

Eugowra NEWS

2014

A Lions Club project for the community we serve

VOL.18

Bev Slaven is Citizen of the Year



Eugowra's Australia Day Celebrations were held at the Eugowra Bowling Club. The ceremony began with the singing of the Australian Anthem and raising of the flag at 4pm.

This year's event saw Anthony Durkin and Janelle Culverson from Cabonne Council join in the celebrations. The Cabonne Ambassador didn't make it to Eugowra this year, but our favourite local nun, Sister Helen, stepped into the role with stories of her interesting past. She even called upon Tony Rue and Pat Anderson from the audience to help illustrate her stories. She taught both Tony and Pat in Kindergarten at St Josephs School early in her career, before her travels took her to Papua New Guinea.

David Hyde presented the Community Awards. Followed by Anthony Durkin presenting the Cabonne Awards. High tea was enjoyed by everyone after the awards.

Achievement Awards: This award is for acknowledgement of outstanding community service which has brought distinction to, and increased the profile of, Eugowra and district.

Shirley Heinzl and Tony Toohey

Community Event Award: To thank those members of the organisation who have given their time and effort towards the event.

Eugowra Society for the Centenary Show 2013

CABONNE AWARDS presented by Anthony Durkin:

Citizen of the Year: Beverley Slaven;

Young Citizen of the Year: Jacob Townsend;

Community Group of the Year: Eugowra Murals Committee.

from the editor

Welcome to the Eugowra News for 2014. I hope you all had a wonderful festive season and are enjoying the summer months.

This year we hope to bring you a great Eugowra News. Many of our regular features are bedded down so we are on the look out for some new contributors.

I have decided that 2014 will be my last year as Editor of the News, my family and professional life has become very busy again and I struggle to find the time. That aside I believe it is healthy in a community for things to change and at the end of the year I will have been editing the news for four years.

I am hoping that by announcing this now that someone else who wants to have a go at this very rewarding task will identify themselves and perhaps start to work with us throughout the year so there can be a smooth transition. If anyone is interested please give me a call to discuss.

A big congratulations to our chefs Jess and Ben on their recent marriage. I hope you are settling happily into married life.

Enjoy the News,

Anne



Deadline	Publication
21st February	28th February
21st March	28th March
24th April	2nd May
23rd May	30th May
20th June	27th June
25th July	1st August
22nd August	29th August
26th September	3rd September
24th October	31st October
21st November	28th November

The Eugowra News Committee

Anne Heath, Chairperson and Editor

Anne Burns

Cassie Gates

Peter Heath

Bob Roach

Jodie Greenhalgh

Contributors this month

Jenny Anderson

Judy Smith

Nicole Brindle

Jessica Stanley

Alison Burgess

Anne Burns, Out n about

Nina Hooper

CWA, Jenny Anderson

Barb Roach, Talk of the town

Next Issue Deadline:

Friday 21st February 2014

**The News will be available on
28th February**

Advertising and Editorial Material To

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420 copies printed and distributed throughout the community.

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

Online at www.eugowranews.com.au



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

February 2014

Mon Tue Wed Thu Fri Sat Sun

					1	2 Community Gardeners Apex Park
3 Drs. 9-5 View Club Mtg	4 Drs. Manildra 9-1	5 Drs. 9-11	6 Drs. 9-4	7 Drs. Manildra 9-1	8	9
10 Drs. 9-5	11 Drs. Manildra 9-1 EPPA Mtg	12 Drs. Closed Craft on the Creek Mtg. 10 AM	13 Drs. 9-4	14 Drs. Manildra 9-1 CWA Mtg Valentines Day 	15	16
17 Drs. 9-5	18 Drs. Manildra 9-1	19 Drs. 9-11	20 Drs. 9-4	21 Drs. Manildra 9-1 News Deadline	22	23
24 Drs. 9-5	25 Drs. Manildra 9-1	26 Drs. closed	27 Drs. 9-4	28 Drs. Manildra 9-1 Community Bus		



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Community Gardeners Update



Hope you all celebrated the festive season in style, and caught up with family & friends. We will be holding our monthly Pioneer/Apex Park, and Nanima Street, gardening day on the usual 1st Sunday of the Month: in this instance 2 February, from 7am. (*or whenever you can manage*)

Thanks to David and Ron we have a watering system in place and everything has responded with enthusiasm, including the weeds! Combined with the fact that we were all otherwise engaged during January, the gardens are at their 'most unruly', so the more volunteers we can encourage along to help restore order, the better.

The herbs and strawberries interspersed throughout the gardens at Pioneer Park, (*incl. Thyme, Oregano, Parsley, Mint, Rosemary & Lavender*) are for the benefit of everyone, so help yourselves!

Gardening days usually involve a mid-morning coffee/cool drink, and a BYO BBQ/picnic lunch at conclusion, *if it's not too hot*, and of course the more people that show up, the more fun we have, and the easier it is for everyone!

Look forward to seeing you all there.

Ali B

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EUGOWRA / ORANGE COMMUNITY BUS SERVICE



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Eugowra

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Forbes

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Appointments are required for each session by contacting

Greg Howell 0427 592 771

Notes from the Happy Gardener



I hope you enjoyed the festivities of the Christmas season and I also hope that 2014 will bring much peace and happiness to each one of you.

It has been reported that 2013 was the hottest year on record. This news may possibly provide food for thought in regard to changes of global temperatures and climate change.

