



AUGUST 2016

VOL.36

A Lions Club project for the community we serve

DRIPPING ROCK RUNNING

Thanks to all the rain in June and July, Nangar National Park is an area of running streams and babbling brooks and the famous Dripping Rock is running very well indeed. Lovely to see the green hills surrounding and an abundance of water everywhere. Even a mild flood for the Mandagery reaching 7.8m on Thursday 21st July, but thankfully no damage reported.

Farmers are waiting patiently for waters to subside so they can continue with their cropping programs and there are stories coming out about vehicles and machinery getting bogged. With more rain and cold weather predicted this week, it seems that the wet, wet season of 2016 will continue for some time.



from the editor

Ooops, sorry to all, my mistake the Lions News is a week late ~ I think I may have still been in school holiday mode and relaxed a bit too much....



Anyways, the rain and soggy conditions continue on. Remember back to that hot dry dusty summer when we got excited to see a patch of green and a drop of water??? I love a sunburnt country...of droughts and flooding rains! Talk about extremes, but hey, ain't it lovely to see the running rivers and creeks and the knee high grass.

I too would like to wish Peter Heath all the very best. He has been a stalwart in the Lions Club organising many things over the last 9 years. Thank you Peter for your assistance and support whilst I was learning the ropes of this job.

Thanks Julie Dukes for the run down on the Eugowra footy stakes. Those Geagle girls certainly are a power house, but well done to all of the footy players who get out and have a go and have fun as a team.

The Show Society are ramping up their efforts to prepare the Showground and drum up activities for the Show, read about their plans on page 16. It won't be long until Spring and Eugowra Show time, so start cooking those jams, taking photos, creating art work, tending the plants and flowers and preparing your livestock for Show day.

So until September, keep warm and dry and don't be surprised if you see some of the local ducks wearing raincoats and gumboots. It's pretty soggy everywhere.

Keep smiling

Sarah

Carmen's Bridge, Yells Road, a little obstructed with debris, after rising waters reached 1m until the gauge was washed away. Shame some people couldn't get to work that day. :(



Contributors this Month

- ◆ Maxine Vincent
- ◆ Kylie Reeves
- ◆ Judith Smith
- ◆ Elaine Cheney
- ◆ Janet Noble
- ◆ Bob & Barb Roach
- ◆ Kevin Howell
- ◆ Nicole Brindle
- ◆ Tony Toohey
- ◆ Anne Heath
- ◆ Sarah de Lange
- ◆ Boom Boom la Bern

Next Issue Deadline:

Friday 26th August

**The News will be available
on Friday 2nd September**

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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To the Editor

MEMORIES

Two grey heads are bent over their Ipads, glasses perched on their noses. A long time ago, they lived in Eugowra, so they google the Newsletter. They love doing this! It brings back so many memories, and their brains need the exercise. However they have concerns.

They never knew about the Eugowra Way. They went their own Sweet Way, so they are probably as guilty as hell of the No Way. They used to sizzle down the telephone party line going through the P.O. Exchange, never realizing it was probably as deadly as today's social media.

They like "pushy pieces" Barb, and have very fond memories of a certain little car, now snoozing in his heavenly scrap yard. They just wish there had been a "Pushy Piece with a Pushy Positive Multi-Pronged Plan" when they had to sell the farm. Now let's all try, Peter Piper Picked a Peck of Pickled Peppers.

We were "young farmer" and "flighty young piece in little green car". We got married (Great!) but life in Eugowra for little green car was NOT so great. There were lots of gravel dirt roads in those days. He bounced everywhere, especially over cattle grids, and sunk with alarming regularity, into large potholes. Cheney and Weekes were his Best Buddies! He was in Agony most of the time and his poor little butt had more than one crack in it, Sarah, because it was too close to the ground. He felt very insignificant, because the young farmer drove a hotted up Holden and a Ute. He did not like driving "little car", because he was tall and hunky, so his knees kept having close encounters with his manly chest. Those farm dogs piddled on the tyres all the time – YUK! Little green car hated those dogs! Large frog with big mouth said, "It isn't easy being Green". Try being Green and Little! Now you've got problems!

Speaking of which, let us fast forward nearly fifty years to Grandparents' Morning, Sydney, 2016. Littlest grandson (so Cute!) proudly announces, in a rather LOUD voice, that "My Nanna and Pa were born a very, VERY long time ago, in the Olden Days" (Not so Cute). Twenty little heads swivel,

In This Issue

PAGE

3-7	Letters to the Editor
7	Life's Milestones
8-9	CWA News
10	Eugowra Public School
11	VIEW Club
12	St Joseph's Primary School
13	Lions Club
14	Golden Eagles
15	Seasonal Kitchen
16	Eugowra Show Society
16	Cabonne Council Community Assistance
17	Eugowra Country Fair
20	How to Identify a Gardener
21	A Little Bit of History
22	Wilf Norris
22	Salt of the Earth
23	Health Report
24	Health Report Working Dogs
25	What's On at the Bowlo?
31	Pigeon Holes
32	Preschool news

and gaze in awe at two such Ancient Relics. Pa tries to suck in his burgeoning belly, and Nanna cannot do anything remotely flighty because she has a wonky knee. They have to forget about sitting on the dear little chairs, - such a LONG way down – because with Pa's dodgy hips and Nanna's poor knee, they might need both grandsons to haul them up again,- never mind the fact that their backsides don't have a hope in hell of fitting into them. Ahh – Such Is Life!

Regards and Best of Luck to You All,

Two Former Eugowra Residents

More Letters to the Editor are continued on page 6

WHAT'S ON THIS MONTH

AUGUST 2016

Dr Vicki Wymer 68 592 220 Eugowra

63645901 Manildra

Mon

Tue

Wed

Thu

Fri

Sat/Sun

1 Eugowra 9-5	2 Manildra 9-1	3 Eugowra 9-11	4 Eugowra 9-4	5 Manildra 9-1	6/7 Bowling Club AGM 2pm Sat
8 Eugowra 9-5	9 Manildra 9-1	10 Closed	11 Eugowra 9-4	12 Manildra 9-1	13/14
15 Eugowra 9-5	16 Manildra 9-1	17 Eugowra 9-11	18 Eugowra 9-4	19 Manildra 9-1	20/21
22 Eugowra 9-5	23 Manildra 9-1	24 Closed	25 Eugowra 9-4	26 Manildra 9-1	27/28 Trivia Night Sat 7pm
29 Eugowra 9-5	30 Manildra 9-1	31 Eugowra 9-11	1 Eugowra 9-4	2	3/4

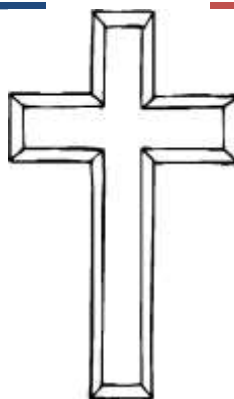
Spring!

