

EUGOWRA LIONS CLUB I.N.C.

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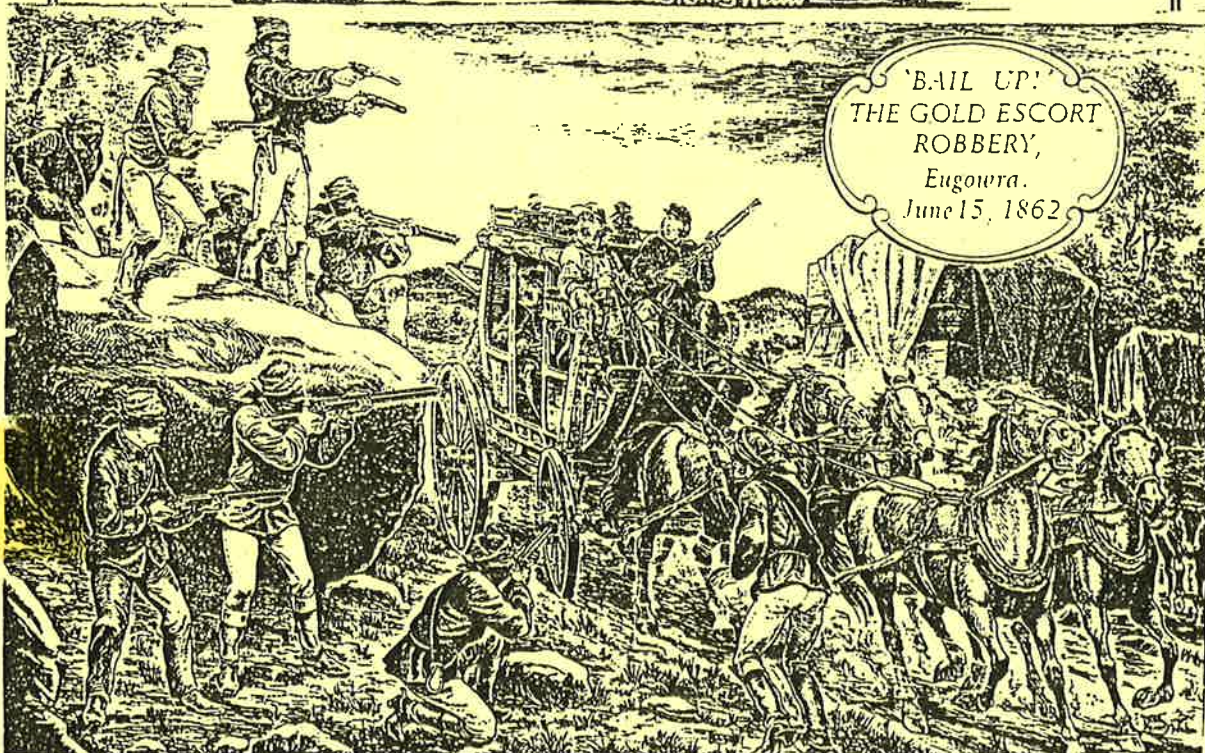
DISTRICT 201 N4

AUSTRALIA

vol 1 issue1 August 97

EUGOWRA NEWS

BOLD BEN HALL



MEETINGS HELD 1ST & 3RD WEDNESDAY 7 for 7-30pm
at
EUGOWRA BOWLING CLUB HILL ST.,EUGOWRA
ph 592315

A lions project for the community.

WE SERVE

**"views expressed by contributors are not the responsibility of the
Eugowra Lions Club, as a non political and sectarian religion
association".**



LIONS OBJECTS

To create and foster a spirit of understanding among the peoples of the world To promote the principles of good government and good citizenship.
To fund and otherwise serve the civic, cultural, social and moral welfare of the community.
To assist financially, culturally, socially and morally the handicapped, disadvantaged and infirm of the community both directly and also indirectly.
To unite the clubs in the bonds of friendship, good fellowship and mutual understanding.
To provide a forum for the discussion of all matters of public interest, provided however, that partisan politics and sectarian religion shall not be debated by club members.
To encourage service-minded people to serve their community without personal financial reward, and to encourage efficiency and promote high ethical standards in commerce, industry, professions, public works and private endeavours.

Lions ethics

To show my faith in the worthiness of my vocation by industrious application to the end that I may merit a reputation for quality of service.
To seek success and demand all fair remuneration or profit as my just due, but to accept no profit or success at a price of my own self-respect lost because of unfair advantage taken or because of questionable acts on my part.
To remember that in building up my own business it is not necessary to tear down another's, to be loyal to my clients or customers and true to myself.
Whenever a doubt arises as to the right or ethics of my position or action towards others, to resolve such doubt against myself.
To hold friendship as an end and not a means. To hold that true friendship exists not on account of the service performed by one to another, but that true friendship demands nothing but accepts service in the spirit in which it is given.
Always bear in mind my obligations as a citizen to my nation, my state and my community and to give them my unswerving loyalty in word, act and deed. To give them freely of my time, labour and means.
To aid others by giving my sympathy to those in distress, my aid to the weak and my substance to the needy.
To be careful with my criticism and liberal with my praise, to build up and not destroy.

