.com](http://www.parkesruralwomensgathering.wordpress.com) where you will see all of the nitty gritty!

Your business plan may also allow you some time to have your say on the future of farming.

The **Blueprint for Australian Agriculture** is bringing together all interested in and involved with agriculture to help shape its future direction.

The Blueprint gives you as someone involved in agriculture and rural communities, the opportunity to have your say on the issues and challenges facing the agricultural sector and the supply chain now and into the future.

Your voice and vision are crucial in finding solutions to achieving a strong and sustainable future.

National Farmers' Federation (NFF), Westpac and Woolworths, with support from Landcare, and once developed, will be a road map for the future direction of the agricultural sector, helping to direct policy development in agriculture.

After all, as the sticker goes: if you eat, you're a partner in farming.

Over 1,000 Australians have already taken part in the Blueprint Head to [www.nff.org.au/Blueprint](http://www.nff.org.au/Blueprint) and click on SURVEY to have your say.

Should you have any queries or questions regarding the Blueprint, please contact the NFF on 02 6269 5666.

Of course any business plan worth its salt will include the need to be involved in groups such as Central West Lachlan Landcare. At just \$10 it's the cheapest club in

town – or out of it – and you will get many perks for your membership – a quarterly newsletter, advanced warning of funding and invitations to many events. We have heard much in the media lately about the value of networks such as this, so please take the time to head to the website [www.parkeslandcare.org.au](http://www.parkeslandcare.org.au) or check us out on Facebook.

This month we have also been involved in some activities around National Tree Day and National Schools tree Day. In this area the way we celebrate Schools Tree Day is by doing it with as many schools as we can at once, at the great event we call Eco Day.

Eco Day is held at the Central West Livestock Exchange at Forbes each year – this being the third one, and all schools in the district are invited to send a team of around six students.

We had a nice little team from Eugowra Public too and they were a great asset to the day – all kids in fact behaved impeccably!

Eco Day is sponsored by the Lachlan CMA and supported by Forbes Shire Council, Central West Lachlan Landcare and Parkes Shire Council.

This year we had some additional help from NorthParkes Mines environment team and the trees we planted with the kids were donated by the Roads and Traffic Authority.

The concept of Eco Day as well as celebrating Tree day is to encourage the students to think about environmental careers as well as learn about the environment, plus make some new friends.

This year we had the additional theme of the Australian Year of the Farmer, with sessions on sheep shearing with Tom the Shearer and a Saleyards Tour with Geoff!

Other sessions enjoyed by the students were on frogs, Insects, weeds, compost and Wiradjuri Culture, plus a very exciting snake display which saw many people decorated with pythons.

We planted 70 trees – which adds up to almost four hundred at the site, most of which have been planted by schoolchildren!

A really great day – and we hope to be back bigger and better next year.

Until next month.







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## Bowling Club News

Our AGM was held on Sunday 22<sup>nd</sup> August 2012. We have had a few changes to the board. Colin Smalley accepted the position of President again, as we did not have anyone else to step forward. George Pile and Marty are joint Vice Presidents and myself Karen Clarke back as the Treasurer.

It was disappointing to only see a handful of members turning up to the meeting. Thank you to the people who did come.

And for August 4<sup>th</sup> Country Muster, come along for free entertainment starts at 7pm. Also 18<sup>th</sup> August is the EPPA Trivia Night 7pm start (More about it in the next Eugowra News

### And for the Bowls News

Our Team went to Grenfell to play over the weekend of 23<sup>rd</sup> and 24<sup>th</sup> June. They won 4 out of their 5 games and the closest team was 30 shots behind. What this all means is our next game is in Wagga for the State Finals on the 1<sup>st</sup> weekend in August.

So lets wish our team the very best!

If any ladies are interested in playing bowls please let the club know, we might be able to get it running again.

And don't forget Friday nights is the Meat Market Draw.

## EUGOWRA NEWS UPDATE:

We're now online!

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

Our wonderful news can be accessed worldwide, so tell your friends. Previous editions can be downloaded. Dial up and satellite users will need to be patient, as it does load slowly.



# The Fat Lamb HOTEL



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**Firearm and safe storage** audits are wrapping up in the Eugowra area for 2012. However there are still some people that need to have their firearms and safes checked. If you receive a call from police, please assist us in making an appointment to have this done.

**40KPH School Zones** are going to be patrolled more often during School days between 8am to 9:30am and 2:30pm to 4pm. We have seen an increase of vehicles travelling in excess of the 40KPH especially outside of St Josephs Primary School on Pye Street. To our surprise, some have been locals. The penalties for speeding within a School Zone often carries higher demerit points and could result in a loss of licence.

**Away from home** notification register is now in use at Eugowra Police Station. If you are going away for a Holiday or weekend, feel free to call 6859 2244 or email me at [burd1mil@police.nsw.gov.au](mailto:burd1mil@police.nsw.gov.au) with your address, contact details and times you will be absent from the area. Police will conduct proactive patrols past your residence and help keep an eye on things.

**.379 PCA Reading** was returned from a driver that police stopped on the Parkes Eugowra Road on Saturday the 30th of June 2012. The 39 year old Parkes man recorded one of the highest readings ever recorded in New South Wales. The arrest came when members of the public contacted police about his manner of driving. The rule is simple and we say it over and over again. If you are going to drink, don't drive.

**Secure your premises** is what we are encouraging everyone to be mindful of. This comes as a number of homes within Canowindra were broken into and property such as wallets, phones and car keys were stolen. You just don't know who is around or passing through town, so lock doors and windows if leaving the home.

**Eugowra Police Station** is not the Eugowra Waste Facility. I'm disgusted to find that over the past two weekends, a number of beer cans/bottles have been located on the front grass outside the Station. I'm sure the majority of the community will agree with me that this is a lack of respect not only towards the NSW Police Force, but for the town you live in. Legal action will be enforced for anyone caught littering, keep the town clean so others can enjoy it.

**2nd Road Trauma Workshop** planning is underway. Last year was a huge success with the help from Eugowra SES and our two Volunteer Ambulance Officers. If you are interested in attending this year, please send me an email or call me. Times and dates to be advised based on interest.

**eyewatch still live** at [www.facebook.com/eugowrapolice](http://www.facebook.com/eugowrapolice). We now have over 670 followers on the Eugowra page keeping up to date with the latest news across the area. Join us if you have not already done so!

Till next time, stay safe!

Senior Constable Miles Burden

## ? TRIVIA NIGHT

**SATURDAY AUGUST 18**

Come for a fun night out at the Eugowra Bowling Club and raise funds towards the maintenance of the community-owned RTC building

Make up a table for a fun night  
**Good prizes to be won**  
Tables of 8  
\$10 per person

### **Bookings:**

at the RTC or  
phone Bob Roach 6859 2243  
Ray Agustin 6859 2571



## To the Editor

Hi everyone,

I met with some folks in Eugowra last week regarding options for capitalising on the great recent publicity.

In order to qualify for Tourism signage at Escort Rock we need to produce a brochure. This was the starting point for our discussions and the following points were agreed by those present:

- Tourist signs for Escort Rock are essential.
- A brochure will assist with achieving the above goal.
- Landscaping and other upgrades at Escort Rock would also be helpful.

A better outcome would be a combined brochure promoting Eugowra and Escort Rock.