St Mathews Anglican

1st, 2nd, 4th Sunday 4.00pm, 3rd Sunday 8.00am,
5th Sundays share with Uniting Church at 2.30pm

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 Services

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

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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



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Friday 26th August
Friday 23rd September

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Returns to Eugowra at 3.30pm

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ADULT: **\$6.60**

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(PRICES INCLUDE GST)

FOR MORE INFORMATION OR BOOKINGS CALL:

DEIDRE SLAVEN **6859 2414** OR

MARGOT BROWN **6392 3233**

To the Editor

Dear Editor

In reply to the Letter of last edition and to the protagonists, of backbiting etc. Most were born here in Eugowra, some are migrants and they have certainly become locals, of the wrong ilk. I have asked some, of the difference between ignorance and apathy most answers are either, "I don't know" or "I don't care"

The Final Judgment is coming Folks

"When the Son of Man comes in his glory, and all the angels with him, then he will sit on his glorious throne. Before him will be gathered all the nations, and he will separate people one from another as a shepherd separates the sheep from the goats. And he will place the sheep on his right, but the goats on the left. Then the King will say to those on his right, 'Come, you who are blessed by my Father, inherit the Kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me. 'Then the righteous will answer him, saying, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.'"
Then he will say to those on his left, 'Depart from me, you cursed, into the eternal fire prepared for the devil and his angels. For I was hungry and you gave me no food, I was thirsty and you gave me no drink, I was a stranger and you did not welcome me, naked and you did not clothe me, sick and in prison and you did not visit me.' Then they also will answer, saying, 'Lord, when did we see you hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to you?' Then he will answer them, saying, 'Truly, I say to you, as you did not do it to one of the I of these, you did not do it to me.' And these will go away into eternal punishment, but the righteous into eternal life."

So I say leave it to the ubiquitous chattering ones on the left, attacking each other, verbally, physically, backbiting, ostracising, spreading rumours, mindless gossip, bitching about each other. Instead I say get a Life!!!!, Mind your OWN business? And get to know Jesus!!!, who said "Judge not, Lest Ye Be Judged".

Des Cassidy

Dear Editor

In reply to "Name supplied" (July issue) I can only say he/she has hit the nail squarely on the head!

It has always been so, and the advent of social media has made the situation much worse. Any airhead can post a semi-literate rumour or comment, spread it far and wide to their "friends" or "followers" without any thought of the consequences, all at the stroke of a keyboard. Truth or fairness doesn't necessarily come into it, nor does the right of reply in many cases.

I've been reading local country newspapers for the past 60 years, and letter writers have so often had to resort to anonymity or noms de plume for fear of ridicule, revenge or reprisal simply for presenting a point of view. Wagging tongues have always been the most unsavoury, but well known, aspect of village life everywhere.

Open, robust discussion is constantly avoided in case someone is offended.

It's unfortunate, and ironic, that "Name supplied" felt that he/she had to go down this path for all of the above reasons, but also very understandable.

What a pity!

Bob Roach

Dear Editor,

I commiserate with Julys' letter, 'name supplied but with-held on request'.....but even that is a sad alarm.

I first heard of this behaviour well over a year ago..... (I don't know the story, I am not a mental health worker and I don't need to), but to hear of it again is disconcerting. Is ongoing feudalism a

country thing? It certainly seems to be the case historically..... "Old habits die hard" but thankfully "time waits for no man" and "change is the only constant."

Continued from over page

Is it endemic? Well, no of course not. As you say, it's universal. Is it the sporadic eruption of some hidden, underlying personal insecurity? Quite possibly, yes. Although this behaviour exists on human natures' darker side, surely that is no excuse for it in this day and age and we are all aware of that? We all know the pain caused by self-obsessed vindictiveness. Choosing to inflict it is a bit wonko don't you think?

Behaving as if you're Gods' Police is a sad, sad thing but to have nothing, or not be able to think of anything better to do other than to create despair in others is sadder still...and more so, when to satisfy some personal need. Ah, "The unexamined life....."

But doing this intentionally and unconscientious (or worse desirous) of the impact, is far, so far beyond sadness: it heads straight into wonko-ville! This is the risk we take in promulgating the illusion of being more perfect or better/privileged/entitled/right than others. Some actually end up believing, and living, it!

Although it can only be "stopped" on an individual or personal level, I appreciate your letters' tone and its' admonishment. I hope it doesn't fall on 'perfectly' deaf ears.

Robert Cameron

*Katie on her trusty
steed; Picasso*

Katie Townsend

Forbes Pony Club Member

*Champion 13-15 years. Overall 7-17
years Champion over 2 days at the
Zone 11 Combined Training and
Gymkhana*

30/31 July 2016



CONGRATULATIONS ON THE BIRTH OF A DAUGHTER FOR KRYSTAL & MARK.....

Mark Lee and Krystal Eppelstun-Lee welcomed a daughter, Vespasian Wai Si Lee, into their family on 13 July. Vespa was born at Calvary Hospital, Canberra weighting 3.2kg. She is the first grandchild for Bill and Cathy Eppelstun of Eugowra and Wing and Chui Lee of Sydney.





Janet Noble

COUNTRY WOMEN'S ASSOCIATION OF NSW

EUGOWRA BRANCH

The next meeting of the Eugowra CWA will be held in the rooms at 43 Nanima Street on Friday 12th August at 10 am.

President Margaret Swift, Shirley Heinzel, Dorothy Jones, Janet Noble, Jenny Jones and Yvonne Smalley travelled to Canowindra for the Central Western Group International Day featuring Mongolia. We enjoyed a Mongolian lunch and Group International Officer Margaret Brown kept us busy with projects on this interesting country.

The Eugowra CWA Branch will be holding their Mongolian Day on Thursday 24th August, at St Josephs hall at 11 am. Cost \$15. Boom Boom la Bern will be guest speaker having lived in Mongolia. The children will be treated to cupcakes for morning tea while adults will be tempted with traditional Mongolian food.