BOARD MEMBERS

97/98

LIONS:

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TOM GRANSDEN-----	COMMITTEE
DAVID HYDE-----	BULLETIN EDITOR
RON HARPLEY-----	I.P. PRESIDENT



EUGOWRA NEWS

Editorial

Readers,

We are hoping to reach out to the community of Eugowra with the idea of this news medium. We hope that this could become a helpful way in which you can be informed of local events, schools, council, organizations, health, needs of the community and many interesting articles. With this simple news paper we are looking towards a more informed community. We would like the community to take part in this project by contributing your say in Eugowra News, where these items can be printed. Though time and resources are limited to us at the moment we are asking that all articles to be printed ready for photocopying, that is type on a A4 size paper, if possible to save time. But if this is unavailable to you then just send the articles along and in due time it will be published. Anyone can contribute an interesting article so just have a go!

The following places for contributors to leave their articles are;

EUGOWRA NEWSAGENCY

POST OFFICE EUGOWRA

They can be sent to EUGOWRA NEWS C/O 3, Norton St. Eugowra 2806.

The EUGOWRA NEWS will be free and be posted so there should be 350 copies, if you know of someone who is not receiving a copy please tell a Lions member.

To help pay the cost of printing and postage there will be advertising in amongst the articles, we are approaching local businesses in Eugowra to place adds in the newspaper. By supporting your local shop keeper you are doing your bit for our community. To our local businesses, if your business is not in the paper, please contact Ray Davidson for advertising information and support our community.

There are many topics that can be important to us in Eugowra, we would like to cover a broad subject matter in each issue, covering right through the age and gender, giving interesting articles for you to read.

We are at the early beginnings of this newspaper, so please, if you feel you would like to write as a comment please forward the item for next months issue.

Photos can be used to make or show certain points and are very welcome. However, coloured photos are not as good as black and white to copy. But this will not stop us trying to add more interest to the "EUGOWRA NEWS".

EUGOWRA CHURCH

TIMES FOR THE FOLLOWING SERVICES

St. John The Baptist Catholic Church

Eugowra, 1st - 3rd- & 5th SUNDAYS - SATURDAYS

6pm [*winter*] 7pm [*summer*]

2nd & 4th SUNDAYS

9am

United Church

Eugowra, 1st- & 3rd SUNDAYS

11-15am

Rev. Max Llewelyn

Phone 068 522202

Anglican Church of St Matthew

Holy Eucharist SUNDAY 9am see notice in Church for other times

Noel Staniforth

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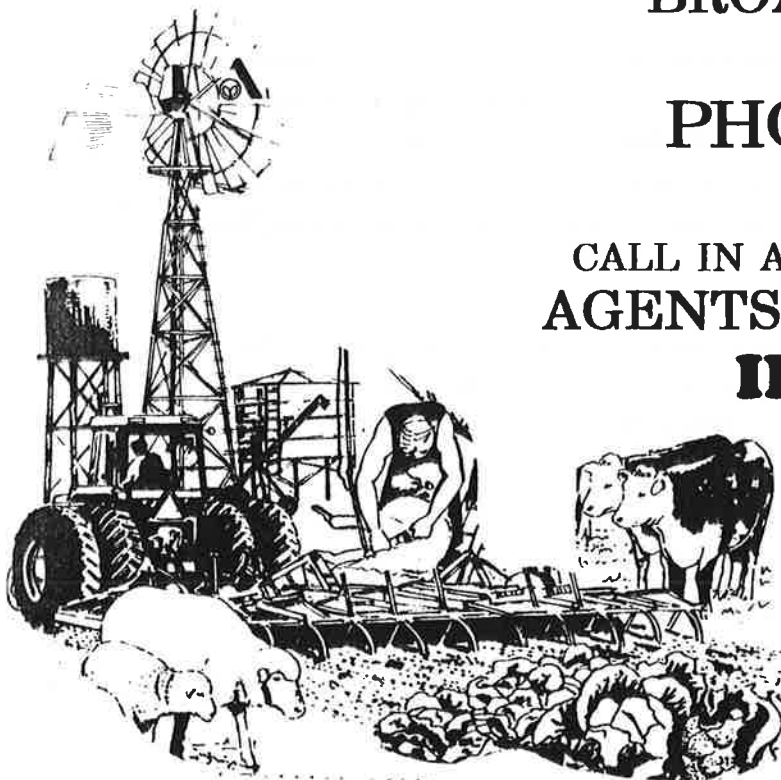
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E/M:

28 July 1997

Eugowra Police News

* * *

It has come as a welcoming surprise that Eugowra has finally its own local newspaper. The Lions Club have approached me to write a regular article on police happenings at Eugowra. I will endeavour to do this, but as you already know, Eugowra, is basically a very dry town in relation to reported crime.

I would like to briefly write about the current changes in the NSW Police Service due to the recent Police Royal Commission. The NSW Police Service is currently undergoing reform with its structure in management as well as operational policing. These changes include Eugowra.

Over the last ten years Eugowra police station has fallen under the Forbes patrol. The Forbes patrol no longer exists and has now amalgamated with the Parkes patrol to form the Lachlan Area Command. Parkes being the head station for the command. The command encompasses Peak Hill to Forbes and Eugowra to Lake Cargelligo. The Commander for the area is Inspector Alan Bush of Parkes. The Duties Operation Inspectors for the Lachlan area are Inspectors Moss Alchin, Don Craft and Steve Nicholas.

The Eugowra police officer is utilised on a needs basis to areas in the command which has problems with crime. This is why the majority of my shifts are away from Eugowra. I do not have much say in the matter about my roster and the majority of times I perform duties at Forbes due to staffing problems and problems with crime in this town. If the community requires me or police to be in the area for a function, please write me a letter in advance and I will pass it on to a Duty Operations Inspector who may consider it warranted for me to be rostered on for duty.

