

Eugowra NEWS

December 2014

A Lions Club project for the community we serve

VOL.18

And its Farewell from Me

A selection of my favourite stories from the past four years.



from the editor

I am very excited to be putting together my last News as editor. It has been quite a challenge to find the time this year as my work has become more demanding. It is with a sense of achievement that I come to the final issue for 2014 and think "Yes we did it". I am really proud of the quality of the News and hope that the community and the contributors continue to support Sarah Delange as the new editor. I know I have said this many times before but it really is a very big job to get a quality, interesting News out each month and not one that should be taken for granted.

I hope that the News has become an interesting and accurate reflection of life in Eugowra that depicts the achievements of the community. I think there are enough places to hear bad news so have tried to keep the news focused on the strengths and achievements in the community.

As we get ready for Christmas and the celebrations with our friends and families I hope that everyone in our little community has a happy Christmas and the New Year brings health and happiness as well as strength and resilience to face the challenges that life inevitably brings.

I am looking forward to the Carols on the Creek and hope there is a big crowd, maybe this year the crowd will find their voice and join in the singing with gusto! Thanks to Jeanine Gibby for her huge effort in getting this to happen, Jeanine will only just be back from Nepal in time for the Carols.

Thank you to all of you who have emailed kind words about my editing job. I look forward to having a few weekends off but I am sure I will be involved in the community in some other way as time permits.

Enjoy the news,

Anne



A big welcome to our new editor Sarah Delange I hope you learn as much as I have and enjoy your time as editor of the News.



The Eugowra News Committee

Anne Heath, Chairperson and Editor

Anne Burns

Cassie Gates

Peter Heath

Bob Roach

Jodie Greenhalgh

Contributors this month

Jenny Anderson

Barb Roach

Claire Bray

Judy Smith

Nicole Brindle

Jessica Stanley

Elaine Cheney

Sarah Delange

Eugowra Public School

Janet Noble

Next Issue Deadline:

Friday 23rd January 2015

**The News will be available on
30th January**

**Advertising and Editorial Material To
Sarah Delange**

Phone 68595253

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editor@eugowranews.com.au

420 copies printed and distributed throughout
the community.

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

Online at www.eugowranews.com.au



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

December 2014

Mon Tue Wed Thu Fri Sat Sun

| | | | | | | |
|--------------------------|------------------------------|--------------------------|-------------------------|--|---|---------------------------|
| 1 Drs Open 9am - 5pm | 2 Drs Manildra 9am - 1pm | 3 Closed | 4 Drs Open 9am- 4pm | 5 Drs Manildra 9am- 1pm | 6 | 7 |
| 8 Drs Open 9am - 5pm | 9 Drs Manildra 9am - 1pm | 10 Drs Open 9am- 11am | 11 Drs Open 9am- 4pm | 12 Drs Manildra 9am- 1pm | 13 | 14 |
| 15 Drs Open 9am - 5pm | 16 Drs Manildra 9am - 1pm | 17 Closed | 18 Drs Open 9am- 4pm | 19 Drs Manildra 9am- 1pm Community Bus | 20 | 21 Carols by the Creek |
| 22 Drs Open 9am - 5pm | 23 Drs Manildra 9am - 1pm | 24 Drs Open 9am- 11am | 25 Closed | 26 Closed | 27 | 28 |
| 29 Closed | 30 Closed | 31 Closed | Drs 1st Jan Closed | Drs 1st Jan Closed | Drs re-open Monday 5th Jan at 9am | |



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Greg Howell 0427 592 771



As I write this, the temperature is expected to rise again after the recent and nice reprieve from the heat and winds.

With the rush of harvest, school exams, end of year excursions, work and community parties etc. all happening, Christmas comes up fast and it can be easy to get absorbed with gift buying, getting food organised, and all the other things that pop up with families also not forgetting the heat and lack of moisture that doesn't do much for ones enthusiasm for getting the garden looking good and it can be easily overlooked or is much lower on the list of priorities.

But do not worry there are many ways of sprucing things up without too much effort and unnecessary cost.

Pruning: Prune or trim lightly. (Don't make the mistake of cutting back heavily.) Prune leggy, overgrown shrubs to a better shape. If you have any hedges lightly trim back to sharper and tidier shape.

Mulching: The benefit is, not only does it help retain moisture in garden beds, it can also create a nice backdrop to plants, making the whole garden more tidy and attractive. Mulching also helps control weed growth and therefore reduces maintenance. The best mulches are finer rather than large particle size and it is advisable to avoid chunky barks that will draw nitrogen from the soil.

Gaps: Gaps in the garden can make the garden look a bit bare and open up views to areas that are maybe a bit unsightly. Shrubby plants could of course fill these gaps admirably in time but we are looking for quickness so, for that, consider the placement of a large pot filled with some vibrant potted colour. (A large range of potted colour of various types and size is available at most nurseries at present.)

Another idea is the use of sculptures, a largish urn, a few rocks grouped together, a seat etc., strategically placed in these areas could create interest, contrast and perhaps provide a topic of conversation with your visitors. For garden beds in difficult areas of baking sun/ drying winds. Placing pockets of gravel or crushed rocks will create a textural and material change. The addition of any of these passive elements will also allow the gardener the benefit of a minimum maintenance area.

Lawns: Its fairly hard to maintain a lush lawn in the heat of summer but raising the mower blades a notch or two will prevent scalping therefore giving the lawn's roots a little protection from sun scorching which in turn will help make a quicker recovery to a better lawn when cooler conditions eventually arrive.

