



February 2015

*A Lions Club project for the community we serve*

VOL.19

## OUR AUSTRALIA DAY

Our Australia Day was the best day for the celebrating all that is good in Eugowra; the location, the weather and the people in its community. It was a wonderful chance to acknowledge all the talents and hard work of our local people.

Thank you to our Ambassador; Helen Walker (nee Cross) who spoke about her amazing role as Director of the International and Strategic Liaison Executive and Information Services at the National Archives of Australia. Helen is the daughter of local couple, Mavis and the late Bob Cross and has come from her days at St Joseph's Primary in Eugowra, Red Bend at Forbes and then Australia National and Monash University's being a professional archivist since 1997. Her professional and voluntary roles have taken her to all parts of the world and to liaise with all types of dignitaries in her field of archives, however Helen very much values her upbringing in the small and supportive community of Eugowra.

Helen was joined by Cabonne Council representatives; Cr Ian Gosper and Cr Kevin Walker who announced the following deserving awards;

**CITIZEN OF THE YEAR**

**KEVIN TOWNSEND**

**YOUNG CITIZEN OF THE YEAR**

**THOMAS DE LANGE**

**COMMUNITY GROUP OF THE YEAR**

**EUGOWRA RUGBY LEAGUE CLUB**

Appreciation Awards for 2015 went to; David Glasson, Alan Anderson, Mavis Cross, Jeanette Norris and David and Esther Hyde. All these people have contribute greatly to their community in many different aspects over a long period of time.

The event of the year was a joint winner with the Eugowra Public Schools Parents & Citizens 'Twisted Ball' and the CWA Garden Party held at Lorraine Carty's property. Both these events were very popular and successful in their fundraising and both made possible by the combined effort of team work.

Acknowledgement was also given to our mail delivery lady; Irene Sharp on her retirement after 38 years of delivering the mail in the township through rain hail, shine, dogs and magpies always with a smile.

(see pages 16-19 for more details and photos of the day)



*Celebrate What's Great!*

# from the editor

And its hello from me! Happy New Year to all our readers.

Many thanks to Anne Heath for her past 4 years of Newsletter editing. It certainly is a big job and Anne and Cassie Gates and many others in the team have really tidied up the Newsletter to a uniform and informative paper that the community enjoys reading. So I hope to keep up the good work and keep the Eugowra News humming along.



Eugowra is a community full of rich characters, successful businesses and talented individuals who all contribute to a happy and productive community. This was reflected yesterday in the announcement of the Australia Day Awards, so congratulations to those community members who help make it a great place to live.

Anne has offered to take over the monthly recipe section from Jess Stanley, who will be having a busy year. Thank you so much Jess and Ben for your wonderful recipes and thanks Anne for filling in the gap.

Many thanks to Jenny Anderson for her wonderful recommendations and advice for the happy gardeners of the district. Jenny is taking a break, I am on the warpath for anyone wishing to contribute gardening, or any other articles.

Enjoy reading about Jeanine Gibby and her travel group of volunteers to Nepal in December.

Congratulations to our 2014 Year 12 graduates who were all very successful in their studies and who are about to embark on the next stage of their journey. Good luck to you all.

Many thanks to the monthly contributors who help make this an interesting read each month and for those who would like to send in articles and information please contact me on the email address listed.

Toodle pip for now

Sarah

## The Eugowra News Committee

Sarah de Lange

Anne Burns

Cassie Gates

Peter Heath

Bob Roach

Jodie Greenhalgh

## Contributors this month

Elaine Cheney

Peter Heath

Nicole Brindle

St Joseph's Primary

Janet Noble

Anne Heath

Alicia D'Ombra

Jeanine Gibby

### Next Issue Deadline:

**Monday 23rd Feb 2015**

**The News will be available on  
2nd March 2015**

**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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## WHAT'S ON THIS MONTH

# FEBRUARY 2015

Mon      Tue      Wed      Thu      Fri      Sat      Sun

|    |    |    |    |  |    |    |
|----|----|----|----|--|----|----|
| 2  | 3  | 4  | 5  | 6<br>Eugowra Schools<br>Swimming<br>Carnival | 7  | 8  |
| 9  | 10 | 11 | 12 | 13   | 14 | 15 |
| 16 | 17 | 18 | 19 | 20   | 21 | 22 |
| 23 | 24 | 25 | 26 | 27   | 28 |    |