If anyone requires the police for an emergency, for example a motor vehicle accident where persons are injured, please ring 000. If I am not in town and the inquiry is of a general nature, please ring Parkes police on 621077 or Forbes police on 539999. For the information of everybody, Eugowras police station number is 592244 and if I am in town and away from the station for a short while, the answering machine will be switched on to take general messages. Having said this, if you consider your inquiry is important, don't wait until you see me three weeks after the event, report the matter immediately to police, it does not matter which police officer you report an event to, just report the matter promptly.

For the information of everybody, August will be a very busy time for me. I have been selected by the Lachlan Area Commander to be trained as a Weapons Instructor, to train police in the Lachlan Command. I am looking forward to

the course, but I would say that by the end of each day, I will be very sore and tired, as at present my overall fitness is not as good as it should be. Due to the course I will be away from the town from the 6th of August 1997 to the 29th of August 1997 attending Goulburn Police Academy. Hopefully I will be at home most weekends.

Anyway it has been a pleasure to write some Police News which does effect which I consider is very important for the community. I was going to write about the new procedures concerning the Firearms Laws but this will be my next topic.



Yours sincerely,
Barry Savage
Senior Constable
Eugowra Police Station
29th July, 1997.

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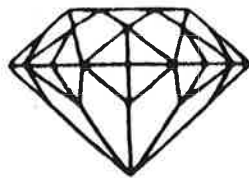
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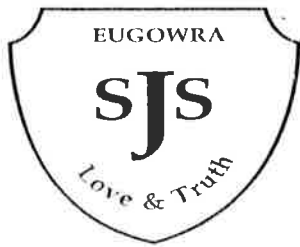
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St Joseph's School Page

Learning in Love & Truth

Job Well Done

Congratulations to the Lions Club of Eugowra on the publication of the new town newspaper - from the staff and children of St Joseph's Primary.

Youth Of The Month

The big news of Term Three was the presentation of the Mayoral Youth Of The Month award to Bede Anderson (Year 5), Chris Smith (Year 6), David Tildsley (Year 6) and Adam Tildsley (Year 6) for their academic, cultural and sporting achievements during the year. We are very proud of our senior boys and as this award shows we can depend on them to do their very best in whatever endeavour they attempt.

Aussie Of The Month

Every month a child at St Joseph's is chosen for the 'Aussie of the Month' award. Aussie of the Month recognises notable achievements made by an individual during the previous month.

The winner for August is John Agustin for his wonderful efforts in English and the way he is always polite and caring in the school grounds. The staff and children congratulate John for making the school a better place to attend.

PJs at school

Next Friday the children will take part in a pyjama party to raise money for the lost and homeless in our society. The day will involve activities that develop the children's knowledge of the poor and destitute in our world.

Southern Region Athletics

The Primary classes will attend the Southern Region athletics carnival to be held in Bathurst on Friday the 7th of August. St Joseph's children always perform well against the much larger schools and are known for their sporting skills and sportspersonship.

Parents & Friends

St Joseph's is blessed with a strong and efficient Parents & Friends Association, which meets the first Monday of the month. Currently our P&F are raising money to air-condition our Library/Computer room. Next meeting: 4/8/97

Enrolments for 1998

Enrolments are now being taken for children wishing to attend St Joseph's in 1998. St Joseph's Catholic School provides opportunities for your child to experience many and varied learning styles, whilst developing at their own cognitive level and pace. Catholic values permeate throughout the school and curricula, so your child is given a moral head start to his/her learning career.

CEMMY CARNIVAL

Every year Eugowra join with St Edward's Canowindra, St Joseph's Molong, St Joseph's Manildra and St Columba's Yeoval Schools for the CEMMY Athletics Carnival. This year was Eugowra's turn to host the Carnival at the Sport's ground. Our children performed well in all events and once again were in all events and once again were commended for their performances and sportspersonship. James Agustin is to be congratulated for coming second in the Junior Boys Champion.

EUGOWRA PUBLIC SCHOOL

TRISTAN'S TRIUMPHANT RUN

On the 16th of July, Tristan Jones made it to Cross Country Running for Western Region in Sydney at Eastern Creek Race Way. He ran 2 kilometres and over a tunnel. He was very excited. The track was easy but muddy and it was hard against the other competitors. He was against 140 people, counting him. He ran as hard as he could and he is very fast; the fastest kid in Eugowra Public School. On the day we were at school and thinking about him all day. At the end of the day we got a phone call from his mum. He came 45th out of 140 runners. Then Mr Tanner came in and announced it. We were all pleased and happy. He is the 45th best runner in NSW now. When he came back we all congratulated him.

BY JOSHUA BEER AND JAMES WARD.

Visitors To Year Three

On Wednesday the 30th of July aboriginal speakers, Graham and Steven, came to Year Three. The children learnt how to throw and catch a real boomerang; to carry food and berries. Steven played the didgeridoo for them. Year Three also saw a Koolama. It's made out of a hollow tree. They learnt about artifacts and burnt on patterns. They got to do their own special aboriginal hand painting. Steven and Graham taught them about tools. Steven comes from an aboriginal tribe called: Canamble.

By Sarah Howell.



The next P. & C.

Meeting will be

Tuesday, 12th August

7.30p.m.

Miss Mill's Room

Athletics Carnival

On Friday the 18th of July the Eugowra Public School held an Athletics Carnival with St. Josephs Primary School.

Kookaburra was the winning house for the day. They also won the March Past which was judged by Mr. John Whiteside. St. Joseph's won the Handicap Trophy. The Champions of the carnival were.