For the BBQ area: Potted herbs make great plants for table toppers and can double as "take home" gifts for friends and family. Plant small plants into individual colourful pots or group a few into small trough like pots.

Warm welcome: Make the entrance to your home a welcoming one with a few simple pots of fragrant blooms in cheerful colours.

A couple of easy care plants

Liliums:

There are many plants called "lilies" e.g. arum lilies, spider lilies, canna lilies, princess lilies and ever so many more but according to experts none of these lilies are members of the genus *Lilium*, the true lily.

There are about a hundred different species of *Liliums* which belong to this genus and which have originated from the northern hemisphere.

Many have become favoured plants in the home garden and in the cut flower industry where they are sought after for the diversity of colour and markings but also for the longevity of their life in a vase.

Liliums are bulbous perennials which die down in autumn and then in spring they send up stems of green, of various heights depending on their species which produce six petal blooms in summer.

Some species of the *Liliums* have been hybridised and so the development of the Asiatic and the oriental *Liliums* etc. came to be, renewing much enthusiasm for *Liliums* as garden plants and for the flower industry.

These hybrids are easy to grow, provided they get good drainage, full sun or only light shade. They will thrive when planted amongst shrubs and they like to be mulched to keep their growing site cool and slightly moist. Reward will be received if they are given a light dressing of an all purpose fertiliser in spring and again just before blooming.

Stems die down in autumn but bulbs do not have to be lifted each year. They will multiply freely, if left alone and will form a clump, only needing division about every three or four years.

Great success can be found in growing *Liliums* in pots but a deep vessel rather than a squat type is generally best.

A truly lovely and rewarding low care plant, well worth a place in any garden.

Gaura, otherwise known as the Butterfly Bush:

There has been a lot of work done in breeding new and better cultivars of this plant to produce a more compact form.

Gaura lindheimeri is a lovely cottage garden plant which grows to 50cm wide and tall, producing lovely white butterfly-like flowers on long stems above clumping foliage from spring through to autumn.

This is a very hardy plant which once established will handle heat, dryness and frost.

A perfect plant for mass planting, borders or growing in pots.

Gaura "Lollipop Blush" is another variety of the same plant, bred in Qld and has the same attributes except its maroon-pink buds open into a lighter pink flower.

A good plant for smaller gardens.

These new forms set fewer seeds than the older style *Gauras* making it a more favourable plant.

Tips:

Fruit fly baits: Spray an unwanted paint roller with bait. Cut the base off a soft drink bottle and hang the roller inside the bottle. Hang where needed.

The bottle will prevent the bait from being washed off the roller by hose spray and rain.

It is advisable not to place bait too close to tomato crops as they do attract fruit fly, instead place a few metres away from the tomatoes. They will still be effective.

White fly: You might find this pest amongst your tomatoes, mint, basil and hollyhocks during summer. They are often quite hard to control and left unrestricted, they will weaken and discolour plants.

Sticky yellow traps hung close to affected plants will attract white fly which will become stuck to the traps. Replace the traps as required.

Another alternative is Natrasoap which is a safe and

effective spray. Adequate coverage must be applied under and over foliage to be effective.

Reapply every five to seven days.

These products can be sourced at most reliable retailers.

After three and a half years of writing this article for the Eugowra News, I feel it is time for a change and I have decided that this will be my last.

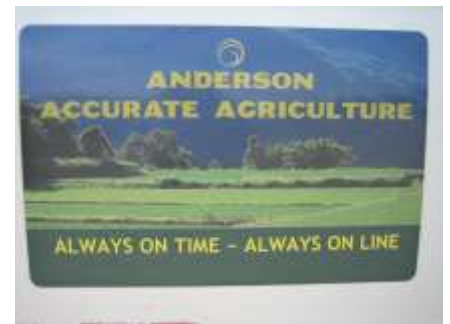
I hope I may have provided some interest for at least a few of you and for me it has been a pleasure.

I offer each of you the compliments of the season and I hope that 2015 is good to each of you in every way.

Happy Gardening.



To **Awesome Contracting**, in conjunction with Anderson Accurate Agriculture and Welsh Transport for their efficient contract harvesting operation in the Eugowra North District. Pat, Bede, Kevin and Trevor make an awesome team.





Next meeting of Eugowra Branch of CWA will be on Friday 12th December in CWA rooms at 11 am. No Guest speaker this month, we will have a Trivia session and an informal Xmas lunch (bring a plate if you like).

We go into recess until February 2015. Meetings will then start at 10am.

CWA Xmas party at "Eat Your Greens" Saturday 13th December 7-7.30 RSVP by 5/12/14 to Margaret Swift 68592256 or Frances Anderson 68592202. Pay at RTC.

At the AGM on 24th October, Elaine Cheney took the chair, Pauline Howell & Shirley Heinzl to continue as Patrons, Margaret Swift was elected as President. Frances Anderson as Secretary and Kylie Godden was elected Treasurer. Vice Presidents, Janet Noble Esther Hyde & Yvonne Smalley. Rosemary Frazer, Cultural Officer plus guest speakers. Janet Noble Publicity Officer and Booking Officer. Shirley Heinzl and Janet Noble Books for Babies. International Officer Esther Hyde & Wendy Drady. Cultural officer & guest speakers Rosemary Frazer. Handicraft Noela Lane. Agricultural Officer Frances Anderson. Representatives to Group, Margaret Swift, Wendy Carey Reserve Group Councillors Rosemary Frazer, Janet Noble and Yvonne Smalley. New member information kit. Janet Noble.

Auditor, Rhonda Yell.

