

Eugowra NEWS

April 2015

VOL.21

A Lions Club project for the community we serve

CELEBRATING OUR SENIORS



Dawn Welsh (It was Dawn's Birthday!) and Margaret McMillan. Below: Bill Hoswell and his brother Henry.



*Elaine & Colin Herbert with Wal and Elaine Townsend
Keith and Nancy Dixon along with Pat and Wilf Norris*



MONDAY 16th March was the start of Senior Citizens Week and Eugowra celebrated in style at the Bowling Club with many of our local Seniors. We hope they enjoyed their special week and continue to enjoy life in their 'retiring years'.

See the back page for some more photos.

from the editor

Salutations!

The season of Autumn is here and the days and nights will start to cool down. However the dams and creeks are dry and we are all keenly waiting for some soaking rain so that we can utilize a good autumn break again. Then the farmers can warm up their tractors to start the cycle of sowing and growing.



Reading about the 1928 floods from Elaine Cheney's history books on page 28 is very interesting, we need rain, but not that much.

Thank you to the Lions and Bowling Club for hosting our annual Senior Citizens lunch on Monday 16th March. Our seniors have seen so much over their years, what an amazing life they have had and continue to have. Its lovely to be able to spend some time with them.

On a housekeeping note, letters to the Lions Club editor will not be included unless they are identified with name and address.

This month I have been talking to Bill and Helen Turner at Eugowra Quality Meats as a continuation of our About Town segment. Sometimes we don't appreciate all we have on our doorstep, so support local. You'll get much more in return. (and their cutlets are the best!)

April will be a wonderful month for Eugowra in our Annual Murals Weekend on 17,18,19th celebrating another painting and display of murals, the Art show and Hot Rod/Bike show. Then on the ANZAC Day we can all take pride in remembering and respecting all those who have fought and protected our country.

Well done to all the committees who put these events together. Its great to see the town abuzz with action.

Until next month, enjoy the school holiday break, have a Happy Easter with family and friends and be safe on the roads.

Bye for now Sarah.



Contributors this Month

Peter Heath

St Joseph's Primary

Eugowra Public School

Barb Roach

Janet Noble

Anne Heath

Alicia Colvin

Judy Smith

Elaine Cheney

Nicole Brindle

Ray Agustin



The Pigeonholes

A series of small compartments or classifications'

See the back pages

Email Sarah if you wish to put in a small notice or advertisement.

Next Issue Deadline:

FRIDAY 24th APRIL

The News will be available on:

FRIDAY 1st May

Advertising and Editorial Material To

Sarah de Lange

Phone 68595253 ah

editor@eugowranews.com.au

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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WHAT'S ON THIS MONTH

APRIL 2015

Dr Vicki Wymer 68 592 220 Eugowra 63645901 Manildra

Mon Tue Wed Thu Fri Sat/Sun

30	31	1 Eugowra 9-11	2 Eugowra 9-4	3 Good Friday Easter	4/5 Daylight Savings ends. Thank God!
6 Easter Monday	7 Closed	8 Closed	9 Eugowra 9-4	10 Manildra 9-1 Murals Weekend	11/12
13 Eugowra 9-5	14 Manildra 9-1	15 Eugowra 9-11	16 Eugowra 9-4	17 Manildra 9-1 Art Show Opening 6pm	18/19 Museum Opening Sat Hot Rod/Bike Show Sun
20 Eugowra 9-5	21 Term 2 Commences Manildra 9-1	22 Closed	23 Eugowra 9-4	24 Manildra 9-1	25/26 ANZAC 100YRS
27 Eugowra 9-5	28 Manildra 9-1	29 Eugowra 9-11	30 Eugowra 9-4		

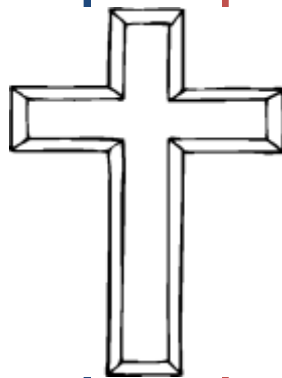
St Mathews Anglican

1st, 2nd, 4th Sunday 4.00pm

Rev. Jono Williams 63 441643

Other times: Local Lay Preacher

Elaine Cheney 68 592820



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

Eugowra Church Times

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| 11. St Joseph's Primary | 29/30. A Little Bit of History |
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| 15. Eugowra Museum | 35. The Pigeonholes |
| 17. Eugowra Pony Club | |
| 19/20. Eugowra Quality Meats | |

EUGOWRA / ORANGE COMMUNITY BUS SERVICE



NEXT BUS:
Friday 24th April

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

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Eugowra Lions News

Seniors Day

Seniors Day was again held this year at the Bowling Club on Monday 16th with nearly 100 people in attendance for morning tea, lunch and afternoon tea. Entertainment was provided by the children from Eugowra Public School and St Joseph's School, the Eugowra Choir, poetry reading by Elaine Cheney and a raffle at the end of the day. This is always a big day for our Seniors to catch up with each other and for some to watch their grand children perform on stage.

As always this day would not be possible without our sponsors and a big thank has to go to Andrew and Tess Herbert at Gundmain Feedlot for being our main sponsors, also Cabonne Council and Mark and Anne Bray. Thanks also to Bev Slaven for all her hard work in getting the numbers for the day and the Luck Door prizes and the ladies who helped out in the kitchen.

Tractor Trek

There was movement at the Club for the word had got around that Jacko's old yellow Chamberlain was going on a trek. That's right - the Club has decided to enter a tractor in this year's Camp Quality Tractor Trek to help raise money for children with cancer. The Trek is going to be held on the 18th to 20th September travelling from Bathurst to Oberon, Lithgow and back to Bathurst travelling along all the back roads and taking in the small towns along the way. Graeme Eggleston started the Trek 4 years ago and he is hoping to raise over \$200,000 this year. The Club is planning to have some fund raising events starting off with a raffle 1st prize a Lawn Mower kindly donated by Hutcheon & Pearce, 2nd prize a trailer load of wood and 3rd prize a \$50 voucher at the Bowling Club. Lions members have already been busy with two working bees and a social BBQ at Tony Toohey's Place.

Car & Bike Show

The Club is running the Car Show at this year's Murals Weekend on Sunday 19th April and have been busy making plan with Shannon's Insurance the major backer of the day. Shannon's are going to have their Super Rig at the show with entertainment and information inside. The Club is hoping for a good roll up of Hot Rods, Custom and Classic cars and Bikes for the show. See advertisement for more information.

And as we say all these things don't just happen without



a lot of work so if anybody has some time to help out the Lions Club with these worthy activities they could contact Neil Whalan 0429 239 918, Peter Heath 0498 016 868 or a Club member.



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News

Participation Leads To Success

MARCH NEWS

Eugowra Public School students have had a busy Term 1 participating in a variety of learning experiences as well as sporting and cultural activities.