Seniors- Girls: Annika Wright

R/Up: Cassie Noble

Boys: David Tilsdley

R/Up: Grant McMillan

Juniors- Girls: Amelia Passmore

R/Up: Rebecca Welsh

Boys: Tristan Jones

R/Up: Nicholas Augustin

Sub-Juniors: Girls: Hannah Dickens

R/Up: Courtney Tilsdley

Boys: Alex McMillan

R/Up: Gabriel Passmore

BY BRAD McMILLAN AND DANIEL PERRY



CABONNE NEWS AND VIEWS

by Mayor John Farr

This week's visit by the Premier of New South Wales, Bob Carr and Cabinet Ministers gave Council a great opportunity to personally lobby Members for regional and local benefits.

The release of the Feasibility Report for the Inland Marketing Corporation (IMC) and the Premier's support for the Parkes Airport augers well for Rural New South Wales and vindicates Cabonne's support as one of the four founding IMC members.

The Federal Government can now grab the opportunity to prove that they too do care about us in the bush

Cabonne Council has repeatedly stated that Resource Sharing would be the way of the future for Local Government. All fourteen CENTROC Councils called a joint Tender for the supply of electricity under the new contestability arrangements for large users. Cabonne Council has awarded the Contract for the next two years to Advance Energy.

Advance will save Councils an average of 35% on their power bills across the region. This saving speaks volumes for Resource Sharing and proves that huge savings can be made from Cabonne's initiative.

When Eugowra Pre-School were evicted from their premises after the Bank closed, we all thought another service was lost to the community. But not Eugowra! A visit by Council to the new Pre-School on the 24th June proved what small towns can accomplish, even when the odds seem impossible.

Congratulations to all those concerned, including Council staff and Councillors - a special thank you from the kids of Eugowra - \$8,000 has already been paid off the loan that Council made available

Council regularly turns over a range of low kilometre sedans and light vehicles in excellent condition. Any person looking for a near new vehicle at a competitive price should contact our Plant Manager Glen Porter on telephone (063) 64 2000 for details

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POST OFFICE
YOUR POST OFFICE

**The bad news is that your rate
notices are nearly here.**

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CENTRAL TABLE WATER

A.M.P.

G.I.O.

A.A.M.I.



The advertised closing dates for Submissions to the Molong Quarry E.I.S. has now closed. The Development Application and all submissions from locals and Government Departments has been sent to the Department of Planning in Sydney awaiting assessment.

Paying your Council rates in full by the 1st September, 1997 gives you a chance to win some great prizes.

Early Payment Incentive prizes are :

- Hazeltons Air Service - \$600 Return Trip for Two from Orange to Sydney.
- Hayes Petroleum - \$500 worth of Fuel
- Calare Credit Union - \$500 account
- Jardine Insurance Brokers - \$500 cash

Resource sharing took a different angle last week when Council employed Joy Engleman for the Small Towns Development Officer in co-operation with Wellington Council. Cabonne towns and villages are requested to get those thinking caps on and explore ideas and visions that will help stimulate local economies.

Ten residents responded to Council's request to form a Committee to formulate the future direction and planning of Tourism within Cabonne Country. This will be achieved in conjunction with O.D.T.I. and regional tourist bodies and venues.

The Ophir Reserve Heritage Study is now well underway. Interested residents should keep aside the night of the 29th July for a Public Meeting to discuss the report. For details please telephone Council's Orange Office on 62 3799.

The Draft Rural Lands Strategy Study has now been completed. The Study will now be considered by Council indicating rural areas that should be rezoned for the purpose of small rural holdings.

This year marks the 20th Anniversary of the formation of Cabonne Council and celebrations will be held on the long weekend of October to recognise the many achievements since then.

Council urges communities, Councillors and staff to join together in celebrating this milestone.

A Notice of Motion has been submitted to Council's August Meeting calling for Council to centralise the bulk of its Office facilities to a location such as Molong. If you have any thoughts on this matter, please let your local Councillors or myself (Fax 063 - 645484) know what they are, do not wait until after the decision is made.

The product of the month for July is Cabonne Country Honey - a beautiful honey producer situated at Mullion Creek - telephone 65 8475. Try it, it is a natural local product and tastes great.

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CABONNE YOUTH OF THE MONTH

Cabonne Council Youth of the Month Award for July is shared equally between four students from St. Joseph's Primary School at Eugowra.

Three Year Six children - Adam Tildsley, Christopher Smith and David Tildsley as well as a Year Five Student Bede Anderson, competed at State Level in the PSSA Swimming Championship held at Homebush, where they were placed Second in the State. This is an achievement of which they can be proud, particularly as they also have quite a range of individual achievements as well.

Adam Tildsley, School Captain 1997 - achievements include:

- First place in Forbes Football Carnival;
- Representative of RedBend Catholic College team
- Players Play - representing RedBend;
- Recipient of Video Ezy Award for the Forbes Carnival;
- Tackler of the Game against Condobolin
- has been successful in many Art Competitions - placed first in the Artistic Section of the local Anzac Day Competition - "Australia My Country"
- Senior Boy Champion for Eugowra Swimming Carnival, 12's and under 50m Freestyle Champion

David Tildsley - Sports Captain - 1997 - achievements include:

- Won 11 yrs Boys Champion at CEMMY Athletics Carnival
- Competed at State level in Swimming in 1996
- Second Place in Eugowra's Cross Country in 1996
- Competed at Diocesan level at Coolah Cross Country in 1996/97
- Played football for Eugowra and also Red Bend College in 1996

