



Eugowra NEWS

December 2016

VOL.40

A Lions Club project for the community we serve

HAPPY HARVEST



Despite the flood damage and inclement weather to date, our farmers are flat out reaping some wonderful harvest results this year with bumper hay and grain harvesting under blue skies and warm days.

HAPPY HARVESTING AND A VERY MERRY CHRISTMAS TO ALL!



from the editor

Greetings from my desk (as Ita used to say).

Whether you are harvesting, haymaking, shopping or cooking, planning or rehearsing, everyone is getting ready for the end of the year and the lead up to Christmas is a busy one.



The Bowling club have some wonderful activities as well as our annual Carols by the Creek. Make sure you get out and sing along and enjoy the ambience of the evening.

Congratulations to Katie Townsend on her Youth of the Month, (we would have announced it earlier however Katie was too busy on her horse and at school to attend the presentations any earlier!)

Well done to the Year 12's who have finished their HSC and are off relaxing or working already. Good luck for your futures and stay safe, it's a big scary dangerous world out there.

The younger ones from Year 6 are finishing their primary education and are about to get ready for the High School adventure and well done to the girls from the Public School and Cath Welsh on their 'Spectacular' adventure!

Remember the bushfire danger and be alert as we head into a hot summer with a lot of feed and fuel around. A great idea to go on to the RFS Website and download the Bushfire plan, or even just talk about it around the dinner table.

Good luck with the end of year activities, It all gets a bit crazy there for a while, but take time to relax and enjoy the fun as well. My favourite day is Boxing Day. A time to relax and enjoy the treats of the previous day, eat left overs and watch the Boxing Day Test and Sydney to Hobart race. Bliss!

May everyone have a wonderful Christmas and New Year. Thank you to all for your contributions and assistance during the year, your input and suggestions, criticisms and praise.

The next issue will be out in late January so its good bye from me for now. Ho Ho Ho.

Sarah



Contributors this Month

- Nicole Brindle
- Kylie Reeves
- Alison Gransden
- Janet Noble
- Judy Smith
- Elaine Cheney
- Sarah de Lange
- Hugh Ellis
- Anne Heath
- Cassie Gates
- Di Smith & Tim Cheney

Next Issue Deadline:

Friday 27th January 2017

**The News will be available
on Friday 3rd February
2017**

Advertising and Editorial Material To

Sarah de Lange

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

**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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To the Editor

What do you know about the public gardens in Eugowra?

All the public gardens in Eugowra have been put there by volunteers.

But we need help, anyone and everyone can do a bit. Every time you walk past and see a weed you can pull it out, don't wait to be asked.

The gardens started by the Apex club removing the Tree of Heaven from what is now known as Apex Park. Then came the planting of trees in Pye St and Nanima street by Janeen Wright and others.

Grant Grogan then dug the area under trees in Nanima St and bulbs were donated and planted by Bill Niven, the Herbert girls myself and others. Then Cabonne Council put the bricks around the garden, but kept the bulbs, they eventually donated daffodil bulbs. The EPPA got the BBQ installed all voluntary (a small grant from Cabonne Council) and after much lobbying the toilets were built.

Then Ron Hay started on the gardens at the bridge with the help of Ali Burgess and others who have a working Bee the last Sunday of each month, all welcome.

A very brief history, my apologies to all the others involved who I haven't named, but I thought people should know the gardens didn't just appear. Help is still *needed*.

Janet Noble

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EUGOWRA COMMUNITY MONTHLY MEETINGS

VIEW CLUB1st Monday of the Month Committee Meet at Central Hotel 6.30pm
3rd Monday of the Month Dinner Meeting at Central Hotel 6.30pm
SHOW SOCIETY2nd Monday of the Month
EPPA2nd Tuesday of the Month
HOSPITAL AUXILLARY3rd Friday of the Month
LIONS CLUBLast Thursday of the month at the Central 5.00pm
	(after folding the Newsletter)
BOWLING CLUB2nd Monday of the month

WHAT'S ON THIS MONTH

DECEMBER 2016 JANURARY 2017

Dr Vicki Wymer 68 592 220 Eugowra

63645901 Manildra

Mon	Tue	Wed	Thu	Fri	Sat/Sun
			1 Eugowra 9-4	2 Manildra 9-1	3/4
5 Eugowra 9-5	6 Manildra 9-1	7 Eugowra 9-11	8 Eugowra 9-4	9 Manildra 9-1	10/11
12 Eugowra 9-5	13 Manildra 9-1	14 CLOSED	15 Eugowra 9-4	16 Manildra 9-1	17/18
19 Eugowra 9-5	20 Manildra 9-1	21 Eugowra 9-11	22 Eugowra 9-4	23 Manildra 9-1	24/25
26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED	30 CLOSED	31/1 JANUARY
2 CLOSED	3 Manildra 9-1	4 Eugowra 9-11	5 Eugowra 9-4	6 Manildra 9-1	7/8
9 Eugowra 9-5	10 Manildra 9-1	11 CLOSED	12 Eugowra 9-4	13 Manildra 9-1	14/15
16 Eugowra 9-5	17 Manildra 9-1	18 Eugowra 9-11	19 Eugowra 9-4	20 Manildra 9-1	21/22
23 Eugowra 9-5	24 Manildra 9-1	25 CLOSED	26 CLOSED	27 CLOSED	28/29

St John the Baptist Catholic

Mass: 2nd, 4th, 5th Sundays 6.00pm

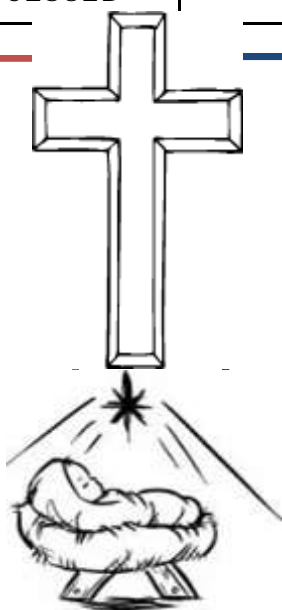
Fr Laurie Beath 63 42139

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

Mavis Cross 68 592240

CRHISTMAS EVE MASS

SATURDAY 24TH DECEMBER
6.00PM



St Mathews Anglican

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

5th Sundays share with Uniting Church at 2.30pm

Local Lay Preacher Elaine Cheney
68 592820

Invitation by the members of the Uniting and
Anglican churches

CHRISTMAS EVE SERVICE
HOLY COMMUNION

@ ST MATHEW'S on the Hill
7.30pm

Eugowra Church Services

Sunnyside Gravel Supplies



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 - **STRAW FOR MULCH, BEDDING E.T.C.**

CONTACT: ALAN & MARIE NOBLE (02) 68592266

CABONNE HOME & COMMUNITY CARE

Is funded to help support people who are frail aged or younger people with disabilities, who are assessed as needing help with tasks of everyday living.