We now have 29 members plus 2 junior members.

Our annual donations were given to:

Local schools \$100 each. Public Speaking \$50.

G Jopling Scholarship for children of members \$50
Scholarship fund for country children \$200.

Medical Research \$100. Emergency fund \$200.

Flying Doctor \$200.

Swimming pool \$100.

Winners of raffles at our Garden Party were:

Photo by Peter Solness donated by Caroline Jones won by Roy Cox Cowra

\$300 fuel Irene Sharp.

Microwave oven Robert Tildsley.

Garden tools Margaret Grandsen.

Margaret Swift, Wendy Carey and Janet Noble attended the Central West Group AGM at Bathurst. Wendy Carey was re-elected as International Officer. Gloria Shultz was guest speaker, a very dynamic speaker, told us about her

life as a members of parliament's wife and her son who supports an orphanage in Timor, she gave the Group a Tyce (cloth) made by children. She also told us her husband Albie is quite ill with Cancer.

Molong put forward Packam pears as Primary product and Cumnock Pancreatic Cancer for medical research and Poland was voted as country of study, all of which now go to State to decide.

Our rooms are being used each Tuesday by Centacare, for "Partners in depression, self Care for Carers" if anyone would like to participate contact Katherine Atkins 6393100.

At our monthly meeting started with recognition of Armistice Day with the reading of "In Flanders fields".

We had two guest speakers, firstly Sonia Braithwaite intensive Care registered Nurse who specialises in counselling families of organ donors. She went through all the commonly asked questions and everyone received an information sheet, a registration form, her message was make sure you discuss organ donation with your family. Australia has a world class reputation for successful transplant outcomes. 1,600 people are on Australian organ transplant waiting list. Visit website www.donatelife.gov.au to register for donation on line donarregister.gov.au or ph; 1800 777203.

Our other speaker was Str. Helen who spoke of little Maria, child in Vanimo, PNG, who has rickets, her parents died, she had been living with her uncle until she was adopted by the Argentinean Nuns in PNG, Str. Helen asked for our prayers and help to do all in our power to get Maria to Australia.

If you want a cash for container deposit scheme PLEASE WRITE TO Premier Mike Baird ASAP. Lion Natham who owns Tooheys etc are against having the scheme implemented.

We are arranging a luncheon for Val McGrath before she & John go to Canberra. Val's input and caring personality will be greatly missed.

Janet Noble

SHOP FOR CHRISTMAS AT CRAFT ON THE

You would be surprised at the many and varied items you will find at Craft on the Creek, and the craft shop would suit many people when they are doing their Christmas shopping.

Locally made wooden children's toys, bears, patchwork quilts and other patchwork items, clothing for babies, knitted and crotch items, jewellery, lavender and olive oil products, Christmas themed goodies, jams, relishes, pickles, cakes and eggs are some of the many things available at Craft on the Creek.

When shopping there you are also supporting one of the small businesses in our town.



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Monster Christmas Raffle

**At the Eugowra Community &
Bowling Club**

On Friday 19th December

Starting at 7pm

Bring the family along and join in the fun!





Santa's coming to town on 12th December

Help him celebrate at our
Kid's Christmas Party at the
Eugowra Bowls Club

Theme: Red & White

**Lots of fun games and treats for
everyone! Prizes for best costumes!**

***The fun starts at 6:30pm & includes a
sausage sizzle. See you there!***

IN THE KITCHEN WITH *Jessica & Ben*

DECEMBER RECIPE



Laos Minced Chicken Salad (Larb)



Ingredients

2 large, boneless/skinless chicken breasts (minced in a food processor)
2 Tbsp fish sauce
1 lime, juiced
1 tsp sugar
3 spring onions - finely diced
1/2 cucumber - finely chopped
2 red chillies - finely chopped
1 small knob of ginger - minced
1/2 bunch coriander - rough chopped
1/2 bunch mint - finely chopped
50g roasted peanuts - lightly crushed
12 iceberg lettuce leaves - in tact if possible

Method

Stir fry the chicken mince very high in a wok till cooked through. Season.

Set aside cool slightly.

In a separate bowl mix fish sauce, lime juice, sugar, spring onions, chilli and ginger. Mix thoroughly and taste to see if the balance is even. You want it to be sweet, salty and sour.

Pour over mince, toss in the fresh herbs.

Serve with the lettuce on the side, and the crushed peanuts on top.

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News from Eugowra Community Children's Centre

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

2014, what a year!

The children at ECCC have been busy getting ready for the end-of-year concert which is on 6pm, Wednesday 17th December.

We have 9 students graduating from preschool this year; Levi, Philo, Cooper, Memphis, Isla, Adam, Axxell, Noah, and Hayley. We wish them all the best at "big school" and we will miss them.

Next year's operating hours will be Tuesday, Wednesday and Thursday 8am - 5pm. Enrol today to ensure a place for next year.



Shalara painting on glass



Puzzle time with Claire and Mack



Learning our numbers



Axxell counting on the new play equipment



Watercolour painting with eyedroppers



Eugowra Public School

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

News

Participation Leads To Success

We have had a fantastic Term 4 at Eugowra Public with lots of extra activities alongside our classroom learning.

Sporting

Throughout the term we have participated in gymnastics and hockey for our Active After School Sports program. Our coaches, Kate and Kate from Orange came to the school on Wednesdays to introduce the students to these sports. As a finale to the Gymnastics program we will be going to the Gymnasium in Orange on the last day of term.