Christopher Smith - Sports Captain - 1997 - achievements include

- Achieved 14 goals for Soccer Team
- Recipient of trophies for swimming
- Competed at Bathurst in the Diocesan Swimming Relay Team
- Competed in the Inter-Diocesan Carnival in Dubbo
- Named "Aussie of the Month" in December 1996

Bede Anderson - Year Five Student - achievements include

- A High Academic Achiever
- Talented in running and swimming
- Competed at State Level in 1996 in running
- Competed at Eisteddfods in Cowra, Forbes and Orange - collecting six trophies
- Grand final winners for 1996 in Soccer
- Named "Aussie of the Month" during 1996

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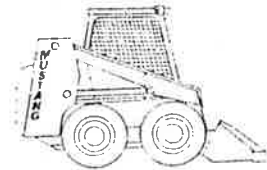
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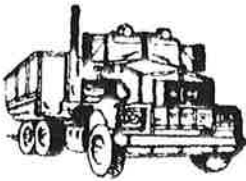
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LOCAL AND INTERSTATE

POINTS OF INTEREST FROM THE PROGRESS & PROMOTION ASSOCIATION
MEETING, HELD 22ND JULY, 1997.

- *Joy Engelman has been appointed "Small Towns Development Officer" for Cabonne Shire, and will be working from Council's office in Kite Street Orange, on Wednesday, Thursday and Friday.
- *After the recent working bee at Escort Rock the area is much tidier and another working bee will be held soon for the painting to be done.
- *Council representatives met recently with our street beautification committee, and the following jobs were listed as main priorities for Council's consideration.
 - 1) Filling in of creek bank at Apex Pioneer Park.
 - 2) Step at Dr Stewart's surgery to be made accesable for wheel chairs.
 - 3) Wheel chair access at Newsagency- "No Parking Area" in white paint to highlight the wheel chair access.
 - 4) Footpaths from Doctors to Police station, and Post Office to old Westpac Bank to be concreted.
 - 5) Gutter off Broad street into lane at Eugowra Supermarket, to be repaired.
- *Credit Union facilities for the town are still being pursued.
- *The launch of our brochure last month was a very successful event and a very pleasant afternoon. Our association supplied supper for the Cabonne Council Consultive meeting the same evening.
- *We are investigating the possibility of a sponsor for an electric BBQ at Apex Pioneer Park.
- *Nathan Langfield has been nominated by our group for Cabonne Shire's "Youth of the month" award.
- *Plans are underway to have the town map repainted or replaced, and the old town sign on the eastern side of Eugowra removed.
- *Four members of our association attended the last meeting of Explorer Country (of which Cabonne is part) at Orange, and found the day to be very informative and interesting.
- *Plans are running smoothly for our part in the Sawmill Centenary weekend commencing 25th October.
- *Photos have been sent to Orange Tourism for 1 or 2 to be included in their next map.
- *At our last meeting it was proposed that we work towards the building of a public Museum. However, we would like the opinions of all residents of Eugowra, and we urge you to contact secretary Janet Noble 59 2287 or president Colin Smalley 59 2420.
- *Next meeting is to be held on 26th August, and our guest speaker will be Annette Barnes who will speak on Insurance. ALL WELCOME!

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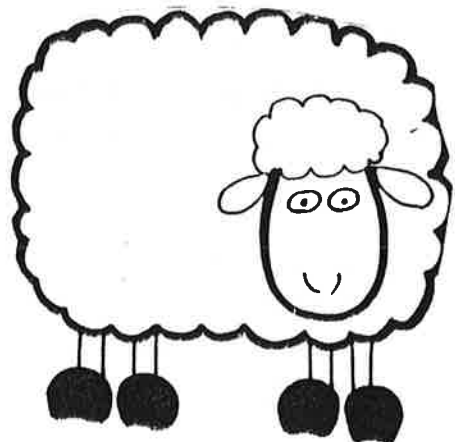
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THE MAJOR TOPIC CONCERNING CABONNE COUNCIL AT THE MOMENT IS THE PROPOSED MOVEMENT OF MEETING FACILITIES OUT OF COUNCIL'S ORANGE OFFICE TO MOLONG.

ON THE SURFACE THIS APPEARS A SENSIBLE MOVE. BUT UNFORTUNATELY THERE ARE NO SUITABLE MEETING VENUES AVAILABLE IN MOLONG.

TO EXPLAIN THIS SITUATION, WE HAVE TO GO BACK 20 YEARS, WHEN CABONNE COUNCIL WAS FORMED, BY AN ALMAGATION OF THREE COUNCILS, BOREE BASED AT CUDAL, CANOBLAS BASED IN ORANGE AND MOLONG COUNCIL. AT THAT TIME THE COUNCIL DECIDED THAT THE MEETING ROOM AT THE ORANGE OFFICE BE LEFT AS THE MEETING ROOM FOR THE COUNCIL AND AS THE WORK FORCE AT THE OFFICES AT CUDAL (ENGINEERING) AND MOLONG (ADMINISTRATION) GREW, THOSE MEETING ROOMS WERE DIVIDED INTO STAFF OFFICES.

THE OFFICES AND MEETING ROOM AT COUNCIL'S ORANGE OFFICE ARE OLD, BUT STILL QUITE ADEQUATE FOR COUNCIL'S NEEDS. THEY HAVE THE NECESSARY COMPUTERS, COPIERS, PHONES ETC. IN WHICH TO CONDUCT A COUNCIL MEETING, AT NO REAL COST TO OUR RATEPAYERS, EXCEPT FOR THE MAINTENANCE OF THE BUILDING.