The swimming team continued its success earning a spot in the Western Region Small Schools Relay event with Haydan McCarthy, Bailie Peisley, Brook Stibbard and Jake Greenhalgh representing Eugowra Public School. Bailie also qualified for her 50m backstroke event, Rianna Reeves qualified for her 50m backstroke and 50m butterfly event and Jake also competed in the Forbes Small Schools senior boys relay team. All students performed personal bests and did themselves and the school proud.

All students have been improving their swimming this season with our weekly Friday sport at the Eugowra pool practicing our water confidence and swimming skills.

Two of our students, Bailie Peisley and Rianna Reeves participated in the Evens Crown Interschool Horse Sports at Lithgow on the 9th March. Both girls and their pony's had a great day even taking out some placing's in some of the events.

We have had Alex Prout, the Western NRL Development Officer for Country Rugby League at our school for the last three Wednesdays running the "Backyard League" sessions at our school. The students enjoyed this sporting activity. Thank you to Country Rugby League for allowing us to participate.

Students enjoyed performing for the annual Lions Club Luncheon on Monday the 16th March. Under the direction of Miss Adams the school students sang, the choir sang and the Infants class charmed the crowd with a performance coordinated by their talented teacher Ms Dalla Vecchia.

Our School Captain and School Leaders were recognised at the recent School Leaders Induction Ceremony where all seven made their Leadership Pledge in front of fellow students, teachers, family and community members. School Captain Darcy Merchant and Leaders Lauren Cullenward, Evelyn Dura, Grace Frazer, Brooke Stibbard and Peter and Ryan Valentine are our leaders for 2015.



Jake Greenhalgh, Rianna Reeves, Brooke Stibbard, Bailie Peisley, and Haydan McCarthy. Below; Bailey Peisley & Rianna Reeves



The Infants children with Alex Prout—NRL Backyard League





Janet Noble - publicity officer

COUNTRY WOMEN'S ASSOCIATION OF NSW

EUGOWRA BRANCH

The next meeting of Eugowra Branch of CWA will be held in their rooms on 10th April commencing 10am. At 11.30am Guest speaker will be Di Gill Mental Health Nurse, attached to Canowindra Health Centre.

ANYONE WHO IS INTERESTED IS WELCOME TO ATTEND Please let Margaret Swift know if you require Lunch. Ph 68592256.

Di will also be speaking at a Mental Health Awareness night at St Joseph's Hall on Thursday 7th May 7pm.

Guest Speaker at our meeting on 20th March was Di Healey who spoke about Lifestyle Solutions at Parkes, and how it deals with children who are in need of care. They are a not for profit organisation which started in Newcastle in 2001, and have now spread to all states except South Australia.

Parkes area goes from Griffith to Bathurst to Broken Hill. Lifestyle solutions is now in the process of setting up an office in Broken Hill. The Lifestyle Solutions Office opened in Parkes in 2013

Becoming a Lifestyle Solutions foster carer will give you a chance to make a real difference in a child's life providing a safe, caring and nurturing environment for children needing care.

Foster care is provided to young people from birth to seventeen years of age, who for a number of reasons, are unable to live with their family. Foster care provision can occur for a day, a week-end, a few weeks, a year or many years. There are some basic steps in becoming a Lifestyle Solutions foster Carer, it usually takes around six months to become an authorised Foster Carer.

If you would like to become a Lifestyle Solutions Foster Carer or if you simply have some questions to ask about becoming a Foster Carer please contact:

Lifestyle Solutions on 02 4014 7800 or 1800 634 748 or Email fostercare@lifestylesolutions.org.au



Margaret Swift and Yvonne Smalley attended the Central Western Group meeting in Orange.

The Central West Group craft competition was held from 9th to 13th March. Nola Lane had her vest selected to go to state Conference for judging. Dorothy Jones won a 2nd for her Relish. Congratulations to you both.

Group :Balloon Festival: Desert Stall 18th April, helpers needed, also small tarts, slices, biscuits.

Bunning's BBQ 4th April to raise funds to send delegates & observers to State conference.

Public Speaking Kinross Orange 26th May, helpers needed.

For further information re above contact Margaret Swift 68592256 or Frances Anderson 68592202



Nola Lane wearing knitted cardigan made by Kylie Godden, which was entered in Central West Group craft competition.

It features a raised rose on back.



ART EXHIBITION

OFF THE WALL

OPENING NIGHT FRIDAY 17TH APRIL - 6PM (BOOKINGS ESSENTIAL)

GALLERY OPEN SATURDAY 18TH APRIL 10AM - 4PM & SUNDAY 19TH APRIL 10AM - 3PM



GUEST ARTIST MARGARET MARSHALL

ALSO FEATURING:

ELSIE MAHON / HELEN STANDEN / SAMPA BHAKTA /
MIA SCOLARI / ANNE SAVILLE / ROBYN MORRISSEY
/ ANNETTE WITHEROW / MELISSA McINTYRE /
NEIL SKINNER / MICHAEL HENRY
/ PAM THOMSON / CAROL LOWE / SALLY ARMSTRONG /
CARMEL BRAY / JOAN ASH / HEATHER MOSS / CASSIE GATES
/ BEV BOYD / GLEN SOUTHWOOD / HAL PRATT /

Community Hall, St Joseph's Catholic School, Pye Street, EUGOWRA

All Enquiries to Cathy Eppelstun - 0427 610 400, Esther Hyde - 0427 349 978 or 6859 2368



Pasta with Roast Pumpkin and Burnt Sage Butter

The local pumpkins are beautiful right now, I recently discovered that you can cut fresh pumpkin into cubes, place it on trays in the freezer, when frozen pack into zip lock bags and freeze until you want to use it.

Then without defrosting, put it onto a roasting tray and cook in a hot oven, I didn't notice any loss of texture or flavour. So, you can freeze the lovely pumpkins that are in season and available at a few places around Eugowra and have them ready for the winter. They then become a quick and easy option rather than a time consuming one.

Or you can roast them right now to make a lovely simple pasta dish.

Ingredients:

500g of pumpkin cut into smallish cubes

Olive oil

Sea Salt

Garlic cloves

Good quality dried pasta

Two handfuls of fresh sage leaves

125g of butter

Roast pumpkin in the oven with the oil, salt and garlic cloves until cooked. Remove the garlic and squeeze the cloves to remove the soft cooked garlic, you can then mix this back through the pumpkin.

Meanwhile, heat water for pasta and cook according to packet directions.

Heat butter in pan until it turns a light nutty brown and then add the sage leaves. Toss the pumpkin in the butter mixture. Drain the pasta and toss the pumpkin and butter mixture through. Grate some good quality parmesan over the top.

Enjoy on its own or with a simple rocket salad.



Sunday 10th May 2015

11.30pm arrival
 Tickets Adults - \$60pp
 Kids (under 10) - \$15pp

large groups welcome Canapes in the garden followed by 2 courses and a dessert table entertained by Cath Adams Adam Enslow

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 Email: stjosephseugowra@bth.catholic.edu.au

Love and Truth Through Christ

MARCH NEWS

We are nearly at the end of Term 1 and we have achieved a lot this term. In the past few weeks we have enjoyed swimming, Backyard League sessions, a visit from the Life Education Van, singing with the Senior Citizens, 'being green' on St Patrick's Day and a trip to Manildra to celebrate St Joseph's Day! Most importantly we recognised the importance of Catholic Schools Week. A time when we look at the education of today and tomorrow and celebrate all that is good about Catholic Schools.