All welcome, if you are coming contact Frances Anderson 68592202.

Frances Anderson attended a Treasurers meeting in Orange to learn about a new system for book keeping for CWA Branches called "Money Matters".

Former member Val McGrath caught up with members of Eugowra Branch at lunch at The Escort Way Café and Espresso Bar. Val is now living in Canberra.

The CWA Awareness Day will be held on the 13th October with a coffee and sweets night planned.

Members will be travelling to Molong for Molong's 90th Birthday celebrations on Saturday 27th August.

The CWA will be holding a Street Stall outside the old Post Office on Friday 5th August.

AFS INTERCULTURAL PROGRAMS

My name is Kirrilee Hughes and I am the new CEO and Partner Director for AFS Intercultural Programs, Australia, which is a volunteer-based, non-profit

organisation like CWA. Here in Australia, AFS has 60 years of experience in international secondary education; 15,000+ young Australians have participated in intercultural study experiences through AFS and a further 15,000 AFS students have been hosted in Australia since 1959.

In 2016, AFS Australia still hosts high school exchange students from around the world and it is often in local communities across regional and rural Australia—where CWA is almost most active—where the benefits of student exchange are most tangible.

Upon completing their exchange, students often comment that living with a host family in a non-metropolitan location gave them a unique insight into Australian culture and helped them to gain confidence and competence in communicating in English.

AFS Australia – in partnership with Australian secondary schools and local communities – will welcome 22 international exchange students into regional and rural areas within New South Wales and Victoria in July 2016 for a five-month exchange program. Hailing from Austria, Chile, China, France, Germany, Italy and Switzerland, these young exchange students are preparing to undertake a life-defining experience in a community like yours.

Volunteer host families in regional and rural New South Wales enable genuine intercultural experiences which benefit exchange students and host families alike. AFS has supported Australian volunteer host families for 55+ years and is committed to providing meaningful and ongoing benefits to families and the students they host.

- Orientation sessions for new Host Families and for all AFS exchange participants

- Ongoing support provided by local AFS volunteers and staff throughout the student's stay
- 24/7 emergency phone support for host families and exchange participants
- AFS participants are covered by full medical insurance; school enrolment fees are waived; and participants cover their own travel costs and personal expenses.

This is an opportunity for families of all shapes and sizes living in regional and rural New South Wales to become part of the wider world and offer an incomparable intercultural experience in their own home. We are currently searching for volunteer host families to welcome AFS students into their homes for five months from July to December this year and we would greatly appreciate your help in promoting AFS hosting experiences through your CWA branch.

Just let us know if you would like us to send these to you. More information is also available here: <http://www.afs.org.au/host/> And if you have any questions about AFS exchange programs, please contact our National Office on 1300 131 736 or ausafs@afs.org

Many thanks

Dr Kirrilee Hughes

CEO & Partner Director

AFS Intercultural Programs Australia

PO Box 5, Strawberry Hills, NSW, 2012

Phone: 02 9215 0043 (direct line)

Enquiries: 1300 131 736

Email: kirrilee.hughes@afs.org

Website: www.afs.org.au



Catching up with Val McGrath at the coffee shop were Jeanette Norris, Romy Taylor, Esther Hyde, Shirley Heinzl, Val, Frances Anderson and Lorraine Carty.



CWA members; Janet Noble, Jenny Jones and Jeanette Norris getting into the spirit of Mongolian craft.

Some Mongolian artefacts.



Eugowra Public School

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

News

Participation Leads To Success

We are half way through the school year already and students at Eugowra Public School continue to learn and grow through a variety of educational and extra-curricular experiences.

CANBERRA EXCURSION

Eugowra Public School Primary Class (years 3-6) had their annual 3 day school excursion at the end of Term 2 to Canberra. Students enjoyed the many educational components of this trip to our Capital Territory as well as a chance to let their hair down and have fun.

Students visited Old parliament House, toured the National Museum, had a guided 'Anzac Legend' visit at the War Memorial, visited the Electoral Education Centre and had a tour of Parliament House including a parliamentary role play session. In addition to these, students enjoyed a night at Flip-Out, a night visit to the Telstra Tower lookout, a night tour and activity time at the Australian Institute of Sport and a hoon around the Go-Karting tracks at the Power Kart Raceway.

NEW STAFF

This term we welcome Miss Hodge on the K-2 class. Miss Hodge will be replacing Ms Dalla Vecchia on the Infants class for the remainder of 2016.



This term we also welcome Mr Gaffney, who is undertaking his Internship placement on the Years 3-6 class. We hope both Miss Hodge and Mr Gaffney enjoy our small school.

DISTRICT ATHLETICS CARNIVAL

On Friday 5th August the following students will compete at the district athletics carnival in Parkes. The students have qualified for the following events:

Jake Greenhalgh: 12yr 100m, 200m, 800m, Snr relay, EPS P5 Relay, 12/13 Long Jump, High Jump.

Sanjay Buttle: 10yr 100m, Jnr 200m, 800m, Jnr Relay, EPS P5 Relay.

Reece Matheson: 8yr 100m, Jnr 200m, 800m, Jnr Relay, EPS P5 Relay.

Braith Pritchard: Jnr Shot Put

Nina Merchant: 11yr 100m, 800m, Snr Relay.

Makala Leonard: 11yr 100m, 200m, 800m, Snr Relay.

Chelsea Leonard: 9yr 100m, Jnr Relay.

Macey Greenhalgh: 9yr 100m, Jnr 200m, Jnr Relay.

Mitchell McMahon: EPS P5 Relay.

ECO DAY—Year 6 Students

Our Year 6 students took part in Eco day at the Forbes Livestock Exchange. The day consisted of workshops on worm farms, recycling, weeds, planting, Wiradjuri culture, fish care and rivers, invasive species, tour of the Central West Livestock Exchange, insects and reptiles. This day is also a great opportunity for our students to collaborate with students from other schools.

EDUCATION WEEK 1-5TH AUGUST

EPS will celebrate Education Week and would like to invite all Parents, family and community members to join us at the following times and events throughout the week.