As I write this, many in the area have received some lovely rain and a reprieve from the rather unrelenting heat but the weather forecasters are saying high temperatures will be with us again quite soon.

This is a good time to give some thought to growing more shade trees in Autumn.

Trees are a wonderful attribute as they not only, are good for the cleansing of the air which we breath, provision of coolness by their shade, shelter, when used as wind breaks but also the lovely aesthetic value they give to the eye.

There are a great many species suitable and available of both native and exotic. It depends on what your conditions are and the space available for the tree to grow to its potential size. Please remember that a plant, in general has as much below the ground as it has above the ground. Thinking about placement and the size of the mature plant before growing it can save many headaches and much expense in a few years time.

Plants are available for purchase in most nurseries from tubestock size, ranging to various sizes in between to much larger advanced stock. Of course, cost needs to be taken into account, as it increases rather dramatically with the size of the plant.

Larger growing species suitable for paddock shade include many of the Eucalypts species as well the common old Pepper tree, some of the Casuarina species and the White Cedar.

The White Cedar is said to be the only deciduous tree native to Australia and because of it being deciduous it makes a worthwhile tree to grow in and around sheep yards etc.

For the home garden Ornamental Pears, Crab Apples and Crepe Myrtles all make good choices.

I have recently read of the new **Designer trees**, which have a Mop Top style. They are available in a couple of varieties of the Fraxinus (Elm) species. They grow in the same style as the popular Robinia Mop Top, without the invasive roots and suckering problems. These trees are very much suitable for smaller spaces and the more formal garden.

Crepe Myrtles are flowering beautifully now. Research has shown that they are in general considered to be fairly allergy free (to humans) and are often being recommended as replacements for other trees which are known to cause problems for people who suffer from allergies like hay fever etc.

These colourful, deciduous trees and shrubs are often seen planted in mass as street trees in many towns all over the state because they are so very tolerant of harsh conditions and thrive in our hot summers.

Apart from their lovely coloured blooms, their foliage colours well in Autumn and left unlopped, in winter their bark is a thing of beauty.

Summer is a good time to prune many plants, especially natives, as they will, in general be well finished their flush of flowering. This can be just a simple tip prune or dead heading or a harder prune to shape or reduce plant size.

In the case of younger plants not yet established, removing spent flower heads allows the plant to put their energy into growth, rather than unnecessary seed production.

Non flowering hedges will also benefit if given a light prune to tidy up now.

Sometimes trees etc. shoot from below their graft, now is also good time for inspection of this. If you find this growth, if possible remove these by simply giving a good twist rather cutting. Removal by twisting often helps to limit regrowth.

It is a good idea to give plants a feed after pruning. Any of the commercial liquid fertilisers is a worthwhile option as a good plant tonic. Then top up mulch.

Until next time "Happy gardening" Jenny



Caring for the Land

With Nina Hooper



Hello Eugowra.

Well welcome to 2014 – here we are!

I hope that you have had a nice break after harvest and that you have managed to find a cool spot or two to ride out the heat we have been having.

Lucky there is plenty of sport on the telly to keep us occupied when it all gets too much outside.

It's a great time to reconnect with the family too I reckon – and away from the whole routine of sandwiches and lunch boxes!

Won't be long before we are back into it I suppose, so enjoy those last couple of weeks wont you all!

The new organisation Local Land Services has kicked off as of January the 1st – which you would all remember as being the combination of the Catchment Management Authorities, parts of the DPI and the LHPA.

The new organisation is active on social media as well as having websites up and running so make sure you jump online <http://www.lls.nsw.gov.au> and not only will you be able to determine which LLS you are in, but also find lots of great information.

The LLS is also at present calling for ALL ratepayers to enrol to vote in the upcoming LLS Elections.

Each LLS will have a board that directs activities of the LLS in the region.

So far LLS's have had some board members appointed but now it is time for the public to nominate and to vote.

So first – gets yourselves on the electoral roll – and secondly – if you are up for it – nominate for the board.

The LLS's will need some great people to take the helm and I know that there are plenty of these around the Eugowra district.

Head to the LLS website above to find out how to do all this – and as well you would have all received the forms in the mail at the end of the last year from the LHPA.

Speaking of all things LLS – there are still places available in the online Farm Planning and the Prograze course being run in the Condobolin/Parkes/Forbes area.

If you haven't done a farm plan this is a great way to get one happening and you will also have the added bonus of having your fees repaid on completion of the course.

Prograze is also a terrific course and really is one of the cornerstones of good land management.

There is good value in going around to other people's farms and seeing just how they operate and if these things might work on your own place.

On the Landcare front Central West Lachlan Landcare is committed to providing training to all community volunteers and employees who work in the environmental sector.

The first training session on this theme for 2014 is being run by Conservation Volunteers.

The 'In Safe Hands' workshop is free to attend and provides invaluable information for people undertaking environmental projects.

It will be held on the 11th of February and you need to RSVP early to secure your spot.

Contact the office on 0268624914.

Central West Lachlan Landcare now has 425 books on environmental themes that will be available for borrowing by schools and other groups in term two this year.

As we all know the path to environmental sustainability is through kids, so we know that these will be fantastic resources for all of the kids out there that are already tuned into the environment through all of the programs being run by Landcare, CMAs and the LLS.

Envirostories is also back in 2014 – this time with the indigenous theme of Tools, Totems and Tucker.

This was an amazing program last year and gave kids the chance to become published authors – their books are now available in the ibook store and in hard copy from the former office of the Lachlan CMA in Forbes.