## Eugowra Church Times

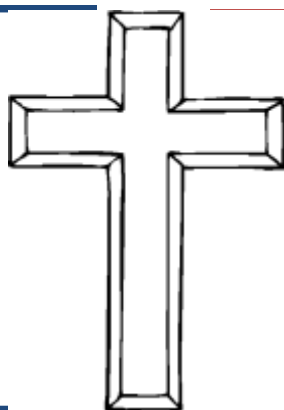
### St Mathews Anglican

1st, 2nd, 4th Sunday 4.00pm

Rev. Jono Williams 63 441643

Other times: Local Lay Preacher

Elaine Cheney 68 592820



### St John the Baptist Catholic

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

Fr Laurie Beath 63 42139

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Mavis Cross 68 592240



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## EUGOWRA / ORANGE COMMUNITY BUS SERVICE



### NEXT BUS:

Friday 27th Feb

Friday 27th March

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

### COST

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MARGOT BROWN 6392 3233

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Appointments are required for each  
session by contacting

**Greg Howell 0427 592 771**



# Eugowra Lions News

The Lions Club would like to send a warm welcome to Sarah de Lange as the new editor of the news. We wish you all the best and look forward to supporting you in your new role.

Carols on the Creek was another well attended night with the attendance up on last year. We would like to send a special thanks to Jeanine Gibby and the choir for their big effort on the night and all the other people that help out on the night to make it such an enjoyable night. Also to Ron and Cathy for their duo that was the high light of the evening.

We would like to thank everybody for their donations on the night and their support towards the Garden Club raffle. Thanks Tony for coming to the rescue when the BBQ failed to light because of one little wasps nest and his help in finding Santa at the last minute.

The Club is looking forward to another big year and plans are already under way to have a tractor in this year's Tractor Trek to help raise money for Children's Cancer and Seniors Day coming up in March. There is also the monthly folding of the news at the Central Hotel followed by our dinner meeting. If you would like to help out Lions please come along and join in at 5.00pm on the Thursday before the magazine comes out.

**Peter Heath. Secretary**



## **Expressions of Interest Cabonne Country Tourism Advisory Committee**

Cabonne Council seeks expressions of interest (EOI) from experienced and enthusiastic independent community representatives to be an active member on its Tourism Advisory Committee. The role of the committee is to advise Council on tourism and promotion matters within Cabonne Country.

An EOI form and additional information and can be obtained from Council's Promotion and Tourism Officer Lynne Hawkes by phoning (02) 6392 3201 or emailing: [Lynnette.Hawkes@cabonne.gov.nsw.gov.au](mailto:Lynnette.Hawkes@cabonne.gov.nsw.gov.au)

Expressions of Interest are to be marked attention to the General Manager and can be emailed to [council@cabonne.nsw.gov.au](mailto:council@cabonne.nsw.gov.au) or posted to Cabonne Council, PO Box 17, Molong 2866 by close of business on Friday 6 March 2015

Andrew Hopkins, General Manager  
PO Box 17, Molong NSW 2866



Wonderful to see our Eugowra fuel prices on par with the rest of the states current low prices.

Thank you!

Congratulations to the southern end of Evelyn Street on their beautiful gardens.



# THE ~ SEASONAL KITCHEN ~

We have created a large productive garden and orchard, keep poultry and raise our own sheep to eat and goats to milk. I love the relationship between cooking and producing food. So this column is about cooking with the produce from our place and of course that means it is seasonal cooking and eating!

This year we netted our fruit trees against fruit fly. It worked and we have had amazing stone fruit. At the moment we are eating white peaches and fresh almonds from the trees. This month's recipe is;

## **White Peach, Almond and Arugula (rocket) Salad with Lemon Honey Dressing**

Serves 4

### **Ingredients**

2 tablespoons fresh lemon juice  
1 tablespoon red wine vinegar  
2 teaspoons runny honey  
1/2 teaspoon salt  
1/2 cup extra-virgin olive oil

6 to 8 ounces fresh arugula  
1/2 cup mint leaves, torn in half if large  
2 ripe, but not too soft, white peaches, pitted and thinly sliced  
1/3 cup coarsely chopped toasted almonds  
1/4 cup shaved Parmesan cheese  
Freshly ground black pepper  
Fresh thyme sprigs

### **Method**

Whisk the lemon juice, vinegar, honey and salt together in a small bowl. Slowly add the olive oil in steady stream, whisking constantly to emulsify.

