



February 2017

VOL.41

A Lions Club project for the community we serve

LOCAL HEROES

Congratulations to our local heroes who have been recognised in the Eugowra Australia Day awards on Thursday 26th January. Warren 'Wizza' Welsh returned to his home town and familiar faces to host the function and talk about his work with the Burdiken Association in Sydney and reminded us all of how blessed we are living in and belonging to a community like Eugowra.

Well deserving Appreciation Awards went to Frances Anderson, Janice Myers and Cathy Eppelstun and Community event of the year; the Lions Club Car Show.

Cabonne Council member Janelle Culverson announced the recipients of the Cabonne Australia Day Awards:

Community Group of the Year:

Eugowra Volunteer Ambulance Service



Young Citizen of the Year:

Trent Tulloch

Citizen of the Year:

Tony Toohey



from the editor

Contributors this Month

Greetings again. A Happy New Year has begun and may it bring health and happiness to all.



As I travel back up the hill from the South Coast I leave behind a fresh sea breeze, sand, salt and seafood. Back to the hot, dry baking sun of the Central West. It's always hard to remove yourself from holiday mode and get back to the grind, but it's time to get back to reality; work, school, appointments and commitments.....ho hum another year has started.....

Congratulations to our Australia Day Committee and Cabonne Council for putting together our community Australia Day celebrations and congratulations to our well deserved recipients; read about and see the photos of our community on pages 6-9.

Thanks to the Pool Committee on their Australia Day breakfast and activities - and thank you for the photos which I have included on the Snapshots of Summer page. The pool has been the best place to be this summer.

Schools return this week, we hope everyone had a lovely summer holiday and are ready to settle down back to classroom work and catching up with friends.

Thank you Rosemary Townsend for putting together the 'Daisy List' a reminder of our local residents who passed away last year. May we all continue to support these families in their time of loss.

Coming up this year is the Car & Bike Show and Swap Meet in April make sure you mark the date on your calendar. Also running on the same weekend is another Country Fair. For more details go to their website. <http://www.eugowra.aus.net/country-fair/>

The heat wave is continuing, so please take note of Nicole's article about keeping cool and avoiding dehydration.

Fingers crossed for some rain soon to cool things down a little. Keep cool any way you can!

Cheers

Sarah



- Nicole Brindle
- Janet Noble
- Judy Smith
- Bob & Barb Roach
- Rosemary Townsend
- Alison Gransden
- Ruth Neilson & Pete Burford
- Karen Godden
- Rebecca Carver
- Anne Heath
- Elaine Cheney
- Kim Storey
- Summer Photos by Erin Peile, Therese Welsh, Cathy Eppelstun, David de Lange, Helen Witchorn, Kirsty Combe

Next Issue Deadline:

Friday 24th Feb 2017

**The News will be available
on Friday 3rd March**

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**

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To the Editor

I was horrified to read the story in the Molong Express from the new member for Orange on roads in the area. I would like to take the opportunity to set the record straight. It is apparent the new member is not aware of the historic levels of spending in his own electorate yet is attacking me for building infrastructure in other parts of the state. If the new member was genuinely concerned about roads in his area and representing his constituents he could have contacted me.

The former member for Orange and I had a good working relationship, he came to me and shared the communities concerns about roads in the area and now they can look out their car windows to see the work we have undertaken; upgrading the Great Western, Newell and Mitchell highways, delivering extra overtaking lanes on Bells Line of Road and building new structures like Nashdale Bridge on Cargo Road.

Since 2011, we have provided a 62 per cent increase in grant funding to councils in the Orange electorate compared to previous Labor governments.

Some of the major projects delivered in cooperation with the former member and I since 2011:

More than \$754 million invested to upgrade Great Western Highway – 45 percent increase compared to Labor

We have already spent a record \$400 million to upgrade Newell Highway.

And when you include the extra \$500 million commitment under Rebuild NSW, that equates to a 177 percent increase compared to Labor.

Major \$40 million upgrade of Mitchell Highway at Guanna Hill.

Investing \$4 million to upgrade roads in Orange including \$2 million to fast-track the Southern Feeder Road and \$2 million for extra overtaking lanes on Cargo Road.

\$2.8 million to help upgrade the Forest Road Rail Bridge as part of the NSW Fixing Country Roads.

We heard from the community when they wanted bike paths across the Central West so we are also investing historic funds to deliver them– with a number already completed in Forbes and an

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additional \$2 million has been provided to Orange City Council to build cycle paths across the city.

The member for Orange is insistent on criticising the NSW Government's commitment to building cycle paths – is he already out of touch with the communities of the Central West? Don't they deserve to have important infrastructure like bike paths?

I am sure many people were disappointed as I was to see this criticism of the Roads Minister by their new local member rather than trying to build a constructive relationship.

Duncan Gay

Minister Roads Maritime and Freight (ex)

(this letter was submitted before the recent cabinet reshuffle. Ed.)