Keep an eye out for the launch of this program in term one.

Coming up soon also is another big Kids Teaching Kids conference to be held in Parkes – might tell you a bit more about that next time, but that will also be in term two.

Until next month – stay cool! – and don't forget to enrol in those LLS elections – have your say Eugowra!



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SCHOOL LEAVERS CHOOSE DIVERSE PATHS

The young school leavers from Eugowra who have completed their HSC in 2013 have chosen very diverse career paths for their future. Following is a profile of each one of these young people as they set out on the next stage in their lives:



Maddy Townsend

HSC results- one band 6, four band 5's and one band 4.

ATAR- 88.15

Maddy received Early Entry into the Australian National University (ANU) via the Principal's Recommendation Scheme to study a Bachelor of Languages.

ANU had made an offer for her to study and live on campus this year; however she has decided to defer this offer until next year.

Course- Bachelor of Languages – her current plan is to major in Spanish language and culture, and to minor in either Italian or French language and culture. She is also looking into undertaking a double degree in which she would combine the Languages degree with another course such as Bachelor of Arts or International Relations.

Maddy is very excited about next year and cannot wait to begin university where she will be meeting new people and making new friends from all across Australia and even internationally. In the third year of her course she will have the opportunity to go on an overseas exchange with a university in the country which she will be studying so is really looking forward to visiting countries like Spain and Italy in the future. In regards to the future, the course which Maddy is undertaking could lead to jobs in journalism, tourism and translation. However her ultimate career outcome is to teach language to school aged children, both in Australia (for example in multicultural high schools) and eventually overseas, to children in disadvantaged situations and countries.

Maddy is currently having a break from study and is working for a year as a casual at Moxey Dairy Farms.



Torben Heinzl

ATAR - 83.95

Torben will be attending the University of Wollongong in 2014 where he will be doing a course in Civil Engineering.

His wish is to become a Civil Engineer on completion of his course.



Ty Healey

Ty will be attending the University of Wollongong where he will study Mechatronics Engineering.

Mechatronics is the combination of Mechanical, Electrical and Computer technologies/.

These engineering fields compliment each other to design and realise products, systems and processes which are more efficient, intelligent and cost effective.

Ty has an interest in human robotics and bionics and hopes to work in this field in the near future to help people with disabilities in the area of prosthetics.

The course begins in early March and he will be relocating to Wollongong in mid February living on campus at Weroona College.



Emily Le Mesurier

Emily's HSC results were as follows:

Agriculture- 90/100 – Band 6 (she is very proud of this) Biology- 75/100- Band 4, Advanced English- 77/100- Band 4, Extension English- 41/50, General Maths- 74/100 Band4, Studies of Religion- 45/50, Primary Industries- 89/100 Band 5

Overall her ATAR was 81.35 which she was very happy with.

Emily has accepted an offer to do Bachelor of Animal Science at University Of New England at Armidale. This involves a Major in Livestock Production which she hopes to use in the research of improving feed efficiency cattle, or something along these lines.

However, this year Emily is taking a gap year to earn a bit of money before moving away and is currently working at Moxey Dairy.



Jemma Howell

HSC results- Community and Family Studies- 80(Band 5) Primary Studies- 82(Band 5) Standard English 76 (Band 4) General Maths- 63 (Band 3) PDHPE 74 (Band 4) Studies of Religion 1 Unit 37/50 (Band 4)

ATAR- 62.95

Overall Jemma was pleased with her individual subject marks and the ATAR

She received many offers from the universities such as; Charles Sturt University- Bathurst and Wagga Wagga, Southern Cross University, Gold Coast and Coffs Harbour, University of Wollongong and the University of Newcastle, which was quite overwhelming and made it hard to decide what her future would encounter.

Jemma has decided to accept the offer from the University of Wollongong to study a Bachelor of Primary Education, which has always been her chosen career path. She will be moving to Wollongong on February 22 and with much anticipation to further her study and experience something new.



Thomas Blackwood

HSC results- Modern History 88, Chemistry 78, Adv English 81, Mathematics 87, Physics 80, and Religion 48/50.

ATAR- 89.95

Course- Civil Engineering at the Australian Defence Force Academy

Future- In 2012 Thomas applied for entry into the Australian Defence Force Academy at Canberra. Since then Thomas has been attending regular tests and interviews to ensure his suitability for the army.

To his relief he passed all these tests and was offered a position to study Civil Engineering at ADFA. His ATAR has secured his position and Thomas is very excited to be headed to Canberra this January.

Thomas has many people to thank for helping him achieve his ATAR and fulfil his dreams of making it into ADFA. He'd specifically like to thank his parents Carol & Graham for their ongoing support and guidance, his grandmother Shirley Smith for saving him from a long bus trip, Michael O'Callaghan guiding him through physics and mathematics and his Eugowra mates on the bus who were always up for a last minute study session.



Tom DeLange

Tom is hoping to do a Bachelor of Primary Education at Australian Catholic University (Canberra Campus) after having a gap year in 2014. Tom is currently working part time at AgnVet Eugowra and also doing volunteer work at the Eugowra Bowling Club.

Tom is hoping to continue working around the local area before commencing university in 2015.

"I hope that in this year to come, you make mistakes.


Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're Doing Something.

So that's my wish for you, and all of us, and my wish for myself. Make New Mistakes. Make glorious, amazing mistakes. Make mistakes nobody's ever made before. Don't freeze, don't stop, don't worry that it isn't good enough, or it isn't perfect, whatever it is: art, or love, or work or family or life.