Monday 1st	Visit to Willawa 2.15pm
Tuesday 2nd	Library and Circus Lessons, 1.45pm – 3.10pm
Wednesday 3rd	Picnic Lunch, 1pm (BYO picnic)
Thursday 4th	Assembly at 11am, School Hall
Friday 5th	Far Away Tree Reading at school 1:45pm





Eugowra Evening View Club

voice, interests and education of women

Eugowra Evening VIEW Club members celebrated the occasion of their 8th birthday with a celebration luncheon at the Eugowra Community Bowls and Recreation Club on Saturday 16th July.

The theme for the party was 'Off to Rio' with everyone invited to dress in colourful attire. The birthday committee had created a very festive atmosphere with the hall and tables adorned in a riot of colour and a wonderful modern centrepiece on the stage.

President Therese welcomed everyone, including visitors from Parkes, Forbes, Cowra along with local guests.

The first of the activities got under way with an Olympic Quiz which was won by table No 3- Helen Perry, Jenny Anderson, Judy Smith, Yvonne Smalley, Janeen Wright and Kerry O'Malley. The prize for winning was to try and burst open the very colourful donkey piñata. This proved a very funny and difficult task but was eventually achieved with all the lollies and trinkets spilling out over the floor.

The first of the Olympic Games events was won by Barbara Thompson and the second by a visitor from Parkes.

Throughout the afternoon draws were made for the multi draw raffle with over 50 prizes on offer. The winner of the lucky door prize was announced before the cutting of the birthday cake. This honour went to Di Garner who is the newest member of Eugowra Evening VIEW. The celebration marble cake was made and decorated by Annette Connell in very bright festive colours with the Olympic rings adorning the top.

Everyone enjoyed the day, with the tasty Chinese smorgasbord luncheon, all the fun and frivolity of the games and the company of fellow members and invited guests.



Di Garner cutting the VIEW birthday cake.

Helen Perry, Jenny Anderson, Barbara Thompson, Judy Smith, Yvonne Smalley, Janeen Wright Kerry O'Malley enjoying their Rio lunch



Medal winner;

Barbara Thompson





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

We welcome back everyone from the winter holidays; seems that all enjoyed visits to the snow, the beach, shopping, the movies, sleep overs with friends, playing outside and generally having a good time. Fortunately, they were all ready to come back to school and catch up with their friends and continue their learning. During the holidays and the first weeks of term the students have been busy completing their projects on the CWA Country of Study, Mongolia. Lots of interesting pictures, craft items and facts are coming in. Well done everyone.

SOUTHERN REGION ATHLETICS

On Friday 29th July, Charlie Philipzen, Macky Den, Baylie Tulloch, Olivia Holland, Angus Whatman, Eve Moore and Keiley Whatman headed off to compete in the Southern Region Athletics at Canowindra. Congratulations to our PP5 team who came 2nd in their Small Schools Relay with a time of 1.09. They have now qualified to compete in the Diocesan Athletics in Dubbo in August. Angus Whatman also qualified for the Long Jump and 800m. Well done. Everyone had a great day competing and improving on their skills.

FIRST EUCHARIST

On Sunday 31st July, Elizabeth Brindle, Luke Holland, Levi Carver, Baylie Tulloch and Jack Fazzari attended Mass to mark their enrolment for their 1st Eucharist. The children are being prepared for this important Sacrament by REC teacher, Mrs Rosemary and will be celebrating their First Eucharist on Sunday 11th September at the 5pm Mass.

BASKETBALL FOR SPORT

This term the children are enjoying Basketball lessons on Fridays with Grant Cole from Rock the Rim, Orange. The backboards have been refreshed and repainted and the children are enjoying developing their ball throwing, passing and shooting for goals skills.

Olivia Holland in Year 5 decided to make a movie about her school; Titled 'A Short Walk Through St Joseph's'. You can view this on the St Joseph's Face Book page and appreciate not only our great little school but the work Olivia put into her movie. Well done!



ST JOSEPH'S CATHOLIC PRIMARY SCHOOL

NOW TAKING ENROLMENTS FOR 2017

Contact;

Cathy Eppelstun, Principal

For further information about your
child's education at **St Joseph's**

02 68592485

www.stjosephseugowra.catholic.edu.au



Eugowra Lions News

Tribute to Peter Heath

It's with regret that the Eugowra Lions Club has accepted the resignation of Peter Heath, who has advised he now wishes to pursue other interests.

Peter has been a member for nearly nine years and has occupied executive positions within the club for most of that time, ensuring the smooth running of the club and keeping members in touch with Lions International.

But that's only the half of it!

It would be fair to say Peter has held the Lions Club together during a very lean time, making himself available whenever a job needed doing or rallying the troops to carry out our traditional Eugowra Lions functions such as the annual Seniors Day and manning the Show gates. He's always been the one to collect the "Eugowra News" from the printers, ensuring it's folded by our members and taken to the Post Office in time for delivery on the correct day.

He will be missed.

Bob Roach

Advertise in Eugowra News

Eugowra News is delivered (11 editions per year) to residences in Eugowra township and environs.

Advertising is cheap (per issue):

\$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.

During the winter months, Lions can supply a limited amount of firewood, delivered as a 1 Tonne ute load within 5km of Eugowra, for \$140. To order, please contact Neil Whalan on 0429 239 918.

THE WOODBRIDGE CUP

Saturday 6th August 1:50 pm @ Grenfell

Grenfell vs Eugowra

Saturday 13th August 1:50pm @ Eugowra

Eugowra vs Binalong

Sunday 21st August 1:50pm @ Eugowra

Eugowra vs Burrangong

After Round 14 the Eugowra Eagles are 7th on the ladder.

After Round 14 the Geagles League Tag team are 3rd on the ladder.

Come and support our footy men and women of Eugowra.

Julie Dukes





Family photography

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- Spray Tans



Ph: **6859 2566**



50 Nanima Street, EUGOWRA

OPEN 6 DAYS



THE ~ SEASONAL KITCHEN ~

KERALAN FISH CURRY

Have you been into the newly renovated Harris Farm Market in Orange? I am really enjoying shopping there, fresh fish most days of the week. My daughter Sally made this curry for me for dinner the other night. Its delicious and simple to make.

Ingredients:

- 1.25 kilograms firm white fish (I used angel fish)
- salt to taste
- 2 teaspoons turmeric powder (or grated fresh)
- 1 tablespoon vegetable oil
- 2 medium onions (halved and cut into fine half moons)
- 2 long red chillies (seeds removed or you can use chilli paste)
- 4 cm piece of fresh root ginger
- 1 pinch of ground cumin
- 1 x 400 ml tin coconut milk
- 1 tablespoon tamarind (or 2 tablespoons concentrated)
- 1 tablespoon fish stock concentrate (or you can use a fish stock cube)



Method:

Cut the fish into bite-sized chunks, put them into a large bowl, and rub with a little salt and 1 teaspoon turmeric.