Thanks to School Swimming and Water Safety Program funding and our generous P & C the students have completed 2 weeks of intensive learn to swim and swim coaching at the Forbes pool. This gave the students the opportunity to train in the Olympic size pool in

preparation for the swimming carnivals early in the new-year as well as fine tuning the competitive strokes for the better swimmers. The beginner swimmers had an intensive 2 weeks of water confidence and learn to swim activities. All students improved amazingly and enjoyed this experience – even though they were totally exhausted. We thank our Coach Kay Playforth and the AustSwim teachers Eliza Taylor and Monique Gallen for their efforts.

Toward the end of the term we will be participating in a visiting wheelchair sports program. This will give the students an opportunity to participate in sports from a different perspective. We look forward to this activity.

Melbourne Cup

Once again our very supportive P & C hosted another successful Melbourne Cup lunch at Eat Your Greens, raising funds for the students at the school.

It was a great day with a beautiful meal and fun had by all.

Thank you to our kind donors and supporters;

Gay Merchant, Central West Granite and Somerset Lane for the Fashion Parade.

Thank you to everyone who attended for your continued support of the Eugowra Public School.

Best Dressed was Lalla Weekes

Best Hat/Facinator Maxine Vincent

Lucky Door Prize Deanne Buttle

“Archibull” Prize Award Ceremony

On Friday 14th November Montana Bevan, Darcy Merchant and Miss Auld went to Sydney Olympic Park to the ‘Archibull’ Prize Award ceremony.

Eugowra Public School was lucky enough to be awarded



Highly Commended for our Blog and Highly Commended for our Multimedia Presentation that showcased all elements of our project.

At the ceremony the girls and Miss Auld got to see the finalist cow artworks—including Canowindra High School, and also meet Young Farming Champions in all farming industries.

The trip down was a great way to finalise the fantastic effort that students put into the cow.

Miss Auld has acknowledged all the students who spent their lunch times painting or writing entries for our blog—these students helped us get our 2 awards.



Café for housing our calf 'Bullseye' at the Café. We would also like to thank Michael for supplying lunch for the judges and milkshakes and cheesecake to the students at the judging of 'Bullseye'.

Lawn Mower Raffle

Our school has a raffle at the moment, a John Deere self-propelled front wheel drive mower, kindly donated by Hutcheon & Pearce of Parkes. Raffle books and tickets are available from Mrs Reeves in the office.

Parent and Community Consultation on the School Plan.

On December 3rd from 1:45 – 3:00 you are invited to attend the school to consult regarding the school plan. This is an opportunity for you to learn about the strategic directions the school will be taking over the next three years.

Kindergarten Orientation and Parent Session

We have had a great time with our Kindergarten orientation students every Wednesday this term. We welcomed, Axxel Mulligan, Adam Valentine, Memphis Bevan, Levi Goodwin and Hayley Newell and look forward to them and their families joining us in 2015.

All parents and relatives are welcome, as well as community members and others interested in their child attending the school from 9.10am – 1.00pm on Wednesday 10th December. A tour will take place from 9.10-10.20am; meet the Principal and information session from 12.00 – 1.00pm.



“Archibull” Prize Sponsorship

Thank you to all businesses who donated to help fund our 'Archibull' Project.

Manildra Group of Companies

Insurance Central West Pty Ltd

Alan & Rosemary Sharrock Pty Ltd

Hutcheon & Pearce, Parkes

These donations helped pay for our paints, Our Young Farmer Champion visit, farming resources and teaching resources. These donations were greatly appreciated.

We would like to thank Michael Hanley at the Gentle Cow

Services

St Matthews on the hill.

Dec 7th Holy Communion 4pm

Dec 14th Holy Communion 4pm

Dec 21st Carols by the Creek 7pm.

No Church Service.

Christmas Eve 8pm

Dec 28th Holy Communion in

All Saints Canowindra.

No service at all in Eugowra.



Rev Jono Williams

Local contact Elaine 68592820



Halloween at Eugowra Bowling Club



Eugowra Evening View Club

voice, interests and education of women

Eugowra Evening VIEW Club executive recently attended the VIEW Area NH Meeting at Dubbo which was facilitated by VIEW National Manager Maryanne Maher and National Vice President Sue Field. National Vice President June Greentree was also in attendance.

The meeting was organised due to the resignation of National and Zone Councillor Vicki Archer, which means that there is no representation of Area NH at National Council meetings and importantly no link between the clubs, National Council and National Office as there are also no Zone Councillors representing the 3 Zones in the Area.

Representatives from many clubs in Area NH joined Maryanne, Sue and June in discussion about how we can help our Area move forward.

The NH Area membership is reducing by 6% per year.

The three representatives from Eugowra found the day both informative and interesting.

The November dinner meeting in Eugowra had a very full agenda with many topics for discussion and also the election of office bearers for the next year. Members elected will receive their badges at the February dinner meeting which will be held at the Central Hotel on the third Monday in February.

On behalf of members Elaine Plicka thanked Shelley Norrie for taking the chair for the elections and presented her with a small gift.

There was much discussion on the rotation of dinner meetings to other venues and the decision was made to stay with the Central.

There was also discussion on the set dates for dinner meetings and committee meetings. Because the first Monday clashes with other meeting dates in town it was decided to change the dinner meeting dates to the third Monday and the committee meetings to the first Monday of the month.

Eugowra VIEW members will hold their Christmas dinner/party at the Gooloogong Hotel on Monday December 1 at 6-30pm for 7-00pm. Members are requested to take a gift to the value of \$10-00 to exchange and money in an envelope for the 'Learning for Life' students.