For more information contact
Cabonne Home & Community
Care Service

6344 1199

Or



1300 369 738



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

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

EUGOWRA / ORANGE COMMUNITY BUS SERVICE



NEXT BUS:

Friday 23rd December
Friday 27th January 2017

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

PLEASE NOTE THE PRICE INCREASE;

ADULTS \$8.00

SCHOOL AGE \$3.00

PRE SCHOOL & UNDER - FREE

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

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

FOR MORE INFORMATION OR BOOKINGS CALL:

DEIDRE SLAVEN **6859 2414** OR

MARGOT BROWN **6392 3233**

To the Editor

24 October 2016

My two sisters, my brother, his wife, my wife and I have just returned from spending an enjoyable weekend in Eugowra. One of the reasons we did so was to revisit the town where I was born in 1943 and my mother, father and elder sister lived from 1942 to 1944.

My father was a school teacher and Anglican priest and my mother a nursing sister and both were missionaries in the Solomon Islands from the mid 1930's. Both were English and somehow managed to survive the tropical heat and indeed enjoyed their time there.

In early 1942 all white women and children on the island of Guadalcanal were ordered to pack a maximum of two pieces of luggage and be ready for evacuation to Australia. Given her remote location at Maravovo, Mum had only two hours to get ready for a small boat to collect her and my two year old sister and take them to Honiara to await the evacuation boat. (My father couldn't go with them as he was male and also had a number of schoolboys in his care.) It took six days for mum to get to Brisbane on a Lever Bros boat that had been commandeered for the task. She did not know when or if she would see my father again and he had no way of knowing whether the boat made it to Australia.

My father meanwhile decided to take his boys overland to try and reach the US base near Henderson Field just outside Honiara. It took several days to do so and they encountered, evaded and hid from Japanese soldiers on several occasions on the way. I think two of the boys were killed.

After arriving in Brisbane my mother travelled to Sydney and, initially, was cared for by the Australian Board of Missions (ABM) and other kind souls. She eventually moved to Rydal east of Bathurst where she stayed on a farm owned by the Paterson family.

My father turned up in Australia in October/November 1942 and eventually found my mother and sister. Not long after that and through a series of introductions he was appointed rector of Eugowra.

My mother (who died in 1997 aged 91) had clear recollections of arriving and living in Eugowra. She wrote about them in a story she compiled for my sister Ruth and I quote her (in part) as follows:

"Then one day the archdeacon drove us halfway to Eugowra. The rector of Canowindra who had been looking after Eugowra, met us and took us the rest of the way. I still have a clear picture in my mind of Mrs Greenhalgh, who lived on the corner where we turned off the main street onto the road that led up to the rectory. She was battling up the rise, against the wind, hanging onto her big hat. She wanted to be there to greet us; a very nice woman who had a

charming granddaughter living with her.

*The rectory was spotlessly clean and fully furnished with things lent by the people and such a lot of food in the cupboards. We also had an invitation to lunch on the other side of town. Mr and Mrs Hoswell lived about a mile away, and at midday it was **so hot** walking there, but how lovely to have a nice meal prepared for us.*

Gradually we were able to buy our own furniture, crockery etc. and return the other things to their owners.

The people were so generous and helpful, always leaving produce on the doorstep or giving to dad when he visited or took services. Soon after we arrived the town gave us a kitchen party, mainly with things from their own homes. Later on the "upper crust" did the same at a farm called "Avalon". The hostess, Mrs Yell, offered to look after you (my sister Ruth - DS) when David (me - DS) arrived and I accepted gratefully. They had a little girl about six and a son, Bruce, about 17. He was impatient to join up but he was "on the land" as well as being too young. The men got together on Sunday afternoons to train in the VDC. The Yell's elder son had been killed. I think he was flying over England, possibly with the RAF. I think you enjoyed your stay with the Yells but of course you were glad to get home again and to find the baby – at last.

One day dad went to an auction sale and came home with a sewing machine for which he had paid only a small amount. I learnt later that the people had planned not to bid against him. I think it was a woman who used to help me in the house who told me she had been at the sale and wanted the machine. She was not well off and I wish I had left it with her when we left. It was only a hand machine but so very useful.

A very nice girl called Jean Hoswell used to help us two or three times a week and sometimes took you (Ruth - DS) out.

In the very hottest weather one just didn't go out during the day if one could avoid it. After sundown people would go out just to walk about and get some air.

Across the other road and a little way down the hill was the hospital, just a house with four beds and one nurse, Sister Hillman.

On your 4th birthday we had a picnic beside the Lachlan River. This was a rare event because petrol was so scarce. In one of the hotels two young women teachers lived in term time. They sometimes came to the rectory for a meal and sometimes took you to the hotel. One of them, Miss Paterson, is now Mrs Pitt and lives in Newcastle.

Dad was talking to a Mr Hill one day and asked where he could get a cot so we could return the one which was lent (by Mrs Weekes). He said they had one they didn't want any more so that's how we got our nice oak one.

Towards the end of July 1944 the town gave us a lovely farewell party and a few days later we left for Adamstown."

About thirty years ago I visited Eugowra for the first time since 1944 with my wife and children. We visited the old museum on the hill and the curator, when told my name, referred to dad as "the pommy parson who stole the rectory furniture". According to her a second hand double bed and wardrobe were missing after dad and mum left.

Wow, that was an interesting skeleton from the family closet – literally!!

But when I fronted Dad about this he assured me that they had only taken that which had been given to them or bought and had left everything that had been lent; who knows? In a way I hope the story is true as I've dined out on it for years.

So, just in case the old dear was right, and while we were in Eugowra at the weekend we visited the church (which was opened, very kindly, by Mrs Cheney) and made restitution for the mysteriously missing furniture. Hopefully that will go some way to clearing our parents' names after 70 years.

Thank you Eugowra, we had a lovely time in your town, enjoyed beer and raffles at the pub, coffee in the coffee shop, buying hats for Melbourne cup day in the shop next to the butchers, lavender bits and pieces next to the chemist, visiting the museum and our stay at Sandeanie; and a special thank you to Mrs Cheney - you're a treasure.

See you all again soon.

David Stibbard, Newcastle



YOUTH OF THE MONTH

Congratulations to local teenager, Katie Townsend on being awarded Youth of the Month for September.

Katie was awarded this due to her success in the equestrian fields and her dedication to study at Red Bend Catholic College.

Well done Katie!



Presentation of her award by Mayor Ian Gosper and during the ceremony.





It was a beautiful day on Saturday the 19th of November for the garden wedding of Steven Gransden and Melissa Bourke at Eat Your Greens.

Celebrant Laurel Hull officiated the service.

The rustic theme was designed by Melissa.