In between times we do a lot of school work! In particular the children are responding well to and enjoying our Reading Magic sessions which improves fluency, expression and comprehension. It also encourages a love of reading. The Primary children have been reading and enjoying the classic; Charlie and the Chocolate Factory.

SENIOR CITIZENS DAY

On Monday 16th the children went up to the Bowling Club to join with the Public School in singing for the elderly folk as a part of their Senior Citizens Day. Its always lovely for the children to connect with our older generation and benefit from it.

ST JOSEPH'S DAY - MANILDRA

Each year the students of the small St Joseph's Schools gather together to celebrate their patron saint's Feast Day. This year we travelled to Manildra and enjoyed Mass then intra school activities. It's a great day of fellowship, fun and friendship.

CATHOLIC SCHOOLS WEEK 9-13 March

During this week we give thanks for Catholic Schools and especially our beautiful little school and its students and teachers. It's a time to reflect on the wonderful teaching and learning that takes place in our classrooms each day. 'Tomorrow does not just happen, we grow into tomorrow; it is shaped by our learning today, what we have learnt and who we have grown into.'

To celebrate our school we invited parents and grandparents to visit our classrooms and sit in on some lessons. The children also showed off their footy skills with the final Backyard League session before all receiving their own NRL ball to play with.

Mrs Eppelstun announced the recipients of three Principals Awards for those children who have worked

particularly hard so far this term. Congratulations to Gaby Wren, Levi Carver and Baylie Tulloch on their hard work in the class room. Kindergarten children also received an award for settling well into the school routine.

Alicia D'Ombra, Noah Colvin, Simone Patten, Isla Newell, Nicky Patten, Indrie O'Connell & Cooper Gates



Sean and Alana Haynes



HOLY THURSDAY STREET STALL

On Thursday 2nd April, the Parents & Friends will be holding their Annual Street Stall which is their major fund raising event for the year. It's a great time to stock up on yummy cakes/biscuits for the Easter period or take your chance in winning a beaut Easter Egg basket.

Until then, have a safe and meaningful Easter, happy School holidays, enjoy the Murals weekend and the special occasion of the 100th anniversary of the ANZAC's. See you in Term 2.

St Joseph's Staff and students



OPENING HOURS
Monday to Friday: 3.00pm to 6.00pm
Saturday & Sunday: 2.00pm to 6.00pm

PLEASE NOTE:

Eugowra Swimming Pool will be closing for the season on Sunday 29th March 2015

We held our AGM on 26th March in preparation for the 2015/2016 swimming season.


A big thank you to all the people who bought, posed and helped with the calendars. With the funds raised we purchased umbrellas and deck chairs.

STOP PRESS

The Eugowra Swimming Pool will remain OPEN during the Easter break - subject to the weather.

Thank you for supporting your local pool

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Eugowra Evening View Club

voice, interests and education of women

MARCH NEWS

Eugowra Evening VIEW Club held their March dinner meeting on Monday 16th with a good turnout of members.

Guest speaker for the evening was David Hyde who spoke on Aqua Exercises in Eugowra. David is the Aqua Class Exercises Team Leader at the Eugowra Pool with classes held on Tuesday and Thursday from 10-00am to 11-00am and on Wednesday evening from 6-00pm to 7-00pm.

He gave a comprehensive report on all the exercises that are involved and the expectations of what can be achieved from the exercises. Irene Sharp thanked David on behalf of members and presented him with a small gift of appreciation.

The amount of money to be given to the Joyspreader Program will be discussed at the April Dinner Meeting.

Quite a number of members were able to assist with the Can Assist Community Street Stall last week when a total \$1134-00 was raised. The VIEW social day organised for last Saturday, was attended by 10 members and two guests who enjoyed a lovely lunch followed by the movie 'The Second Best Exotic Marigold Hotel'. A very enjoyable day.

Janine Hando reported on the role of Delegates which has become very much a changing role. For example the digital literacy packs for aboriginal children, Savers Plus Programs that teach young adults basic skills of saving and budgeting and library bags that are filled with stationery supplies for Learning for Life students, are all topics of interest.

VIEW Awareness Day is to be held at the Pioneer/Apex Park on Saturday May 2nd. More details closer to the day.

Concerns about the prevalence of domestic violence in society and the effect it has on families, and especially children, was raised by a member.

What is VIEW and the Smith Family doing to raise the awareness of domestic violence?. The secretary is to write to VIEW/Smith Family to ask them for their action plan. There was a suggestion made to take it as a resolution to the National Convention. There was also a suggestion to have a guest speaker come to a meeting and speak about domestic violence.

Sally has sent Easter parcels to our three Learning for Life Students.

Assurance is needed for members that the money we donate to the Joyspreader Program is actually used in country areas as well as the cities. Suggested that we ask for the Learning for Life Coordinator from Orange to be a guest speaker.



Guest Speaker; David Hyde with Irene Sharp



**Please mark on your calendars;
2.00pm Saturday 18th April 2015**

This will be the official opening of Stage 2 of our local Museum and yes you are all invited.

Stage2 comprised of the construction of an 18x10m extension to the back of the existing museum. This extension houses locally donated heritage equipment such as the Brave Heart Wagon, an 1860's reaper/daisy cutter, sulkies and wagons of bygone eras, as well as memorabilia of Wilf Norris's working days and many other items depicting local history in our area. The extension also included an indoor toilet and refreshment room for our volunteers and visitors.

We must thank the NSW Government Department of Arts for their grant of \$45,000 and Cabonne Council for their grant of \$10,000 towards this project. Without either, we would not have been able to make this project a reality. Stage 2 construction to our local Museum was only possible also by the good will of many of Eugowra's kind hearted residents; those being:

Jack Kirby - \$25,000

Viv McMillan - heritage items

Wilf Norris - memorabilia

Peter McIntire - restored local sulky

Margot Jolley - grant co-ordinator and advisor

Bob Roach - advice and never tiring volunteer work

Steve Wykamp, Wayne Cheney, Gary and Brad, Colin Smalley, Tony Toohey, Brett Myers, Bill Eppelstun and Mick Welsh - for these tradesmen who we are very much indebted to and for a job that far exceeds our expectations.

Thanks also goes to those Eugowra residents who when asked to contribute to our project did so without hesitation. Thanks go to Alan Noble for donating the gravel infill for the pre construction work. Wayne Cheney for extra landscaping and building materials. Tony Toohey for his donation of trenching work. David Norris for donation of bathroom fittings, Colin Smalley, steel battens and Andrew Dent for the insulation.

Thanks to John Dukes, David Hyde who are always available for assistance, Joshua, Nicholas, Daniel and James Agustin for their help and not forgetting the Museum's hard working committee for without them we would not have this asset in our community.

We are very fortunate living in the village of Eugowra. People here are prepared to get involved and assist our community to survive.

Thank you all.

Ray Agustin

Chairman of the Eugowra Museum Committee.