Members have been asked to invite a guest/ possible new member to the Christmas function. If someone reads this article and they are interested in going along please phone Kay, who is responsible for the numbers attending. The RSVP date is November 28 and Kay's number is 6859 2321.





St Joseph's Primary School

PYE ST EUGOWRA NSW 2806

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

Email: stjosephseugowra@bth.catholic.edu.au

Love and Truth Through Christ

END OF YEAR PREPARATIONS

2014 is fast coming to an end and Joeys children and staff are busy preparing for the end of year celebrations.

GRADUATION MASS

The Graduation Mass was held on Friday 28th November, a time to celebrate and remember the Year 6's journey through Primary school. The Year 6 children were presented with a certificate and copy of their DVD movie that had been made. The movie; Que Sera looked back on their baby and childhood and of course their time at Primary School. Great for a laugh and a tear for those families.

ANNALISE GAVIN

Annalise came to us in 2010 from Orange and quickly settled in with her beautiful smile and gentle nature. She is always ready to help the staff or younger children and is a kind and caring young lady.

Annalise will continue her education at Red Bend in Forbes next year and no doubt will enjoy the social life at High School.



DENA MOORE

Dena has been at Joeys since Kindergarten and the first of the Moore family to finish Primary School. She is a quiet hardworking girl, always giving 110% to all her work which shows in her class results. Dena is a great story writer and no doubt will blossom further at high school. Dena has been a wonderful School Captain and we wish her well at Canowindra High.



LIAM HEINZEL

Liam is the last of the Heinzl family to finish schooling here and after 14 years as a part of the St Joseph's family, the Heinzels are finally graduating! Liam is a keen soccer player, drummer and has represented the school in running this year at State level. He is ready to head off to Red Bend to follow in the successful footsteps of his brother and sisters. Best wishes Liam.



NATASHA VALENTINE

Natasha came to us when she was in Year 1. She has blossomed into a lovely young girl who is caring and considerate to the younger children. Tash is a wonderful asset helping with the other children and always ready to lend a hand. She always tries her best at everything and she 'can't wait to get to High School! Good luck for the future Tash.



BELLE WALLACE

Belle is another Kindergarten original who has grown into a lovely caring young lady. She is a deep thinker and shows concern for others, a great little sports person and excels in her class work. Belle is also a keen and talented drummer and she will enjoy all the activities on offer at Canowindra High. Thank you Belle for being a wonderful School Captain.



2015 SCHOOL LEADERS

At the Graduation Mass, the School & Sports Captains and SRC leaders for next year were announced. Congratulations to our School Captains for 2015:

Lily Wallace and Max Gates

Sports Captains: Riley Whatman, Jim Riley, Jordan Moore

Student Representative Council

Jada Mongan,

Keiley Whatman

Ashton Gates

Bailey Cullenward

Ty Jones

Lily Wallace, Max Gates, Riley Whatman, Jim Riley and Jordan Moore.

After the Mass, family, friends and parishioners enjoyed a BBQ and social evening at the hall.

END OF YEAR CONCERT

All are invited to our End of Year Concert and Prize giving on **THURSDAY 11th DEC @ 7.00PM.**

For those who are unable to attend there will be a full dress rehearsal on Tuesday 9th Dec @ 10.00am which you are welcome to come and watch.

This year the students are doing an abridged version of the Lion King.

The last day of School for the students will be Wednesday 16th December with a pool party at the Eugowra pool.

School will resume on Wednesday 28th January 2015 with the Kindergarten children starting on the 29th January

Until then we wish you a Happy and Holy Christmas and a safe and Happy New Year.

God Bless

St Joseph's staff and students.

Graduation Mass



This event is provided free for the community of Eugowra,
organised by Eugowra Lions and community members.



Sunday, December 21st
7pm at Apex Park

Featuring local talent Cath Adams and the Eugowra Community Choir, as well as students from; St Joseph's, Eugowra Public, and Eugowra Preschool will be performing. And much, much more.

A free BBQ starting at 6.30pm.
Free drinks for children.
Donations welcome.

**Rumour has it,
Santa's coming
too!**



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A LITTLE BIT OF HISTORY



Wilf Norris remembers the day Prime Minister Gough Whitlam was his passenger

I drove the Prime Minister in a horse and carriage forty years ago. Here is my story



In 1975 the Lachlan Vintage Village at Forbes was officially opened by the then Prime Minister Gough Whitlam. The Lachlan Vintage Village Committee asked me to transport Gough in a horse driven carriage from the Forbes Railway Station to the Vintage Village. The late Paul Coles, who was a collector of horse carriages at that time, supplied the magnificent carriage which he had acquired from Reg Ryan.

Paul dressed me up in a top hat and tails and my own mother didn't recognise me. The fella's I worked with joked that it couldn't possibly have been me that was driving the Prime Minister as I only ever wore old work clothes.

I was up early and I washed and groomed my two grey horses, Boko and Silver, so they would be fit for the immaculate carriage. My son Laurie was given the job of footman, and dressed as up as well, he stood on the back step so he could open the door for our important visitor.

We headed off well ahead of time, and arrived at the Forbes Railway Station where we met up with the Forbes Pony Club riders who were to ride in front of us back to the Vintage Village. We had all been given strict instructions on the itinerary and procedures we had to follow and had been told to head off for Lachlan Street, at a fast trot, as soon as Gough was safely in the carriage.

Gough who had an avid interest in steam trains, was at the controls of a steam engine travelling to Forbes from Parkes. The train arrived on time and Gough stepped onto the platform with a big bodyguard on each side. He was welcomed by the then President of the Lachlan Vintage Village Committee, Brian Toole and his wife, before moving outside to choose his transport.