Whatever it is you're scared of doing, Do it.

Make your mistakes, next year and forever."

— [Neil Gaiman](#)



Montana Bound Fundraiser
Local students travelling to Montana next winter are planning a carwash on

Saturday, February 8 - 8.30 to 12.00
at the corner of Broad and North in front of Michael Welsh Steel Fabrications.

All money raised will go toward their land transportation costs and a host family dinner.

The cost of a wash will be \$15 a vehicle.

With all the dust and mud in the area many cars and trucks will need a good cleaning.

Let the Montana Bound students do the job!

For more information call Jeanine Gibby on 6867 1100

Picture Perfect Wedding for Jess and Ben

Local couple Jessica Bray and Ben Stanley were recently married in the village of Stanley in Tasmania. Jessica had this to say about their wedding day.

"Ben and I, surrounded by our closest friends and family said "I do" down in Stanley, in Tasmania. With a very busy lead up to the wedding we also enjoyed some great bbqs on the beach, a few games of cricket by the boys and the occasional drink at the local pub. It was so nice to walk down the street of the little village and see so many familiar faces!

The weather was quite cold, and very windy on the big day. But by the time the ceremony started it had certainly eased off and even better when we got the pictures done, the sun was shining! We wanted something a bit unique, so instead of a traditional entrance, we all came in to a dancing crowd. Then proceeded to dance to 2 more

songs after that one. Our dinner was a very hearty banquet to each table and the bar was very professionally run by the local lions club. We couldn't of asked for better staff. The speeches were very heartfelt, in which lovely words were spoken by Ben, Eddie (Ben's brother), Dad (Mark Bray), Barry B(Ben's dad) and Bens good friend Ross.

Once all the formalities were over it was straight back into dancing, and that's where we stayed! We had an additional week in Tassie, where we got to enjoy a lot of the beautiful areas that are down there. We would like to say a huge thank you to our parents, and family and friends for making our day so special. And also for all the kind words we have received. Thank you!"

Photos K & S Photography Tasmania







February Recipe



Plum and Orange Clafoutis



Ingredients:

6 tbsps. castor sugar
14 ripe plums, halved and stoned
3 eggs
1 1/4 cups milk
90g plain flour
1 1/2 teaspoons orange zest
1 tsp. vanilla extract
1 pinch of salt
1/2 tsp. cinnamon
2 tbsps. icing sugar

Method:

Preheat oven to 190 degrees
Spray a shallow baking dish with cooking oil and sprinkle with 1 tbsps. Sugar over the bottom.
Arrange the plums, cut side down and sprinkle with 2 tbsps. sugar.
In a blender, blend eggs, milk, remaining sugar, flour, orange zest, salt, cinnamon until smooth.
Pour into prepared dish and bake for around 30 mins or until firm.

If it is colouring too quickly, reduce the heat.
Serve with a dusting of icing sugar and vanilla ice cream.

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Carols by the Creek

Eugowra community enjoyed Carols by the Creek on December 15th. On a beautiful evening families gathered by the creek to enjoy a barbecue, carols, led by a local choir, and a visit by Santa Claus. A big thank you to Jeanine Gibby for organising the choir and other entertainment and the Lions club for the barbecue.



EUGOWRA NEWS UPDATE:

We're now online!

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LIFE'S MILESTONES

Andy and Jill Smith are pleased to announce the safe arrival of their second child Burke Rocco Smith born on the evening of 23rd December 2013. We would like to take this opportunity to thank Jack & Alison, Eugowra's volunteer ambulance officers, who assisted after Burke's unexpected speedy arrival.

On route to Orange hospital Burke was so eager to meet Santa that his birth took place at Escort Rock rest area. Fortunately all went well and to Andy's relief Jack and Alison arrived only minutes after Burke's birth. With the dispatched ambulance from Canowindra arriving shortly after.

The fun then continued on our trip home from the hospital on Christmas Eve. With our new born on board we experienced car troubles near Yells rd. Thankfully Kate from Orange stopped to help us and with the assistance of her relatives Rob and Ros we were back on the road and home in plenty of time to enjoy Christmas with our family.

We are so grateful for all the help and support we received around Burke's arrival. It makes us appreciate being involved in a community like Eugowra.

Burke is brother to Ingrid and Grandson of John and Maureen Smith of Trangie and Janet Moxey of Gooloogong.



The Family of the late Beatie Bradford would sincerely like to thank Dr. Vikki Wymer and all the staff of the E.M.M.P. Service for all the care attention given to her over the years.

Thank you again,

Noel, Helen, Barbara, Bev and Peter.



COUNTRY WOMEN'S ASSOCIATION OF NSW

EUGOWRA BRANCH

The December meeting of Eugowra CWA was opened by President Margaret and members recited the CWA oath.

President Margaret proudly presented Kylie Godden and Sandra Welch (our newest members) with their official CWA membership cards and letters of welcome.

A grant of \$600 has been received gratefully from Graincorp. This money has paid for the new oven in our new kitchen.

Painting and floor covering for the renovations will be on the agenda in the near future.

Members are reminded that Handicraft Officer, Noela will be requiring the details of your proposed entries for the handicraft competition and display very soon.

The competition will be in early March but Noela will need to notify the Group with details of your proposed entries in February.

Many thanks are given to the local RSL for their recent donation of funds to CWA.