Heat the oil in a large, shallow pan and peel and tip in your onion; sprinkle them with a little salt to stop them browning and then cook, stirring until they've softened; this should take scarcely 5 minutes.

Cut the whole, unseeded chillies into thin slices across (although if you really don't want this at all hot, you can deseed and then just chop them) and then toss them into the pan of softened onions.

Peel the ginger and slice it, then cut the slices into straw-like strips and add them too, along with the remaining teaspoon of turmeric and the cumin. Fry them with the onions for a few minutes.

Pour the tin of coconut milk into a measuring jug and add a tablespoon of tamarind paste and the fish stock concentrate, using boiling water from the kettle to bring the liquid up to the litre mark. Pour it into the pan, stirring it in to make the delicate curry sauce. Taste and add more tamarind paste if you want to. And actually you can do all this hours in advance if this helps.

When you are absolutely ready to eat, add the fish to the hot sauce and heat for a couple of minute until it's cooked through but still tender.



2016

SHOW NEWS

Get ready for another fantastic Eugowra Show in the Springtime!

◇ Show Girl Competition

(Contact Janet Moxey 043885113)

◇ Trots (3 races)

- ◇ **Ute Show & Shine Competition** (Street / BnS / Chicks / Feral / Tradies / 4 x 4 and Grand champion Ute. Also best Ford / Holden / other) Entries of vehicles to be at the Show Grounds by 10am for judging to commence at 11am sharp. Contact; Leah 0410355388

◇ Barrel Races - Bikes and Utes

- ◇ **Dog High Jump** (Prize money over \$1000 Courtesy of Fox Sports)

- ◇ **Junior Judging** (ASC Lydia Herbert & Brendan Mansbridge)

- ◇ **New Amenities** block near the trophy office

- ◇ **Demolition Derby & Fireworks!**

- ◇ An entertaining day with our Slippery Ward as the ground announcer

LOOKING FORWARD TO THE SHOW!

Saturday 17th September 2016



2016-17 COMMUNITY ASSISTANCE PROGRAM

Community groups within the Cabonne Local Government Area are encouraged to apply for grants under Council's 2016-17 Community Assistance Program.

The grants are provided on a 50:50 basis to not-for-profit organisations undertaking eligible projects on non-commercial facilities within Cabonne Shire.

Applications close at 5pm on Friday 19 August 2016.

Further details and an application form can be obtained by visiting Council's website www.cabonne.nsw.gov.au or calling Council's Tourism and Development Coordinator on (02) 6392 3201.

A.L. Hopkins, General Manager
PO Box 17 MOLONG NSW 2866



*Are you
going to the
FAIR?*

Officially sponsored by Eugowra Promotion and Progress Association (EPPA), the first **Eugowra Country Fair** has been planned for **Sunday 16th October** this year.

The purpose of the Fair is to bring the community of Eugowra together for fun and friendship, to enjoy a family day out and show off local talents and sell our wares.

Secretary and spokesperson for the Fair organising committee, Noela Lane, said "We want everybody to come down and have a fun day, whether they have a stall or not. We welcome buskers, car boot sales, second hand goods, farm produce, plants, recycled items, art and craft, metalwork, cooking, sewing, photography, jugglers, quoits throwers... and we are hoping one of the local schools or preschool will be interested in running a sausage sizzle on the day."

The Fair will be held in Byrnes Park, next to the creek. Contingency plans have been made to use the Showground covered area in the event of a rainy day.

"The cost of having a stall at the Fair is just \$5" Noela added, "And the Fair is open to stallholders from anywhere. Stalls can be run by individuals, groups or businesses. The most exciting thing is that residents of post code 2806 (Eugowra) who wish to have a stall at the Fair will have public and product liability insurance covered free by EPPA."

Anyone interested in the Fair, in helping with the organising or just keeping up to date can follow the activities on Facebook (**Eugowra Country Fair**).

Please share a link to the page and invite friends and stallholders to join. If you are not a Facebook user, look for updates here in the Eugowra News, or contact Noela Lane directly on 6859 2366 or 0428 719 900.

Press Release For Eugowra News

August 2016

Source: Barb Roach

0427774174

It's on again! At the Bowlie!



Saturday 27th August

7.30pm sharp

Good fun night for all ages.

Tables of 8- suggested size

Just come and help make up a group

Bring your friends or make new
ones that evening



\$ 10 adult admission

\$5 school children

Light supper included.

No electronic devices to be used.

*This is an annual event to support the
upkeep of the Community owned*

RTC/Post Office building.

**Come and
support your
RTC.**



Table bookings Judy S. 68592218,

Elaine C. 69592820

or the Staff at RTC/Post Office.



The Gentle Cow CAFE

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- Cheesecake
- Morning & Afternoon Tea

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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 wirelesses, 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)

HOW TO IDENTIFY A GARDENER

Brown patches on their knees

Dirt under the fingernails and calloused palms

Slight aroma of blood and bone

Spend all day in their beds

An old straw hat & gardening gloves sit by the back door

Has a decorative compost container on the kitchen bench

Eyes off old boots, logs, containers - anything that could be used as a planter

Quivers in fear when hubby says he'll help with the pruning

Very possessive over their gardening tools



Only does the housework on rainy days

A LITTLE BIT OF HISTORY

Elaine Cheney



Western Champion (Parkes NSW) 10 August 1916. A drowning fatality occurred in the Lachlan River near Eugowra on Monday afternoon, when Albert (21) and Charles Herbert (20) only sons of Mr & Mrs J C Herbert, lost their lives. In company with Mr W Banham they were crossing the river, which was in flood, in a flat-bottomed boat, when it caught in the limb of a tree and overturned. Mr Banham managed to grasp the branch of a tree and pull himself out of the water, but the Herbert boys were swept downstream and drowned. An unavailing search was made for their bodies.