Alongside the horses and carriage was the Prime Minister's official car. I had been forewarned that Gough might not choose to travel in the carriage, but I was hoping he did because it was a lot of trouble to go to if

he didn't. Gough walked over to us and along with his bodyguards gave the horses, the carriage and me a good going over before he chose to travel with us. Laurie jumped down quickly and opened the door. Gough, Brian and his wife climbed inside. One bodyguard jumped up to sit beside me in the driver's seat and the other jumped up on the back step with Laurie.

As instructed we started moving as soon as Gough was safely on board. The pony club riders headed off in front and we followed quickly behind.

Turning into Lachlan Street the crowd lined the street, eager to get a look at Gough, as we went past. There were quite a few messages being yelled out to Gough as we went by. Many I'd rather not repeat but one that I chuckled about was "You're a good politician Gough, but you're in the wrong politics!"

It dawned on me that I had never in my life had such a responsibility in my hands, so I concentrated on driving the horses so I could be ready for anything that might happen.

And happen it did, we were halfway down the main street and right in front of us a horse and rider went down, the horse having slipped on the asphalt. The horse slipped clean over with the young girl rider hanging in her seat to the ground, where the horse then rolled on her leg.

I had to pull my horses up to a sudden stop, and it was no easy feat at a fast trot, but it was one of the best sudden stops I ever did. The bodyguard started yelling "Horse down! Horse down!" I didn't know what to think of him.

The young girl managed to get herself out from under the horse and the horse scrambled to its feet. Before you

knew it that girl was back on her horse and in had it under control. I remember thinking "Now that's good horsemanship". I can't recall the girl's name, so I hope she reads this and lets me know who she was.

As all this was happening the bodyguard was telling me to "Go around, go around", but there was no way I would, as the spectators were too close and it would have been far too dangerous.

As it turned out it was all over in less than a minute and we were on our way again.

We stopped at the Town Hall for a short break while Gough went in for a cuppa with the Forbes Councillors and the Vintage Village Committee.

When they had finished, we transported them out to the Vintage Village where another huge crowd of people had gathered for the grand opening. We had reached the end of our job and delivered the Prime Minister of Australia safely to his destination. Laurie opened the door, and Gough stepped out of the carriage and disappeared into the front building.

I had to return Paul's expensive carriage back into town before anyone started climbing on it, change out of those flash clothes and walk the horses back to the Village, so I missed the opening and Gough had departed in his car before I returned.

It was a relief to change out of those stiff clothes into my comfortable work clothes and I was very proud of my horses because they performed their job well, even though they had no idea what all the fuss was about.



Harriet's Tin

Elaine C

My mother, Rose Crow, passed away in 2000 and over a period of a few years previously she would occasionally give me an item or two which had been hidden away somewhere for years in our old home at Eugowra.

In 1995 she offered me battered old Toffee Tin and said that it was from Great Uncle Jim's trunk of personal effects. Old Jim had gone to God in 1963, having suffered a Heart Attack when he was told that his nephew, Kevin Crow, with whom he lived, was dying within the next couple of days. Their headstones record their deaths, two days apart. When I opened the tin I found it was not from Jim's personal possessions, but from that of his mother Harriet, my great grandmother, who died in 1938.

I believe Harriet's husband had deserted her some years previously. The tin contained memorabilia saved over a period prior to and during the Great War, and again shortly before her death.

I was able to pass the tin and its contents on to a nephew after we spent some time looking through and speaking about the story that the tin could have told.

The words on the Christmas Card have always stayed in my memory.

OPENING HARRIET'S TIN

It was an ancient, rusting, treasured tin, with little scraps of paper in.

Notes written by a life long friend, of broken hearts that never mend.

Some letters to a mother brave, who battled on, her home to save.

The enlistment of a favoured son. The illness of another one.

The mourning letters edged in black for one who'd not be coming back.

Treasured mail for England's shore, from family they would see no more.

Embossed cards in sepia tones. Bobbins made from mammal bones.

Collar studs and black arm bands. Tattered stamps from far-off lands.

Pencilled records of feed they bought for the piebald filly someone caught.

Button eyes from an old stuffed toy. Things that I could not destroy.

Their owners gone so many years, but it makes your eyes still fill with tears

When upon a faded Christmas Card, you can decipher, looking hard,

"Friendship like old ivy clings to olden times and olden things."

The New Mr & Mrs Eppelstun



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Eugowra Health Report

EUGOWRA MULTI-PURPOSE HEALTH SERVICE

Do you have people complaining that you snore? Do you feel sleepy during the day? You might have Sleep Apnoea

What Is Sleep Apnoea?

Sleep apnoea (AP-ne-ah) is a common disorder in which you have one or more pauses in breathing or shallow breaths while you sleep.

Breathing pauses can last from a few seconds to minutes. They may occur 30 times or more an hour. Typically, normal breathing then starts again, sometimes with a loud snort or choking sound. Sleep apnoea usually is a chronic (ongoing) condition that disrupts your sleep. When your breathing pauses or becomes shallow, you'll often move out of deep sleep and into light sleep. As a result, the quality of your sleep is poor, which makes you tired during the day. Sleep apnea is a leading cause of excessive daytime sleepiness.