Our branch has sent congratulations to Caroline Jones (our guest of honour at our very successful garden party in 2011) for being the winner of the very prestigious Walkley award for excellence for her services to journalism.

Several of our local members toiled at the Australian National Field Days in November at the CWA site, cooking a variety of Moroccan dishes and lots of scones.

A profit of \$1600 was realised.

On 8th February an International school for Botswana will be held at The Pavillion in Canberra.

Details and costs for this day are available from Treasurer Wendy Carey, if you are interested in attending.

On 14th March an International luncheon will held at Cudal. More information about this at a later date.

The date for the 2014 Garden party in Lorraine Carty's garden at " Clonelly" Murga has been set for 20th September.

Please be sure to mark this date on your calendar.

I won't reveal any name yet but I assure you, we are expecting to have the honour of a very interesting and hugely respected person as our guest of honour.

The next meeting will be at 11am on 14th February at the CWA rooms.

After closure of the meeting, members adjourned to the back room where a delicious array of culinary delights which were provided by members was served for a festive time of fellowship.

Left to right Wendy Carey, Margaret Swift and Jeanette Norris at the Christmas luncheon.





Eugowra Health Report

EUGOWRA MULTI-PURPOSE HEALTH SERVICE

2014 TIME TO MAKE HEALTHY CHOICES

Welcome to 2014. I hope you have all had a wonderful time over the new year and are ready for a wonderful year ahead. This is the year where you are going to make great decisions to improve your health.

As I write this article each month about various health topics I feel like over and over again the recommended advice about the ways to avoid getting a condition or being less affected by a condition is to :-

- Have a healthy diet - keep your Body mass index (BMI) below 30
- Don't smoke
- Drink alcohol moderately - Drink lots of water (don't drink soft drink)
- Exercise regularly.

It's amazing how easy this is to say and how incredibly hard it is to put into practise. I do not have any magic advice about how to stick to living a healthy lifestyle. Get as much information as you can about yourself and how you respond to different things and then try to stick to the lifestyle that you want to live Not the one that is convenient and easy.

Part of understanding yourself is knowing what the language often used by Doctors and Health Professionals means

What does BMI mean?

BMI stands for Body Mass index. It is used to give you an idea of whether you're underweight, overweight or an ideal weight for your height. It's useful to know because if your weight increases or decreases outside of the ideal range, your health risks may increase.

How do I calculate my BMI?

Body Mass Index (BMI) is a calculation of the ratio between your weight and your height. The formula is used to determine the amount of body fat you carry. The formula is your weight divided by your height squared (BMI = kg/m²)

Eg if you weigh 70kg and are 165cm tall

$$70 / (1.65 \times 1.65) = 70 / 2.72 = 25.7$$

What does the number mean?

Once you have measured your BMI, you can determine your healthy weight range. If your BMI is:

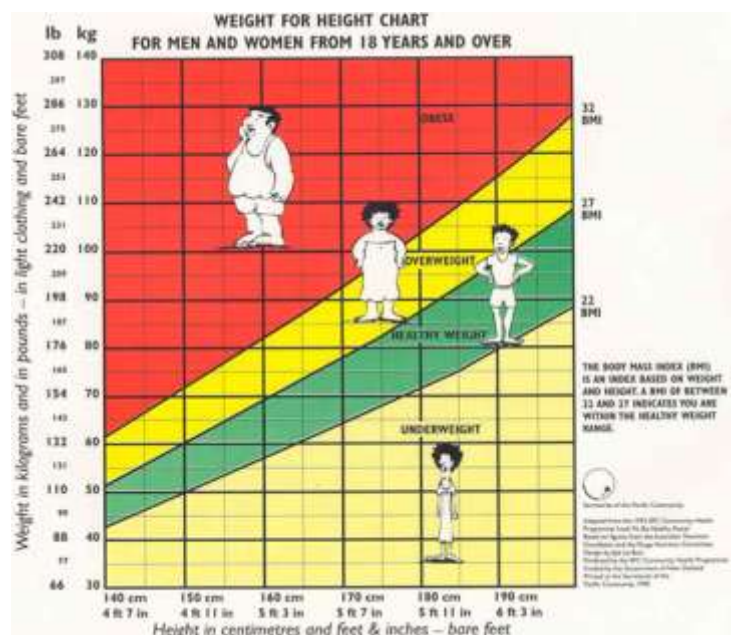
- Under 18.5 - you are very underweight and possibly malnourished.
- 18.5 to 24.9 - you have a healthy weight range for young and middle-aged adults.
- 25.0 to 29.9 - you are overweight
- Over 30 - you are obese

How accurate is BMI?

The BMI is a useful measurement for most people over 18. However there are some limitations to be aware of as it may be influenced by age, gender and ethnicity. Athletes with higher amounts of muscle mass, women who are pregnant or lactating, growing children and young people, and the elderly who have lost muscle mass are advised not to use the BMI.

ANOTHER WAY?

Another way to check your weight is **waist-to-height ratio**. It's easy to remember the guideline: your waist circumference should not exceed half of your height. This applies to both men and women. So for example, if you are 170cm tall, your waist circumference should be no



Opportunity for Eugowra Residents to volunteer in Nepal

Local Jeanine Gibby is organising a trip to Nepal later on this year.

Jeanine said; Trekking in Nepal is often on peoples "bucket list". Later this year Eugowra residents could have this opportunity while also helping to build a girl's dormitory in the Solukhumbu region in eastern Nepal.