Forbes Advocate 11 August 1916. Our Eugowra correspondent forwards further particulars of the distressing drowning fatality. It appears that when the boat capsized Mr Banham was washed downstream before he managed to grasp the branch of the tree into which he climbed. He attracted the attention of Mr Ted Ditton, who happened to be in the vicinity. Mr Ditton immediately raced his horse to "Fairfield" where another boat was procured. Messrs Frank and Dave Herbert, cousins of the drowned boys, had to row their boat two miles upriver to the scene of the accident. When they reached the spot there was no sign of Albert or Charles Herbert. It is thought that Albert was trying to save his brother, who could not swim very well, as he had him by the shoulder when Mr Banham saw them last. Sadly only the body of Albert was ever recovered, and the grizzly details of the Coroner's inquest were reported late September of that year. The young men were employed by Mr E J Barnes on his property which was situated on both sides of the river. The closest bridge was at Gooloogong.

Molong Argus. Friday 13 October 1916. The floods in the Lachlan have done immense damage about Eugowra, houses being inundated in all directions, and, in the case of many pise buildings, the walls washed away, thousands of acres of wheat were inundated, and fences ruined, but luckily, though there were many narrow escapes and trying experiences, there was no loss of life. Mr T Hoswell is a heavy loser. His home was washed away together with most of his furniture, and his crop inundated and he and a lad had to spend a night on top of a shed, pending their rescue by Messrs Baker and Toohey who rode four miles through water to their assistance. Mr F Sly, another resident, had his fine pise house washed down and his crop ruined but luckily he saved most of his furniture. A detailed record of the losses of crops and fencing sustained by others would fill a paper.

Forbes Advocate 25 August 1916. ROLL OF HONOR. PRIVATE ROY L. DOUGLAS. Mr and Mrs A. J. Douglas, of East Lynne, Eugowra, received a cable during the week, stating that her son, Private Roy Lyndhurst Douglas, had been killed in action in France. The deceased young soldier, who was only 21 years of age, was the first to enlist at Eugowra. He was a splendid specimen of manhood, and the late Dr. Johnson, of Parkes, who examined him, made the remark that he was the finest type of man he had ever examined, and was as near as possible to being absolutely perfect. The nation can ill afford to lose such splendid men. The late Private Douglas left for camp on August 28, 1914, and subsequently went to Egypt. He was in the landing at Gallipoli, and in the first stages had the top of his thumb blown off. Later on he returned to the firing line, and was in the famous charge at Lone Pine, where he was wounded three times, and was consequently put out of action for several months. On his recovery, he was sent to France, where he fought for nearly three months, and was afterwards granted eight days' furlough in England. On his return to the trenches in France, he was in the thick of the fighting, and was killed in action between the dates July 22nd and 27th. *His information is recorded at Pozieres.* The deceased was very popular, and much sympathy is expressed for his parents and relatives in their sad bereavement. The late Private Douglas came from a fighting stock, for his great grandfather fought in the battle of Waterloo, and fourteen of his near relatives are now on active service. Last week, in these columns, reference was made to the death of Private Douglas' grand-father, the late Mr John Murray, of Manildra, who passed away at the great age of 102 years. *Roy Douglas was a brother to Eugowra's Gordon Douglas and uncle to the late Nola Welsh. His photograph hangs on the wall of the local Museum and he keeps watch on us each day.*

Molong Argus 19 July 1907 The plans are being prepared by Mr J. H. Bates for Mr G A Hosie's new store in front of the Post Office, which will be a great improvement to this end of town. The whole of the 30ft frontage is to be of plate glass. *Remembered later as John W Lees Store. This was the grocery section.*



WILF NORRIS

**Wilf is reminiscing
about his**

**involvement in the
Australian Draught Horse Society
and in particular the Golden
Plough in Eugowra in 2002.**

**Read extract from the Draught
Horse Newsletter; April 2002.....**

"Congratulations to all the members of the Western Branch of the ADH. Our year was finalised by the most successful Field day & Golden Plough yet.

Held over the weekend of April 6/7 at Eugowra, we had 47 horses demonstrating and competing as well as David Walker's Cobb & Co Coach giving rides and Laurie Norris and his daughter working with their performing horses.

We invited all to join us at the campfire on the Saturday night and once again the Norris family was the driving force of the entertainment. Laurie set the evening going with a few tall tales, then in true Aussie style, David Walker and Tractor Rennick attempted to better the last yarn told and Bill Norris and his guitar finished off the evening with a few songs."



SALT OF THE EARTH

I found myself giggling- in a macabre way in Woolies. I was in the 'spicy' aisle and was astounded by how many types of salt there were. When I was a kid it was coarse cooking salt or table salt or if you wanted to spend a few pennies more. Then you bought iodized salt. Iodine in your diet is crucial and Australia is going backwards.

So its a concern of mine when I see all this marketing nonsense about Himalayan pink salt. People are even buying 'Pink Crystal Salt Lamps' and doing Himalayan pink salt coarse massages.

The truth is that Himalayan salt is probably the worst salt in the world.. The Himalaya is ancient and was once under the sea. So for millions of years its salt has been leached of nutrients by rain. The Himalaya has the highest degree of goitres, cretinism, birth defects and brain disorders caused by lack of iodine. And we have an amazing and wonderful Australian dealing with this. Professor Dr Creswell Eastman from Westmead Hospital. You can google him. I didn't know about this until Cres turned up at my door in the Himalaya-exhausted, parasite ridden and still trying to function. We offered free room and board to people actually doing humanitarian service. Until Dr Cresman came our way, I was ignorant about this problem..

And now this is coming your way because we are not using iodized salt enough and these diseases are on the rise in Australia which Dr Cres is concerned about and trying to raise awareness. Suggestion --If it must be pink-- and flaky. Then buy Australian salt. Australia has artesian aquifers where unlike the Himalaya - the salt and nutrients settled and are the greatest in the world in terms of nutrient density. And it means you are helping to solve Australia's saline earth problem. I'm happy with Murray River Salt flakes - but just cheap old iodized salt will do the trick. And he is seeing more and more truly awful health problems happening in Australia.

Cres is one of the greatest human beings I have ever known. He is regarded as " The Man Who Saved a Million Brains" - ABC doco about him. People like Cres give back where ever they are because they understand we are only one race-the human race. An Australian worth his weight in salt.
Boom Boom La Bern



Physiotherapist Nicole Brindle

Eugowra Health Report

EUGOWRA MULTI-PURPOSE HEALTH SERVICE

Are you feeling SAD with all this rain?

I have now realised why all the English are reported to be so miserable. If they have cold grey weather, like we have had for the past month, for most of the year they have good reason to feel a bit grumpy.