Melissa is the daughter of Laurie Bourke of Dubbo & Carol Bourke of Molong.

Steven is the eldest son of Max Gransden & Alison Gransden both of Eugowra.

Bridesmaids were Jess Bray and Emma Herridge from Eugowra & Dim Bates from Nelson Bay.



Groomsmen were Stevens brothers Jeremy and Zach and Brett Myers.

After the ceremony guests enjoyed the garden bar before dining on an exemplary menu of Table Grazing Platters.

The wedding cake, made by the bride Melissa, was a 3 tiered cheesecake served with a choice of delicious assorted accompaniments.

Guests travelled from Nelson Bay, Wollongong, Queensland, Forbes, Orange, Shellcove and Mudgee.

A photo booth where some 'amazing' pics were taken and placed in a photo album with messages to Steve and Mel was very popular.

The band was a great choice by the bride and groom and thoroughly enjoyed by all.

Steven & Mel stayed at Sandeanie Guest House in Eugowra after the wedding. They returned home to Nelson Bay following a few days relaxing on the South Coast of NSW.



Mr & Mrs Steven Gransden



A happy group of family and friends at the recent christening of Vespasian (Vespa) Wai Si Lee, daughter of Krystal Eppelstun-Lee and Mark Lee of Canberra. God Parents are Bridgid Edwards and Rob Lai.



ROCK N ROLL ANYONE?

Do you enjoy dancing and would like to learn some new dance steps? You can come along to your club on Sunday afternoon the 4th December from 4 o'clock and learn some great Rock'nRoll dance moves.

These fun lessons are being taught by Vicky Crow and it is FREE of charge.

The lessons will be followed by dancing. Bring your friends, your kids, anyone you like along and join in some fun lessons in Rock'nRoll dance.



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Frances Anderson, Margaret Swift and Wendy Drady manning the CWA tent at the Eugowra Country Fair recently.



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The next meeting of Eugowra CWA will be on Friday 9th December at 11am. **This will be our Christmas meeting, so bring your partner, husband plus a friend or two for Christmas lunch. Christmas gift of \$5 to go to a charity to be decided. Numbers to President Margaret by 5th December please.**

For our November meeting we travelled to Ellie Heatherington's Can Assist Nursery, Military Road Parkes. Many plants were purchased. Ellie Heatherington welcomes cuttings or small plants to grow and sell for Can assist. Can Assist is committed to ensuring that all people in NSW, regardless of where they live, have access to cancer treatment and care. By providing accommodation, financial assistance and practical support to people from rural and regional NSW, they ensure that country people are given the same opportunities and treatment choices as those who live in city centres. Our meeting was held at Margaret Lewis's who supplied us with cake and coffee. We then proceeded to "Bellas" where we had a most enjoyable lunch. All together a good day.

Congratulations to Adam Valentine for his International Flag of Mongolia winning entry at Group level.

Eugowra Branch held a very successful stall at Eugowra's Country Fair, selling cakes and plants and giving out information on CWA. A lovely setting on a fine sunny day.

Our fund-raising efforts go towards the many charities supported by CWA of NSW and in our town plus upkeep of our rooms.

Eugowra branch will give a donation to both schools to assist a year 6 student with educational costs of graduating to High School.

CWA members Wendy Carey and Margaret Swift worked in CWA kitchen at Orange field Days selling scones and blueberry recipe books. Numbers were down owing to floods and rain.

Margaret, Wendy, Dorothy, Frances and Janet attended the **Central Western Group AGM** held at Agricultural Research station Orange. Marge Blatch from Macquarie Group, (Past President of Central Western Group) spoke about Associated Country Women of the World Conference which she attended

in Coventry England.

ACWW represents 10M women. Coins for friendship (collected from each branch on International Day) amounted to \$192,000. These funds help run income generating projects for single Mothers: In Cameroon, growing mushrooms and snails. In Mongolia to buy greenhouses to grow vegetables. Also, business development which improved income by 25%.

Ivan McMaster financial Advisor gave out some very relevant statistics on Pensions and financial investment for retirement, Estate Planning, Power of attorney and changes to Home Care. It is hoped that we can arrange for him to speak at Eugowra sometime in the future as his talk touched a nerve with many.

Election of Office Bearers for CW Group: President is Helena Donaldson from Bathurst, Secretary, Wendy Carey, Eugowra branch and Marie Henry, Treasurer Borenore. Handicraft Officer Donna Westcott Molong branch.

The following motions are to go onto state Conference in May to be debated;

Medical Research: Chronic Fatigue Syndrome.

Primary Product: Packham Pears.

Country of Study: France.

Motion : That the policy of CWA of NSW shall be to advocate that by 2020 the NSW Ministry of Health should act (a) to reduce the rate at which peripheral intravenous catheters fail at insertion from an estimated 20% to 5%.

(b) to reduce the rate at which PIVs fail before medical treatment is completed from estimated 43% to 25%.





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

The school year is quickly coming to an end with only 3 weeks to go until our end of year celebrations. Well done to all our children for their commitment, hard work and enthusiasm for work and play.

TERM 4 SPORT

This term Years 2 – 6 have been enjoying cricket coaching sessions with Matt Ellis from Dubbo on a Tuesday afternoon. Their eye hand coordination and ball skills have improved greatly and they have all enjoyed gaining a better appreciation of the sport.

The Primary students finished up their sessions of Urban Sport and now that the pool is open we will be heading there for sport on Fridays. Thank you to the Pool Committee for getting our local pool up and running for all to enjoy as the weather warms up.

ST JOEYS TROLLS

Thanks to the inspiration of Year 5 student, Olivia Holland, the whole school participated in making a movie clip for the Sunrise competition. This was to coincide with the release of the new Troll movie with a Justin Timberlake song as its theme and entrants were asked to show their school dancing to the song. After a few ideas and rehearsals, we filmed all the children dancing to the music in and around the convent garden and sent the You tube clip off to Sunrise. Fingers crossed we might win some money for the school however the enthusiasm and talents of the children was worth the effort. Well done everyone! For those who haven't viewed it on Facebook you can search on You Tube for Joeys Trolls and watch it.

END OF YEAR CELEBRATIONS An invitation is extended to families, friends, parishioners and the Eugowra community to join us at our end of year celebrations.

WEDNESDAY 14TH DECEMBER

10.30am Full dress rehearsal Concert (1/2hr) and morning tea.

THURSDAY 15TH DECEMBER

5.30pm Graduation Mass – Farewell to our leaving Year 6 students and announcement of the 2017 School Leaders.

6.30-7.00 Sausage Sizzle

7.15- Prize Giving Ceremony, Concert, Speeches and Book Prizes.

9.00 BYO drinks and nibbles whilst Santa is visiting the children.

We look forward to the evening when we get the opportunity to say thank you to all for their assistance during the year and reward the children for their efforts.