- Hosting a range of events in town would also contribute to the overall economy. Some of these could be bushranger related but could also tap into other markets e.g travelling groups, history buffs, craft groups, families and caravanners.
- Eugowra would also benefit by targeting those travelling north/south (to Dubbo Zoo or the Dish) and east/west (from the Newell to the Mitchell Hways)
- It was thought that the current Eugowra brochure has done a great job but it is time to update. Content of any new brochure should include:
- A revised town map showing all attractions and walking track to view the murals
- A revised regional map

- Special Events listing
- A comprehensive business directory
- Brief history of Eugowra
- Brief description of the attractions and facilities available in and around Eugowra (Inc Nangar NP)
- Photographs that engage the reader of the best of Eugowra e.g murals, escort rock, shopping etc
- Locations of visitor facilities e.g dump point, camping, PO, police, medical, auto teller, etc
- Contact details for further information (Website etc)
- Possibly advertising for businesses to help fund the brochure and the marketing of it.
- Jodie and Glenn presented a prototype of what might be produced but this needs further input. A DL booklet might prove to be the best format.

It was also discussed that a print run to cover 1-2 years supply would be most efficient.

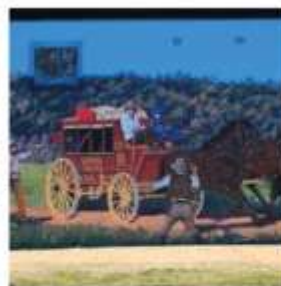
Further ideas and suggestions are welcome.

It is my opinion that Eugowra should claim the title of "NSW's Mural Village" and work towards increasing the number of murals, all telling their own chapter in Eugowra's unique story.

It is also my opinion that a new Eugowra brochure should reflect the Cabonne Country brand, which will increase exposure and circulation now and in the future. Particularly with new digital/online applications.

Thanks to all for your input so far Glenn

Cabonne Council Promotions and Tourism Officer



## INVITATION TO JOIN THE TEAM

We are looking for forward thinking individuals who would like to join the team of the Eugowra Mural Project. The current murals have injected a great spirit and enthusiasm into the town and will continue over the years. The project is in need of future locations and ideas to keep up the momentum. We are seeking people and their photos and memories from the history of Eugowra.

Next Meeting:  
6.30pm, Tuesday, 21st August at CWA Rooms

See you there!





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## Montana Bound Returns After a Fantastic Trip

The Montana Bound students and chaperones returned to Australia on Saturday, July 14 after spending two fun-filled weeks in Big Timber, Montana.

With the Montana summer being one of the hottest in years, the students spent much of time in water, be it fishing, swimming, floating on inner tubes, white-water rafting, or going down water slides. They also spent a day in Yellowstone National Park, hiked to Twin Lakes in the Crazy Mountains, and visited an old gold mining town. All students were billeted with local families and had a wonderful time getting know each other. The host families were impressed by the good behaviour of the Australians. Another huge thank you goes out to all of Eugowra for supporting Montana Bound fundraising efforts so well. They couldn't have had this opportunity without you.





# IN THE KITCHEN WITH Jessica & Ben

## August Recipe



### American style pork ribs



#### Ingredients

1kg American pork ribs, also known as baby back ribs, about 2 racks.

#### For the dry rub

1tsp paprika  
1tsp onion powder  
1 tsp garlic powder  
1tsp salt  
2 tbl brown sugar

#### Method

Combine all ingredients, rub onto the ribs and marinate over night, up to 12 hours.

#### for the sauce

2 cups tomato sauce  
1/2 cup sherry  
2 tbs soy sauce  
2tbs honey

3 clove garlic crushed

30g diced ginger

Combine all ingredients into a pot, place over a medium heat until incorporated. Pre heat oven to 150.

Cut Racks into 2 rib sections and place into an oven tray, pour over half the sauce and place in oven, cook for 3 hrs basting with the remaining sauce every half an hour. If at any point the sauce starts to darken, add a splash of water.

The ribs are ready when the meat is tender and the ribs come apart easily.

For an extra smoky taste cool the ribs down, and then reheat them on the grill section of your barbeque. Serve with coleslaw and corn on the cob.

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# Craft on the Creek

Starting from an idea proposed within our small sewing group at the Public School in March, an ad placed in the Eugowra News (Lions paper) in April, items in the Forbes Advocate and various flyers around town etc. we are close to achieving our goal.

After numerous meetings at Helen Perry's home since early May and much discussion and floating of ideas, 'Craft on the Creek' will open at 59 Broad Street (the old bakery shop front) on Father's Day September 2.

With a proposed membership of 39 at last count, our members are very enthusiastic and at this stage plan to have 'Craft on the Creek' open 7 days a week from 9-30am to 4-00pm.

There are many talented people in Eugowra who make many and varied craft items. These include sewing, patchwork, knitting, cakes, jams, pickles, relishes, cards, metalwork, woodwork, silver items, plants, pottery, sculptures, Christmas items, lavender products and various craft items.

Executive elected at a recent meeting are: Public Officer - Kerry O'Malley, President- Kerry O'Malley, Vice President- Val McGrath, Secretary- Judy Smith, Treasurer- Kay Jones, Quality Control Committee- Helen Perry, Jenny Anderson and Gwenda Rue.

New members are welcome and the next meeting of the 'Craft on the Creek' group will meet at the shop on Wednesday August 8 at 10-30am.

## Self Care Units Proposal

On Thursday 28<sup>th</sup> June a Community Meeting was held to gauge the interest in Eugowra of developing a new set of Aged Self Care Units.

**The well attended meeting unanimously endorsed the concept of more units.**

Such developments are essential if our town is to maintain the existing services we enjoy today.

The existing Self Care Unit Committee has been given the task of coordinating the process.

One of the initial requirements is to get written Community support from as many organizations within Eugowra as possible, so we can build a solid case when we approach various Government and Council bodies to seek possible funding assistance. A letter is on the way to organizations.

A survey is to be conducted in Eugowra and district to find out what our customer base will be. It would be most helpful if as many residents as possible filled in this survey.

A field trip is being organised to visit other similar units in nearby towns to see how they went about implementing their projects.

Any community members who would like to be involved in the establishment of more units contact Hugh Ellis.

02 68592926 or [hugh.ellis@bigpond.com](mailto:hugh.ellis@bigpond.com)

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# EUGOWRA VIEW CLUB 2012



Eugowra Evening VIEW Club celebrated their 4<sup>th</sup> birthday with a celebration luncheon at the Eugowra Community Bowls and Recreation Club early in July.

There were 42 ladies present including a number from Parkes Day VIEW and Orange Evening View who joined the local VIEW Club members for the special occasion.

National VIEW Councilor Valmai Bernard presented Ellen Whelan with her member's badge and as the newest member Ellen had the honour of cutting the beautifully decorated celebration cake.

Sophie Munro entertained the guests with a number of beautiful songs, accompanying herself on guitar.

Arline Townsend conducted a Dutch auction which was very successful, raising quite a sum of money for the Smith Family who work for 'Learning for Life' students.

The novelty birthday parcel grab was a lot of fun- who ended up with the parcel they wanted?

It was a very happy and successful day with a very tasty meal enjoyed by everyone.

The DFO shopping trip set down for August 4 has been cancelled due to insufficient numbers.

Members have agreed to do the Show catering and rosters will be prepared at the August meeting.

Resolutions will be voted on at the September dinner meeting.

Guest speaker for the August dinner meeting will be Nicole Brindle, who is the local physiotherapist.







# News from Eugowra Community Children's Centre

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

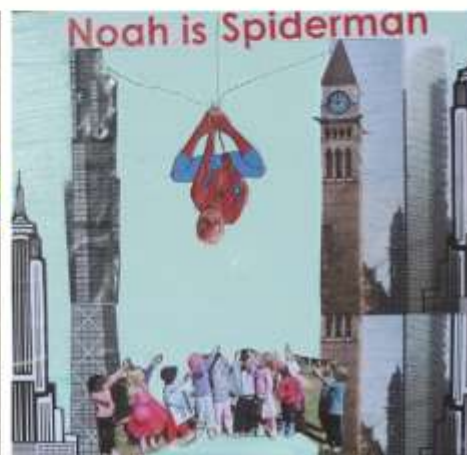
## We're back and racing!