WHAT'S ON THIS MONTH

FEBRUURARY 2017

Dr Vicki Wymer 68 592 220 Eugowra

63645901 Manildra

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

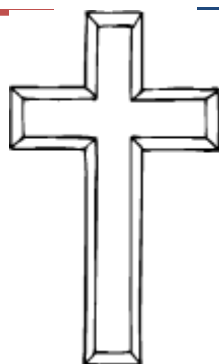
St John the Baptist Catholic

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



St Mathews Anglican

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

5th Sundays share with Uniting Church at 2.30pm

Local Lay Preacher Elaine Cheney
68 592820

Eugowra Church Services

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For more information contact

Cabonne Home & Community
Care Service

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Or



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EUGOWRA / ORANGE COMMUNITY BUS SERVICE



NEXT BUS:

Friday 24th Feb

Friday 24th March

Bus leaves Central Hotel 8.45am

Returns to Eugowra at 3.30pm

PLEASE NOTE THE PRICE INCREASE;

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

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

FOR MORE INFORMATION OR BOOKINGS CALL:

DEIDRE SLAVEN 6859 2414 OR

MARGOT BROWN 6392 3233

LOCAL HEROES

Former local lad Warren (Wizza) Welsh returned home to present Australia Day Awards and speak of his work with the Burdekin Association on the northern beaches in Sydney. Warren's work with the Association provides accommodation for homeless and at risk young people providing them with stability and security so that they can develop their abilities in a safe environment. He reminded us all of the close family & community network in Eugowra and how everyone gets in and helps out when needed. Our small town is recognised Australia wide for its beauty and many talented people past and present.

Warren announced the local Appreciation Awards which went to Frances Anderson, Janice Myers and Cathy Eppelstun. Frances has been and is involved in many associations; namely the CWA, MPS, APEX, St Joseph's P & F, St John the Baptist church gardens and is currently the secretary of the NSW Famers Group Canowindra. Janice Myers is a tireless worker with the Golden Eagles Football team washing the jerseys each week and has organised the Eugowra Miss Showgirl competition at the local show. She is often seen working behind the bar at the Bowling Club, visits the MPS residents and takes them out and has been a great supporter of both primary schools with her children, grand children and great grandchildren. As Janice says; ' Well I can't sit home and watch TV all day, can I? I have to be out and doing things.'

Cathy Eppelstun, other than being Principal of St Joseph's Primary, has taught many children over the years here and in Forbes (and is now teaching their children), is involved in many committees in Eugowra. She has played the organ and is in charge of the church music every week for 44 years and is often called on to play at funerals in both churches. She is involved in or has been a part of the Sesquicentenary committee, Eugowra Pool & Swimming Club, Australia Day and Murals Committee and has organised the Art Show for two years. Cathy is always willing to cook or help out for local families and fundraising events. In her acceptance speech Cathy says she does it all because "I love Eugowra and its people."



Eugowra Car Show 2016 was awarded Community Event of the Year with Lions President Neil Whalan accepting this award on behalf of the club. The Car Show has been an addition for the Murals weekend for the last three years and is a wonderful drawcard for many visitors and exhibitors to the town.

CABONNE COUNCIL AUSTRALIA DAY AWARDS



Eugowra Citizen of the Year for 2017 is Tony Toohey. Tony is currently the President of the Eugowra Show and has served on the committee for some 40 years. Tony has been on Committees such as the Eugowra Lions Club, Bowling Club, Bonnie Dell Fire Captain, Murals Weekend, Australia Day, Museum, St John the Baptist Church and Apex. Tony is always willing to lend a hand with the CWA garden parties and a wonderful inspiration to many to get in and get the job done.

He is proud of his home town and loves being involved in all aspects of the community. Tony

acknowledged the community members who cope with floods, droughts, fires, earthquakes and the good and bad of a small rural community where everyone pitches in and helps out with good humour and ability.

Trent Tulloch was awarded Eugowra's Young Citizen of the Year. Despite a major disability, Trent is always at community functions supporting the town and being involved where he can. Trent is the manager of the First Grade Rugby League team and works hard throughout the season. Congratulations Trent on your positive attitude, you are an inspiration to all.



The Community Group of the Year is The Eugowra Volunteer Ambulance members of Jack Barnes (34 years) Alison Gransden (6 years) and John Chenhall (1 year). These three people are often first on the scene and are noted for their compassion and reassurance to those in need. Patients often comment on how comforting it is to have a familiar face come to their aid. The volunteers undergo monthly training and respond to 50-80 call outs per year. In his speech Jacko put out the call for more (younger) volunteers to take on this much needed role for the community.