FARWELL YEAR 6 STUDENTS

Good luck and may God Bless our Year 6 students; Macky Den, Ty Jones, Charlie Philipzen and Baylie Tulloch. It is time to wish you well on the next stage of your educational journey and we hope you enjoy your time and opportunities at High School. It seems not so long ago you were just starting Kindergarten!



Good Luck!

The last day of School is Friday 16th December with some time at the pool and a party at school. We hope everyone has a Happy and Holy Christmas and a safe and happy summer holiday.

Until then, God Bless. St Joseph's Staff and Students.

School Resumes; Monday 30th January 2017.



EUGOWRA NORTH BUSHFIRE BRIGADE MEETING

The annual bushfire meeting of the Eugowra North Bushfire Brigade was held last month in the Stumpery at Kiembah. The meeting was very well attended and those present enjoyed a sausage sizzle after the meeting. Cameron Bird from the Rural Fire Service addressed the meeting and answered questions from brigade members. Topics discussed included the need for fire breaks this year due to the large fuel load because of the good spring flush. The Back Yamma State Forest will be very vulnerable this year – the roads need attention, camp sites need to be safe and motor bike riders need to exercise extreme caution.

It was suggested that each household make a Bushfire Survival Plan. Things to consider are whether to leave or defend your home, closest source of water, generators if power goes off, what to take if you leave, where to move stock to safety, etc etc. A guide on how to make a Plan can be downloaded from the RFS website.

Members present also agreed to act as a neighbourhood watch group and report any suspicious activity in the area.

A fire truck familiarisation day was held a few days later at the Welsh's.

The Contact Directory remains the same as last year –

Captain	Kevin Welsh (permit officer)
Snr Deputy Captain	Trevor Welsh (permit officer)
Deputy Captain	Patrick Anderson
Deputy Captain	Colin O'Connor
Permit Officer	Mark Heinzl
Secretary	Hugh Ellis



EUGOWRA MPS SIGNAGE



(L-R): Tanya Greenhalgh (Acting Nurse Manager Eugowra MPS),

Janice Rumph (Health Service Manager Eugowra MPS and Canowindra Health Service), Jack Barnes (Eugowra MPS Health Council member), Janet Noble (Eugowra MPS Health Council member) and David Hyde (Eugowra MPS Health Council Chairperson)

New signs have been erected at the Eugowra Multipurpose Service (MPS) . The change to the signage was suggested at a community meeting held earlier in the year regarding a walk in health centre at the MPS, and we are glad this signage has now been installed.

What services are available at the Eugowra MPS?

Residential aged care, the Walk in Health Centre and Community Health Services are all available at the MPS.

The Walk In Health Centre is a free service available seven days per week provided to people with unexpected minor illnesses and injuries. A nurse assesses and provides treatment in consultation with a doctor if required.

The Community Health Services provide nursing, physiotherapy and visiting outreach services including speech therapy and a dietitian. The Community Health Nurse provides a broad range of general nursing care and healthy lifestyle activities.

To make an appointment at the Eugowra Community Health please phone 68504000



Eugowra Public School

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

News

Participation Leads To Success

The year is nearly over and we have had another eventful year full of learning, sport and extracurricular activities.

During this final term students have participated in an assortment of activities. Students have continued their visits to the residents at Willawa, recently joining with them to ice and decorate biscuits. We have had visits to the school from the school dentist, had a workshop and presentation on "Healthy Ears" and learnt about 'Melanoma' and what to look out for and how to reduce the risk of getting Melanoma by looking after our skin in the sun.

Our new trampoline is now installed and is being enjoyed by the students at recess and lunch breaks. This has been a great addition to the playground.

For sport this term students have participated in cricket, netball and more recently swimming at the Eugowra pool. In addition to our activities at the Eugowra pool, students will participate in two full weeks of Intensive swimming at the Forbes pool under the instruction of accredited coaches and Austswim teachers. Students will gain water confidence, learn to swim and be given stroke correction techniques and training for the more advanced swimmers. This is a great opportunity for the students and this is made possible by a large donation by the P & C to help fund the program.

Schools Spectacular

By the time this goes to print the Schools Spectacular will be over for 2016. Congratulations to our girls and Mrs Welsh for their participation in this extraordinary event with over 5000 participants.

Nina, Olivia, Rianna, Alyssa and Makala have had a wonderful opportunity being a part of the combined choir. The girls have been in Sydney and spent 2 very full days rehearsing before participating in 4 performances, 2 shows on Friday 25th November and 2 shows on the 26th November. The schools spectacular show is televised so watch out for it.



Farewell Year 6

As this year draws to a close, we farewell our year 6 students for 2016. We will have four students graduate from year 6 at our presentation night on the 6th December, Toby Matheson, Jake Greenhalgh, Bailie Peisley and Haydan McCarthy. All students will enjoy a year 6 farewell disco on the 14th December. We wish our year 6's all the best in their high school years and in their future endeavours.



Carols by the Creek

SUNDAY 11th DECEMBER

APEX PARK

LIONS BBQ @6.30 & SINGING @7.00

Bring your chair, a drink and your Christmas singing voice.

As in past years the local school children will be the first performers, The Eugowra Choir and Santa will be flying in near the end of the evening.

A new performer this year is singer/songwriter; Kerry Hodge. Kerry now resides in Kelso is a true Aussie bushman and busker. He has performed with Gordon Parsons, Lee Kernighan, The Wolverines and many others.

Kerry has appeared on The Footy Show and the Kerri Ann Kennerley Show and he and his family won the 'best group performance' at the Tamworth Country Music Festival with their version of Amazing Grace.

Kerry Hodge is sure to delight Eugowra with his wit, stories and singing.

Please call or email Jeanine Gibby at 68671100 or gibbyj@live.com.au with any comments or questions.



GUESS WHO?

Nice of Donald and Hillary to drop into the Bowlo recently.



Eugowra Evening View Club

voice, interests and education of women

Eugowra Evening VIEW Club held their November dinner meeting at the Central Hotel on Monday last. In lieu of a guest speaker Shelley Norrie took the chair for the election of office bearers for 2017. Elaine Cheney made a presentation to Shelley and expressed 'thanks' on behalf of members.

Topics discussed during the meeting included:

- Resolutions- defer to next year as we have virtually run out of time to properly prepare a submission this year
- Learning for Life Program Report
- Profiles from our three Learning for life students
- Receipt and thank you from Smith Family for our donation to the Toy and Book appeal
- Letter and cheque sent to the Public School and St Joseph's for a Literacy Award on Presentation Night and to the Pre School to purchase books
- Fountain photo competition
- Vouchers for Christmas sent to our Learning for Life students
- Art Classes to be conducted by Di Garner are set down for 16th January with the class times being 9-00am to 1-00pm and 6-00pm to 9-00pm. Numbers to be sent to Wendy – each class to have a maximum of 15. Participants to make a donation to the Smith Family.
- National Convention at Tamworth in September- several members interested in going.
- International Women's Day in March
- Decision to be made at the February meeting regarding the next guest speaker.
- Four members of Eugowra VIEW attended the launch in Sydney of popular Australian author Di Morrissey's latest novel 'A Distant Journey'. This event was hosted by VIEW and enjoyed immensely by those who attended. Therese was very lucky (and very excited) to win the raffle- five of the most recent of Di's novels.