Bert is a confident and involved learner as he participates in the group fishing game



Bodhi rides his own special dragon. Only when you are star of the day can you live your dreams through your imagination



Noah is Spiderman for his Star of the Day

We are all excited to be back into Preschool again after our two weeks holiday. So far this term, we have continued with our Star of the Day displays, that really thrills the children when it is their turn. We joined the combined Eugowra primary schools athletics carnival, for a race or two. Thank you so much for including us in your fun day.



The preschool boys: Levi Carver, Luke Holland, Noah Colvin, Memphis Bevan and Jack Fazzari compete in the Eugowra athletics carnival



The preschool girls: Clare Williams, Hannah Williams, Elizabeth Brindle, Bella Dwyer, race at the athletics carnival, with Ruby and Olivia supporting from the side line

# Centenary of Welsh Memorial Uniting Church

There was well over 100 people who attended the Eugowra Welsh Memorial Uniting Church on Sunday 17<sup>th</sup> June 2012 including descendants of William & Rebecca Welsh and members of the Uniting Church congregation plus the present church members to celebrate the centenary of the Church in Eugowra. Amongst families represented were Howell, Herbert, Noble, McMillan, Trudgen, Adams, Welsh, Langfield, Yell, Thorncroft/Gosper, Southwell, and Genge.

Ron Welsh who is 89 next month was the oldest living descendant of William Welsh to attend. Ron is the Grandson of John McClintock Welsh who was the eldest son of William and Rebecca Welsh. The youngest to attend was Jemima Grice 6 months old, Great Great Grand daughter of Mary Thorncroft who was the eldest daughter of William and Rebecca Welsh.

Rev Alan Palmer officiated at the service and after everyone gathered for fellowship and lunch in the hall. Lunch was proved very ably by Forbes Uniting Church.

Organist for the Centenary Service was Mrs Jan Perry; she was also organist for the 50 year celebrations. Among the memorabilia was an order of service from that service provided by Alan Noble, Alan also had books which were Sunday School prizes given to Stewart, Ian and Robert Noble. Many other photos of families associated with the church were on show in the hall plus a slide show. Nellie Heinzl entertained those present with three Russian Folk songs.



A report in the "Forbes Times" newspaper dated 28<sup>th</sup> June 1912 states "The new building for the Presbyterian church (became Uniting in 1977) was opened by Rev. J McDowell of Forbes. During the service sacred solos were rendered by Mrs McDowell (ministers wife) and Mrs Vic Messenger (wife of school teacher at "Bonnie Dell school Eugowra) The organist was Miss May Ashcroft, assisted by Messrs R and A Herbert on violins. May later became Mrs Ern Charlton. She died in 1987 just short of her 100<sup>th</sup> Birthday, she had worshipped at this church for almost seventy years.

At the time of the church opening Henry Thorncroft was Hon. Treasurer. Total cost of project was £590.12/-. His descendants were present at centenary. The architect was John H Bates.

The first marriage in the new church took place on 13<sup>th</sup> September 1913 when Joan Smeaton married William Robinson.

The complete history is produced in booklet form, and is available from Pauline Howell 68592262.





# The Secret

By Rosemary Townsend

I didn't move.

I couldn't move.

Fear and a strong desire to stay alive kept me still. I only hoped that the pounding of my heart did not alert my pursuer to my hiding place. I heard the door open and footsteps walk carefully in. Then they paused. I could imagine the person standing and looking about him waiting for his eyes to adjust to the gloom of the hut. My only hope was that the shadows would hide me from hurried looks.

"Well have you found him?"

Another person had joined my searcher. Even though I could not see him I knew this was the boss. His voice held a tone that people wouldn't argue with.

"No. But I'm sure he ran in here."

"Don't waste time then if he's not here. Grab some of the boys and search the scrub. He's on foot and couldn't have gone far. He's seen us rob that coach and if he gets to town to raise the alarm we'll have no hope of getting away cleanly"

"Yes Boss", was the returned reply.

I heard both men leave the hut but still I didn't move. I would have to give them plenty of time to give up searching for me because I could never outrun them on foot.

It seemed like I waited for hours crouched tightly against the bench until I hesitantly decided to move out of the hut. I was almost expecting a volley of bullets to hit me when I opened the door but all I could hear was the silence of the bush. I glanced quickly around me again, convinced that they had truly gone, I bolted for home.

My legs flew across the farmyard. My feet, toughened from years of running without shoes, didn't feel the sharp stones or sticks beneath them. In the gloom of approaching darkness my feet still knew their way. I arrived at home panting and breathless with sweat running down my face.

"Heavens boy what have you been up to running in here like you're being chased by a bunyip?". My mother was standing over a pot she was

stirring on the fire. My little sister sat at the table with her doll ma had made for her last birthday.

"You've been playing up in the hills and forgot you were supposed to be catching a rabbit or two for me. There won't be much to put in the pot tonight now. Go out and wash up while I dish up supper." She turned her back on me and went back to the pot. I could tell she wasn't happy with me because she didn't even give me time to explain. That would come later.

"So what happened to you today? You know I count on you especially while your dad's away. I can't do everything myself". We were sitting close to the fire after supper and my little sister was tucked up in bed. My mother looked tired I felt guilty for not being here to help but today was out of my control.

I began to explain. "I was looking for fresh burrows to lay my traps so I went over to the Cotrell's old place. Now they've left I thought they might burrow under the hut. That would be an easy place to catch them." I had my mother's attention because she knew of the place I was telling her about. "Well as I came over the rise along the track bushrangers had stopped the coach. I could see the passengers standing on the road and one of the bushrangers was holding the coach's horses." I glanced at my mother's face even in the firelight I could see she had gone pale. I reached across to hold her hand. "I thought I could back away slowly and hope they wouldn't see me but one of them turned around just as I stood up to move. He raised the alarm to the others so I turned and ran. I went up through the rocks and trees hoping their horses wouldn't be able to follow me. This gave me a little time and I ended up at Cotrell's hut and hid there"

"But why didn't they find you in the hut?" My mother's voice was barely more than a whisper.

"Well I'm not the biggest boy around here even if I am the fastest", I joked back at her. "I made myself very small under a bench and they were in too much of a hurry to look closely".

My mother looked at me and spoke quietly but with deep meaning, "You are never to mention any of this to anyone ever again. If word gets back to them who it was who saw them none of us will be safe."

It dawned on me then that even though I'd escaped them now I would need to be extra careful for some time to come.

The years passed and we heard about the daring exploits of the bushrangers around the district. They would be seen in Grenfell then pop up weeks later near Cowra. They had everyone guessing.

Near the end of one day I was tidying the smithy's shop when I heard a voice that stopped my heart. "Would you have time left to put a shoe back on my horse? I've still got some riding to do today."

I would know that voice anywhere. I had my back to him as I stood up.

"Boy pump those bellows again to get some heat back in that fire," Smithy ordered. As I turned around to do as I had been told to I locked eyes with the man. He wasn't as big as I'd imagined and he looked quite ordinary but he radiated power even in his quietness. As our eyes met maybe he saw a flash of fear and recognition in my face but he said nothing. Smithy finished the job and the man paid him and rode off down the street. "Boy you'd better head for home your mother will be looking for you", Smithy said to me and I was dismissed. I couldn't tell him why I didn't want to leave the safety of his shed but the man did say he still had more riding to do that day so he was probably far away by now.

As I turned to walk through the back paddock to home a figure emerged from the trees and spoke in a soft voice. "Well done boy. You know how to keep a secret." I heard a clink on the gravel but I kept my eyes downcast until he rode away and began to search for what had fallen there. I found what I had been looking for. I stood up with a sovereign held tightly in my hand. I looked up the road but the rider had disappeared. I turned and ran for home.