Upcoming Events at Your Club

FEBRUARY	Keep up to date on our Facebook page!
Friday 10th	Valentines Day Market Night Raffle
Friday 24th	Market Night Raffle, Members & Barrel Draw, Meet & Greet Night for new Members
MARCH	
Sunday 5th	Bowling Pennants Start. Eugowra vs Grenfell (Home game)
Friday 17th	St Patricks Day Raffle Night. Wear something green
Sunday 12th	Pennants Game Eugowra vs Woodstock (Away game)
Sunday 19th	Pennants Game Eugowra vs Cowra (Away game)
Friday 31st	Market Night Raffle, members & barrel draw
APRIL	
Sunday 2nd	Pennants Game Eugowra vs Woodstock (Home game)
Friday 7th	Easter Raffle & Easter Egg Hunt for kids. Members & Barrel Draw
Sunday 9th	Pennants game Eugowra vs Cowra (Home game)
Friday 14th	Good Friday - Club will be closed
Monday 24th	ANZAC Day Club will be open after the ANZAC service in the Memorial Park. Restaurant will be open for meals.
Saturday 29th	Ladies Cocktail Party
MAY	
Friday 12th	Mothers Day Market Night Raffle
Friday 26th	Market Night Raffle, Members & Barrel Draw
JUNE	
Saturday 17th	Trivia Night
Saturday 30th	Market Night members & Barrel Draw



L - R Flag Raising Jacko Barnes & Wal Townsend, John Godden & Neil Whalan, Volunteer Ambos; Jacko Barnes & Alison Gransden, Di Smith, Mary Norris and sister Denise and her three daughters. Janice Myers, The Tulloch family and new babes on the block; Clara Welsh, Lexi Eppelstun and Vespa Lee with their mums.



Thanks to Judy Smith, Ruth Neilsen & Pete Burford for some of these Aussie Day photos.



L -R The Eppelstun family, MC Tim Cheney, Guest Speaker, Warren Welsh, Cabonne Council representatives; Janelle Culverson, Kevin Walker, Janet Noble, Anne Bray, Elaine Cheney and the signed flags, Kirby & Jada Mongan, Nina Merchant, Tess & Andrew Herbert, Janet Moxey, Jacko Barnes, Jill.02 Smith.

NO MORE BED N BREAKFAST FOR BOB N BARB

After 16 years of operation, BnB's BnB has closed its doors, shut down its webpage, and is referring any accommodation enquiries to other B&Bs and farmstays in and around Eugowra.

Barb & Bob Roach set up "The Cottage" B&B on their property, "Highfield" in 2001 after moving into their new homestead. Barb & Bob and their son, Nick lived in "The Cottage" for 6 months having moved to Eugowra from Coleambally earlier that year. Prior to that, they had used it as a weekender for three years.

"When we opened our B&B there was only one other B&B in Eugowra, Nivens' 'Greylands' on the Orange Road. We had a visit from Enid Niven who shared her B&B knowledge with us. I think she came to check out the competition too", said Barb.

"Our first guest was a relative of a local couple. We became popular for accommodating people who were visiting local relatives, friends or MPS residents", Barb added.

Over the sixteen years, BnB's guests included brides-to-be, honeymooners, partygoers, dog show judges, photographers, travellers, orienteers, bushwalkers, funeral-goers, cyclists, wedding guests, Elvis Festival goers, birdwatchers, big foot racers, band members, plenty of friends and families and a reporter from the Sydney Morning Herald (working incognito). "We scored 14/20 on his assessment", said Barb. "Not having disabled access lost us brownie points".

"We've never advertised widely as the B&B has been a hobby as much as a business, relying on word of mouth to a large extent, and a lot of our guests have been repeat customers. However, quite a few bookings have come via the Eugowra website", Bob added.

Today there is plenty of accommodation in the Eugowra area, even excluding The Fat Lamb Hotel which burnt down 4 years ago, last October. Visitors today have the choice of The Central Hotel, The Post Office B&B, camping in swags, tents or caravans at the Showground, "Creekside Farmhouse" out on the property "Galwary", "Seldom Seen" on "Kimbah" and the Byrnes Park overnight free camp site for self-contained RVs in the centre of town.

"The reason we have shut up shop is because we put our property up for sale in December, and continuing to run the B&B was causing a few hiccoughs, especially with open days and inspections. We are reluctant to book anyone in as we don't know what the future holds. We have already declined a booking for next year's Elvis Festival in January 2018", Barb added.

"We would like to thank Eat Your Greens for providing us with a steady stream of guests over the years, and we sincerely thank those locals who supported us and recommended us, as well as Deitre and Tom who've been of great assistance in maintaining the premises", Bob said.

Bob and Barb Roach.

Bob and Barb with Merv Langfield at the Australia Day celebrations.





CONGRATULATIONS TO Cath & David Welsh
on the recent birth of Clara May Welsh.

Born 6/1/17, 2.35kgs, 48cms.

Granddaughter to Trevor and Judy Welsh of
Eugowra and Neil and Sharon Adams of
Eglinton. Welcome to Eugowra little Clara!



*Clara, Cath and David Welsh at the Australia
Day function*

Jeanette Norris celebrated her 80th birthday just before Christmas and to kick off the celebrations Jeannette was presented with a surprise box of flowers by St Joseph's School captains at the Concert.

Happy 80th Birthday Jeanette. We hope you had a wonderful birthday. Many happy and healthy returns of the day.