The Hon John Cobb MP

Federal Member for Calare

MEDIA RELEASE

Friday, March 20, 2015

Another boost for pensioners

More than 18,540 pensioners in Calare are \$51.80 per fortnight better off for singles and \$78 per fortnight for couples since the Coalition Government was elected following a further rise in the age pension.

Federal Member for Calare John Cobb said age pensioners deserved support and he was pleased to see another increase in their payments to help with the rising costs of living.

“The latest indexing of the age pension coming into effect will give single age pensioners in Calare a \$5.90 boost to their fortnightly payments or \$153.40 a year while couples will receive an extra \$8.80 a fortnight or \$228.80 a year,” Mr Cobb said.

“These increases will see the maximum age pension rise to \$860.20 a fortnight for single pensioners and \$1,296.80 for couples.

“These increases are in addition to the boost pensioners received from the abolition of the carbon tax and the Coalition Government’s decision to retain the carbon tax compensation of \$14.10 per fortnight for single pensioners and \$21.20 for couples.

“When these measures are taken into account pensioners in Calare are effectively \$66 better off per fortnight for singles and almost \$100 better off, with a \$99.20 effective increase, for couples since the election.”

Mr Cobb said there was also good news for part pensioners in Calare. Income tested part-pensioners will receive a double boost to their payments as lower deeming rates come into effect amounting to \$200 million in additional payments over the forward estimates.

“On average Calare part pensioners will get an extra \$3.20 a fortnight or \$83.20 a year as a result of this Coalition Government decision. Combined with today’s indexation, age pensioners across Australia will receive \$22 million in increased payments every fortnight or more than half a billion a year.

“Today’s indexation of the pension occurred in line with the Consumer Price Index. If since the last election pensions had only been indexed to Male Total Average Weekly Earnings then single age pensioners in Calare would currently be \$22.40 worse off a fortnight and couples \$16.80 worse off.

“The Coalition Government is committed to ensuring our welfare system looks after those who need it most and that this assistance is sustainable. Our welfare system must assist not only those who need it today but those who will come to rely on it in the future.”

The Newstart Allowance, Parenting Payment Partnered, Widow Allowance, Partner Allowance and Sickness Allowance will also increase as a result of today’s indexation.

Full details of all rates and thresholds indexed today can be found at <https://www.dss.gov.au/about-the-department/benefits-payments>

EUGOWRA PONY CLUB



MARCH NEWS

Our first rally day of the year has been and gone, and boy, wasn't it a warm one! Where did that time go? Easter is just around the corner. It was lovely to see all the new faces that have joined our fantastic little club.

This year we have welcomed Noah & his pony Fudge, Macey with pony Minnie, Jim & pony Rosie, Brooke & her pony Cheeky, Indi & pony Penny, Blair who rides Ellie, Kirralea & her pony Kelly, and Pippa with her pony Franklin.

We also have our riders from last year who are joining us again, Chelsea & Moon Fairy, Sienna A & Peter, Sienna C & Saffy, Olivia & Prince, Luke & Danny, Isla & Bolly, Bailie & Theo, and Sophie & Goldie.

Already this year riders have had the opportunity to represent our club. Olivia Holland rode Prince at the Canberra Royal Show and placed 8th in her age group 9yrs and under 11yrs. What a great place to come at such a big show. Congrats Liv, we are very proud!

There were EPC riders everywhere last weekend at the Forbes Jump Day & Gymkhana! How lovely to see so many of EPC attend. Forbes Pony Club held a fantastic, fun day and everyone came home with smiling faces and lots of colourful ribbons.

Next month EPC rider, Sophie Welsh will be representing Area 5 in sporting at the Sydney Royal Easter Show. Good luck Sophie, we can't wait to hear how you go!

Our next rally day falls on the Easter weekend, so will be held on Sunday 12th April instead. Have a great Easter, and see you all on the 12th, ready to ride at 10am!

Alicia D'Ombrian



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Appointments are required for each
session by contacting

Greg Howell 0427 592 771



EUGOWRA QUALITY MEATS

**Bill & Helen
Turner**

Eugowra has an Award Winning Butcher in town. This month we talk to owners Bill and Helen Turner about life behind the counter.

SD: Tell me about the history of the shop and past butchers in Eugowra.

BT: Years ago there were 2 or 3 butchers - but since about 1963/4 there has only been one. Dad bought the Butchers Shop in 1972 and it was located where the Gentle Cow is now. This shop used to be Greg Devitt's Chemist, then Dad moved the shop to here in about 1977.

I came back from Parkes in 1981 to help Dad after my brother died and worked with Dad for about 7 years. He made me redundant - he made a few people redundant over the years. He then sold it to Robert Taylor in 1989 and I came back from the Sawmill to work with Robert and various other owners until we managed to purchase the shop in 2002.

Helen and I have been running it ever since. I was never going to be a butcher, it's more something I have just fallen into due to the family situation.

SD: Where do you source your meat from?

BT: Breakout River Meats in Cowra which is all local produce and some from Swan Hill which gives us more of the British breed beef/lamb.

SD: Aside from fresh meats and deli produce what else do you offer?

We have fresh bakery goods from Grenfell twice a week, fresh fruit and veges twice weekly, BBQ chickens, basic groceries, frozen vegetables and fish. We do local home delivery, and bulk orders and take phone orders. We supply meat trays for local raffles and contribute where we can in community functions and fundraising.

SD: What is the future of small butchers like yours?

BT: The Supermarkets off course are taking a lot of our sales. We can't do 'specials' as such but if you look at price per kilo that is a more accurate guide to the price you are paying for your meat, you will find that our prices are just as competitive.



People find it easier to buy all their food in one spot. Just like you don't see Fruit and Vegetable shops any more, butcher shops will also be scarce in the future. The Farmers Markets are becoming very trendy and are taking a lot of sales away from butchers in Sydney. Selling perishable goods means that you have to have strict hygiene and quality control which also means lots of rules and regulations to adhere to. That is always a strain on a small businesses resources.

The other issue is that people don't cook basic foods anymore, they want prepared meats, and meat dishes that are more difficult to have ready for sale constantly. Good old chops and veg and sausage and mash for dinner is being overtaken by all these fancy dishes they are cooking on television.

We remain positive and keep upgrading the store - we've installed a new and larger cool room which has improved things, and we would like to do more to the shop to improve the layout and presentation.

SD: Tell me about The Sausage King Awards

We did not participate in it last year, but have won various awards over the years and that has been wonderful for our reputation. I have had a person come in who heard on 'Macca on Sunday' that Eugowra has the best sausages around and there are many cases like that. He said 'If they are any good, I'll be back' which he did.

People come from Forbes, Parkes, Canowindra often to get their hair done at Amanda's and then come over to get their meat supply. We can offer all types of

sausages - these days you can get lamb/rosemary, mushroom/garlic, Texan /chilli - that's a popular one, and the sausages are our 'bread and butter'. Our crumbed cutlets are also very popular, but there are only so many cutlets you can get off a carcase!

SD: What would you be doing if you weren't chopping up meat?