Around fifteen adventurous volunteers (male or female over eighteen) are needed for the construction of this project.

The project is being organised by "Edge of Seven" based in Denver Colorado. Edge of Seven is a non-profit organisation that promotes education for Nepali girls living in the remote villages.

Local teacher Jeanine heard of the program while volunteering with the Australian Himalayan Foundation's Teacher Training program in 2011.

Having travelled to the Solukhumbu on numerous occasions (to work with schools) Jeanine sees the need for girls to have their own boarding house. Students in the remote villages often walk hours to attend school and having dorm will give them a safe place to stay.

The dates of the trip are tentatively set for November 30 to December 15, 2014. If you are a sturdy individual who enjoys immersion in a different culture, enjoys mountain trekking and would like more information on this incredible experience please call or email Jeanine on 68671100 or gibby@live.com.au.

Jeanine said no specialist building knowledge is needed by volunteers.

Pictured below the village of Salleri in 2011



more than 85 cm.



Eugowra Evening View Club
voice, interests and education of women

View Club Christmas Celebrations



Last year the View Club held their Christmas Party at the Gooloogong Hotel.

Eugowra Evening View Club will resume their 2014 Dinner calendar of meetings with their February dinner meeting at the Central Hotel on Monday 3rd February at 6.30pm for 7pm.

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Talk OF THE Town

It's certainly been hot, hot, hot since the last issue, so in keeping with the temperature, here's some gossip.

There are only two remaining long trip Community Transport drivers left in Eugowra, and we need more. If you'd like to become a Community Transport driver contact Margo Brown in Molong Toll Free on:

1300 302446 or by email :

margot.brown@cabonne.nsw.gov.au and ask her to send you out the paperwork (a whole carload of it). (You get paid to use your car, but not to fill out the paperwork...)

Vale Vernie Gosper. We will miss Vernie who was a great supporter and member of Eugowra Promotion and Progress Association (EPPA) – in fact she allegedly found EPPA meetings to be one of the most exciting in town. You too can experience this excitement at the first meeting of EPPA for 2014 on Tuesday 11th Feb, 7pm at the CWA rooms in Nanima Street. EPPA is working on strategies to make Cabonne Council accountable for some of its crazy actions. Go on, you know you want to! Come and join us!

I heard recently that because of too many empty beds at the Eugowra MPS, there were threats to lay off staff. Now, we can't have local folk losing their jobs! A frenzied search has been on to rectify the situation. It is certainly very frustrating when you need a bed and there is none available, and when you don't need one, there are three to choose from. Ahh, such is life.

You might not know that Cabonne Council has taken a big bite out of the southern end of Eugowra village and turned it into an industrial zone where no houses may be built. Why rezone the area in the first place? Well apparently it is to "minimise conflict between land uses within the zone and minimise conflict between land uses in adjoining zones". OK, so why are there are eight existing houses in the new industrial zone, and 3 industries outside it?

Since Cabonne rezoned the area "to minimise conflict", there has been nothing but conflict with Cabonne over this stupid, underhand, unnecessary act.



Why didn't Cabonne just develop the "Eugowra Industrial Estate" out along the Gooloogong Road?

The land for this "Estate" was bought by Cabonne Council from Alan Noble in 2005. And it's just been sitting there ever since, with a big flash sign on it, entertaining sheep on agistment.

According to Cabonne, the Eugowra Industrial Estate site is too expensive to develop.

Yes, but expensive only if it's developed the Cabonne way, like for example, the "Molong Industrial Estate".

You should go and have a look at it! (Turn left after the rail crossing off the Molong-Cumnock Road) No expense spared –underground power – you name it, its there – well, everything except any industry. Why? Well, because of all the Cabonne gold-plated infrastructure, there is no



market for blocks that are the wrong shape, are too small, too expensive, and just awful! Good one Cabonne!

I couldn't help but notice there was a creek (which floods) running through the middle of the Molong Industrial Estate. Perhaps that's another reason why industry hasn't established there?



Molong Industrial Estate with its creekthrough the centre.... that obviously floods.....

Which leads me to ask, why does Cabonne worry so much about the flooding risk in Eugowra, while apparently ignoring the flooding risk in Molong?

We're still waiting for the puzzle flat levee to be completed so we can lift the "inundation area" ogre slapped on east Eugowra. I have heard estimates of cost ranging from \$40 thousand dollars if work is carried out by the locals, using local dirt, to more than half a million dollars if organised by Cabonne and carried out by contractors.... Now that's HOT!

How cool was it that we had rain on Christmas Day, and 2 inches of rain just before the January heatwave! Having travelled to and from Sydney during January, it was amazing to come home and see Eugowra so green even after a week of crippling heat!

Cool also are the HSC students from Eugowra who have worked and won their way to Universities in Wollongong, Armidale and Canberra. It's a big step to leave the safety and security of your country town where everyone knows

you, and move somewhere where it seems nobody knows you or cares about you.

Some advice: always pretend you are "a winner" by standing tall, holding your head up, avoiding eye contact, keeping a straight face, and faking confidence. It is well known that bullies and thugs pick on people who smile timidly or look directly at them, or look uncertain like "losers".

Whadda you lookin' at?



It's sad but true that City people may assume you are being aggressive if you look them straight in the eye, or may think you are planning to rob them if you smile at them. So don't do it.

Final bit of advice - remember to lock up....everything.