Eugowra Evening VIEW will hold their Christmas Party at the Hart Bar in the Railway Hotel Parkes on Monday 19th December with numbers to be into Janine Hando on 0413081398 by 13th. Choice of meal and any dietary requirements to be included in the message. Members are reminded to take a \$10-00 gift for Secret Santa.





Family photography

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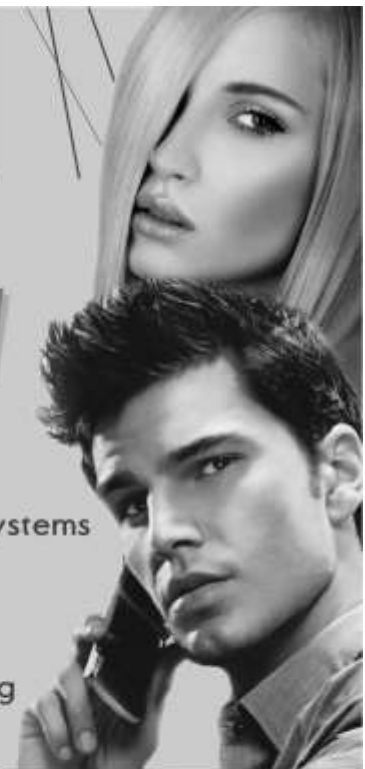
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Anne Heath



THE ~ SEASONAL KITCHEN ~

When the girls were little I used to make the Christmas cake on the long weekend in October. I'm a bit behind this year but realised that I need to get a move on as I am sending one to Melbourne for Zoe and it needs to go next week. I have been making the same recipe for many years now. It is based on a recipe in an Old Margaret Fulton entertaining recipe book I have which is the first recipe book I ever owned. Mum gave it to me for Christmas when I was twenty, so it is getting on! I still use it and I think this is a great Christmas cake recipe; I have adapted it a bit over time.

Ingredients

2 cups each of raisins and sultanas
1 1/3rd cup currants
2/3rd cup each mixed peel and glace cherries
1/3rd cup each glace apricots and pineapple (available at good deli's or sometimes in the supermarket around Christmas time)
3 tablespoon each brandy and dark rum
250 g unsalted butter
1 1/3rd cup dark brown sugar
2 tablespoon marmalade
2 tablespoon golden syrup
5 eggs
2 1/2 cup plain flour
1 tsp mixed spice
1/2 tsp each cinnamon and nutmeg
1/3rd cup blanched almonds
Extra brandy and extra blanched almonds

Method

Put all the fruit in a bowl and sprinkle with brandy and rum, leave as long as you can but at least overnight!
Grease and line an eight inch square cake tin with three layers of baking paper
Warm oven to about 120 centigrade if it is fan forced, 140 degrees if not.
Cream butter until light and fluffy
Add brown sugar and beat some more
Add golden syrup and beat
Sift flour together with the spices
Add eggs one at a time with a tablespoon of the flour in between each egg (this stops it splitting)
Stir with a wooden spoon and add the fruit alternately with the flour until well mixed
Stir in the marmalade
Spoon into the prepared tin
Level, decorate with the almonds if you want
Drop the tin on the bench gently to make sure all the air bubbles are out
Place in the oven and cook for four hours
Check to make sure it isn't burning
When it's cooked, take from the oven
Turn out onto a large cloth (I use a cotton table cloth)
Remove the tin and the paper, pour a tablespoon of brandy over the bottom of the cake then replace the paper and the tin, wrap all in the cloth and leave to cool
Next day, remove paper and tin and wrap with foil until you are going to eat it.

Enjoy!!



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\$50 - full page

\$25 - half page

\$15 - quarter page

\$ 8 - eighth page

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

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

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



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

A LITTLE BIT OF HISTORY

Elaine Cheney



Australian Town and Country Journal Saturday 2 February 1878, page 38 EUGOWRA. January 28. The weather here continues very hot and dry, nothing but hot winds and dust storms. The farmers are all complaining of no corn or potatoes, and very little grass, or water either, but the wheat crops were very good, considering the season, which will help to compensate them for the loss of the others. The stock are beginning to fail, principally for the want of water, though it's really astonishing the condition some are in, when a person sees what they have to live on. Our local butcher kills about three per week, got principally from the neighbours. Since the advent of the New Year, the mail time has been changed. King Cobb has been dethroned. That firm have had the mail from Orange to Forbes for many years. But with the New Year came a new firm - Richardson and Co., of Forbes - who now run daily, delivering a mail from Sydney in Forbes every day, with the exception of Monday (through no mail train leaving Sydney on Sunday night); still the coach runs, carrying passengers and parcels; some of the latter, I notice, are pretty heavy, but the carriage very moderate, far more so than some of the vans. Messrs. Richardson and Co. now carry passengers every day from Orange to Forbes, and vice-versa, for 15 shillings, shorter distances in proportion. They leave Orange a little before 5 in the morning, coming to Cudal (thirty-five miles) for breakfast, where passengers are supplied by host Carman with a good meal for 2 shillings, and given plenty of time to enjoy it: thence to Eugowra, where host Cooper supplies them with a hot dinner and cool drinks, if required. Then on to Forbes in the cool of the evening. Cobb und Co. still run a coach in opposition to the mail; but most people consider those who first reduced the fare merit their patronage.

Forbes Advocate Friday 15 December 1916. *This is another follow-up story of the disastrous 1916 floods in the Mandagery and Lachlan. The inundated property concerned was situated near the western end of the Waungan Road we believe.* SOCIAL EVENING. A very pleasant and enjoyable social evening was held at the residence of Mr William Toohey, "Bonny Dell," Eugowra, on Saturday evening last. The function was promoted by Mr and Mrs Thomas Hoswell, of "Kalamazoo," Eugowra, who were desirous of recognising in a practical manner the very gallant act of Messrs Edward Toohey and William Baker, in rescuing Mr Hoswell from a most perilous position during the recent big flood. A large and representative gathering of friends assembled. Mr Arthur Ashcroft was entrusted with the responsible duties of chairman, and in a very able manner explained the objects of the gathering, and the circumstances surrounding the performance of the brave action on the part of Messrs Toohey and Baker. Mr Hoswell then spoke, and feelingly expressed his gratitude to the guests of the evening, for their act of heroism. He was alone on a loft of his home (the greater portion of which had collapsed), with the flood waters many feet deep around him. These gentlemen were aware of his perilous position, and at the risk of their own lives, and under phenomenal circumstances, rescued him. He classed them as heroes. In effecting the rescue, they had to negotiate two miles of flood waters on horseback, and at times were called upon to swim. He felt that he owed his life to their gallantry. Mrs Hoswell then spoke fittingly, endorsing her husband's remarks, and at the conclusion presented to each of the guests a handsome gold medal, suitably inscribed, as a token of their appreciation. Messrs Toohey and Baker suitably responded, and stated they only looked upon the undertaking as an act of duty, and if called upon again, would gladly render similar assistance. Vocal and musical items were contributed during the evening by Mrs Hoswell, Misses Alice and Annie Toohey, and Messrs W. Baker, E. Toohey, A. Ashcroft, and Master W. Toohey.