# The “Rosebank” Story

INFORMATION FOR THESE ARTICLES WAS OBTAINED FROM “ROSEBANK” DAYBOOKS, CASHBOOK, SHEARING BOOKS AND ADDITIONAL INFORMATION FROM MY FATHER, NEIL GRAHAM McMILLAN (1875-1949). I COMMENCED THIS IN 2005.

VIV McMILLAN

Lucerne was a popular crop on “Rosebank” in the early days because of its versatility and longevity. For crop production it was handled similarly to white (cereal) hay for cutting but from thereon things were different. After lying in a swathe for a day or two, it would be raked into rows with a dump rake, drawn by a horse. Sometimes these rows would need to be turned over by the rake again so that the underside would dry out properly. The loose hay would then be picked up using a horse and wagon. The hay was pitchforked up onto the wagon by men walking along the ground, then it was carted to a shed and unloaded onto a stack. From there it would be cut into chaff for the market.

Production of lucerne seed was another plus because of the desirability of it in pasture mixes for grazing or its use for growing stands of lucerne for cutting. Lucerne seed production is a twelve week process. The paddock is cleaned of unwanted noxious plants, if present and mown in order that all plants come away together, so that flowering, after 6 to 7 weeks, is even across the crop, otherwise troubles will occur at harvest time. At flowering, it is necessary to have many, many bees so that pollination will take place evenly.

When ready for harvesting, a machine known as a daisy mower, or more technically, a reaper which was the machine previous to the reaper-binder (vintage 1840-1870) was used. I have a reaper in my possession in good condition. The reaper was drawn by two horses, enabling the crop to be pushed off the platform of the machine by the operator. The cut lucerne with the seed attached, was deposited in a dump, known as a ‘cock.’ The cock, when dried out, usually in 5 to 7 days, was picked up and carted to a shed, similar to the foregoing lucerne hay description, where it would be stacked loosely or put through a lucerne thrashing machine to remove the seed pods from the plant material. These old methods of harvesting resulted in enormous losses of the ‘green gold’ seed because of the premature thrashing of the small, fragile seed pods.

Today is very different. Paddock clean up is similar; crop protection from bugs and insects is provided by spraying; harvesting either by windrowing first, followed by the cut rows being picked up by a combine harvester fitted with a special pick-up front; or alternatively, the standing crop is sprayed with a defoliant and then direct harvested with a combine harvester, as for wheat.

To my knowledge, the only variety of lucerne grown in those days was the Hunter River strain. This strain persisted alone for many years until the notorious pest insects, spotted and green aphids, became prevalent in the early 1960s. The Hunter River variety was highly susceptible to attacks by these aphids and so importation of more resistant varieties was necessary. Most prevalent among these was CUF101 from America. The CSIRO and private plant breeders then had the job of breeding resistant varieties, so today we are fortunate to have available many varieties with different degrees of resistance to aphids. However, in a year of high aphid activity, a spray is still necessary for successful crop production. An attack of aphids on a lucerne crop makes the plant very sticky and unpalatable for stock.

I would just like to mention in passing that TH “Boss” Bray came to “Vychan” in 1898 and on August 18<sup>th</sup>, 1890, purchased from “Rosebank” 330 lb. of lucerne seed at 6d/lb. “Vychan” became a big producer of lucerne seed right up until the 1970s, cleaning and bagging under their own Vychan strain. I wonder if this could have been an industry developed from the humble purchase of 330 lb. of seed from “Rosebank?”

For the successful running of livestock on the virgin country of “Rosebank,” it was necessary to fence certain areas, as well as the creek boundaries because of the uncertainty of water in the creek. Men were given contracts for erecting such fences. The rates varied over the years but in May 1889, Mr. George Perkins was engaged to erect 50 chains of fencing at the rate of 4s 8d (four shillings and eight pence) per chain. Nearly all internal fencing was constructed of wooden posts, sawn battens and plain wire of a high tensile nature. The wire at that time cost £17/10s (seventeen pounds, ten shillings) per tonne.

As a matter of interest, this wire came from England, transported in a ‘ship’s tank.’ This tank was a waterproof cube of about 4’ 6” with a circular lid of 2’ 3” diameter, placed in the top centre. The ship’s tank became a very useful item around the farm. Early tanks were constructed of ‘black iron’ and at a later date, they were made of galvanised steel. They were used for carrying water, they were handy to store jute bags in to keep them protected from vermin attack, and in time, rusty old tanks became dog kennels.

By today's standards, the strainer posts used in fence construction were massive, generally measuring 3' across, cut close to the fence line and dragged by horses to the site. Of course, the cutting would have been done by cross-cut saws. Even today, there are still a number of these posts doing their job of holding a fence line in place. The fence posts, also won on the line, would have to be drilled after standing for the fence wire to be passed through them. Generally, 7 holes were bored through each post and this job was done by hand with a brace and bit. The battens, also split on line, may have been drilled in the same manner but could have been taken by horse and dray to the saw bench at "Rosebank's" wood heap and drilled there because the saw bench had a drilling attachment fitted to the end of the shaft.

George Perkins' work must have met with approval from Archibald McMillan because 2 months later, in July 1889, Mr. Perkins was engaged to erect a further 21 chains of fencing at £22/mile or 5/6 per chain (five shillings and six pence). Once again, in September another 14 chains of fencing were contracted to George Perkins at 5/6. 20 posts were split at the rate of 2 ½ d (tuppence halfpenny) each.

Also, in September 1889, there was an entry of James and Son purchasing supplies of 100 lb. of flour at 2 ¼ d (tuppence farthing) per pound, costing in total 18/9 (eighteen shillings and nine pence); 50 lb. of beef at 3d (threepence), totalling 12/6 (twelve shilling and six pence); 14 lb. sugar (yellow) at 4d (four pence), totalling 4/8 (four shillings and eight pence); 2 lb. tea at 2/3 (two shillings and threepence), totalling 4/6 (four shillings and six pence); 1 bar of soap for 11d; 2 lb. salt @ 2d, totalling 4d; ½ lb. tobacco @ 2/6 (two shillings and six pence). The grand total for the whole supply of goods was £2/4/2 (two pounds four shillings and two pence) – equivalent to \$4.42.

General hands working at this time on "Rosebank" were paid 15s (\$1.50) per week, increasing over time to 17s, then 20s (£2/week) by 1891. The harvest rate was usually 25s/week (\$2.50). Harvest rates in 1890 rose to 30s/week (\$3.00) and, as previously mentioned, shearing was at £1 (\$2.00)/100 sheep shorn.

Whilst on pricing, I may as well toss in a few more I have gleaned from the day books. They included: beef to employees at 2d/lb. in September 1893, as well as pork at 3 ½ d/lb. In 1895 Donald Chesher purchased 57 lb. of lucerne seed at 7 ½ d/lb. for £1/15/7 ½ in total. Sales of chaff in October 1896 were at the rate of £4/tonne, William Quong taking 3 tonnes at this figure.

Others who bought chaff at the same time were James Rogers (89 bags); Black (61 bags); J & C Eddy (61 bags); Mr Toogood (44 bags); E H Johnson (149 bags). In December 1896 Mr. Vaughan purchased 11 Lincoln

rams at 5s each. Contract rates for 'clearing and grubbing' varied considerably over the years and would be determined according to locality and the variance in tree and stump population. The cleared ground had to be to a depth of 6", ready for the plough. Prices paid over the early years were in 1890: 5 shillings/acre and 'found' (food provided by the employer); 1897: 10 shillings/acre; 1902: 1/3/- (one shilling and three pence)/acre; 1911: 9 shillings/acre. In February 1900 25 bags or 98 bushels of seed wheat cost 1/11/- per bushel (total £9/7/10 = \$18.80), 10 bags or 35 bushels of fowl feed cost 1/6/- per bushel (total of £2/12/6 - \$5.25).