THERE IS NO PROBLEM HOLDING OUR COMMITTEE MEETINGS AT VARIOUS LOCATIONS AROUND CABONNE. OUR NEXT COMMITTEE MEETINGS ARE LISTED FOR CANOWINDRA. BUT THE MAIN MONTHLY MEETING OF COUNCIL HAS TO BE WHERE COUNCIL HAS A LINK UP WITH THEIR COMPUTERS, SO AS TO HAVE AVAILABLE ALL RELATIVE INFORMATION TO COUNCIL BEFORE A DECISION IS MADE ON ANY PARTICULAR SUBJECT.

COUNCIL HAS ALREADY RESOLVED NOT TO MOVE FROM THE ORANGE OFFICE AND SPEND RATEPAYERS MONIES CONVERTING A HALL IN MOLONG TO OUR MAIN MEETING ROOM. THE COST THAT WAS PRESENTED TO COUNCIL FOR CONVERTING THIS HALL WAS APPROX. \$30,000. OTHER ESTIMATES PUT THESE COSTS OF BRINGING THIS HALL UP TO AN ACCEPTABLE LEVEL AT 3 TIMES THAT FIGURE.

NOW COUNCIL IS FACED WITH ANOTHER MOTION, CONCERNING MOVEMENT OF COUNCIL MEETINGS, THIS TIME TO COMPLY WITH THE RECOMMENDATIONS OF THE 1993/94 BOUNDARIES COMMISSION. THESE RECOMMENDATIONS STATE



ROZ HAIR STUDIO



BEAUTY TREATMENTS

Manicure \$14-00

Eye Brows tint \$ 8-00

Eye Lash tint \$12-00

Eyebrow wax \$ 6-00

Neck wax \$ 6-00

Facial wax from \$ 5-00

**GLAMOUR PHOTOGRAPHY IS IN
ON 7th AUGUST**

THAT COUNCIL SHOULD, AMONG OTHER THINGS, CENTRALISE
ALL THEIR OFFICES IN ONE TOWN, MAINLY MOLONG.
THE COST OF FOLLOWING THESE RECOMMENDATIONS
WERE COSTED IN 1994 AT 2 MILLION DOLLARS.

BOTH COUNCILLOR NEVEN AND MYSELF ARE TOTALLY
OPPOSED TO WASTING RATE-PAYERS MONIES. WE CURRENTLY
HAVE SUITABLE OFFICES AND MEETING FACILITIES THAT
SERVICE COUNCILS NEEDS. OUR COUNCIL AREA IS IN
MORE NEED OF BETTER ROADS, SEWERED TOWNS, KERBS
AND CUTTERONG ETC. THE LIST GOES ON FOREVER. WE
CANNOT BE USING \$2,000,000.00 OF CABONNE RATE PAYER
MONIES TO DEVELOP ONE TOWN AT THE DESTRUCTION OF
OUR OTHER TOWNS.

THE DEBATE CONTINUES.

RAY ARUSTON

ALL

WINTER FASHIONS
DISCOUNTED

"SOMERSET LANE"