Toss the arugula and mint together in a large bowl. Add peaches and almonds. Drizzle with half of the dressing and toss again. Divide among serving plates. Scatter cheese over each plate. Garnish with fresh thyme and black pepper. Drizzle with additional dressing to taste. Delicious on its own or serve with some barbecued lamb cutlets.

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Janet Noble - publicity officer

## COUNTRY WOMEN'S ASSOCIATION OF NSW

## EUGOWRA BRANCH

### Eugowra Branch CWA News

The first meeting of Eugowra Branch will be held at rooms 43 Nanima St on Friday 13th February at 10am

( note earlier starting time) .

The guest speaker is to be Ray Flint from Forbes, who will speak about "Church in the School Yard". An organisation in Forbes that works with young children in need. Anyone who is interested is welcome to attend.

In 2014 the Eugowra branch gave two Scholarships to a Year 6 student, Jed Matheson from Eugowra Public & Belle Wallace from St Josephs to assist in their first year of High School.

We also gave a donation to "Lifestyle Solutions" Parkes to enable a child to attend a sport & recreation camp held in Wagga Wagga.

Lifestyle Solutions is a not for profit organisation, founded in 2001 to provide person centred, flexible and responsive support services to people with disability. Over time our support has extended to include support services for children, young people and adults across Australia.

In Parkes, Foster Care is provided to children and young people in need with a home that offers safety, security and care that focuses on their unique support needs. This care provision can occur for a day, a week-end, a few weeks, a year or for many years.

By becoming a Lifestyle Solutions Foster Carer will give you a chance to make a real difference in a child's life by providing a safe caring and nurturing environment for children needing care. Your time with a child in need is often the first time they experience love and commitment without condition.

For further information you can contact Di Healy Manager Foster Care Parkes 6862 4775 Mob 0407 769 903 or you can attend Eugowra Branch of CWA meeting; 43 Nanima St on Friday 13th March at 10 am.

CWA of NSW has made two donations at the end of 2014 to provide 'Hands on' assistance to communities.

The Rural Financial Counselling Service NSW has received a \$100,000 donation to support families suffering in drought conditions that still affect so many parts of NSW. RFCS of NSW will distribute funds to their clients in a variety of ways including in the form of IGA cards, petrol cards or cheques.

The second donation of \$50,000 was given to Medecins San Frontieres to help fight the Ebola epidemic that is affecting both rural and densely populated areas in Guinea, Sierra Leone and Liberia.

"The CWA of NSW has a long and proud history of hand on assistance where it is needed most whether it is in Australia or overseas" said CWA of NSW President Tanya Cameron .



Di Healy of Lifestyle Solutions Parkes receiving cheque from President Margaret Swift & Treasurer Kylie Godden.



Wendy Carey presenting Jed Matheson with his 2015 Scholarship.



# 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*

## DECEMBER/JANUARY NEWS

The new year is just about to start; no doubt there will be some excited and slightly nervous children about to come to school. Staff have been busy meeting and planning over the holidays and the students from Years 1 - 6 started back on Wednesday 28th January. This year we welcome 4 new kindergarten children who will have started on Thursday 29th January. Cooper Gates, Isla Newell, Philo Habashi and Noah Colvin. We hope everyone settles in well and enjoys catching up with their friends and making new ones.

## DECEMBER CHRISTMAS CONCERT

It seems a long time ago but lovely to remember our concert on December 11th - **THE LION CUBS**. An abridged version of the Lion King the children performed a number of songs and a nativity song for the parents and visitors. The costumes were amazing and thanks go to our parent helpers; Alison Haynes and Belinda Whatman.

Congratulations go to the following students on their awards for 2014 and thanks to our sponsors.