From the 1902 "Rosebank" cashbook, I have found that on October 14<sup>th</sup>, Mr Teesdale shod a horse for the princely sum of 2/6 (25c). Twenty-one years earlier in 1881, I find that Mr Johnson was paid £3/7/- for going around with a petition seeking names and support for a rail link to Eugowra. It seems apparent that Archibald may have initiated the idea of a rail link because at a later date, he employed the same Mr. Johnson to obtain a second petition. In time, a railway committee was formed, and my father, Neil Graham McMillan, was appointed secretary of this committee. It took until March 1908, six years after Archibald's death, before Neil appeared before a parliamentary standing committee, stating the case for a rail link to Eugowra. In an endeavour to help the cause, Robert McMillan had displayed his exhibit of produce and whatnots all produced from "Rosebank" to the members of the committee. It was an extensive exhibit and was well received by the standing committee. Robert also exhibited this collection at the Farmer's and Settler's Carnival in 1910.

More than forty years passed since the first petition was raised, before the Eugowra Railway was opened in 1922 and it would serve the community well for 50 years. It was mooted that the rail link would some day cross the Mandagery creek and link up with Forbes, which already had a rail link since 1893. This never looked like happening – I think the creek may have been the stumbling block?

In the next article I will now turn to a part of "Rosebank's" history, when three of the boys were involved in share-farming wheat at "landra," Greenthorpe, in the years 1904 to 1907. "landra" was owned by an Irishman, George Henry Green, who had purchased 31,000 acres in 1878 for the sum of 6/6 per acre. In the years prior to 1897 an average of 3,000 acres were cleared annually for the plough and share-farming was gradually introduced. He became known as the father of the share-farming system and the trailblazer of large scale share-farming in NSW.



### Street Stall for Western Care lodge

Thanks to the generosity of the Eugowra community we held another very successful Street Stall on 20 July. Many thanks to members and non-members who kindly donated baked goods, jams, books, plants, craft and White Elephant items so that we were able to raise \$1095 for Western Care Lodge. A great effort for a small, but vibrant community! Raffle winners were Mrs Pauline Howell (food hamper) and Mrs Lurline Barnes (wine). 100 Club (1) 1st: Wendy Carey, 2nd: Noela Lane, 3rd: Sally Hodges and 100 Club (2) 1st: Rex Whalen, 2nd: Emily Ross, 3rd: Nicole Brindle. Thanks to everyone who supported us by donating goods or purchasing them — it was a great morning.



(L-R) Dorothy Jones, Kay Jones, Yvonne Smalley and Margaret Swift displaying our new banner at the Street Stall

### Black Dog Institute Presentation

The presentation on "Understanding Mood Disorders and Resilience" by Black Dog Institute volunteer, Cheryl O'Grady, attracted a small crowd on a cold night on 26 June at the Eugowra Bowling Club. Mrs O'Grady spoke about Depression which affects one in four women and one in six men, the tell-tale signs that we can watch for and what we can do to help the depressed person. She also spoke about Bipolar Disorder which is the medical term for exaggerated swings of mood from high to low. Community Nurse, Anne Stenhouse, wrapped up the seminar by providing information on the services which are available to Eugowra residents in this area of mental health. Eugowra CWA is grateful to Cheryl for her informative talk on such an important topic.



(L-R): Anne Stenhouse, Cheryl O'Grady and Frances Anderson at the Black Dog Institute seminar at Eugowra Bowling Club.

### July Meeting

Nicole Brindle, Physiotherapist from the MPS, was our **guest speaker** for the 13 July meeting. Nicole spoke about falls prevention and had members undertake several activities to assess their balance as well as demonstrating exercises to strengthen leg muscles. Thanks to Nicole for an interesting and easy to listen to presentation.



Val McGrath (R) thanking Nicole Brindle

**Catering arrangements for the Medical Information Day** at the Uniting Church Hall on 28 August were discussed and organised.

Payment for tickets (\$32.95) for the 2.00pm performances of "**Singin' in the Rain**" at Orange Theatre on 21 or 27 October needs to be made to Val McGrath (6859 5274) by Tuesday 7 August.

### Next meeting will be Friday 10 August at 11.00am.

The Guest Speaker will be Peter Owens from the Home Power Savings Program speaking about ways to save electricity. Please advise Margaret Swift on 6859 5266 if you require lunch.

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# 16 Polling Places for Cabonne Voters

Cabonne residents will be able to cast their vote at one of 16 polling places when council elections are held throughout New South Wales in September.

Voting is compulsory for Australian citizens 18 years or older living in Cabonne Shire when the elections are held on Saturday 8 September 2012, and failing to vote could bring a fine of \$55.

There is no absentee voting for Local Government elections, so residents must vote at a polling place.

However, if eligible Cabonne voters are in Sydney they can vote at Sydney Town Hall, where they may also be able to pre-poll from Friday 31 August 2012.

Pre-polling is also available from Monday 27 August 2012 to Friday 7 September 2012 at the office of the Returning Officer, rear of 217 Summer Street, Orange or from Cabonne Council's Molong office, Bank Street, Molong.

Residents can also apply for a postal vote if they are travelling outside the Shire between 8am and 6pm on election day, are interstate or cannot attend a polling place because of sickness, disability, approaching maternity or religious beliefs.

Enrolments to vote will close at 6pm on Monday 30 July 2012 while applications for postal votes close at 5pm on Monday 3 September 2012.

The full list of Cabonne Shire polling places is:

Borenore Public School, 1243 The Escort Way, Borenore;

Canobolas Public School, 386 Canobolas Road, Canobolas;

Canowindra High School, Browns Avenue, Canowindra;

Cargo Public School, Hutton Street, Cargo;

Cudal Public School, Toogong Street, Cudal;

Cumnock Community Centre, McLaughlin Street, Cumnock;

Eugowra Public School, Hill Street, Eugowra;

Manildra Public School, Molong Road, Manildra;

Molong Anglican Parish Hall, Edward Street, Molong;

Mullion Creek Public School, 45 Long Point Road, Mullion Creek;

Nashdale Public School, Cargo Road, Nashdale;

Orange Clay Target Club, Dry Creek Road, Lewis Ponds;

Orange High School, Woodward Street, Orange;

Spring Hill Public School, Seaton Street, Spring Hill;

Spring Terrace Public School, Forest Road, Spring Terrace;

Yeoval Central School, Obley Street, Yeoval.

More details on all aspects of the Local Government elections, including enrolments, pre-polling, postal voting, candidate nominations and polling places can be obtained from the NSW Electoral Office website [www.votensw.info/](http://www.votensw.info/)

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## PUBLIC ASTRONOMY EVENING IN EUGOWRA

*By Alex Abbey, President, Central West Astronomical Society*

It's a busy year for amateur astronomy in the Central West, between Comet Lovejoy (the so-called Christmas Comet) back in December-January, the historic Transit of Venus in June and a solar eclipse visible in Australia this November.

The Central West Astronomical Society (CWAS) is also celebrating its 10<sup>th</sup> anniversary by conducting a series of public astronomy evenings in towns throughout the Central West.

On Friday evening 24th August it will be Eugowra's turn.

CWAS members will be setting up telescopes on the oval of St Joseph's School.

Members of the public are welcome to have a look at the craters of the Moon, the approximate area where Apollo 11 landed (although the flag won't be visible), the rings of Saturn and other views of the night sky between 7.00 pm and 9.00 pm, free of charge.

If the sky is cloudy on 24th August, the event will be postponed until a later date.

### **Pictured opposite: Astro Night Forbes**

CWAS member Alex Abbey (left) showing the night sky in Forbes during the International Year of Astronomy back in 2009.