Jeanette with Baylie Tulloch & Charlie Philipzen.



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Diversity-Charity-Change.

Our first meeting for the year will be an evening meeting in the garden of Yvonne Smalley, 6 Strom Lane. It will be on Friday 10th February at 6.30pm. This is a "Meet and Greet" meeting. Members to bring at least one friend. If you would like to come along, you don't need an invite, ring me on 68592457 and I will come and pick you up. Nibbles and drinks 6.30pm, Meeting 7.30ish. Members bring nibbles and chairs.

We have interest from Optometrist, Fiona Heywood, Eyewear Specs re renting our rooms. If you are interested in having your eyes tested in Eugowra, ring Fiona on 6851 2299 or CWA /Janet 69592457.

A very enjoyable Christmas party was held in our rooms on December 9th. Big "Thank you" to Dorothy and helpers for decorating the tables so beautifully. Each member had their own candy cane place name. Instead of gifts each member made a donation to Angel Care Flight.

At Presentation night CWA gave a Grant of \$100 to Bailey Peisley from Eugowra Public School and Ty Jones from St Joseph's to help with their transition into High school.

The CWA Stall at Country Fair was very successful. Thank you to the organisers. We will look forward to participating again on the 8th April.

Mrs Margaret Stewart in a Facebook message re the death of her husband Dr Danny Stewart, thanked the members of Eugowra CWA for the very warm welcome and support when they first arrived in Eugowra. Our branch has sent a sympathy card to Margaret and her family.

Thank you to Judd McKenna for cleaning out gutters of rooms and Karen Gilchrist for tidying up the garden and Brad McMillan for spraying ants.

February 15 is the closing date for entries in Garry

Prize essay competition "The Country Woman".

On February 28th WRAG (Womens' Rural action Group) meeting and March 6th there is a Group Council Meeting in Orange.



Red Cross party at the MPS



Wendy Carey, Romy Taylor, Wendy Drady, Ula Langfield

Back. Jeanette Norris, Elaine Cheney, Dorothy Jones, Margaret & Max Swift, Merv Langfield, Ruth Nielson, Frances Anderson,



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

A NEW YEAR AT ST JOSEPH'S PRIMARY SCHOOL.

We welcomed everyone back to school on Monday 30th January and the children were happy to be back with their friends and in their classrooms. A few slight changes in staff and class formations for this year. Mrs Kylie Whatman will be Principal's release, teaching in the Infants room (K - Yr 2) three days per week. The classes will be split into Infants (K - Yr 3) and Primary Yrs 4 - 6. Mrs Welsh will be taking Years 3 & 4 three mornings per week for intensive numeracy & literacy. We hope everyone settles in for a good start to the year.

CHRISTMAS CONCERT AND PRIZEGIVING

Looking back at the end of 2016 the announcement of the 2017 School Captains was made at the Graduation Mass. They are Thomas Brindle and Angus Whatman with Bailey Cullenward the Sports Captain. The SRC for 2017 are; Lachlan Haynes, Chelsea Colvin, Zane Wren, Isla Newell, Isla Combe and the 4 year 6 students.

We farewelled the Year 6 students and their families and 4 other students who were moving on. We wish Olivia and Luke Holland, Sienna Ardis and Veena Badesra all the best in their new schools. Congratulations to the following children on their major awards presented at the Christmas Concert;

Christian Living Award ~ Charlie Philipzen
Cabonne Council Citizenship Award ~ Baylie Tulloch
SRC Student Allrounders ~ Jada Mongan, Kirbie Mongan
Sports Award ~ Angus Whatman
Welsh Family Attendance Award ~ Gaby Wren
CWA Year 7 Bursary ~ Ty Jones
VIEW Club Literacy Awards ~ Jada Mongan, Bailey Cullenward
Moxey Dairy Technology Award ~ Olivia Holland
Brindle Family Science Awards ~ Lucy Philipzen, Macky Den

Thank you to Loaders Coaches Grenfell, Central Design Partners Eugowra, St Mary Pharmacy

Eugowra, Eugowra Show Society, Wren, Haynes and Den families for their donations and presentations of individual books.



Olivia Holland with Mrs Janet Moxey

Nicole Brindle with Lucy Philipzen & Macky Den



Mrs Frances Anderson (CWA) with Ty Jones



OPENING SCHOOL MASS

The School Leaders for this year will be inducted at the Opening School Mass on Friday 24th February at 6pm. We will also welcome the new Kindergarten children. All are welcome to join us for this evening.

EUGOWRA SCHOOLS SWIMMING CARNIVAL

This will be held in the 2nd week of term on Friday 10th February. We look forward to some great swimming competition between the three combined school houses with the Public School; Kookaburras, Goannas and Emus.

Until next month, May God Bless you all .

St Joseph's Staff and Students



Eugowra Pony Club finished up 2016 with our end of year presentation, AGM & Christmas party. Our riders and club had another successful year filled with great results and fun.