Christian Living Award - Dena Moore

Cabonne Council Citizenship Award - Annalise Gavin

SRC All Rounders - Olivia Holland, Keiley Whatman

2014 Sports Awards - Riley Whatman, Celeste Gavin

Literacy Award - Max Gates

Attendance Award - Chelsea Colvin, Gaby Wren

Science Award - Liam Heinzl, Lachlan Haynes

CWA High School Bursary - Belle Wallace

Literacy Encouragement - Ty Jones, Jack Fazzari

Congratulations to all the children for their wonderful participation, singing and acting at the concert and for their efforts during the year at school. Thanks to Sam Townsend for his part of Rafiki in the play and thank you to our parents, grandparents and parish community

for their support and encouragement of their children.

We look forward to another exciting, fun filled and educational year at Joeys. We start the year with the Eugowra Schools Swimming Carnival on Friday 6th Feb.

Until next month, God Bless.

St Joseph's Staff & Students



Libby O'Neil & Sr Helen with Dena Moore - winner of the Christian Living Award.

Annalise Gavin and Belle Wallace presenting the SRC All Rounders to Keiley Whatman and Olivia Holland.







Sean Brindle with Science Award winners;  
Liam Heinzl and Lachlan Haynes.



Jenelle Coady  
presenting Gaby  
Wren and Chelsea  
Colvin with their  
attendance awards.  
Both girls did not miss  
day of school in 2014!



Jack Fazzari, Ty Jones with Dorothy Jones View Club  
representative presenting the boys with their Literature  
Encouragement Award

Sam Townsend as Rafiki with the children performing.



Shirley Heinzel, CWA  
representative  
presenting Belle  
Wallace with her  
Scholarship for 2015





## CHINESE RESTAURANT

ph. 6859 2805

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Thursday - 6pm to close  
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Friday - 6pm to close

Saturday - 12pm to close

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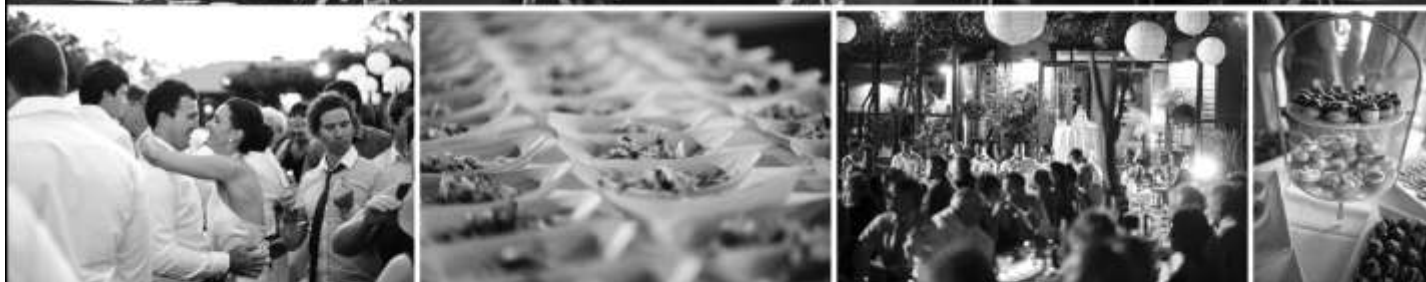
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## OUR VOLUNTEERS RETURN FROM NEPAL

**Jeanine Gibby**

After spending over two weeks working on the girls' dormitory project in the lower Solukhumbu of Nepal seven local volunteers returned on December 18. With them came many fantastic stories, memories, souvenirs, and photos.

The project was funded by the American organization 'Edge of Seven', but the true support of the building was from the Kathmandu charity 'The Small World'. The dedicated, hard working Nepalese directors of the organization, Karma Sherpa, Kalyan Gurung, and Dawa Sherpa, provided for all needs once the group was in the Mountains. Karma found lovely host families, Kalyan entertained with his cell phone and insight into local culture, and Dawa cooked wonderful meals using very few modern conveniences.

Staying with local Sherpa families who lived near the building site was a natural way to learn about their everyday life. Villagers, including children, walk everywhere on steep trails. Most food is grown or raised by the families. Houses are large to accommodate extended families with most homes having some electricity. This was not the case ten years ago. Some houses have a tap inside but all toilets are squat 'outhouses'. A wood cook stove in the kitchen area is the only heat in the houses. Keeping warm during the night was the biggest challenge for the Australians.