Eugowra residents will be able to see the Moon and Saturn through telescopes on 24 August. (Photo: Fr Paul Clark)

# David Hyde retires from Council

## CABONNE COUNCIL NANGAR WARD

As the council elections become closer my term as your councillor comes to an end. I have now been eight years in this role. Thank you for your support by voting me in. It has certainly been a great challenge. I cannot say it has been easy and I would hope you have seen my efforts; some have been hard fought and at times defeated. I have endeavoured to put all my efforts towards the community of Cabonne.

There have seen many changes that have passed before me from Governments, community and individuals; they sometimes need attention by council before recommendation.

I have found the work load in the last council to be much more than anticipated, but the team work has helped the passage. This has shown great team work between community and council and this has been the most gratifying. I am sure when this happens grand achievements can be made for all concerned.

I would encourage anyone dedicated to the Cabonne Community to nominate for councillor. This time electors will vote for the whole of Cabonne. This opens up your vote for all the nominees. Make sure you understand who you are voting for and listen as the nominees give out their view points on issues and their location.

I have made new friends and made some unpopular decisions. All of the councillors roles I have eagerly tried

to manage, but it is sometimes difficult to please everyone.

As Councillor I have moments of joy, when I can see achievements gained and those are my memories for the future as I now consider our retirement. I will be happier if we have some one to follow representing this part of Cabonne in council.

The role of Councillor has given me more than I could ever envisage from the start. The future holds so much more for the next term of 4 years. This will be very exciting and the challenges will bring out the very best of a new council team at Cabonne.

Graeme Fleming has left our council and a new General Manager starts. A new beginning all round. Graeme is to be acknowledged as one of the best GM in Local Government. His recent award shows his excellent and well deserved management of Cabonne over 25 years. I have only seen eight of those, but can clearly say how much he has contributed to helping me and other councillors in their roles.

Cabonne is under review by State Government and has already shown to be highly regarded as one of the most financially sustainable in NSW councils.

The future lies before us now and the challenges need to be skilfully put into actions.

Thank you all for your support and encouragement during my role as your councillor.

David Hyde.



# *If the shoe fits...*

## Choosing Appropriate Shoes

"GOOD" Shoes need to support your foot and hold your foot and heel in the best position while you walk on surfaces.

DON'T PANIC – this doesn't mean you have to throw away all your shoes that are not supportive. It just means that you should wear supportive shoes 80-90% of the time eg. when you are at work, school, exercising etc.

Before you can choose the right shoe you need to find out what sort of foot you have.

There are three basic foot types, each based on the height of your arches. The quickest and easiest way to determine your foot type is by taking the "wet test,"

- 1) Wet the sole of your foot
- 2) Step onto a blank piece of heavy paper
- 3) Step off and look down

Observe the shape of your foot and match it with one of the three foot types. Knowing your foot type is the first step toward finding the right shoe for you.



Normal  
C-Curve

### Normal (medium) Arch

If you see about half of your arch, you have the most common foot type and are considered a normal pronator. When the arch collapses inward, this "pronation" absorbs

shock. As a normal pronator, you can wear just about any shoe, but may be best suited to a stability shoe that provides moderate arch support.



Absent  
C-Curve

### Flat (low) Arch

If you see almost your entire footprint, you have a flat foot, which means you're probably an overpronator. Your arch collapses inward too much, resulting in excessive foot motion and

increasing your risk of injuries. When you stand the angle of your achilles tendon will lean inwards, the forefoot will roll inwards and the majority of the weight will be on the inside of the foot. If you have calluses they will be in the inside pad of your big toe and the inside of the heel.

You need Shoes that have good arch support along the inside and the rear of the shoe needs to hold your heel in a neutral position. If you cannot find a shoe that supports you, you might need to buy a shoe and add Orthotics that have been fitted to your foot into the shoe.

Most people can get enough support from a well made shoe. If you find that the inside border of your shoe wears out/down quickly then the shoe has not been giving you enough support.



Prominent  
C-Curve

### High Arch

If you see just your heel, the ball of your foot, and a thin line on the outside of your foot, you have a high arch, the least common foot type. This means you're likely a supinator, which can result in

too much shock travelling up your legs, since your arch doesn't collapse enough to absorb it. When you stand the angle of your achilles tendon will lean outwards and you might have calluses on the outside/ lateral border of your foot. Supinators are best suited to neutral-cushioned shoes because they need a softer midsole to encourage pronation. You might need orthotics with a wedge at the rear to encourage your foot to roll inwards and an arch high enough to support your arch.

### A normal wear period for shoes is about 1-2 years of regular wear

If you wear through your shoes quicker than this you might want to consider a more supportive shoe. Good shoes do not have to be expensive they just need to provide the right support and fit properly.

### Once your shoes start to show signs of uneven wearing they need to be replaced

The uneven wear will tend to drag your foot further into the inappropriate position and can cause more problems. Slippers and ugg boots are common examples of this – when I see people walking on the inside of their every unsupportive slipper /ugg boot I see someone who will be coming to Physio with pain in the future.

This is the reason why **we do not recommend wearing anyone else's shoe** as it will have moulded to their foot (worn down in some places) and this might not be appropriate for your foot. This is true for children and adults.

### Kids have very flexible feet and it is important to provide their feet with the appropriate support while they are developing

If their shoes encourage their feet into "non neutral" positions you are stretching the ligaments and tendons which are meant to hold them together and they will have feet problems for the rest of their lives.

With kids and teenagers PLEASE get them to do up their shoelaces. The shoe can not do its' job if it is not being used as designed. If the kids are sliding them on and off and not doing them up it is worse than walking around in bare feet.

If you need assistance working out what type of foot you have or what sort of support you need contact Nicole Brindle at the MPS for an appointment.

# LOSE 5 TO STAY ALIVE

We are looking for anyone in the community that wants to get healthier and improve their lifestyle.

We would like to see as many people as possible to join us for a 12 week program to lose 5 kg's and then 3 monthly follow ups to maintain the weight lost.

## Getting started

The start date is Tuesday 4th September 2012.

We will meet with you weekly to measure your blood pressure, heart rate, body mass index (BMI), how far you can walk in 6 minutes, how many steps you can do in a minute and how far you can reach when sitting in a chair.

We will be available to discuss healthy recipes, exercise activities, setting goals/lifestyle changes and any other questions about your program.

We will be available at different times to everyone who wants to participate.

The aim is to try to improve each week, building on your achievements. Slowly increase the time spent being active each week.

## Short term goals/lifestyle change

Each week you will set short term goals or lifestyle changes to move towards a healthier lifestyle.

It is important to make your goals specific and achievable. Rather than a vague goal like 'I will get fit', try a more specific goal like:-

- 1 Start walking 30 minutes 3 x week (can be 3 x 10min to add up to 30 minutes a day)
- 2 Make every second drink a glass of water
- 3 Reduce serving size for each meal eg. use a smaller plate
- 4 Eat 5 serves of vegetables each day
- 5 Have one vegetarian day each week
- 6 Do not eat biscuits with your tea & coffee
- 7 Only eat chocolate one day a week
- 8 Spend time outside gardening or walking each day
- 9 Stop having snacks
- 10 Make your own meals from fresh ingredients 5 nights a week -avoid takeaway and pre-packaged food.

When you achieve a goal, reward yourself. Not with food, but treat yourself to a new item of clothing, a massage or a movie.

The long term goal is to lose 5kg's and improve your health.

If you are interested please contact Ann Stenhouse or Nicole Brindle at the MPS, phone 6850 4000.

## EUGOWRA MOVERS & SHAKERS

# LOSE 5 TO STAY ALIVE

**START DATE: TUESDAY 4th September 2012**

We are looking for anyone in the community that wants to get healthier and improve their lifestyle. Join us for a 12 week program to lose 5 kg's and then 3 monthly follow ups to maintain the weight lost.