Sydney Mail 14 October 1936. Published in "Cinderella's page" **In the Air** Dear Cinderella, — Eugowra. I made a discovery, a while since, that man can emulate a bird! My two sisters and my brother and I went up in the Genairco 'plane, one of the two machines which accompanied the autogiro here on its tour. The three aircraft arrived late one afternoon, and we went up next day. It was great fun. We taxied round into the wind, paused a moment while the pilot asked 'All right?' then with a rush of wind and a roar we set off. The first I knew of the fact that we had left terra firma was a smooth, free feeling. Next, the trees swept below and the 'plane tipped sideways, banking for the turn. It felt queer, looking down the slanting wing and seeing the farm below. When we straightened out two facts came home to me suddenly: that, flying, we seemed to be going very slowly, and that looking down on things from above seems to change them very much. A swamp became a series of pools and tussocks; a great, wide gutter across a wheat paddock looked as though painted on; and as we flew over a range of hills it looked as though a great hand was pushing it flat before us. Glimpses of the road winding through the trees were picturesque. On the return journey we could see the hills on either side, and a house we passed over looked quite conventional with its green trees all round and a girl in a light-coloured dress digging in a garden of dark soil in front. I suppose you are quite familiar with this aspect of the world, as I believe you said you have been up before to-day. Do you think that a description of life at Cowra Experiment Farm would be of interest to 'Mail' readers? I was a student there for two months last year. Yours faithfully, HILTON CLEMENTS.

Dear Hilton, — A flight, especially in clear weather, is a very thrilling experience — and what a pleasant way to learn geography, for the country simply turns into a large-scale map, unrolling beneath one. The life at Cowra would be interesting talk — have you any photographs — Cinderella



Hey kids!!!!

**Come along to the Eugowra Bowls & Recreation Club
on Friday 2nd December at 6:30pm until 7:30pm
to meet Santa and have a Christmas Party!!!!**



*Face
painting*



Crafts



JOKE TIME

Its an oldie but a goodie!...

What would have happened if there
were Three Wise Women instead of
Three Wise Men?

They would have asked for directions

Arrived on time.

Helped deliver the baby.

Bought practical gifts,

Cleaned the stable.

Made a casserole.

And there would be

PEACE ON EARTH!





Physiotherapist Nicole Brindle

Eugowra Health Report

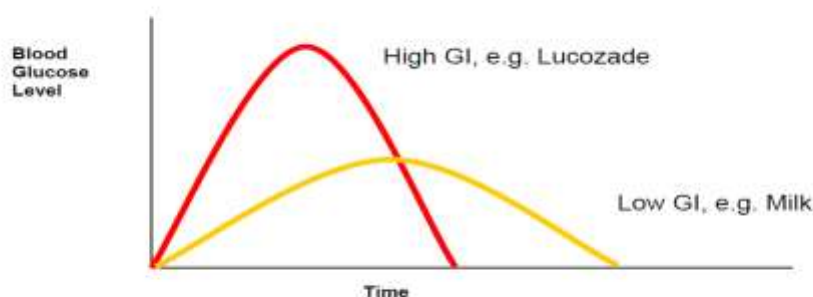
EUGOWRA MULTI-PURPOSE HEALTH SERVICE

What does Low and High GI mean?

The Glycaemic Index (GI) is a ranking given to food to describe how quickly the carbohydrate in the food is broken down and absorbed into the bloodstream.

The GI scale ranges from 0 to 100.

Low GI foods produce a **slower, lower** rise in blood sugar levels.
High GI foods produce a **faster, higher** rise in blood sugar levels.



Low GI foods have a GI of less than 55
Medium GI foods have a GI between 55 and 70
High GI foods have a GI greater than 70

Carbohydrate = Sugar

Carbohydrates supply our bodies with energy which we often call “sugar” – what we think of as sugar (the addictive white stuff) is just one form of carbohydrate. Many foods and drinks contain carbohydrate, including bread, pasta, rice, crumpets, most fruits, milk, yogurt and starchy vegetables such as potato, sweet potato and corn.

Carbohydrate is broken down into a simple sugar (called glucose) and then moves into the blood stream. The body then releases insulin to transport the glucose from the blood stream into the cells, where it is used as energy.

Low GI means that your body can release insulin at a slower rate over a longer period of time.

In the end if you eat 100g of carbohydrate the same amount of insulin will be released and the same amount of carbohydrates (sugar) will be absorbed by body. It is only the rate that changes.

Who does this matter to?

If you have diabetes or are pre-diabetic (insulin resistance) it may be more difficult for your system to produce and cope with the spike of insulin required for foods with a higher GI. This may result in high blood sugar levels which can cause damage to your body.

Eating low GI foods may:

- help to keep hunger at bay for longer after eating
- provide a gradual, continuous supply of energy from one meal to the next

help to keep blood sugar levels stable in those with diabetes, by providing a slower, more sustained release of sugar into the bloodstream.

What is the relationship with diets and weight loss?

Carbohydrates are an essential part of a healthy diet because your body converts them to glucose, which is like premium fuel for your body. Some excess glucose is stored in the muscles and liver which you can call on when supplies are low. The rest of the excess glucose is stored as fat.

Most people who don't have a metabolic disorder (such as diabetes) that interferes with the ability to digest carbs can metabolize even very large amounts of carbohydrate foods easily. Their insulin secretion rises to meet the demand and then quickly settles back to normal.

In other words, although some popular weight loss programs, rely on the Glycemic Index as a weight loss tool, the fact remains that for most people, a carb is a carb is a carb, regardless of how quickly the sugar enters the bloodstream.

How many carbs should we have?

In Australia energy in food is measured in **kJ (kilojoules)**.

kJ are similar to Calories: 1 Calorie = 4.2 kJs.

Not everybody requires the same number of kJ each day. Our ideal consumption depends on several factors, including our overall general health, physical activity demands, sex, weight, height and shape. A tall, 25-year-old professional soccer player needs many more energy each day than a short sedentary woman aged 75.