EUGOWRA

~~~~~  
**30%<----->50%**

**OFF**

**NOW UNTIL THE END OF AUGUST**

**OVERSTOCKED- Must clear!!!!!!!**

Open Wednesday, Thursday & Friday

9.30am to 5.30pm

Open Saturday always till 3pm.

Phone **068 592 231, ah..592 305.**



Colour Back  
Page

"Spring"  
just a few sleeps  
away

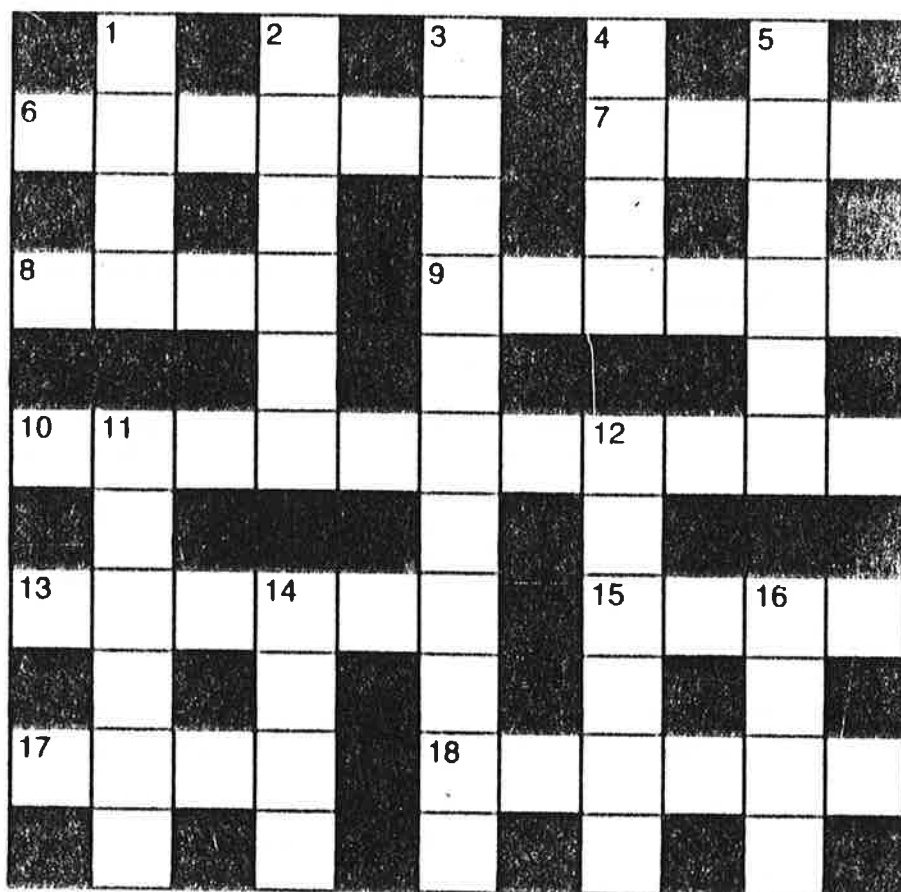
British-style or cryptic crosswords are a great challenge for all crossword fans. To solve them, remember each clue contains the regular definition as well as a play on words. The number in parentheses is the length of the answer word or words.

## ACROSS

6. Race the engine, add some power, and make over (6)  
 7. Red rice is stirred thoroughly (4)  
 8. Men, you listen! This offers you choices (4)  
 9. Places to settle down or toss about (6)  
 10. Westerners cross in the middle—Cannem's wine gets thrown around (3,8)  
 13. Tent at first was in Georgia when Americans marched (6)  
 15. Hoist up the nimble man (4)  
 17. Club for one Swoboda (4)  
 18. Ability to put Capone in shelter (6)

## DOWN

1. The two of us are and have been (4)  
 2. Virginia College and Union University first marketed a machine to remove the dirt (6)  
 3. Foolishly I export a map that's not quite correct (11)  
 4. Find nothing in bronze rocks (4)  
 5. Hark! It's unusually silent! (6)  
 11. One who flees from a revolutionary regime (6)  
 12. Persuade Foyt to fit in with Nat (6)  
 14. Acquire \$1000 and fly (4)  
 16. Is unable to change direction (4)





# CENTRAL WEST HEALTH

## DIABETES



### What is Diabetes ?

Diabetes mellitus is a condition in which the body is unable to control the amount of glucose in the blood. It is caused by lack of insulin secreted from the pancreas (Type 1) or the insulin produced by the body not working properly (Type II). Insulin is the hormone that normally keeps the blood sugar level under control. Normal blood sugar levels are between 3.5 mmols and 5.0 mmols.

Treatment of diabetes is aimed at getting the blood sugar level down to near normal and keeping it there.

### Symptoms

#### Type I (insulin Dependent)

- Excessive thirst
- Constant Urination
- Unexplained weight loss
- Irritability
- Weakness and Fatigue

### Treatment

Insulin injections are required. The amount of insulin must be balanced with the food eaten and daily activities.

### Symptoms

#### Type II (Non Insulin Dependent)

- Blurred vision
- Tiredness
- Excessive weight
- Tingling, numbness in feet
- Skin infections, slow healing

Some forms of aerobic exercise include

Swimming  
Dancing  
Walking  
Cycling  
Aerobics  
Skipping  
Tennis  
Exercise bike riding



### Treatment

Weight loss. Eating the right food. Regular exercise. Sometimes tablets are required to lower the blood sugar.

Undiagnosed, untreated diabetes can lead to severe complications including blindness, kidney failure, heart disease and amputation.

### How to get tested

Talk to your Doctor or call into your Community Health Centre. The test is simple it takes just two minutes.

## COMMUNITY MESSAGES

### **"FIRE SCHOOL"**

**Notice from the town brigade captain:**

**SUNDAY 17 th AUGUST AT EUGOWRA SHOW GROUND  
START 8am-5pm LUNCH SUPPLIED.**

**Fire Captains and members of the following brigades  
please book with Theo Wykamp.**

**Mt Pleasant, Trajere, Eulimore, Eugowra.**

### **"KARANA KELPIE STUD"**

**&**

**EUGOWRA LIONS CLUB I.N.C.**

**PRESENTS.**

**How to train your dog the correct way, a one day school on the  
16th August 9am start until 4pm cost \$30-00 per dog.**

**B.B.Q. AND HOT WATER PROVIDED. Bring you own food and  
a dog or a pup.**

**Kevin & Kay Howell are well known for their Kelpie stud and  
have won the National Kelpie Championship, N.S.W. Yard Dog  
Championship, numerous other Yard, Utility, Championships.**

**To book your dog or pup into the school contact;  
Kevin & Kay Howell Phone 068 59 2311.**

### **"Vintage Chev Car Rally"**

**Notice from the co-ordinator Eugowra:**

**Any organisation interested in having stalls on the  
morning of the Monday 29th September at the Youth  
Centre. Please contact David Hyde for more information.  
Phone 068 592 368**

**TELSTRA**

**YOUR NEW NUMBER CHANGE**

**(02) 68 59-----**

**From 18th August 97 the numbers will change to our telephones, and  
not just Eugowra all parts of N.S.W. You will still need to dial 02 to  
Sydney , ACT. Pages 32-33 of the Telephone book and the letter sent to  
should inform you of the changes and why they needed to take place.**

### **MEMORIES**

**The passing from our community of Reg Mongan and Ron Seaton. They  
will be sadly missed . Our condolences to all the families and many  
friends.**

**~~~~~THREDBO~~~~~**

## **S.G. CHENEY**

**LICENSED STOCK STATION**

**&**

**REAL ESTATE AGENT**

**BUYING OR SELLING?**

*\* Live stock*

*\*Rural property and Farmlets*