Untreated sleep apnoea can:

- Increase the risk of high blood pressure, heart attack, stroke, obesity, and diabetes
- Increase the risk of, or worsen, heart failure
- Make arrhythmias (ah-RITH-me-ahs), or irregular heartbeats, more likely
- Increase the chance of having work-related or driving accidents

Sleep apnoea is a chronic condition that requires long-term management. Lifestyle changes, mouthpieces, surgery, and breathing devices can successfully treat sleep apnea in many people.

Types of sleep apnoea

Obstructive

The most common type of sleep apnoea is obstructive sleep apnoea. In this condition, the airway collapses or becomes blocked during sleep. This causes shallow breathing or breathing pauses.

When you try to breathe, any air that squeezes past the

blockage can cause loud snoring. Obstructive sleep apnoea is more common in people who are [overweight](#), but it can affect anyone. For example, small children who have enlarged tonsil tissues in their throats may have obstructive sleep apnoea.

Central

Central sleep apnoea is a less common type of sleep apnoea. This disorder occurs if the area of your brain that controls your breathing doesn't send the correct signals to your breathing muscles. As a result, you'll make no effort to breathe for brief periods.

Central sleep apnoea can affect anyone. However, it's more common in people who have certain medical conditions or use certain medicines.

Central sleep apnoea can occur with obstructive sleep apnoea or alone. Snoring typically doesn't happen with central sleep apnoea.

Treatment

Over 1 million Australians have sleep apnoea and are treated with CPAP

CPAP, or continuous positive airway pressure, is a treatment that uses mild air pressure to keep the airways open. CPAP also may be used to treat preterm infants whose lungs have not fully developed.

Some CPAP machines have other features as well, such as heated humidifiers. CPAP machines are small, lightweight, and fairly quiet. The noise that they make is soft and rhythmic.

The mild pressure from CPAP can prevent your airway from collapsing or becoming blocked.

If your doctor prescribes CPAP, you'll work with someone from a home equipment provider to select a CPAP machine. Your doctor will work with you to make sure the settings that he or she prescribes for your CPAP machine are correct. They may recommend an overnight [sleep study](#) to find the correct settings for you. Your doctor will want to make sure the air pressure from the machine is just enough to keep your airway open while you sleep.

There are many kinds of CPAP machines and masks. Let your doctor know if you're not happy with the type you're using. They may suggest switching to a different type that might work better for you.

Unfortunately most people find the masks uncomfortable or have other issues that reduce their compliance with using CPAP. New research is giving hope that some people with sleep apnea may be able to use other treatments.

A recent study has shown that in people without sleep apnoea, a very significant percentage of them had the collapsibility of their airways - but they didn't have any problems.

It is now thought that three other non-anatomical causes contribute to sleep apnoea and any of these combined with the collapsibility of the airways results in the symptoms.

The other three non-anatomical causes

1. Muscles around the upper airway not functioning properly.
2. Awakening or arousal threshold. Some people simply wake up too easily, and that can contribute to their sleep apnoea.
3. Respiratory control. Some people have an overly sensitive response to increased carbon dioxide levels in their blood. For only a little reduction in CO₂ they have an enormous breathing response, sometimes nine times bigger than they should.

One of the biggest things that came out of this recent study, was that the data suggest that over 50% of patients could potentially be treated without CPAP therapy if you target one or more of the abnormal traits with a combination of approaches.

The treatment for these none anatomical causes is still experimental but it is suggested that

1. Vocal exercises to improve upper airway muscles
2. Sleeping tablets to reduce awakening or arousal threshold
3. Oxygen therapy or another drug called acetazolamide can stabilise the unstable swings in carbon dioxide to reduce exaggerated respiratory control

Do not try these treatments for your sleep apnea on your own.

At present CPAP remains the main and most reliable treatment for Sleep apnoea. If you think you might have sleep apnoea or are not compliant with your current management contact your Doctor and discuss possible treatments or participation in studies of new treatments.



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Talk Town

BY BARB ROACH

WOOHOO!! Only 4 weeks till Christmas!

And can you believe it, fourteen years since Sydney hosted the 2000 Olympic Games! Seems like only yesterday!

A few weeks ago I was chuffed to revisit the site of the 2000 Olympics at Homebush. The purpose was to fulfil a lifetime dream to experience the Rolling Stones live.

While I expected a big crowd, I didn't expect to see so many over 50 year olds in the audience. (Of course, in my mind I was only fifteen!)

Nor did I expect to bump into a well known grey-haired local, who like me, should have been at the EPPA meeting in Eugowra.

So how many more of you out there are secretive Stones fans??!!!!

The one thing that really killed me was the number of people who actually managed to sit through the entire rock concert. Maybe they had superglue on their seats or the rules said they had to, but hey, who was going to complain and who could hear them anyway?!!!!!!

Great to see the "Strolling Bones", now in their 70's, still in such good shape. Still gyrating, Keef still able to kneel without having to pull himself up again on the microphone stand, Charlie still banging out the old favourites and Mick still speakin' our language: (He described the audience as "fabulous", which is, as you know, the 1970s/ 1980s equivalent of today's "awesome").



The fabulous, awesome, amazing & very loud Rolling Stones Concert: 12.11.2014. Check out all the balding pates!

Bridge Poplars

The three condemned Eugowra bridge poplars have been cut down, chipped and carted away. It was a mammoth task juggling bridge traffic, big machines and HUGE logs, and took the contractors over 2 days to complete. Apparently nobody and nothing unplanned ended up in the creek.



BEFORE



DURING



AFTER

The bridge certainly looks different – "bare" I say!

Replacement poplars will be planted when the season's right.

At a meeting in June between four EPPA representatives and Denis O'Brien, representing Cabonne Council,

Lombardy poplars were chosen to replace the old trees in order to regain the majesty achieved by the original plantings.