Bill: I don't know, it would be nice to be able to travel one day and explore Australia, but not yet. I wouldn't mind doing casual/relief work for other small butchers when they want to go away, there is a calling for that. In my spare time I fish with my grandchildren.

Helen: I was an at home Mum and I love being with little kids, they are so innocent and a delight to be with. I really enjoy our 3 grandsons and they love us to bits to which is lovely.

SD: And the funny side of running a shop? I am sure there have been some stories over the years.

BT: We do get some characters in here, one lady many years ago stored her loose change in her mouth and spat it out in Lizzies (Adams) hand which was a bit disconcerting for Liz.

We had a lot of laughs when Liz was working here. One day she was spraying the flies and commented that the flies weren't dying but the floor was getting might slippery, until she realised that she was using canola spray instead of fly spray. Similar cans, so we changed brands to stop the chickens getting mortined!

SD: And where do you see the future of Eugowra

BT: Even though Eugowra is a small town, we are really fortunate to have a great and hardworking community to keep it alive and improving all the time. The droughts and mines have taken their toll on the population but that will turn around. Compared to many small towns in rural Australia we are alive and well and will continue to provide quality services for our residents and visitors.



Harry & Maureen Turner
A hefty hogget
Harry Turner & Glen Cummins
New owners Helen and Bill in
2002



MENTAL HEALTH AWARENESS NIGHT

THURSDAY MAY 7th

7pm SHARP

ST JOSEPH'S SCHOOL HALL

ADULTS ONLY(OVER 18YEARS)

Would you like to know how to recognise when someone may not be travelling well? Would you like more information about how and where help is available for mental health concerns?


Topics cover:

- **signs that someone may not be travelling well**
- **understanding services and how to access them**
- **how to have a conversation with someone you're worried about and encourage them to seek help**
- **how to provide simple and helpful support**
- **how to help someone at risk of suicide**
- **how to look after you're mental health well being**

Unfortunately, mental health issues affect the majority of us all, either personally or someone that we know. This could present as depression, anxiety, self harm, grief and loss, alcohol or drug related issues.


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 Parents & Friends Association

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 Plants 100 Club Biscuits
 Books Monster Easter Egg
 Raffle and much more.

Drop in for some Easter Goodies



COLLECTABLES AND OLD BOOKS



Wander through everything old and unique at Kath's Eugowra Emporium in the old Masonic Lodge building (c 1920's) on the banks of the Mandagery Creek, Eugowra

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

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

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



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PREMIUM PROTECTION



FOUR GENERATIONS SEE DARCY MERCHANT RECEIVE YOUTH OF MONTH AWARD

Four generations were present to see Cabonne Council's Youth of the Month receive her certificate.

Darcy Merchant's great grandmother, grandparents, parents and siblings were in the gallery when Mayor Michael Hayes presented the young Eugowra student with her award.

A Year 6 pupil at Eugowra Public School, Darcy was described as a high achiever with a great future.

A responsible and polite student, she competes regularly in debating and public speaking competitions and is involved in the school choir.

Darcy also participates in a number of sporting activities, representing her school at district and regional levels in athletics and swimming.

"It's very pleasing to see Darcy regularly involves herself in community activities, particularly her visits to residents of the "Willawa" nursing home in Eugowra," Cr Hayes said.





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at EUGOWRA SPORTSGROUND, vehicle entry off Nanima Street
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Judging 11.00am, with presentation at 2.30pm.
Enter on the day. Entrants \$10 per vehicle/bike,
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Talk Town

Barb Roach

D.I.E.T. Did I Eat That?

Food Labelling: The Hepatitis A scare related to eating frozen berries from China has put the wind up many, and highlighted the looseness of Australia's food labelling, possibly designed to confuse consumers and benefit big business. On a product label, a bar code beginning with 93 should mean it's a product of Australia. Don't you believe it! Many foods are landed and processed through other countries such as New Zealand, making them appear local.

To avoid excessive salt, sugar, fat and goodness-knows-what added to or contaminating our food, growing your own veggies, eating raw cereals like rolled oats for breakfast, and buying Australian grown raw foods and local meat has to be better for you, and good for Australia!

While on the labelling issue – have you ever tried reading the label on a bottle of shampoo, without your glasses and with shower water dribbling across your face? It is high time that we Baby Boomers revolted against the slick form-before-function advertising labels and demanded a big, functional “S” on every Shampoo bottle!

Dangerous Trees: The madness over the danger of tree branches falling on school kids has died down as the last of the offending objects has been beheaded. A state-wide school tree massacre has taken place where any tree looking the least bit guilty of shedding a limb, has been mercilessly done away with.

Taking a look around the schools lately I notice the stumps are fighting back. These will probably regenerate multiple trunks rather than the one they grew originally, making them far more likely to split and fall.....oh well...

New Windsock: EPPA holds funds on behalf of the local Ambulance. EPPA has agreed to fund a windsock to aid emergency helicopter landings on the Eugowra oval. The local Ambulance service requested that the money from the Big Bucks night be spent on this project.

ATM for Eugowra? There is nothing like having access to a machine that spits out money 24 hours a day, seven days a week! Recently the Warialda branch of the CWA moved a motion for discussion at the 93rd AGM to be held in Tamworth in May “that the policy of the CWA of NSW is that financial institutions be levied

in order to provide a “fee free” ATM in each small country town”.

The Eugowra RTC has in the past investigated the possibility of having an ATM, but unfortunately any shortfall in operating expenses would have to be found by the RTC (EPPA). An ATM is located at the Central Hotel, but is clearly marked for patrons only. Other sources of cash locally are via EFTPOS, available at a number of shops in town. However, we the public prefer ATMs because what we withdraw is just between us and the machine!!!!

Scammers: The world is full of people trying to rip off our money or find out our personal details to sell to someone else or use to trick us into giving money, our credit card details or reveal more personal information. These people phone, email or front up and make you an offer which sounds too good to be true.

Recently scammers have been posing in Molong as Cabonne Council workers and offering to repair driveways. (Now I can't help but say - this sounds massively fishy – I mean, when has Cabonne ever done anything without first being asked...and asked.....and asked....?)

Seriously, if in doubt about whether it's a scam, or if you think you've been scammed, check out www.scamwatch.gov.au/ Phone SCAMwatch ACCC Infocentre on 1300 795 995 which operates from 8.30 am to 6.00 pm EST weekdays.

Poppies for Anzac Day: Craft on the Creek members and friends have been busily knitting poppies for a remembrance wreath to be placed at the memorial on Anzac Day (25th April) this year.

Gwenda Rue is constructing the wreath which will hold poppies in the centre each representing a local who fought in the First World War. An outer wreath will hold even more poppies to represent soldiers from Eugowra who fought in subsequent wars.

Whereas this gesture serves to remind us of the suffering and loss caused by wars past, we should also focus our thoughts on and support soldiers of the present day who struggle with mental illness and maladjustment resulting from their service in Afghanistan, Timor and Iraq.