Well, I promise to get back on track next month – hopefully cool down a bit and do a few interviews. Those I have on my to-do list include Amanda Mongan; "Mick" Welsh; our new policeman, and Kylie and John Godden. And I'm looking for other people or businesses in Eugowra to uncover so please stop me in the street or email your suggestions to the Eugowra News. editor@eugowranews.com.au



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By Anne Burns

Well here we all are again, deep into another sweltering summer with blistering temperatures and hot winds sucking the moisture from the soil as quick as it falls from the sky.

Combine these conditions with one of the toughest cattle markets we have had in years and it seemed like an ideal time to tap into some of the wisdom from Grahame Rees at KLR Marketing.

Now you may be scratching your head and wondering, who are KLR, or what has marketing got to do with the price of cattle and the weather? Those in the know will recognise Grahame, a fourth generation sheep and wool producer, as part of the KLR team with his partners Jim Lindsay, developer of the Low Stress Stockhandling school (www.lss.net.au) and renowned cattleman from Queensland, as well as Rod Knight, a fifth generation beef producer from Tamworth and lifelong student of profitable production and stock trading.

All three are lifelong producers who realised through their own blood, sweat and tears that there must be a better way to ensure a profitable grazing enterprise. It was in their search for the world's best practices that over ten years ago Grahame, Jim and Rod travelled to the US to study under Bud Williams, the acclaimed Texan visionary on how to breed and trade livestock profitably in a volatile market and environment.

On their return to Australia the KLR team sat down and documented all they had learnt, adapting the practices to Australian conditions and markets. The rest, as they say, is now history with the resulting KLR marketing Livestock Training School being run across the Australia with literally 1000's of graziers adopting the KLR methods.

As Grahame sees it the current conditions have caught countless people out, and often for not for the first time. Farmers can lose focus in the face of conditions they can't control – they rely on hope. “lets hope it rains over the holidays” or they hope that things will be better next month. As a result they put off making key decisions.

Of course weather isn't the only variable farmers have little control over, I asked Grahame what options do breeding enterprises have when the market drops away, as it has done. He commented that it can be difficult to react quickly enough to a change in conditions when you are running an all breeding operation. Solely focusing your operation on just one aspect of production can make it a more risky business to be in. There can also be an emotional attachment to your core breeding herd as they represent so much hard work, so decisions to sell are usually stalled and many make the choice to hand feed stock in the hope they are protecting their stock, their work, and their investment to date.

Unfortunately for many across this brown country of ours relying on the chance of rain to get you through or putting off a decision to sell stock due to a poor market ultimately damages the greatest asset – your country. In KLR terms Grahame refers to your farm assets as your 'cash inventory', your 'animal inventory' and your 'grass bank inventory'. Farmers often hang onto their animal inventory at a greater cost to the other two, for example using up their 'grass inventory' to the point that when it does finally rain the quality feed is slow to respond or is overtaken by low quality feed and weeds.

Grahame says now is the time to sit down and come up with some critical dates, it's time to draw a line in the sand for your business. He said if you are sitting down with a cuppa thinking about what to do, then you can bet plenty of other farmers are doing similar. You need to act now. Grahame says the numbers don't lie so do the maths and work out the impact on your business e.g. what is the cost if I have to feed these animals for three months? KLR refer to this as working out the 'cost to carry'. The thousands of graziers that have done the KLR workshop have worked out what it costs to have those animals on their land, down to every single day. When they understand how to value livestock assets, then they can start to reduce the risk. These graziers are able to make decisions based on the assets in their business, especially the 'cost to carry' for their 'animal inventory'. They are able to take control when they can honestly answer, is it better to sell or to keep them today? These are decisions based on facts not just hope and gut instinct.

I asked Grahame how would an enterprise with a 'trading' component fare in this kind of market. Grahame said when you are breeding you are really also a trading business it is just that you are more focused on longer term goals like production, genetics etc and not so focused on profit in the shorter term. Graziers often think that trading livestock is more work than it's worth, and sometimes it can be, but ultimately when they start working with the facts of their business it is easier to make those decisions. Grahame finds when you can remind yourself that it's a business, there can be less emotional attachment to the animals for a start and in working to the facts there is usually a plan of what needs to be achieved with the 'animal inventory' e.g. 'x' kg's by a set date, and again the maths would have been done on how long to carry them for and remain profitable.

Trading livestock allows graziers to actively manage the amount and quality of feed in your 'grass inventory', so when an opportunity comes along or the weather changes they are able to react quickly, often faster than the market. Grahame says most graziers do not value their 'grass inventory' nearly enough, if they really sat down and worked out the true cost to make hay or buying in hay they just would not do it. The usual catch cry is "match you're stocking rate to your carrying capacity"; Grahame prefers "Have less animals than you have grass for".

In Grahame's job running the KLR training workshops all over Australia, he has many clients in Queensland. Grahame says with Queensland heading into its third year with no rain there are many lessons to be learnt on making those hard decisions.

Do you feed out or sell has been a decision many farmers up north have had to make, and in many cases it becomes an inevitable one no matter how long you try to hold on. One grazier Grahame has been talking to has gone from 6000 head of cattle down to 400 head, they just recently went up to 600 head because it rained a little. While stock numbers this low aren't profitable in the long run for this scale of operation, they are responding to the conditions, planning ahead, and preserving the fundamental 'grass bank inventory' and saving a stack of 'cash inventory' not paying out for feed on animals in a declining market. Opportunistic trades preserve some cash flow but at times like these it is important to look after the people in the business, as well as the animals. In this case feeding stock has sent some farmers to the wall, which can end any chance of a recovery, let alone a return to profitable operations. Grahame refers to this Queensland drought as a human disaster, one that doesn't get the media coverage it deserves.