There is actually a real type of depression that develops in winter. It is a real condition that responds to treatment. (I might suggest the best treatment would be a trip to north Queensland.)

Seasonal affective disorder (SAD)

SAD is a mood disorder that has a seasonal pattern. The cause of the disorder is unclear, but it's thought to be related to the variation in light exposure in different seasons. It's characterised by mood disturbances (either periods of depression or mania) that begin and end in a particular season. Depression which starts in winter and subsides when the season ends is the most common. It's usually diagnosed after the person has had the same symptoms during winter for a couple of years. People with SAD depression are more likely to experience a lack of energy, sleep too much, overeat, gain weight and crave for carbohydrates. SAD is very rare in Australia and more likely to be found in countries with shorter days and longer periods of darkness, such as in the cold climate areas of the Northern Hemisphere.

Mental health conditions are common and normal

One in five Australians will experience mental illness in any given year; one in three of us in our lifetimes. This makes mental illness one of the most common conditions experienced by all people. We need to be aware that it is normal to experience depression and anxiety and treatment can help.

Help for Mental Health Conditions

Thinking about what we can do to feel better I thought it might be a good idea to highlight some resources that are available online. In the rural setting it can sometimes be difficult to access a face to face appointment.

There is developing research that many people respond more honestly to a computer than they do to a face to face therapist/Doctor.

It turns out that when we are talking to someone we worry about what they think of us. For most of us this means that we are reluctant to really reveal our true thoughts as we think that the listener might think less of us. We do not feel the same way about revealing our thoughts to a computer. It doesn't judge us and doesn't have a time limit.



The other benefit of computer based therapy is that the user can go over lessons and information as many times as they want. The information is available when they need it and they don't have to try to remember what the recommendations were.

[https://
www.mindhealthconnect.org.au/](https://www.mindhealthconnect.org.au/)

This site is a search engine for other mental health help sites.



You put in how your feeling and the cause of your feelings and it gives you a list of possible sites to explore for help.

I like this site because there are a lot of sites out there and it is hard to know what to look at.

<https://thiswayup.org.au/>

THIS WAY UP™ provides online learning programs, education and research in anxiety and depressive disorders.

THIS WAY UP was jointly designed and developed by Professor Gavin Andrews and his team of psychiatrists and clinical psychologists at St Vincent's Hospital, Sydney. As a non-profit initiative, THIS WAY UP is sponsored by the Australian Government and the Clinical Research Unit for Anxiety and Depression (CRUfAD) at St Vincent's Hospital, Sydney.

This program can be supervised by your GP or can be completed unsupervised. It does cost around \$60.

<https://moodgym.anu.edu.au>

This site is free and comes highly recommended by Mental Health professionals.

It provides methods to learn cognitive behaviour therapy skills for preventing and coping with depression and anxiety.

<https://www.beyondblue.org.au/>

Provides information and resources on depression and anxiety.

<http://suicideprevention.com.au/>

<https://www.sane.org>

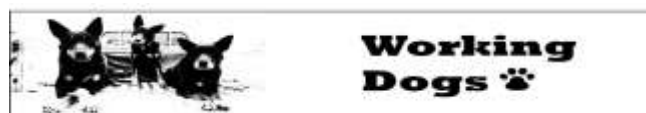
Information and support online and telephone helpline Helpline 1800 18 7263

Other places to call for help

Lifeline 24 hour crisis support -13 11 14

Hold On To Life @ the Australian Suicide Prevention Foundation (24/7) – 1800 HOLDON (1800 465 366)

Suicide Callback – 1300 659 467 (Available 24/7)



At the 2016 Annual Meeting of the NSW Yard Dog Association held at Dubbo on Sat 23rd July Kevin Howell was awarded Life Membership of the Association for outstanding service. Kevin was also awarded NSW Yard Dog highest point score handler of the year for 2015. This is Kevin's second year in a row to have achieved this award & is currently leading in the point score for 2016.

Kevin & Kay have a very busy time coming up in August where Kevin & his team of 9 dogs will be competing in the Australian Yard Dog Championships to be held in NSW this year at West Wyalong from Friday the 5th, Saturday 6th & Sunday the 7th of August at the West Wyalong Show Ground. The committee of West Wyalong have an outstanding setup with 2 permanent yard arena's & have hosted the NSW & Australian Yard Dog Championships on previous occasions.

Following the Australian Yard Dog Championships, will be the National Kelpie Utility Championship held at Nyngan starting on Tuesday 9th of August & running through until Sunday the 14th of August. The National Kelpie Championship is a trial consisting of field work & yard work all in the one event which is a true test of a dogs all round ability. Kevin will be defending his title in this event having placed 1st & 2nd in the National Kelpie Championship in Tasmania last year. Kevin has won this event 9 times & run 2nd 10 times in his long career as a sheep dog trialer.

Kevin & Kay's remaining dogs will be cared for by a live in dog sitter who without her help they would not be able to attend these top competitions because of the extended time involved.

The Australian Yard Dog Championship & National Kelpie Utility Championship are held in a different state each year & within one week of each other which allows interstate travellers to compete in both competitions.

The NSW State Championships will be held at Boorowa on 1st & 2nd October.

EUGOWRA COMMUNITY BOWLS & RECREATION CLUB



AUGUST	UP COMING EVENTS AT YOUR CLUB
Saturday 6th	*****ANNUAL GENERAL MEETING 2pm *****
Friday 12th	Best Beanie Prizes - Soup Night & Market Night Raffle
Friday 26th	Market Night Raffle, Members Draw & Barrel Draw
SEPTEMBER	
Friday 2nd	Fathers Day Raffle & Market Night
Sunday 4th	Old Bowls Day
Friday 30th	Market Raffle, Members Draw & Barrel Draw
OCTOBER	
Saturday 8th	Ladies Cocktail Afternoon
Friday 28th	Scary Skippy Halloween Night (Kids) & Market Night Raffle, Members Draw & Barrel Draw
Sat/Sun 29/30	Eugowra Triples Tournament
NOVEMBER	
Tuesday 1st	Melbourne Cup Day
Friday 11th	Remembrance Day Commemorative Evening
Sunday 20th	3 Bowls Pairs Day
25th Friday	Market Night Raffle, Members Draw & Barrel Draw
DECEMBER	
Friday 9th	Mega Christmas Raffle
Saturday 17th	Local Business End of Year Party. Last Market Night Raffle, Members Draw and Barrel Draw for the Year