Mayoral Visit:

It was “absolutely fabulous” and “awesome” and even “amazing” to hear that the Mayor of Cabonne, Michael Hayes had paid an impromptu visit to Eugowra, attending the EPPA meeting on 12th November (yes the same night I was rockin’ in Sydney).

The Mayor fielded quite a few questions from locals on the Fat Lamb site, fire hazard blocks in town, Council amalgamations, the poor state of the Eugowra-Canowindra Road, street lighting in Pye Street, requests for alterations to speed limit zones in Broad St near west street, “horses crossing” signage on the bridge, boggy conditions in Memorial Park near the Bowling Club, and the Puzzle Flat creek levee bank. We await some affirmative action on all of these.

Street Sculpture

While in Wollongong recently I was stopped in my tracks by a ceramic mural in a “back” street. It was created by school kids I think, constructed on a drab concrete school retaining wall and was an absolute stunner. Maybe we could branch into something like this? Locals could leave their unique “faceprint” on Eugowra? Now that would be something to show off to the visitors and relatives!



Shop Small Business.

Have you noticed a recent campaign to encourage us all to shop in our **small local businesses**?

Think about Eugowra. You can order your Christmas pork, ham, turkey etc from **Bill & Helen**; you can go crazy for antiques and old stuff at the **Emporium**, and furnish the entire family with a choice of linen, toys, plants and other hand made goodies from **Craft on the Creek**.

Try a new lippy colour at **St Mary’s Pharmacy** while you get your scripts filled.

Book in for a Christmas hairdo at **Head on In**, buy a new outfit to go with it at **Somerset Lane** across the street, and reward yourself after all that heavy spending, with a coffee or a meal at **The Lady Bushranger**.

Meet your mates for a chocolate or lime milkshake at the **Gentle Cow Café**, and relax over a beer or wine at the **Bowie** or **Central**.

Oh, and don’t forget your best friend... **Walkers** have bags and bales of goodies for your hard-working faithful animals.

Gift yourself or a friend a book on Eugowra or Ben Hall’s Brother in Law (John McGuire) – from the **Museum** or order on line from the Museum page on the Eugowra website (www.eugowra.aus.net)

Fuel up at the depot in Oberon St – fuel’s often cheaper there anyway!

Have you asked **Barry & Gail Herbert** if they could print up some personal or local scenes on Christmas cards for you?

Go and see **Danny at the Newsagency-Supermarket** (The store of many things handy, amazing and wonderful). He’s sure to have a suggestion for you (not too rude or cheeky, I hope)...maybe a magazine subscription, a scratchy...



Holiday idea: bushwalk, camp out or picnic in our local

Nangar National Park

Well that’s all for 2014.

I have enjoyed writing for The News over the past year, although the deadline seems to loom far too often. It would be cool to be able to share “talking about the town” with other locals.

Are **you** up for it in 2015? **BR**

Expression of Interest

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Ray White

Eugowra

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HUGE
PRICE REDUCTION



3 | 2 | 4

42 Pye Street EUGOWRA

\$245,000

- Comfortable 3 bedroom home, open plan kitchen/dining / lounge. All bedrooms are a good size with builtins, enclosed front and rear verandahs offer a further entertainment area, protected from the elements.
- Fully self contained granny flat attached to the home offers a generous bedroom and open plan kitchen/living/dining with evap a/c and gas heating
- 7 panel solar system ensures power costs will stay to a minimum
- Extra accommodation sits to the rear of the home, a 6x9 shed has been fully lined and converted into another 2 bedrooms and roomy kitchen/living area with power, water and toilet facilities
- Double lock up garage with concrete floor, power and separate workshop as well as a 2 car carport.
- A large L shaped covered storage area sits aside a 2nd workshop, greenhouse, 2 x garden sheds, bird cage, chook yard, vegie patch and lawn areas to the rear of the residence
- Town water, bore and 5 x rainwater tanks.
- Situated on a half acre block, close to shops and schools , this property has a huge list of features and inspection is a must



3 | 2 | 4

14 Strom Lane EUGOWRA

\$285,000

- Well presented spacious home, open plan living/ dining room that is awash with natural light, well appointed kitchen, and a separate formal lounge room.
- 3 bedrooms, all very generous in size, main with walk in robe and ensuite.
- Large bathroom with double shower and huge spa bath.
- Brand new decking on all verandahs offer a great out door entertaining space over looking the easy care gardens which feature a fully equipped bore, double garage, and large workshop with concrete floor, garden shed and carport . Situated on a one acre parcel of land that offers a quiet rural aspect.



5 | 2 | 4

22 Bowler Street EUGOWRA

\$569,000

- Impressive 5 bedroom home set on 3 acres. The open plan living area features a well appointed kitchen, family and dining area that looks out to the impressive entertainment area which utilises the generous verandahs that run the full length to the rear of the home. The easy care gardens feature bush rock formations and well established trees and shrubs.
- Other features of the home include – separate formal living/dining room, all bedrooms have large built-in robes with the main a walk thru robe leading to the generous ensuite. Underfloor heating, evap A/c and gas point throughout.
- The workshop to the rear of the property is a trademens dream. Huge shed with concrete floor, drive thru access, brick office, security system – protecting the home, shed and office, plenty of room around the shed for easy access for equipment large and small.
- Double carport, town water, rain water tank. The property sits adjacent to crown land and nestled in the valley ensures privacy
- For full details please view our website as the list of features is extensive...
A quality home to suit the most discerning buyer