I asked Grahame what market information he recommends graziers look to when making the decision to buy or sell stock. He has seen over the years that as much as things change they sometimes stay the same and in this instance it is all about networking, the old bush telegraph. Graziers need to develop relationships, to keep their heads up, and get out and talk to people. With an endless list of urgent jobs it's easy to get bogged down in the business of day-to-day operations and production on the farm, but when making decisions to buy or sell a greater perspective is required. In tough times as well as good it is important to get out and speak to people, gather information, and work on the business not in the business.

There will always be testing times, usually involving things none of us have control over, weather and market prices are two big ones. The successful farmer makes their decisions based on facts and the maths, not on hope.

Check out www.klr.com.au if you want to open your eyes to running a more profitable business and sleep better at night. No this is not an advertisement!

Grahame Rees



A LITTLE BIT OF HISTORY



SLIPPERY ROCK PARK

Eugowra has a beautiful Palm Tree filled Park, known as our Memorial Park, complete with a Cenotaph of Middle Eastern appearances, which was opened in 1931.

Did you know it was well known in earlier days as 'The Slippery Rock' Park.

The well known slippery rock or rocks have now almost disappeared under an invasion of feral trees near the corner of the Bowling Club building, but marks of the trousers tearing slides are still visible to this day.

It was apparently a meeting place for 'boozers with bottles' in the days of the building of the railway line, and Mrs Mabel Kirby (mother of Jack) spoke of the line builders spending their Saturday afternoons by the slippery rocks with their amber or spiritous liquid. It was also a resting spot for one of the local characters who lived a little further up the hill, and who after what was known as a 'skin-full' would have to stop there and sleep it off.

A Concert in November 1919 was reported in the 'Forbes Times' as follows -

MOONLIGHT CONCERT

A very successful concert was held in the Slippery Rock Park on Monday night, 10th inst, for the purpose of raising funds for planting ornamental trees in the park, and providing funds for seating accommodation. The programme was specially arranged by Miss Lane, assisted by Miss Gill.

Owing to the stormy weather conditions the attendance was not up to expectations, but those who had the pleasure of being present enjoyed the outing very much.

The star performers were Molly and "Chook," two little mites, who were repeatedly encored. The programme was hurried through owing to the threatening appearance of the weather.

The most laughable item was little Cissie jumping over the slippery rock, and unexpectedly landing in a pool of water, only placed there by the storm three hours previously. I am informed there is to be a series of these concerts, to be held about each full moon during the summer months. The charms of music are very attractive in the open air, and the programme was much appreciated by the audience.

Our local orchestra, on the way from the park to the Band Hall, played "Home Sweet Home" and "A Long Long Trail."

I hope to give the results of the taking next week.'

Also, somewhere in the vicinity in the Slippery Rock Park in May 1914 there was an incident that made the headlines in the news media.

Newspaper articles of the day, including 'The Canowindra Star and Eugowra News' 17th April 1914, and 'Forbes Advocate' 1st May 1914 reported the account, with titles like "Bombs Near Church" or "**DYNAMITE NEAR CHURCH – An Affair of Mystery**".

On Sunday night last at about 9pm the whole town and portions of the district were startled by two terrific explosions, the second occurring about two minutes after the first. An investigation showed the cause to be due to the explosion of large quantities of dynamite at the spot about midway between the Church of England and the Public School. The effect in the town was similar to that produced by an earthquake, and the report was audible several miles away. One shop window was damaged by the concussion, and it is really difficult to understand why the various large plate glass windows were unaffected. Constable Goodsell has taken the whole matter to hand, and the practical joke promises to assume a serious aspect for those responsible for its perpetration. Some three or four months ago a similar explosion occurred during the still hours of the night and greatly alarmed a number of people in the immediate vicinity. An inquiry should be made as to where the dynamite and fuse were procured.

In 'The Dubbo Liberal and Macquarie Advocate' their article has the intriguing story that the Eugowra Police had found a large hole scooped out under a rock.

This article went on to say - '*Later a boy at the school essayed to get the balance of the fuse and dynamite, and in the presence of the schoolmaster and the police found a large quantity of fuse in a gap, but he did not locate the balance of the dynamite. The object of the affair is a mystery, but investigations are still going on.*'

Could you imagine the amount of Police and bomb disposal personnel who would be deployed if this happened today?





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3 | 2 | 3

15 Wilbe Street EUGOWRA

\$345,000

- Immaculately presented 3 bedroom home, main with ensuite and walk thru robe
- Beautiful light filled lounge, a well appointed kitchen, and a generous dining area
- Split system A/C units throughout, wood heater
- Generous verandahs on three sides overlook the well established garden
- Huge barn style shed/workshop with concrete floor & power plus a 22 kw solar system
- Property is only 7 years old & is a credit to the current owners, well worth your inspection



2 | 1 | 1

12 Oberon Street EUGOWRA

\$109,000

- Neat and tidy 2 bedroom home.
- Freshly painted throughout.
- Large block with rear lane access and six foot fence to ensure privacy
- Ideal for first home buyer or investor



3 | 2 | 2

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- This impressive 3 bedroom home is like walking into a new home. The large block has both town water and a bore water whilst only being a short walk to the centre of town and local schools.