At the building site the seven volunteers did a variety of jobs. They cut wire that was used to re-enforce the yellow earth bags, they cleared stone from the base of the building site, they shoveled dirt onto a homemade sifter to separate rock from sand, and they filled bags and then wired them shut. A worksite engineer and about ten local men worked along side the volunteers. The work was pleasantly physical with lots of time to laugh and chatter and was rewarded with incredible views of the Numbur and Karolung mountains.

The girls' dorm should be finished by April with another international group coming to finish the project. Twenty female students will then be able to reside there.

Some of the highlights of the trip were trekking to see Mt. Everest, shopping at the Saturday market at Dorphu, landing at the Phaplu Airport, and dancing under the stars with host families while drinking the local brews 'chang' and 'roksi'.



The volunteers at Phaplu Airport: Dianne Agustin, Olivia Owens from New Zealand, Ray Agustin, Janine Hando, Ali Rendall - Parkes, Jeanine Gibby, Therese Welsh and Lois McCaffery - Canowindra.



Ray & Dianne Agustin and Lois McCaffery shovelling and sifting



Therese Welsh wiring earth bags.

Dancing with the locals under the stars.

# EUGOWRA PONY CLUB



Welcome to 2015 from all the members of the Eugowra Pony Club.

We had an absolutely wonderful year last year, learning many new things and having lots of fun, and now we can't wait to jump into this years activities.

On the 16th November last year, our club held its first ever Sporting & Jumping day. This was a top day and not even the rain could keep our riders positive attitudes away. Our club members have a lot to be proud of, as they displayed nothing but great sportsmanship. There were nothing but smiles as we raced to beat the rain! Congratulations to all involved, everyone who participated and to our very special judges. Our last rally day for 2014 was held on the 7th November. This was also our clubs end of year presentation and AGM.

Congratulations to all our members on another positive and successful year and to the following for receiving awards:

|                |                          |
|----------------|--------------------------|
| Katie Townsend | Ambassador Award         |
| Olivia Holland | Chief Instructor's Award |
| Sienna Carver  | Most Improved            |
| Isla Combe     | Most Consistent.         |

Our next rally day, is also our SIGN UP DAY, and is to be held on the Sunday 1st February at the Eugowra Showground, from 10am - 2pm.

For anyone wanting more information, or wanting to join our wonderful little club, please come along or if you can't make it, you can contact the President: Heidi Holland on 68595226.

Alicia D'Ombrian Publicity Officer





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Australia Day Ambassador Helen Walker (nee Cross) with her family

## KEVIN TOWNSEND

### CITIZEN OF THE YEAR

Kevin Townsend was the President of the Eugowra Show Committee from 2003 to 2013 and currently holds the position of Treasurer. During his years as President, Kevin was instrumental in the upgrading and improvement of the show ground and facilities.

In 2013, Kevin received a Long Service Award from NSW Fire Service.

Kevin was an active member of Eugowra APEX and held positions of President and Treasurer and was an important figure for the community. APEX constructed many projects over the years and during his thank you speech he recalled building the Billy Goats Bridge which has enabled safe access to the pool for the local children.

Kevin has participated in the judging at the Eugowra Show and is a member of the St John the Baptist Parish Council.

Kevin is always ready to help with any community projects and a valuable member of the Eugowra district.





**THOMAS DE LANGE**  
**YOUNG CITIZEN OF THE YEAR**

In 2014 Tom was elected to the Eugowra Bowling Club Committee and has been a volunteer bar worker during the year.

Tom is also a member of Murga Volunteer Fire Brigade Service and has participated in the Eugowra Shows with junior judging and stewarding.

Tom was a guest speaker at the Eugowra ANZAC Day Service and spoke proudly about his great grandfather during the First and Second World Wars. He also spoke about his friends and family in the Australian Defence Force today.

Tom is a keen sportsman, participating with enthusiasm in the community in sporting activities such as lawn bowls and volleyball and plays soccer in Forbes.



**EUGOWRA RUGBY LEAGUE CLUB**  
**COMMUNITY GROUP OF THE YEAR**

In 2014 the Eugowra Rugby League Club managed and maintained three teams in the Woodbridge Cub.