Maintained weight loss of 5 kg's is clinically significant, benefits include:

- cardiovascular risk reduction,
- control of diabetes,
- improvements in sleep apnoea
- Improvements in mobility,
- increased fertility
- improved quality of life
- modest weight loss reduces the incidence of diabetes by 58% in high-risk groups

If you are interested please contact Ann Stenhouse or Nicole Brindle at the MPS. **Phone: 6850 4000**



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# Winning Photo

By Margaret Gosper



## **BROAD STREET TREE PRESERVATION**

The Eugowra Promotion & Progress Association wishes to advise that following the public poll recently conducted regarding the preservation of the large tree which fell in Broad Street it has been decided to abandon the project due to the majority “no” vote received.

Bob Roach

Secretary

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Ron and Dawn Welsh attended the centenary of the Welsh Memorial Church



## Phalaris Staggers

Last winter and spring there were a number of reported cases of phalaris staggers and I have seen my first case for the year this week. Phalaris is a very important temperate grass used in high rainfall areas of southeast Australia as it is highly productive, nutritious and palatable however like many grasses and cereals it can be toxic at certain stages. Phalaris causes two main syndromes;

**Phalaris staggers.** This nervous disorder is caused by an indole alkaloid in the plant and is seen when uptake of cobalt is low. This is because inadequate cobalt in the rumen results in slow breakdown of the alkaloid and absorption into the blood stream. This alkaloid then affects the brain and spinal cord. Limestone, sandstone and granite soils pose the greatest risk with basalt soils posing the least risk. June to September is the period of lowest cobalt. Sheep and cattle are both affected and all varieties of phalaris can cause staggers. Phalaris staggers can occur quite quickly (1-3 weeks) when grazing older varieties however more recent lower alkaloid varieties can take up to 4 months to cause symptoms and sometimes this is not seen until a while after the stock have been removed from a phalaris paddock. Sheep shows signs of excitability, tremors, head nodding, bounding, hopping, and falling with a struggle to get up. Some will make a full recovery, others will not. Cattle are less commonly affected and show different signs. They can be excitable, with mild weakness and in-coordination. They lose weight or fail to gain weight as the nerves supplying the tongue are affected and therefore they can't graze effectively. They also drool saliva. To prevent phalaris staggers provide additional cobalt while grazing phalaris particularly between June- September. This can be done with intraruminal cobalt bullets (the most reliable form) or providing licks or blocks containing cobalt.

Phalaris sudden death syndrome can cause big losses in sheep and usually occurs in the first few days of grazing it. The toxin causing the problems rises rapidly in the plant when there are new shoots during periods of moisture stress therefore dry years during February to June when the plant begins growing is the main danger period so we are not dealing with this issue at present.

If you do see signs of phalaris poisoning you need to remove stock immediately from the paddock and offer an alternative food source. Remember that symptoms of phalaris staggers can be seen months after stock has been removed from a phalaris paddock.

## Vaccines – which one is right for me?

**Written by Katharine Marsh, district vet with the Lachlan LHPA**

With a plethora of vaccines available for both sheep and cattle it is little wonder we often receive enquiries about vaccination of sheep and cattle such as: Is vaccination important? What diseases should I vaccinate against? Should I vaccinate every animal? Is it necessary give an annual booster?

Vaccination is important and should be considered as cheap insurance against those diseases that pose the greatest risk to one's livestock enterprise rather than an additional cost. This doesn't mean we advocate using every vaccine available – it means producers should weigh up the likelihood and consequences of diseases occurring in their flock or herd and use this to tailor their vaccination program.

With this in mind, we consider vaccination against the Clostridial diseases, such as pulpy kidney (enterotoxaemia), tetanus, black disease, blackleg and malignant oedema, as essential for all sheep and cattle. Each year we see cases of these diseases, especially pulpy kidney, across the Lachlan LHPA and often the losses far exceed the cost of vaccinating in the first place. It is recommended that all animals in your flock and herd be vaccinated against these diseases - the 5-in-1 vaccine will cover them all – with booster vaccinations given as necessary. Ideally vaccination should be timed so that animals are protected when they are most likely to face a disease challenge, that is, prior to grazing lush pastures or before going onto high grain diets. Sheep and cattle consistently grazed in these conditions may require booster vaccinations more frequently than once a year.

Aside from vaccinating against clostridial diseases producers may also elect to vaccinate against cheesy gland, scabbymouth, erysipelas arthritis and OJD in sheep and leptospirosis, pestivirus, vibriosis, pinkeye, respiratory disease, ephemeral fever and neonatal scours in cattle. With all these vaccines, it is best that you seek advice from your advisor before proceeding with a program involving these vaccines as their use may not be warranted in your circumstances and only certain classes of livestock may require vaccination.

Vaccinations should be given according to the directions on the vaccine label. These directions are designed to ensure adequate and continued immunity is provided, so, for example, if the label says an annual booster is required, the booster really is necessary to ensure that animal has continued immunity. The label also provides important information about how to administer vaccines, withholding periods and advice for your own personal health and safety.



# St Joseph's Primary School

PYE ST EUGOWRA NSW 2806

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*Love and Truth Through Christ*

## August News

Term 3 is off to busy start, with the **EUGOWRA SCHOOLS ATHLETICS CARNIVAL** on Friday 20th.

The day was a beautiful sunny winters day, which ensured everyone had a great time. Congratulations to the champions on the day; (There were some very close results too - so well done children even if you did not get to the trophy stage...)

Congratulations to the following champions on the day;

**Sub Jnr Girls:** Nina Merchant **R/U:** Ruby Dwyer

**Sub Jnr Boys:** Mitchell McMahon

**R/U:** Ty Jones & Bailey Cullenward

**Junior Girls:** Darcy Merchant **R/U:** Belle Wallace

**Junior Boys:** Jake McCarthy **R/U:** Haydan McCarthy

**Senior Girls:** Katie Townsend **R/U:** April Harvey

**Senior Boys:** Lachie Herbert **R/U:** Travis Quartly

Thank you everyone for their help with running the carnival and thank you children for your great sportsmanship and friendship.

## EMY ATHLETICS CARNIVAL

The end of term 2 saw Eugowra host the EMY Athletics Carnival between Eugowra, Manildra and Yeoval.

The marching was won by Yeoval, Eugowra 2nd and Manildra 3rd. Eugowra was the overall Point Score Winners, however, Yeoval won the day on the aggregate point score.

Pictured:  
Champion winners from Joeys were;

**Junior Boys:**

Jake McCarthy

**R/U:** Haydan McCarthy

**Senior Girls**

**R/U:** April

**Harvey and**

**Senior Boys R/U:**

Brodie Adams.



Well done to all the children for their efforts and sportsmanship. Thank you to Manildra and Yeoval for spending a great day with us.

## SOUTHERN REGION ATHLETICS

Friday 27th saw a team of Joeys students head off to Canowindra to represent the school in the next stage of Athletics competitions. Well done and good effort to April, Lachie, Brodie, Katie, Jake, Dena, Belle, Lily,

Lauren and Haydan.

Congratulations to Jake for his 3rd ribbon in Discus and Brodie for 2nd in 13yrs age race. They both will go on to participate in the Dio Athletics in Bathurst on the 10th August. The PP5 relay (Lachie, April, Brodie, Jake) also ran a great

race with a time of 1min.08 winning against Molong and will compete at Dio level as well. Top effort!

*Fr Joe with the little ones.*



## SYMPATHY

Our deepest condolences to the Drady Family and to the Eugowra Public School, on the very sad and sudden death of Mr Drady. We all have many special memories gathered over the years Mr Drady was Principal of the Public School, and also as an active member of our community.