Mental Health: Maybe we can collect a few clues on how to help from the mental health awareness night planned for 7th MAY (next month) at St Joey's school hall. Get informed so you can help yourself and help others find their way through depression and other ment-ill-health issues. If you'd like to come along, give Jacko Barnes or Ann Stenhouse (Community Nurse) a call 0429152380.

Murals Weekend: Murals weekend coming up April 17, 18, 19. Work will be coordinated on the Forbes side of the bridge.

Museum: Museum extensions opening on 18th April (during the Murals Weekend) Maybe you have some photos, memorabilia, plaques, paintings, models, what nots from local industry (saw mill, chaff mill, granite mill) the railway, seed cleaning, pubs, street parades; photos of local identities. Postcards or Autograph books. Clothing, horse gear, machinery or kitchenalia. Think about lending it or placing it in the Museum for the 18th (or even for longer!) Contact Ray Agustin or Elaine Cheney if you've got something to display or you'd just like to get involved.



Seniors Weak?

"I'm back....but how did I get this old?"

Hey Arnie – it happens to all of us!

EUGOWRA MUSEUM

OPEN 11AM - 4PM WEDNESDAY- SUNDAY

Contact Elaine 68592820 or Judy
68592218 for when unattended.

COMING TO EUGOWRA.....By Bernadette Ludwig

There I was tootling through the Cabonne countryside in my trusty old merc with a couple of whole pork loins and \$70,000 cash resting purposefully on my passenger seat.

I'd left Sydney well before sunrise and was supposed to check my emails en route to get the settlement details and a bank cheque covering it for a place I was buying. Before 9am, I'd reached Orange and went to check my emails. Nowhere in town was there an internet place except Wi-Fi at McDonalds but I didn't have my computer. I didn't worry because I thought the bank would let me check and quickly get the details. Wrong! Eventually after threatening to close my account they gave me the \$70,000 in cash.

Meanwhile my dear friend Suz who has also recently moved to Cabonne was in Orange to pick up her brother from the airport saw my old merc and stopped to take a photo of moi and the moolah with great glee.

Despite the ludicrous grin, I was feeling softly sad. It was the start of December and almost a year to the day when Australia lost one of its greatest artist and I lost a rather cheeky, oh so humane, beloved and now divine friend. The great and never to be forgotten Martin Sharp.

Distracted, I took the wrong road out of Orange. The one via Canowindra. But that's me. Very often I have taken the wrong turn but managed to get to the right place. I wondered if the move to Eugowra was a right or wrong turn. Martin was still on my mind and it was impossible to think of Marty without thinking about the artist who influenced him so much - Vincent van Gogh who loved the country so much. As have many artists - Brett Whitely also loved the Cabonne area. He went to school in Orange and had plans to build a studio near his sisters house in Millthorpe. He did a series of paintings of Carcoar and of course also loved Vincent. His last birthday with his nearest and dearest was ballooning in Canowindra on his birthday. Nine weeks later he was dead.

A swift storm was on its way. Popcorn clouds were scudding past, the sky turned charcoal, wheat fields waved in fright and crows screamed through the sky to find somewhere safe. Risky rain plopped down with drops the size of dollar coins and so hard and fast that the windscreen wipers couldn't cope and I had to stop on the side of the road. Then I realised that this scene was familiar to me but not from here. I'd seen it in a painting in Amsterdam a dozen years before; Vincent's 'Wheat Field with Crows under Thunderclouds'. The rain stopped but my tears didn't. I was touched with a warm sweet sadness and swirled with memories as I drove on with reminders of Vincent, Martin, Brett and other departed loved ones. Green vineyards, olives groves, orchards half in fruit and half in blossom, wheat fields, small villages heavy with rose gardens and primary schools edged by sunflowers, surprising cypress like trees and heavy rolling countryside that made me want to drive to forever.

Instead I got to Forbes, paid for my little place by the Mandagery Creek - which I hope in time you will come to regard as 'our place' by the creek. Keys in my hot arthritic hand, 'Brunhilde the fifth' (merc) and I started to drive back to Eugowra. The sun was setting and the trees and fields looked as though they were glistening with melted butter. And the irises near the Craft Shop were brave and tall despite the heat. That dear old rogue; Bondy, bought Vincent's 'Irises' for about 10minutes in the 1980's. Cost him millions and millions and Vincent died penniless.

I drove through to the back and opened up the house and bakery which will be my home. I stepped over the threshold into what will probably be my last place of existence. I touched the steadfast walls of the bakery thinking how many hands had been there before me; how much sustenance of the staff of life had come out of the oven; had a young baker found love over the gift of a cheeky finger bun? did the kids nick airing jam tarts on the way to school? did potatoes go into roast in the coals? were whole sheep baked in there for special occasions? were wedding and anniversary cakes cooked in there?

The life in it was almost tactile to me and I thought about how a world away, at the same time a teenager called Vincent who was desperately yearning for love was painting wheat that would become bread. I laughed out loud and the most darling little doggie scampered in wagging her tail and rolled over waiting for a tummy scratch. So I told her the story of how when I first tried to cook bread and it turned out like 'Escort Rock and my patient French lover said; "Mademoiselle Boom Boom la Bern, How about I just throw this down the lavatory now and we cut out the middle man?" I think Peewee smiled but it started to get dark quickly so the darling little doggie ran home and those naughty, mighty loud sulphur crested cockatoos started carrying on like a chorus of drunken Nellie Melbas. Yes, all singers drink!

I closed the bakery and went into the house. There was only one thing left by the previous occupants. A painting over the fireplace. I smiled secretly, although horribly framed, someone had done a very good job of copying van Gogh's 'Orchard in Blossom'. Finally it was a deep, still dark night. I turned out the lights and went outside where the great trees hovered like a breathing presence and the stars were blooming like grandma's crystal. Oh how Martin and Brett and Vincent would have so much loved this place!

And then I knew why I had been drawn here to Eugowra, and what I hope I can do - with us and for us so that we can have 'Sunflower Days' and 'Starry, Starry Nights". '

d love to here from anyone who has memories of the bakery. At present I have a writing deadline and I am still tying up loose ends in Sydney and carting up my daughter's and my chattels from all over the place. So I am back and forth like the gypsy that I am. But when I am here please feel free to drop in any time after 10.00am. My kindest regards to you all. Boom Boom la Bern

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EASTER SERVICES

ST MATHEWS CHURCH

Palm Sunday 29th March

No Service in St Matthews

Community Service

2.30pm Uniting Church

Bring and share Afternoon Tea

Good Friday 3rd April

8am St Matthews on the Hill.

Easter Eve

Saturday 4th April 5pm

St Matthews on the Hill

No Easter Day Service



St John the Baptist Catholic Church

Palm Sunday 29th March 6.00pm

Mass

No Service Holy Thursday 2nd April

Good Friday 3rd April 3pm

The Passion

Liturgy of the Word

Fr Michael Hickey

Sunday 5th
April 8.00am

Mass



Anzac Day

Saturday 25th April, 2015
Ceremony & March

*Join us to pay our respects to men and women who
have served and continue to serve our great nation*

10.00am

MARCH ASSEMBLY

Out the front of the Lady Bushranger,
Nanima Street

10.30am

MARCH DEPARTS and proceeds to Memorial Park

Note: Any ex-servicemen that are unable to march
the full distance are able to join in at the RTC.