According to the [Australia New Zealand Food Standards Code \(FSC\)](#) an average adult requires **8700 kJ / day**.

This roughly come out as

310 grams of Carbohydrate = 5200 kJ's

50 grams of protein = 840 kJ's

70 grams of fat = 2646 kJ's

Where can we find information ?

If you're finding this all very confusing or too hard - We are lucky to have a visiting Dietitian, Nina Axelsen, coming to Eugowra who can help you tailor a diet to your health needs and answer your individual questions. It is covered by Medicare.

She can be contacted at Canowindra Community Health Centre (6340 3300) or the Eugowra MPS (6850 4000).

Most food and soft drinks in Australia has the nutritional information on the packet

NUTRITION INFORMATION
 Servings per package: 8
 Serving size: 33g

	Per serving	Per 100g
Energy	550kJ	1680kJ
Protein	2.4g	7.2g
Fat		
Total	3.6g	11.0g
Saturated	1.3g	4.1g
Carbohydrate		
Total	21.5g	55.1g
Sugars	10.1g	30.7g
Dietary Fibre	1.7g	5.1g
Sodium	20mg	70mg

Callouts:

- This tells you how many serves there are in the whole packet.
- This tells you the size of one serving of this food.
- This tells you the nutrients in 100g of this food. This is the best way to compare similar products.
- This tells you the nutrients in a single serve of this food. In this case, it's per 33g.

**MERRY CHRISTMAS
and
A HEALTHY
NEW YEAR!**

What about alcohol?

I have noticed that alcohol does not have this information on the bottle. I thought as the season of celebration is here it might be interesting to look at the kJ's in our "cheer". To make you feel better there are around 650kJ's in a can of soft drink!! – bad luck if you are a rum and coke drinker.

WHAT'S IN MY DRINK?

- Small glass (150ml) red wine (13% Alc. Vol)**
= 1.5 standard drinks
= 480kJ
- Small glass (150ml) white wine (11.5% Alc. Vol)**
= 1.4 standard drinks
= 440kJ
- Small glass (150ml) reduced-alcohol red wine (8-9% Alc. Vol)**
= 1 standard drink
= 340kJ
- Small glass (150ml) reduced-alcohol white wine (8-9% Alc. Vol)**
= 1 standard drink
= 320kJ
- Small glass (150ml) champagne (12% Alc. Vol)**
= 1.4 standard drinks
= 420kJ
- 30ml shot of spirits (40% Alc. Vol) with 170ml regular soft drink**
= 1 standard drink
= 520kJ
- 1 bottle (375ml) full-strength beer (4.8% Alc. Vol)**
= 1.4 standard drinks
= 570kJ
- 1 bottle (375ml) light beer (2.7% Alc. Vol)**
= 0.8 standard drinks
= 400kJ

One standard drink contains 10g alcohol meaning at least 270kJ per glass

AUSTRALIAN YELLOWBELLY CHAMPIONSHIPS.

Round 4 was held at Copeton Dam near Inverell on 1st and 2nd October.

Zach's brother Steven substituted for Nathan.

Zach and Steven finished in 10th position. Each winning \$200 of fishing gear.

Mitch Skeers and Brad Gardiner were unable to attend.

Zach got his PB and second largest fish overall for the weekend measuring 632mm. He was beaten by 18mm to win a Wilson rod worth \$500.

351 yellow belly were caught with an average length of 495mm.

Leaders Board following Round 4.

Zach and Nathan 3rd

Mitch and Brad 7th

The final round was held at Windamere Dam on 29th and 30th October.

Located 19km south east of Rylstone in NSW mid west Windermere has a well established population of Murray Cod, Silver Perch, Eel-tail Catfish and Yellow belly.

'Happy Hookers' Zach and Nathan finished 8th.

'Jigheads' Mitch and Brad took out 10th position.

Leaders board following final round.

1. Loomsy's Fish and Fix – Forbes 299

2. JMH Spinnerbaits - Inverell 297

3. Happy Hookers – Zach & Nathan 288

4. Wet dream Lures - 288

5. Jig Heads – Mitch & Brad 280

The Grand Final will be held at Burrinjuck Dam on 3rd & 4th December.

Burrinjuck Dam is a major gated concrete-walled gravity dam with three spillways across the Murrumbidgee River located in the South West Slopes region of NSW near Yass. The dam's purpose includes flood mitigation, hydro-power, irrigation, water supply and conservation. The impounded reservoir is called Lake Burrinjuck.

38 teams of 107 have qualified to attend. Zach and Nathan gained free entry due to their win in Round 1.

Teams will compete for \$10,000 in cash and prizes.

Good luck and happy fishing.

Alison Gransden

Brad and Mitch



Nathan Skeers

Steven Gansden



Zach Gransden





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- migraines
- fibromyalgia, chronic fatigue
- knee, ankle and foot problems
- menstrual and hormonal irregularities
- support healing after surgery
- groin pain, pelvic tilt and uneven leg length
- respiratory problems and hay fever
- RSI, carpal tunnel syndrome and tennis elbow
- sport and accident injuries

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

DECEMBER 2016

kids page

Jokes

What do you get if you cross an iPad with a Christmas tree?

- A pinepple!

What is green, white and red all over?

- A sunburnt elf!

What's the difference between Santa's reindeer and a knight?

- One slays the dragon and the other's draggin' the sleigh!

Make a Christmas Wreath

What you need:



strips of coloured tissue paper or cloth

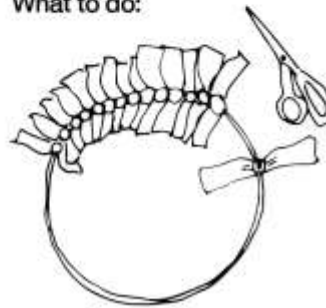


thick red ribbon



bend an old coathanger into a circle or use a wooden embroidery hoop

What to do:



Tie the strips around the ring and bunch them up. When the ring is full, gently twist the strips in different directions to make it bulk up. Add extra's if you think it needs it.



Finish by tying the thick red ribbon to the top and hang it on the door.

Find-a-word!

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

CHRISTMAS
PRESENTS
TREE

STOCKING
SANTA
CAROLS

TINSEL
REINDEER
MERRY

Reindeer Marshmallow Pops

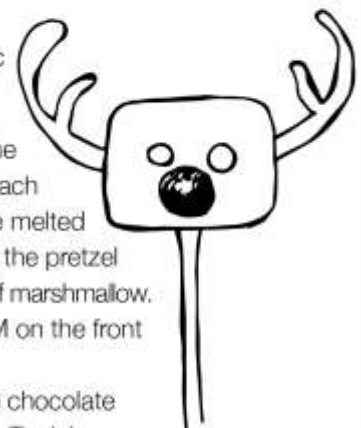
Ingredients

20 small wooden skewers
20 marshmallows
1 pkt mini-pretzels re-shaped to look like antlers
200g milk chocolate melted
20 red M&M's
50g melted white choc

Method

Place skewers into the marshmallows. Dip each marshmallow into the melted milk chocolate. Push the pretzel antlers into the sides of marshmallow. Then stick a red M&M on the front for the nose.