2016 Awards were as follows;

Chief Instructors Award - Pippa Combe

Ambassadors Award - Sienna Carver

Most Improved Rider - Brooke Stibbard

Most Consistent Rider - Olivia Holland

Congratulations to all our riders.

Two of our riders Isla & Pippa Combe represented Eugowra Pony Club at the Dubbo Twilight gymkhana. The girls rode beautifully with great results all round!

Our instructors and committee are ready to create great opportunities for learning and fun. Also focusing on furthering members riding.

Our sign on day will be Sunday 5th February. If you would like to join Eugowra Pony Club, contact us via Facebook or just turn up on the day at Eugowra Showgrounds, starting 9am.

Rebecca Crosby *Pictured: Olivia Holland and Ricky Stibbard*



Eugowra Car & Bike Show and Swap Meet

Proudly presented by the Lions Club Eugowra Branch
& Shannons Insurance



Saturday 8th April 2017

Pioneer Park & surrounds
Cnr Grevillea & Pye Streets
(opposite the Central Hotel)

Entrants from 9:00am - \$10 Entry Fee
Public from 10:00am – gold coin donation
Judging 11:00am

Swap Meet Stalls 9:00am - \$20 Site Fee

ENTRY FORMS AVAILABLE ON OUR FACEBOOK PAGE

Entry Fee – pay on the day

Entrants contact: John 0400 339 250 OR
Neil 0429 239 918

Swap Meet Contact: Brad 0414 695 555

Coffee & cold drinks
Food
12 Awards up for grabs
Lucky Gate Prize

Visit the Eugowra Markets



Some of our local kids were busy painting a mural on the pool doors over the holidays. Thanks to Di Garner for her instructions and to Tamika Sharpe, Ash, Cooper and Max Gates for their talents.

Snap Shots of Summer



Thanks everyone for sending in photos of your summer....



Eugowra Evening View Club

voice, interests and education of women

Eugowra Evening VIEW Club held their Christmas party in the Hart Bar at the Railway Hotel in Parkes. President Therese welcomed everyone and invited members to introduce their guests. Parkes Day and Parkes Evening VIEW were represented by members of their clubs.

Therese then conducted the Kris Kringle activity which always brings much laughter to the guests.



Prior to dinner a very short meeting was held with the following topics discussed (1) the Art Classes to be conducted in January by Di Garner (2) a proposed fund-raiser for 2017 to be held at Eat Your Greens on August 5th with Alan Drew as the guest speaker. He will speak about International Disaster Retrieval. Partners and guests will be invited.

President Therese thanked the sub committee - Janine Hando, Jeanine Gibby and Esther Hyde for helping her organise the Christmas Party, and also everyone for attending and making the evening so enjoyable.

Elaine Plicka was voted to have the best Christmas ear-rings and the raffle winner was Pamela Ward.

The first meeting for the year will be held at 6-30pm

on Monday 20th February. This is the AGM and the new executive will be presented with their badges.



Lynn Ellis, Shelly Norrie, Jeanine Gibby



Di Agustin, Wendy Drady, Cathy Cooper

Karen Clarke, Judy Welsh, Irene Sharpe





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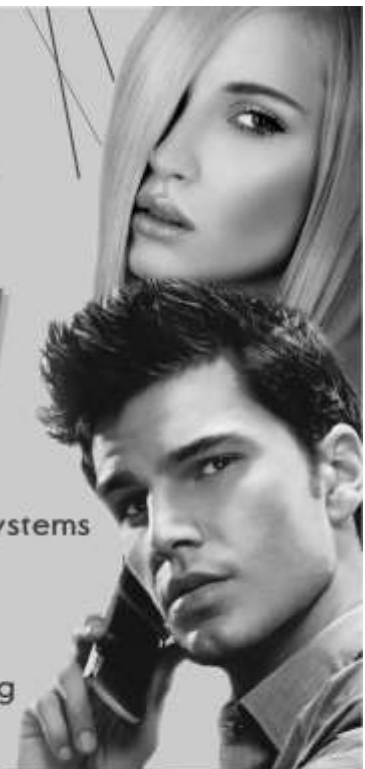
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OPEN 6 DAYS



THE ~ SEASONAL KITCHEN ~

Sticky Plum Lamb Roast

The dark plums have been the best of the stone fruit in our garden this year. I think the cold, windy, wet spring (remember when it was cold and wet) meant that a lot of the early fruit didn't set so we didn't get apricots for the first time ever, but the plums are plentiful and perfect.

Plums pair really well with lamb and this makes a nice change from the traditional lamb roast and it's good to serve with a plain green salad.

Ingredients

- 1 leg of lamb
- 2 large onions sliced thickly
- 8 garlic cloves, roughly crushed
- Thyme sprigs
- 1 tsp fennel seeds, lightly crushed
- 1 cinnamon stick
- 6 whole cloves
- 2-3 star anise
- 10 plums
- 50 ml rice wine vinegar
- 50 g light muscovado sugar (or use brown sugar)
- Lime wedges



Method

Heat oven to 200c, place the onions in baking dish and put the lamb on top, roast for 20 minutes. Remove baking dish from oven, turn down heat to 130c. Add the garlic, thyme, fennel seeds, cinnamon stick, cloves, star anise, plus 300 ml of water. Cover tightly with a few sheets of foil and roast for around 4 hours.