11.00am

ANZAC CEREMONY

War Memorial Park,
Cnr North & Cooper Street, Eugowra



For more information contact

Cath Adams Organiser/Coordinator for 2015

0268592233 (School Hours 8.30am - 4.30pm)

A LITTLE BIT OF HISTORY



Elaine Cheney

Snippets from local papers 100 years ago.

Molong Express and Western District Advertiser

Saturday 25 February 1928

EUGOWRA SWEEPED. On Saturday afternoon Mandagery Creek overflowed its banks at Eugowra, and it is estimated, rose about 5 feet in half an hour, completely inundating the whole of the older portion of the town, which is the most thickly populated part of that centre. At the time the rushing waters lost bounds, the main street was crowded by country people just about ready to leave for home in their cars. They were completely trapped, and to try and describe the confusion caused by the unannounced happening is a difficult matter. In some portions of the streets water was waist deep, and a number of the entrapped cars were, with their cargoes, washed down in the terrific torrent, until their progress was stopped by rescue parties armed with ropes.

A car, the property of Mr. J. W. Less, caught in the maelstrom of the waters, was literally hurled down the course of the stream, and given up for lost. It was, however, found on Sunday morning on the outskirts of the town, covered with debris and timber. The country people who had been unable to get into town during the week, began to pour in by car, there being several attractions, the Church of England fair, the annual Show meeting, and the Pictures. At 4 p.m. the little town presented quite an animated appearance, being crowded. The creek had been steadily rising, and the swimming weir had collapsed early. The bridge was crowded all the afternoon, tons of debris, melons, pumpkins, a stray sheep or two had been whirling past and there were many animated discussions as to whether this flood would be as big a one as the one which the old hands were always talking about, away back in the dim past. Although telephone messages kept coming through that the flood was a record one higher up, no precautions were taken, as it was considered they were only alarmist reports.



At 6 p.m. it could be seen that the flood would be a big one, but still shopping went briskly on. At 7 p.m. the water was only 2ft. from the top of the bank, and debris was piling up fast against the bridge. The result was the water began to back up. In a few minutes it had inundated all the houses on the northern end of Eugowra. Simultaneously the water broke over at Niven's and all the western end of the town was cut off. Over 20 cars were stranded in the centre of the street unable to move. It is estimated that during the next 30 minutes the water rose 5ft, and all the town on the western end of the bridge was a raging tornado.



Every fence was swept clean, and every house was piled deep with mud and debris. A clay house occupied by W. Archer collapsed bodily, the family being removed some time previously. Women and children were marooned everywhere and men fought the raging waters manfully endeavouring to get to them. Twenty-two women and children spent the night on the roof of P. Week's house and some more on the roof of the Imperial Theatre, where the chairs floated round in three feet of water. A building containing coffins and other funeral accessories, belonging to Mr. H. Langford, collapsed, and most of the coffins started for Forbes; two stayed in Eugowra, one finding a resting place on a verandah and another in a back yard.

The water was up to the counter in Rea's baker's shop, and the bake-house collapsed. Logs of wood and bags of chaff came through the back of Banham's butcher's shop, and bolted out merrily through the front door. Goodacre's refreshment rooms were flooded up to the counter, and melons, pumpkins and other luscious fruit took a hurried departure through the front door.

The Co-operative Stores had a "torrid" time. Bottles of sauce and dozens of other articles joined the raging flood and kept time with tins of petrol, kerosene, axle grease, and farm oils, also three large galvanised

tanks, all of which floated majestically down the street.

On the Canowindra side of the bridge, Monaghan and Irvine's butcher's shop, Smith's, the Court House, P. Shine's residence, Calopedis' refreshment Rooms, Arthur Ashcroft's residence, P.' Gushn's drapery shop, and .Joe Cowell's hairdressing saloon were flooded from one foot to 4ft., the water reaching, as high as the steps of Matheson's Hotel.

Every house on the western side was flooded, from three feet to eight feet, the water running through the windows of Mr. Mead's, Dr. O'Reilly's' and M. Wheatley's residences. Mr. Claude Morton lost all his sheds and stables. Laneyrie's new hotel, E. Welsh's, Murphy's, T. Pound's, Niven's, Sloan's, Ken Douglas', Armstrong, 1 Hoswell's, Cameron's, Wheatley and Hill's, Devlyn's, Ashby's, Johnson's, and Kelly's, were flooded from a depth of 3ft. to 5ft.

There were many narrow escapes, but fortunately no loss of life. In the main streets cars were roped together and dozens of people perched themselves on the tops of the seats until morning when the water subsided. It was considered early in the night that there must have been loss of life as the people in the cars could not be located. Fortunately telephone communications held good, and both sides of the town were conversant with, how things stood.

All the race horses here had been got ready for the Forbes meeting this week, but rescue parties turned them loose and they swam to safety, and were all located next day, but had to be relieved of their Forbes engagements. A rough estimate of the damage in the town is in the vicinity of £.10,000.

Quite a number of the businesses mentioned were operating successfully in this township for years and some of those included the butchery (Banham) which was in the old Newsagency/Lavender and Lace store. **Goodacre's business was on the corner of Broad and North Streets.** Quite a few small stores used buildings **between the 'café' corner and eastern end of the bridge.** The Blacksmith/Undertaker would have been on the **corner of Broad and Cheshier Streets.** Michael Mongan's former home was where a good number of people sheltered throughout the night on the roof top. The Laneyrie family had rebuilt the Club House/Fat Lamb hotel and Matheson's owned the Central Hotel.

The photographs show 1 Collapsed home. 2 Wheatley and Hill Store and Agency, where Parallel Motors is situated. 3 From North Street corner looking along Broad Street towards the bridge. A couple of these photographs were from Clyde Douglas' old albums.



THE GHOST

As I sat up in a willow,
On the Murrumbidgee banks,
I saw the trackers coming
Looking for some signs,
Signs of my existence,
I looked for a way out,
Past their searching eyes,
But I couldn't get away
I saw them stop and talk,
Pointing in my direction,
They found my cove,
Up amongst the willows,
They swam steadily across,
And pulled out their spears,
As they aimed at me,
I knew that this was it,
That they would get me,
And that I had no chance,
All of a sudden it hit me,
Piercing through the skin,
Cracking through my ribs,
And entering my heart,
That blow got me well,
As did the next one,
Penetrating through my eye,
Killing me instantly,
Now I came to be,
Known as the ghost,
The ghost of the Murrumbidgee.
Tom de Lange



Eugowra Health Report

EUGOWRA MULTI-PURPOSE HEALTH SERVICE

Nicole Brindle

BAKER'S CYST

What is that lump behind my knee?

A lot of people have recently come in to Physio with swellings in the back of their knee. So I thought I might try to explain what it frequently is. There are some other causes but this is the main one.

The lump is known as a Baker's Cyst. It was named after the doctor who identified it, not named after all the poor bakers who probably had them after years of working on their legs. It is also known as a popliteal cyst. The back of the knee is called the popliteal fossa.