Use the melted white chocolate to dot on some eyes. Ta da!





*Come and celebrate New Year's Eve at
The Eugowra Bowls & Recreation Club*

8pm to 1am – free admission

We have **Ford's Crossing** playing live Rock 'n' Roll, Rockabilly, Country & Western Swing and Bluegrass to get you all up on the dance floor!

There will be plenty of ice cold beer, wine and spirits available over the bar and nibbles will be provided.

Kenny will be on hand to cook you a delicious Chinese meal if you work up a hunger dancing 2016 away.

See you on the 31st December!




Eugowra Country Fair

How was the Eugowra Country Fair?

In the beautiful surrounds of the Mandagery Creek on the lush grass of Byrne's Park, many a bargain was to be had at the Fair.

There was a variety of stall holders, cakes from the CWA Ladies, Tony Fishers Lead lighting, John Den's amazing metal work and fire buckets, the lovely smell of leatherwork, and sausages cooking, the SES, pots and plants, cards and jewellery and lots of pre loved goods and chattels for sale.

The next Fair is planned for the 2nd week in April, hopefully in conjunction with The Lions Car Show.

Plans are to make a bigger area with room for activities such as face painting, sack races and involvement from the school children.

Tim Cheney and Di Smith (Publicity Officers)

PS Does anyone know of or could volunteer to be a town crier?



NEW



The Old Post Office Serviced accommodation

Located in the heart of Eugowra, *The Old Post Office* is set within a large garden and is just a short stroll to cafes, shops, the club and pub. Cook your own meals or pop over the road for some country hospitality!

Fully self-contained with three bedrooms, we can accommodate one to eight people. Outside pets are welcome too.

Discounts for weekly & monthly bookings.

Light breakfast provided & other meals by arrangement.

Find us on Airbnb.com.au (to pay by credit card) or contact Catriona 0414 663 933 or catkins3@hotmail.com.au



WANTED

Reliable lawn/garden maintenance contractors and handyman

Do you have a lawn/garden maintenance or handyman service?

Are you interested in helping those within our local community?

Are you reliable and trustworthy?

If you answered yes to the above, we would love to hear from you.

The Cabonne Home Support Programme offers lawn/garden maintenance services to senior residents within Cabonne Shire.

Please contact us on 6344 1199 for more information.

EUGOWRA NEWS DEADLINES 2017

MONTH	DEADLINE	AVAILABLE
FEBRUARY	FRIDAY 27TH JAN	FRIDAY 3RD FEB
MARCH	FRIDAY 24TH JAN	FRIDAY 3RD MARCH
APRIL	FRIDAY 24TH MARCH	FRIDAY 31ST MARCH
MAY	FRIDAY 21ST APRIL	FRIDAY 28TH APRIL
JUNE	FRIDAY 26TH MAY	FRIDAY 2ND JUNE
JULY	FRIDAY 23RD JUNE	FRIDAY 30TH JUNE
AUGUST	FRIDAY 21ST JULY	FRIDAY 28TH JULY
SEPTEMBER	FRIDAY 25TH AUGUST	FRIDAY 1ST SEPTEMBER
OCTOBER	FRIDAY 22ND SEPTEMBER	FRIDAY 29TH SEPTEMBER
NOVEMBER	FRIDAY 27TH OCTOBER	FRIDAY 3RD NOVEMBER
DECEMBER	FRIDAY 24TH NOVEMBER	FRIDAY 1ST DECEMBER

FOR SALE

- 10 Ft Aluminium V Bottom Boat
\$250
- 2 Boat Seats (each)
\$ 50
- Full Set Golf Clubs c/w Buggy
\$100
- Peerless Elect Welder 180 AMP
\$120
- Generator 1800 kw (used once)
\$220
- Small Bar Fridge (as new)
\$50
- Drop-down front Desk with leadlight
side doors \$40

**CONTACT DAVID GLASSON
68592252**

News from the MPS

Thanks to all the wonderful ladies who helped and attended our "Eugowra meets Bollywood" night. The generosity of Eugowra continues to amaze us.

Special thanks to John & Vicki Den who donated the Raffle prize.

We raised \$500 for Cancer Support and Research.

Christmas Closure

Ann Stenhouse (Community Nurse) will be on leave from Wednesday 21st December returning Monday 9th January 2017.

Physiotherapy will be closed from Friday 16th December returning Tuesday 10th January 2017.

All other services within the MPS remain open.

We thank everyone in the Community who has supported us during the year and look forward to sharing a healthy and happy 2017 with you.



The Pigeonholes

Short Messages, For Sale, Wanted

Wanted to buy down or injured stock.

Contact : Kevin Howell. 02 68592311.



Thumbs Up!

To our talented Physio; Nicole Brindle for cooking all the delicious curries for the Bollywood night!

Eugowra RTC (Rural Transaction Centre)

Christmas/Holiday Opening Hours

Monday 26th December 2016 Closed

Tuesday 27th December 2016 Closed

Monday 2nd January 2017 Closed

PLEASE NOTE

**From 28/12/16 to 13/1/17 we will only
be open in the morning.
9.00am to 1pm**

EUGOWRA SWIMMING POOL

School Term times; Weekends 2.30-6.00pm

Weekdays 3.30-5.30pm

School Holidays 2.30-6.00pm 7 days

Open Australia Day (Time to be advertised)

CHRISTMAS GREETINGS FROM THE EUGOWRA CWA

Thank you to all for your support during the year
and

BEST WISHES FOR THE NEW YEAR



AUCTION

"HIGHFIELD" 8248 The Escort Way



- 5.66 Ha (13.98Ac) hobby farm, currently operating as B & B
- Main homestead PLUS separate self contained cottage
- Swimming pool, tennis court, orchards
- 3 bay garage, workshop, sheds and undercover skillions
- Town water, rain water and bore
- Comprehensive Information Memorandum available
- View video on <http://www.mccarrons.com.au/property/8248-the-escort-way-eugowra-nsw-2806/>

AUCTION:

**to be held at 11.30am Saturday 17th Dec 2016
at 51 Nanima Street, Eugowra. All Welcome!**

OPEN FOR INSPECTION:

**10am to 11am on Saturdays 26 Nov, 3rd & 10th Dec
OR view by private appointment.**



MCC McCARRON
CULLINANE
CHUDLEIGH

Tara Kelly 0438 814 777
tara.kelly@mccforbes.com.au