We were also very saddened to hear of the sudden death of our friend Jacinta Weekes. Jacinta was a vibrant member of the Eugowra Parish and community and a friend to the children at school. She will be sadly missed. Sympathy to her husband Larry and her family. Our thoughts and prayers are with you all.

## SACRAMENTS

Term 3 will see the children of St Josephs preparing for the sacraments, First Reconciliation, (Year 2) First Holy Communion (Year 3) and Confirmation (Year 6). The children have started preparing to receive this next part of their faith journey and will participate in their Commitment Mass for all three Sacraments on Saturday 25th August at 6.00pm.

Coming up this month will be St Mary McKillop Feast Day, Jeans for Genes and our Annual Book Fair at the end of August.

Until then, God Bless you all.  
Joeys Staff and Students.





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**By Anne Burns**

#### Farmer v Bathurst Burr

With most farmers now comfortably sitting back in front of the wood heater with their feet up, resting, it is an excellent time to plan for the challenges of the spring and summer ahead.

One of the great agricultural battles undertaken every year in many parts of Australia is with that dreaded burr, Bathurst Burr, *Xanthium spinosum*. Some say the burr was introduced from South America, tangled in the tails of horses imported from Chile to the Bathurst region. This was back in the 1800's and the burrs quickly made their presence felt. Today they are a declared noxious weed in some parts of Australia, while in NSW while it is not a declared weed, the control of Burr's is recommended, particularly if you run sheep.

With the seedlings poisonous to stock and the young plants highly palatable Burr's can have an impact on your lamb and ewes numbers. The other major impact is the contamination of wool, Burr's are difficult to remove and wool growers have to take a financial hit with wool that is heavily contaminated with seeds.

Bathurst Burr's are an annual erect branching herb up to a metre in height but with creamy green flowers that develop into a straw coloured burr. Each burr contains two seeds and some research suggests only one seed germinates in a single season with the other seed remaining dormant for up to 2 to 3 years, sometimes longer. However with plenty of moisture over the last couple of summers you may have observed both of the seeds germinating simultaneously or one after the other post the next rain event. High temperatures can disrupt dormancy and the dormancy depends on the permeability of the seed coat.

Control spraying from early summer usually works, however the seeds can germinate after each rain event during summer. This can mean you spend a good deal of your time spot spraying as you can find yourself spraying the same area a number of times a season. Reportedly

there also a number of biological controls in the form of a Burr seed fly *Euaresta bullans* and a rust *Puccinia xanthii*, for some reason both of these are definitely absent on our property Galwary. So once the burrs are fully formed it appears the only treatment is chipping or pulling out.

For the last 2 years we have expanded this activity and in the autumn of 2011 we walked most of the property around 1100 Ha. For the 2012 season some paddocks showed a marked reduction in overall burr numbers however the heavy rainfall in March resulted in a last ditch germination of many plants that went to maturity very quickly. This overran our most determined spot spraying efforts. We were then faced with the job of once again walking the property, pulling burrs. Some of last year's weed workers showed a marked lack of enthusiasm for this challenge and you would not blame them. Clearly another strategy was required. Following the lead of another farmer in the district we trialled the use of what we have found by far the most effective control agent so far - Irish backpackers or *burrterrorists*.

These Burr exterminators can be found on a website [www.gumtree.com.au](http://www.gumtree.com.au) at very low advertising cost. There are some complications and you can meet problems at times with failure to start (*backpacker disappears*) or they start and are quickly overcome by the scale of the task (*backpacker outahere*) but when you find the right combination of a determined backpacker or two you are on a winner.

The Federal government has made it more attractive to backpackers to work in regional areas by offering a 1 year extension on their working holiday visa if they spend three months working in farm related industries, mining or disaster recovery. This makes it easier for farmers to attract backpackers to the west of the great divide and they will with the right encouragement do jobs like walking every inch of your farm pulling out burrs.

You have to pay them, some tales circulating in the district talk of cash in the hand deals for a few hundred dollars to rid your farm of burrs but for most backpackers the award wage works for them.

Accommodation at the Fatty or on farm is in the right price bracket for most backpackers and with the offer of the odd home cooked meal you get willing workers covering every inch of ground in the search for the plants you missed at spray time.

Backpackers could also help with pulling out old fencing or any other major project you had going, naturally if they are going to travel out here they will be looking for at least a couple of weeks work.

We will definitely be using backpackers again.





The burr team, Ian (Eugowra), Angie (Argentina), Leo (Ireland), Erik (Ireland), and the 3<sup>rd</sup> pile of Burrs  
( note special gloves on Angie and Erik)

## Award winning AugerMate ✕



*Takes the  
Backache  
out of  
moving  
augers!*

*"Designed by farmers - for farmers"*

Contact Dugald and Lindsay Wright  
"Nanami" . Eugowra NSW 2806  
PH: (02) 6859 2282 Fax: (02) 6859 2821  
Email: [djnanami@westserv.net.au](mailto:djnanami@westserv.net.au)

**AugerMate**  
the easy auger mover

## NANAMI LAVENDER FARM

Lavender Products, Soaps,  
Lotions, Hand Cream & many more



Available by

- Mail or phone orders
- Selected markets and retail outlets
- Contact Janeen for Products or Mail Order Brochure

"Nanami", Eugowra NSW 2806  
PH: 6859 2282 or FAX: 6859 2821





# AGnVET Services

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

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

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

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

## The CENTRAL HOTEL

*The hosts Peter & Michelle*

**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

**DINNER**

Wednesday to Sunday 6pm - 8.30pm

*Come in  
and enjoy...*



**what's  
on**

**LIVE MUSIC**

15th September - SHOW NIGHT

\$5 Spirits available all night!!!

**FATHER'S DAY LUNCHEON**

2nd September - 2 Course Meal plus EVERY father  
who purchases a meal receives a  
FREE Middy of Beer!

**NEW MENU** - Starting in August

**PIZZA SUNDAYS** - 6-8PM



2 Grevillea Ave, EUGOWRA  
tel 6859 2300 | fax 6859 2246



# Ray White™

## Eugowra

**CONTACT: MICHELLE CHENEY** 51 NANIMA ST  
EUGOWRA NSW 2806  
PHONE (BH) 6859 2231 (AH) 6859 2819  
MOBILE: 0414 815 479



2 1 0

### 32 Nanima Street EUGOWRA

**\$125,000**

- 2 bedroom + rear sunroom
- Open plan kitchen dining
- Rear lane access



3 2 3

### Lot 2 Broad Street EUGOWRA

**\$380,000**

- Executive 3 Bedroom Residence
- Designer kitchen, open plan living/dining
- Huge covered entertaining area
- 3 bay garage + workshop area
- Inground salt pool with sun deck



### Lot 163 Nanima Street EUGOWRA

**\$68,000 neg**

- Over 1 acre in town – lovely setting



3 2 1

### Lot 2 Forbes Road EUGOWRA

**\$185,000**

- 3 Bedroom home
- Huge living room, separate kitchen dining
- Large block, walking distance to town



3 2 1

### 13 Cooper Street EUGOWRA

**\$135,000**

- 3 Bedroom home
- Renovated kitchen/bathroom
- Hillside location with shed and double carport



3 2 1

### Lot 150 West Street EUGOWRA

**\$249,000**

- Spectacular views of Eugowra an surrounding district
- 3 Bedroom
- 3667 sqm block
- Workshop with power and concrete floor



# Ray White™

## Eugowra

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38 Pye Street EUGOWRA



23 Pye Street EUGOWRA



Lot 1&2 West Street EUGOWRA



32 Aurora Street EUGOWRA



10 Evelyn Street EUGOWRA



119 Pye Street EUGOWRA

Properties needed, no obligation free appraisals. Phone Michelle 0414 815 479