The knee contains sacs of fluid (bursa) that help cushion the joint. They are connected with the capsule that surrounds the joint. When the knee is injured or inflamed due to arthritis the pressure of the fluid on the joint capsule can be too much and a herniation forms in the back of the knee. It fills up with the excess fluid around the joint, like a little balloon at the back of the knee.

What does it feel like?

Often there are no symptoms and the cyst can remain unnoticed. If symptoms do occur, they can include:
a pronounced soft lump or swelling on the back of the knee that looks most obvious when standing
a sensation of pressure in the back of the knee joint
persistent pain or aching
restricted mobility of the knee joint
a sensation of tightness at the back of the knee when the leg is straightened.

What causes them?

Some of the common causes of Baker's cyst include:
arthritis – particularly osteoarthritis and rheumatoid arthritis of the knee joint
infection – which locally can cause fluid retention around the knee joint
injury – trauma or injury to the knee that can cause a build-up of fluid (effusion), which triggers baker's cyst
torn cartilage – usually affecting the cartilages (known as menisci) that bolster the knee joint on both sides
unknown causes – baker's cysts can sometimes develop in children for no apparent reason.

Complications of a Baker's cyst

A person may be less inclined to seek medical help for a Baker's cyst if the symptoms are mild, which they generally are. However, if left untreated, complications can develop that may include:

The cyst continues to grow, causing the symptoms to worsen.

The cyst may extend down into the calf muscles (dissection).

The cyst may burst and cause bruising on the ankle of the affected leg, due to leaked fluid.

What should you do about it?

Baker's cysts don't always require active treatment as they can resolve on their own. Sometimes they will only require observation over time by the treating doctor. The main thing is to reduce the inflammation and swelling which is causing the excess fluid in the joint. If you can get rid of the excess fluid you can generally get the cyst back to a small soft lump that doesn't bother you



If treatment is required, options for treatment can include:

- treatment of the underlying cause, such as medication for arthritis or surgery for torn knee cartilage
- temporarily avoiding activities that aggravate the knee joint
- physiotherapy, which may include activity modification advice, heat or ice treatment, the use of crutches, and exercises to maintain mobility and strength of the knee
- cortisone injections to reduce inflammation in the knee joint
- inserting a needle into the cyst and draining off the fluid if the cyst is large enough - this is not that successful if the underlying cause of the fluid is not addressed
- in severe cases, surgery to remove the cyst entirely if conservative treatments are ineffective
- a conservative approach of watching and waiting is recommended with children – the condition commonly subsides on its own without active treatment.

Prevention of a Baker's cyst

The prevention of Arthritis is difficult BUT making sure your leg alignment is as good as it can be is a start. This may be as simple as doing stretches and exercises.

Raising your awareness level of the position that your knee is in is a good start. Many people have turned in knees when they put their feet straight. This means that

the inside part of your knee will be taking more strain than the outside. Like all mechanical objects uneven loading will lead to uneven wearing and the development of arthritis.

Having good leg alignment through supportive footwear and good muscles will reduce your uneven wear and hopefully prevent injury.

Knee joints are prone to injury during sporting activities. Preventing knee trauma can reduce the risk of a Baker's cyst developing in the first place or recurring after treatment.

Suggestions include:

- Warm up the knee joints and soft tissue by gently going through the motions of your sport or activity.
- Wear supportive footwear appropriate to your activity.
- Try to turn on the balls of your feet, rather than through your knees to help avoid knee injuries.
- Cool down after sport by performing gentle and sustained stretches.
- If you injure your knee, stop your activity immediately, apply ice packs to treat the swelling and seek medical advice.

Seniors - On exercising.

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.... I decided to take and aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.



Instead of the John I call my bathroom the Jim!
That way it sounds better when I say I go to the Jim first thing every morning!!!



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The Pigeonholes

For Births/Deaths/For Sale/Wanted
or short messages.

CHENEY, Lorna Grace

Passed Away Peacefully March 4, 2015

Late of Manly. Beloved wife of Kelvin John Cheney (deceased). Loved mother of Mary and Alec (both deceased), Kathryn, Ian and Allen. Loved mother-in law of Edward Clyburn. Cherished grandmother of David, Sally, Jane, Hannah and Kelley. Adored great grandmother of Edward, Finn, Lucy, Alice and Thomas.

Privately Cremated.

(TJ Andrews Funerals, Hornsby 94773272)

Dave's Courier Service

Week day afternoon pick up from Forbes, drop off in Eugowra \$5.00 per item. Must be already paid for.

Leave message or text 0429447139



Thumbs Up!

Many thanks to Andrew Dent for all he does for the residents of the Self Care Units. He is often called upon at short notice to fix any manner of things that may need attention. The residents really appreciate it.

A big THANK YOU to all the people who contributed to making the Parkes Can Assist Street Stall such a success. Many people cooked, sewed, cleaned the area for the ladies (thank you Bill) and purchased tickets in the raffles (all prizes were donated) and the hundreds club. It was a huge success...raising over \$1000....WOW! A fantastic effort for our small community.

FREE TO A GOOD HOME - KITTENS

2 Tabby, 1 black females 4 weeks old. Beautiful natured

Ph: Heidi Holland 68595226 0402 889715

Next month send in any short messages or notices to put in the Pigeonholes.

Births/Deaths/ Thumbs Up free



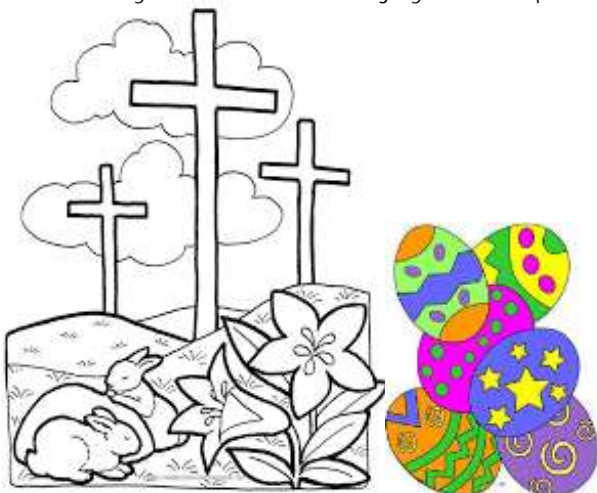
By definition;

'The most important and oldest festival of the Christian Church, celebrating the resurrection of Christ and held (in the Western Church) between 21 March and 25 April, on the first Sunday after the first full moon following the northern spring equinox'

Is the Easter weekend is a time for the Royal Easter Show, camping with family and friends, hot cross buns and the only time you are allowed to eat chocolate for breakfast? Or is it a few days off from work, a time to enjoy and be free from routine? Or is it time to reflect and pray at your church for the **'resurrection of the body and life everlasting'?**

What does Easter mean to you?

Either way, it is a time of joy and hope.



Elaine and Stan Cheney

Louise McGown, Sue Riley & Rev'd Jono Williams



Joan Mulligan and Nerida Pengilly



Ruth Clements, Dettie Langford & Coral Greenhalgh