The club has a great community spirit and provides one of the few activities for the younger generation and shows great initiative and mentoring for the youth.

The Eugowra Rugby League Club will continue to be an influential factor in the Eugowra region.

Pictured below is Bobby Wykamp with Cr Ian Gosper and Cr Kevin Walker











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Hugh & Lyn Ellis  
 'Kiembah', Kiembah Lane, EUGOWRA NSW 2806  
 Phone: 02 6859 2926  
 Email: [hugh.ellis@bigpond.com](mailto:hugh.ellis@bigpond.com)





## CONGRATULATIONS TO OUR 2014 HIGH SCHOOL GRADUATES

At the end of 2014 Eugowra district students, David de Lange, Tamra Heinzl, Luke Wallace, Tayla Huckel, Kyran Stokes-Hicks, Emma Jones, Maddie Woodbridge completed their HSC and are planning their next stage in life's journey. Congratulations to Tamra Heinzl on her magnificent HSC results and academic excellence in 3 strands of English, Modern History, Drama and Music. Tamra will be heading off to Sydney University this year to study a Bachelor of Visual Arts and no doubt will enjoy the creative challenges and city life.

David de Lange achieved good results in Agriculture, Primary Industries and first place in Metals and Engineering and after years of welding at TAFE and tinkering on the farm has obtained an apprenticeship at Mid Pro in Forbes as a Fitter and Turner.

Tayla Huckel also a Red Bend Graduate, was very happy with her HSC results and is heading down to the University of Canberra in February to do a Bachelor of Human Nutrition for three years.

Luke Wallace finished a successful year as School Captain at Canowindra High and has an apprenticeship at the North Parkes Mine as a Fitter and Turner.

Maddie Woodbridge, Kyran Stokes-Hicks and Emma Jones will be taking a gap year to earn some money before they decide on their future. Emma hopes to work in childcare and Kyran is looking at joining the defence forces in the future.

Eugowra wishes all their young graduates every success in their future studies and careers.



Kevin Townsend and family

## WENDY THERESE NORRIS

**22-9-57 - 31-12-2014**

Wendy Therese Norris was born in Eugowra on the 22nd September 1957. Dad remembers she was born in a drought. Mum thought Wendy was the most beautiful baby she had ever seen. It was love at first sight.

Dad says she was a wonderful, sweet girl. Even as a baby, she had a calm temperament and as she grew, always took things in her stride. Wendy was the eldest of eight children born to Wilf and Pat. She was followed by Janet, Laurie, Bill, Tricia, Thomas, Annette and Julieanna.

Wendy's early years were spent at 'Inglevale' Eugowra. This is where she was the happiest. She would spend hours playing outside the house and Janet remembers how much she loved to make birthday cakes out of mud and make us all sing Happy Birthday over and over.

Wendy was a delightful child, with a loveable caring nature. She would encourage us to be good all the time. As kids we would often hear her telling us, "good girl" or, "good boy."

When she was eight years old Wendy was enrolled at the Sunshine School for children with disabilities in North Sydney. Each term she would travel back and forth to Sydney by plane. At the end of term when her plane landed at Parkes, she would be the first out the door and her face would light up when she spotted us by the fence. Over she would come and the first thing she would do is hold Bill and Tricia's hands.

It's no wonder that one of her report cards said, "Wendy likes helping with the little ones and she especially likes teaching them to tie their shoe laces."

At home she was a big help to Mum and loved to be the first one to nurse the babies when Mum brought them home from hospital. She would help dress us, change our nappies and help Mum with the washing.

She loved to say her prayers and insisted on saying Grace before meals. We boys often got our hands smacked for picking up a knife and fork before Grace was said.

Janet remembers Wendy could be very strict. On Saturdays she made sure we cleaned our rooms - properly, and our beds had been made with hospital corners, before we were allowed out to play.

Wendy graduated from the Sunshine school when she was 15. She then attended the Special school in Canowindra for a short time before we moved to

Forbes.

In Forbes she became a student at Lach Haven where Sharkey became her best mate. During her time there Wendy received a merit certificate from the Forbes High School Art Competition, for her painting and craft work.

Wendy always participated in the Forbes disabled sports day held each year. She was a great swimmer and had a natural style, due to being lucky enough to have scored some swimming lessons while staying with Auntie Val.