Remove the lamb from the dish and leave to rest, pour the juice from the pan with the plums, removing star anise and cloves and add the vinegar and sugar, add a little water if needed. Cook for a few minutes and break up the plums to a sauce consistency, add a squeeze of lime.

Serve the lamb with the sauce, maybe some rice and a nice crisp salad.



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New members & visitors are always welcome!



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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.



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(c 1920's) on the banks of the Mandagery Creek, Eugowra

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



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

A LITTLE BIT OF HISTORY

Elaine Cheney



The years come and go in Eugowra as everywhere else. One of our best known ladies, **Jeanette Norris**, celebrated her special 80th birthday in December and all agree she is as physically active as ever. When she celebrated her 21st with a party in the Eugowra School of Arts, the room was filled with people of all ages who were there to wish her well. Our photograph shows Jeanette cutting her birthday cake under the ever watchful eyes of her parents, Thelma and Alf Neich, the long term mine hosts of the Central Hotel.

Eugowra School of Arts. Opened in December 1887, the building served the community well for many years with an adjoining library in the earlier period of its life. It was the scene of many workshops, dances, tech classes, meetings, wedding receptions and Manchester Unity gatherings to name just a few. It operated until 1970 in Barrack Street.



Sunday School was an important part of the lives of the local children in the years gone by and this photograph, at the old Church of England Church c1947, shows visiting Padre Harry Thorpe and Rev. R D Drury with local children, also someone's dog in the shade, and a horse belonging to Robert Jones. Families include Pound, Carr, Archer, Jones, Crow, Sloane, Hoswell, Mongan, Nind, Maloy, Stone, Wenzel and Peters to name just a few.



Carr Perry and family worked with chaff cutting, hay making and clover harvesting with their contracting machinery. This looks like the chaff cutting is underway.



Have you ever googled the term “What Does A Farmer Look Like?”

Well, we did and the images that came up were disappointing to say the least! Mostly they were images of grey haired, bearded men in checked flannelette and bib & brace overalls holding a pitchfork. That's certainly not what any of the farmers we know look like!

So our new coffee table book project “What Does A Farmer Look Like?” was born. Our aim is to challenge the stereotypes associated with farmers by putting together beautiful photographs combined with farmers' stories from across Australia. We want to change that image and show the world what our farmers do and who they are.

Our team consists of Kim Storey, a rural photographer from Eugowra, NSW, owner of Avalind Photography and Cassie Gates, a graphic designer from Eugowra, NSW, owner of Anthologie Group.

We have found farmers from all different locations, backgrounds, enterprises & demographics to be involved. They include sheep, cattle & cropping farmers, graziers and station owners. Horticulturalists, market gardeners and flower growers. Aquaculture, crocodiles, tropical fruit and everything in between... even camel dairies and emu farms! We have a whole different range of people producing food and fibre in Australia.

We will be travelling around the country over the next 12 months photographing and interviewing everyone and are currently planning our trips!





Physiotherapist Nicole Brindle

Eugowra Health Report

EUGOWRA MULTI-PURPOSE HEALTH SERVICE

Beat the heat (or at least cope with it)



Personal

- Get advice from your doctor about whether your medication and/or your medical conditions may affect what you should do if it gets extremely hot.
 - If your doctor normally limits your fluids, check how much to drink in hot weather.
 - Check that you can store your medication at less than 25°C (the medication can become less effective or occasionally toxic if stored at higher temperatures – check with your pharmacist if unsure).
- Make sure you know who you are going to call (who may need help and who could provide help to you if needed) – make a list of telephone numbers.

In your home

- Stock up on food (for your household and pets), water and medicines to last up to a week so you don't have to go out in a heat wave.
 - Put together a small emergency kit to plan for a possible power failure – this may include a torch, batteries, candles, matches, a battery operated radio and a first aid kit.
 - If possible, have curtains with pale linings in rooms that get a lot of sunlight to help reflect the heat. Avoid dark reflective curtain linings and metal Venetian blinds as they absorb heat and may make rooms hotter.
 - Create a cool room or cool area to go to during extreme heat. This room or area ideally should be east or south facing in the house and can be cooled using indoor and outdoor shading, ventilation and use of a fan or air-conditioning.
- Consider the risk of bushfires as they often occur on days of high temperature. Information on bushfire preparedness is available from the [NSW Rural Fire Service](#).

Travelling

Make sure you take plenty of drinking water in the car in case you break down.
Let someone know when to expect you so that they can raise the alarm if you don't arrive.

Pets

Don't forget your Animals - they are hot and thirsty too.



Dehydration

Dehydration happens when you haven't got enough fluids in your body. If severe, dehydration can cause serious problems.