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AGM to follow afterwards.**

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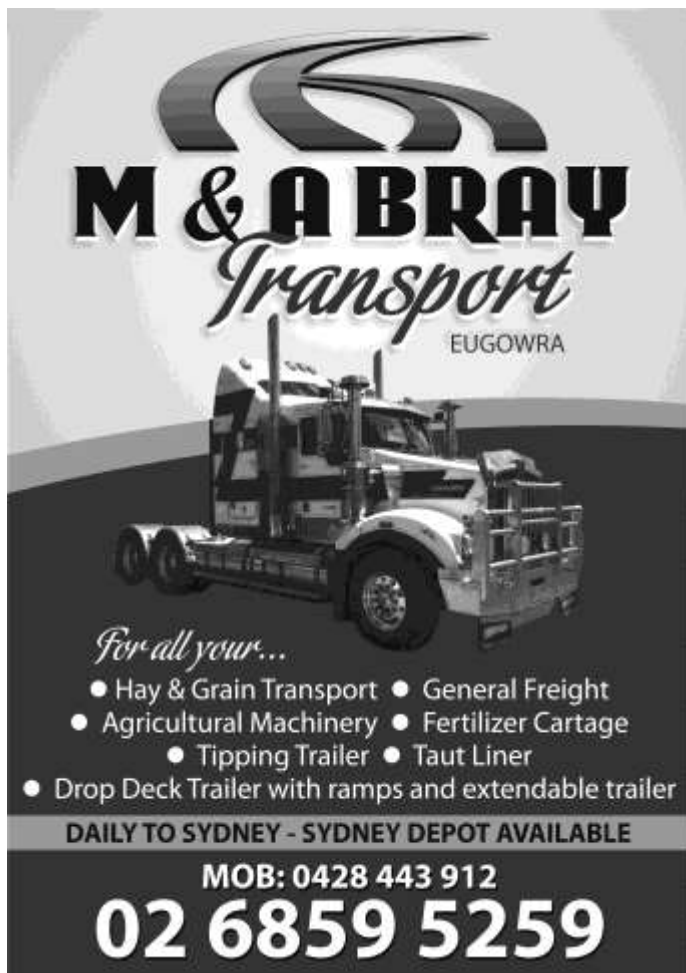
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0427592771**



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- Washing powder & Laundry needs ■ Water supply equipment ■ Cement
- Gardening equipment ■ Farm Hardware
- Water - supply equipment

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

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

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
ANNUAL GENERAL MEETING Saturday 6th August 2pm

~ Vale ~

Sympathy is extended to Eugowra's Chinese cook Kenny Chu and son David with the passing of Kenny's wife Sammy in China this week. Sammy has endured much pain and frustration during her debilitating illness.

From the Community of Eugowra

NATIONAL AUSTRALIA BANK

FORBES

NEW OPENING HOURS

From 9th May 2016 this branch will be open the following times;

Monday 10.00-2.00pm

Tuesday 10.00-2.00pm

Wednesday 10.00 -2.00pm

Thursday 10.00 -2.00pm

Friday 11am - 3.00pm

71 Lachlan Street

FORBES Ph: 68509500

Joke Time

A Bear's Life

If you're a bear, you get to hibernate. You do nothing but sleep for six months.

I could deal with that.

Before you hibernate, you're supposed to eat yourself stupid.

I could deal with that, too.

If you're a bear, you birth your children (who are the size of walnuts) while you're sleeping and wake to partially grown, cute cuddly cubs.

I could definitely deal with that.

If you're a mama bear, everyone knows you mean business. You swat anyone who bothers your cubs. If your cubs get out of line, you swat them too.

I could deal with that.

If you're a bear, your mate EXPECTS you to wake up growling. He EXPECTS that you will have hairy legs and excess body fat.

...Hands up all those who wanna be a bear...

Rita Rudner ~ American comedian



The Pigeonholes

Short Messages, For Sale, Wanted

Wanted to buy down or injured stock.

Contact : Kevin Howell. 02 68592311.



Thumbs Up!

To the cooks, and bottle washers for a great Italian night at the Central Hotel last weekend. Well done Maria Ardis and her team of workers.



Thumbs Down!

To the owners of the hungry and lonely dog who wanders the streets.

FOR SALE

Husqvarna Ride On Mower - Tractor type. 300 hrs. Well maintained and serviced.

\$1500 ono

St Joseph's School 68592485

EUGOWRA SELF CARE UNITS

A unit has become vacant in the Self Care Facility in Evelyn Street, Eugowra.

The unit consists of one bedroom, bathroom, kitchen, living room, laundry, reverse cycle air conditioner, car port and front and rear verandas. It is conveniently located near the centre of town.

Interested parties are welcome to apply.

Phone Hugh Ellis 68592926 Mob 0407936991

EXPRESSIONS OF INTEREST

Seeking anyone who is interested in any of the following classes to be held in the old Somerset Lane Shop. * Yoga * Art Classes * Floral Art

*Any other suggestions?

I have a lot of interest, but need numbers to make the classes viable.

Please contact Anni Tildsley 0412329614 if to register your interest.

OPEN: Monday 8.30-5.00 Tuesday 8.30-5.00 Wednesday 8.30-5.00 Friday 8.30-5.00 (closed Thursdays)

At our beautiful preschool our curriculum is the Early Years Framework also known as (EYLF). This is a guide which consists of Principles, Practices and 5 main Learning Outcomes along with each of their sub outcomes, based on identity, community, wellbeing, learning and communicating. The Learning Outcomes are to be used to reflect on children's learning and focus on what a child can achieve rather than what they can't. The Early Years Learning Framework enables childcare educators and early childhood teachers within our setting to extend and enrich children's learning, provide opportunities for children to develop a foundation for learning and for children to become successful learners.

Ashlee Newell with the children making some sensory mess.

Here are some photos of messy sensory & crazy hair day!



In case you were wondering about the Deb partners from last months issue;



Sophie Welsh partnered by Aaron Wykamp

Sophie Huckel partnered by Jack Thompson

Anika Heinzl partnered by Jake Hutchings

Emmy Den partnered by Kellen le Mesurier

Britney Dukes partnered by Daniel Ashcroft

Maddison Vincent partnered by Leon Goodwin

Now taking enrolments for 2017