*\*Homes and Residential Land*

*For enquiries or advise please contact*

**S.G. CHENEY**

**BROAD ST. EUGOWRA 2806.**

**PHONE: OFFICE 068 592555**

**DOUG & LEONIE 068 2464**

**STUART 068 511494**

## **EUGOWRA LUBE CENTRE**

*For all your Guaranteed Quality Products.*

**# CASTROL OILS & GREASES**

**# MOBIL OILS & GREASES**

**# WIX FILTERS- OIL- FUEL- AIR**

**-HYDRAULIC- TRANSMISSION**

**FILTERS FOR CARS- TRUCKS-TRACTORS  
& MACHINERY**

*If you require 1 or 20 filters give us a call.*

*We are distributors for Eugowra- Forbes  
districts.*

*We can supply general public, Industry,  
Farms.*

**ALSO BI-START AGRICULTURE ENZYMES.**

**GIVE US A CALL FOR A WIX FILTER**

**FOR YOUR CAR. MAX & LALL**

**PHONE 068 592294 FAX 068 592510**

### **CONUNDRUMS**

**# How can you take one from nineteen and have twenty left?**

**# What four numbers that add up to 45 will all give the same answer if  
[a] two is added to the first, [b] two is subtracted from the second, [c]  
the third is multiplied by two, and [d] the fourth is divided by 2?**

**# A triangular paddock has five trees along each side and there is one,  
of course, in each corner. How many enclose the paddock?**

**# A frog is at the bottom of a well 60 ft. deep. Every day he jumps up  
three feet and slides back two. How many days will it take to get out?**

**# What is always in fashion yet always out of date?**

**# How many weeks belong to last year?**

## **EUGOWRA CUT PRICE SUPER MARKET**

**FOR ALL YOUR;**

- Groceries
- Fruit and vegies
- Meat
- Dry Cleaning
- Smallgoods
- Ice
- Cakes
- Giftware
- Pharmaceutical

**#YOUR ONE STOP SHOP**

**# HOME DELIVERIES**

**BROAD ST. EUGOWRA**

**PHONE 068 592420**

## **A.L. HOWELL**

**Lic. Builder No 15171**

**Your agent for HOTONDO  
HOMES**

**\*Extensions**

**\*Alterations**

**\*Renovations**

**\*Repairs**

**\*Drainage & Sewage**

**\*New Cottages**

**\*Free quotes & Advise**

**PHONE 068 592 482- 30 VICTORIA ST.,**

**EUGOWRA 2806**

# EUGOWRA SHOW SOCIETY INC.

SECRETARY MRS J WRIGHT  
PRESIDENT MR D WRIGHT  
PO BOX 9  
EUGOWRA 2806 NSW

Telephone SHOW OFFICE 068 592206  
Fax PHONE/FAX 068 592282

## SHOW NEWS

The Eugowra Show will be held on September 12th & 13th 1997 and plans are underway to present a great show.

The feature display this year is of much interest to this area - The Inland Marketing Corporation from Parkes. Patrons will be able to learn what this organisation has proposed for inland NSW especially Parkes Airport freight centre.

The Inland Marketing Corporation General Manager Mr Alex Ferguson will be the official guest and will open the show.

All the usual pavilion classes will be available as well as a new introduction last year of a Poetry class. We encourage all those budding poets out there to participate and support this class.

We remind people of the value of becoming a member of the Society and the advantages are; Membership is \$14.

- \* Free admission to the grounds for self and one lady and own children under 16 years.
- \* Free entry for self, partner and children under 16 years in all classes except where specified to the contrary.
- \* Free admission to the showground of members vehicle.
- \* Free schedule supplied to members, **for non members a charge of \$2.**

Anyone interested in becoming a member should contact Janeen Wright on 592282

### **ADMISSION CHARGES ( for non members)**

|                  |     |
|------------------|-----|
| Adults           | \$6 |
| Schoolchildren   | \$3 |
| Pensioners       | \$3 |
| Motor vehicles   | \$2 |
| Ringside parking | \$6 |

\*\*\*\*\*

## **EUGOWRA SHOW**

**FRIDAY & SATURDAY 12TH & 13TH SEPTEMBER 1997**

**come along & join in the fun -**

**pavilion exhibits**

**ring events**

**livestock exhibits**

**sheep dog trials**

**championship dog show**

**dog high jumps**

**draught horse pull**

**many more attractions to see**



## **FRIDAY**

- \* Happy Hour & 1/2  
6pm 7-30pm
- \* Badge Drawn  
anytime between  
7pm-9pm
- \* All you can eat  
smorgasboard  
Adults children  
\$6-00 \$3-00
- \* Trots Tipping comp  
\$2-00 weekly.

## **SATURDAY**

- Toss the Boss  
6pm-7pm
- Gallops Tipping  
Comp  
get your TIPS in  
before 12 noon  
\$2-00 weekly

**PH: (068) 59 2300**

## **EVERYDAY: SKY CHANNEL & TAB FACILITIES.**

### **\* BEER ON TAP:**

TOOHEYS OLD, RESCHES PILSNER  
VICTORIA BITTER, TOOHEYS NEW & LIGHT ICE.

### **\* PACKAGE BEER.**

### **\* SPECIALS FOR A LIMITED TIME ONLY:**

LIGHT ICE STUBBIES- \$23-00.

BLUE ICE STUBBIES \$21-00

TOOHEYS DRAUGHT- \$27-00.

TOOHEYS RED STUBBIES \$25-00

RESCHES PILSNER STUBBIES \$25-00

30 TOOHEYS GOLD CANS \$25-00

VICTORIA BITTER STUBBIES \$28-50

### **COUNTER LUNCHES:**

12NOON---1-30PM MONDAY--FRIDAY

**LATEST SENSATION FLAVOURED SCHNAPPS**

*Butterscotch, strawberry, apple, peach,  
cinamon.*

**LIQUOR FOR YOUR TICKER!!!**