People can get dehydrated:

- after strenuous exercise, especially in hot weather
- after severe vomiting or diarrhoea
- with a fever
- after drinking too much alcohol
- while taking certain medicines such as diuretics
- as a complication of diabetes
- if they don't drink enough water.

Anyone may become dehydrated, but babies, young children, older adults and people with long-term illnesses are at most risk.

Dehydration signs and symptoms

If you have mild to moderate dehydration, you might:

- be thirsty
- have a dry mouth, lips and tongue
- have a headache
- have dark urine, and not so much of it
- be dizzy or light-headed, particularly when standing up.

If you have severe dehydration, you might:

- be extremely thirsty
- have a very dry mouth
- be breathing fast
- have a fast heart rate and a low blood pressure
- have a fever
- have little or no urine
- be irritable, drowsy or confused.

Dehydration treatment

Mild dehydration can be fixed by drinking more fluids. The simplest approach is to put 6 teaspoons of sugar with half a teaspoon of salt in one litre of boiled water.

You can also buy premade solutions from the pharmacy. Avoid alcohol and caffeine, as they can make you more dehydrated.

Severe dehydration needs immediate medical treatment, usually in hospital where fluids are given through an intravenous drip.

Dehydration prevention

Make sure you drink enough water each day, and have extra to replace any fluid lost during hot weather, illness or exercise.

How much water should you drink a day?

Many people have the misconception that there is a set number of glasses of water to drink a day. I often hear people quote 6 glasses a day as the magic number. This is not correct.

The amount of water that your body needs will vary on your size, health, what you are doing, the temperature that you are in and medications you might be taking.

The best test of hydration is the colour of your urine. The darker your urine the less hydrated that you are. As soon as you notice that your urine is darker you need to start drinking more water. There is no problem with drinking more than you need - your body likes this and your urinary system benefits from good flushing (there is growing research that urinary tract infections are best prevented by drinking more).

If you are concerned about someone not coping in the heat ring 000 for the Ambulance to get them checked. It's better to act early.



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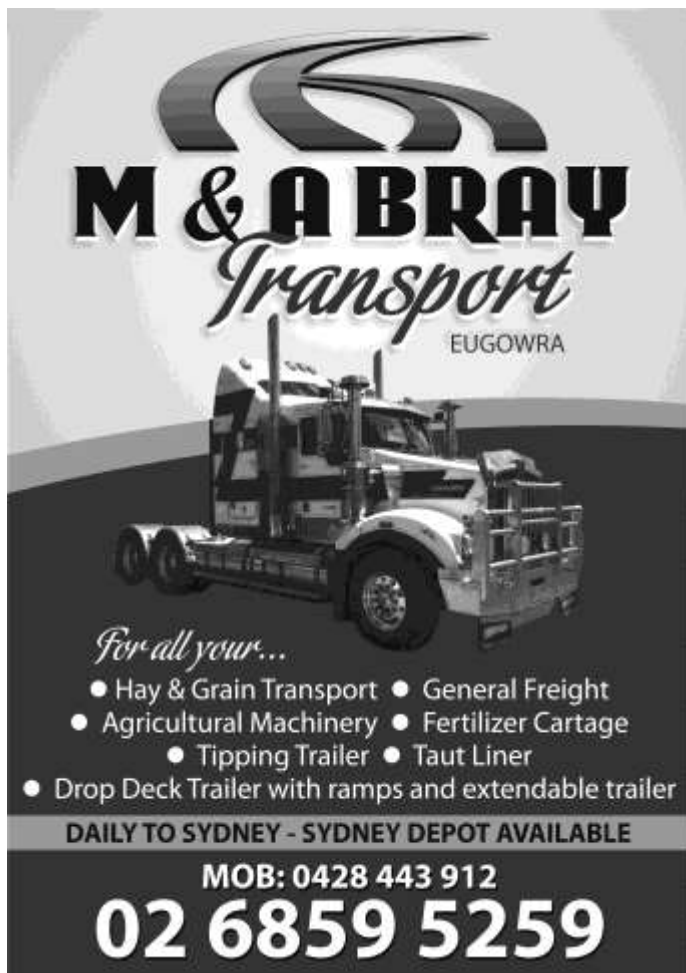
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The Bowen Technique is extremely gentle and is considered appropriate for anyone from pregnant women to newborn babies, the frail and the elderly.

Bowen should be considered for :-

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

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

FEBRUARY 2017

kids page

Jokes

What does a T-Rex do in its sleep?
- It dino-snores.

Why didn't the cookie go to school?
- She felt crummy!

What's the difference between a fish and a guitar?
- You can't tuna fish!

What did the water say to the boat?
- Nothing it just waved!

Kids Craft!

Here is a cooler way to create a masterpiece. But you will have to work quick in this hot weather! In icecube holders, 1/4 fill with washable paint and then add just enough water to fill the cube. Using pop sticks, stir the water-paint mixture and then place in the freezer. After freezing for about 30 minutes or so (there was an icy layer forming on top), put a pop stick in each of the paint icecubes to use as a handle. Freeze overnight. Then you are ready for some fun, painting with ice!



Find-a-word!

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

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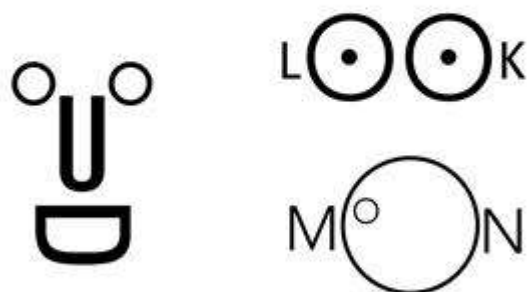
BEACH

HOT

THONGS

Word Play!

Use numbers and letters to create a bold graphic. Either jump on the computer, cut them out from a paper or magazine or just draw them.



crocodile

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AUSTRALIAN YELLOWBELLY CHAMPIONSHIPS.

The grand final of the 2016 AYC was held at Burrinjuck Dam on 3rd and 4th of December.

Team Jigheads of Mitch Skeers and Brad Gardner (Parkes) are the 2016 champions. Congratulations to the boys on their first win in an AYC event.

Brad and Mitch fished mainly using Berkley Gulp Grubs in the main basin of the dam to rip in the rest of the teams leading from start to finish.

Zach Gransden and Nathan Skeers finished 22nd in a field of 26 teams.

The first round of the 2017 competition will be held at Wyangala Dam on 18th and 19th of January.



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
CWA2nd Friday of the month CWA Rooms 10.00am

The Daisy List

Where we remember those members of the Eugowra community who passed away in 2016.

- ~ Pam Archer (73) 7 Jan
- ~ Dawn Wykamp (86) 19 Feb
- ~ Fred Lavis (80) 23 Feb
- ~ Jack Kirby (97) 2 March
- ~ Elizabeth Harmston (92) 9 May
- ~ Joan Chenhall (73) 16 Aug
- ~ Claire Hoswell (89) 2 Sept
- ~ William Hoswell (83) 20 Oct

With thanks to Michael Hanley's Funerals , Forbes



EUGOWRA NEWS DEADLINES 2017

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

STOLEN

Reward on offer for any information resulting in the successful conviction of individual/s responsible for the theft of several items including a Cement Mixer and a Gyprock Lifter from the address of 66 Oberon Street Eugowra within the past 4 months.

A Reward of \$500 will be paid upon successful outcome. A Police Report has been done.

Please contact Bill 0402544610 or Tanya 0408493543 if you have any information on above.



The Pigeonholes

Short Messages, For Sale, Wanted

Wanted to buy: down or injured stock.

Contact : Kevin Howell. 02 68592311.

GARAGE SALE - SATURDAY 4th FEB

9-12 @ Keysoe Hillview Lane Eugowra

Dining table/chairs, desk, pushbikes, gazebo, books, toys, swag, kneeboard, life jackets, wetsuits, sporting equipment.

EXPRESSIONS OF INTEREST

YOGA CLASSES

IN EUGOWRA

Please contact Esther Hyde if you are interested putting your name down for YOGA

0427 3499978 or 68592368



POOL LIFEGUARDS – FREE TRAINING

Cabonne Council is seeking Expressions of Interest from persons who would be prepared to undertake the Lifeguard requirement of a Bronze Medallion to obtain work at Council's Swimming Pools at CUDAL, EUGOWRA, CUMNOCK, MANILDRA and YEOVAL.

We require individuals who would be available to work weekday and weekend shifts from late January until the end of March 2017 on a casual basis.

All training and associated costs will be met by Council;

Successful applicants would undertake the Bronze Medallion qualification at Molong Pool;

A Working with Children Check clearance is needed;

Applicants must be reliable and commit to working at Cabonne Council Swimming Pools and working the days and hours of operation of the Pool; and be willing to work under a roster arrangement as required.

Varied days and hours of work are available across all Council Pools. Own reliable means of transport will be required to attend the allocated work location/s.

For further information, contact Donna Golding at Complete Staff Solutions on 02 6361 3611.

PO Box 17 Stephen J Harding

MOLONG NSW 2866 A/General Manager



**WANTED - NEW LISTINGS !! Phone Michelle on 02 68 52 3134 or
0414 815 479 for a free market appraisal**



10 GREVILLEA AVE EUGOWRA \$ 195,000

- 3 bedrooms, main with built-ins
- Renovated bathroom with soaker tub
- Open plan kitchen/dining/lounge plus family room
- Wood heater and ducted evap A/c
- Single garage, rear deck with paved BBQ area



17 OBERON STREET EUGOWRA \$ 410,000

- 3 Bedrooms, main with W/I robe and ensuite
- Designer kitchen with occasional dining
- Lounge, formal dining plus family room
- Ducted Evap A/c & wood heater
- Carport & covered outdoor area



9 OAK STREET FORBES



22 FARRAND STREET FORBES



65 SAM STREET FORBES



15 BARTON STREET FORBES

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