She brought joy and laughter into our lives and the lives of many others. She had 17 nieces and nephews, and 8 great nieces and nephews who were an important part of her world.

Wendy had a special relationship with her grandparents. She loved to visit Gramma and Grandfather Norris at their farm "Montrose" near Peak Hill. Poppy McMahon, also loved her - he was very soft hearted when it came to Wendy.

There were also 3 very special neighbours, Mrs Niven, Mrs Noble and Mrs Carmen. These ladies were a wonderful support to Mum, and they all had a special place in their hearts for Wendy.

Wendy had an extra special bond with Mum's sister, Auntie Val, who she always saved her biggest cuddles for. As children we spent a lot of time with Auntie Val, Uncle Barry and our Price cousins, who loved Wendy and always included her in their games.

One of Wendy's favourite games was to go for a long walk somewhere. She was very good at convincing whoever was around to go with her. One day her game of 'going to town' continued on through the front gate which was 3 kms away. Tricia then decided the game had gone too far and ran all the way home to dob. Poppy eventually come across Wendy and Bill down the road, Wendy pulling Bill in the little red wagon. He asked where they were going and Wendy said "To town". Town was miles away.

One time when she was older Wendy's love of going walkabout got a little serious. It was dark and Wendy couldn't be found, so with the help of the SES, and the Eugowra community, a search was organised. It was only a little while into the search when Janet & Graham found her standing under a tree singing to herself.

Wendy loved music and especially loved to sing. Tom remembers Wendy was a good improviser. She would get my stock whip and turn the handle upside

down to make an instant microphone complete with a lead dangling down. She would sing Morning Town Ride and flick her hair just like Judith Durham.

Around her late teens Wendy slowly ceased to talk. She became tired and lethargic. Exactly what was wrong was a mystery to the doctors who treated her. She still loved her music though. Bill remembers when he got his first good guitar. Wendy used to sneak a little go on it when he wasn't looking. Slowly she became more difficult to care for, and then it was our turn to care for her.

To give Mum a break she had many overnight stays with her siblings, always with the full support of her in-laws. Julie says it was always a privilege to care for Wendy, and she showed our kids the true meaning of compassion and unconditional love (Even when she found your hidden chocolate and ate the lot).

Nettie remembers coming home to Eugowra with a chocolate stash to last for the weekend - Wendy would always find it, and devour every last bit, just leaving a few wrappers as evidence.

Wendy loved chocolate; she loved music, and chocolate. She loved bike riding and she loved chocolate. She loved us and she really loved her chocolate.

Wendy's in-laws have always supported Wendy's care. Although, we like to think that any bad habits she had, came from them. For example:

She was seen a couple of times enjoying a cigarette when Graham was around;

She didn't mind the occasional beer either;

She discovered the need for speed on the back of Mark's motor bike;

And there is even a story of a skinny dip in the dam with one certain sister-in-law.

Seriously though we know that because of her in-laws Wendy experienced her life to the full. And we thank you all for the love and care you gave her.

In 2000 Wendy had a major stroke and went into full time care at the Eugowra Hospital where she lived for 12 years before becoming a resident at the Mater Nursing Home in Forbes.

The Mater was a place she could call home. A place where, we her family, would always be welcome, and a place where the care and love for all the residents is outstanding.

Wendy was best known for her cheeky giggles and she kept them coming as long as she could. Over the last two weeks she still managed the occasional smile as

we sat, shared and laughed by her bedside.

Wendy's last days were difficult. It was a terrible thing to see her struggle with illness. When we were little she would always say when driving through our gully, "Down, down, down the gully - up, up up the gully!" Wendy went through many ups and downs in the last 2 weeks and as much as we wanted we could not do anything to make her well again.

The staff at the Mater and then the Forbes Hospital went above and beyond their duty of care. They ensured that we as a family, shared one last special Christmas together. For this we will be forever grateful.

We thank all those who nursed cooked and cleaned for Wendy, with such dedication and compassion over the last 14 years. Your kindness and happy faces we will never forget. Our family wish to express our heartfelt thanks to all those who have given their support, compassion and love throughout this very difficult time. Our loss is immense as is the love Wendy has left behind.

We would also like to acknowledge how proud we are of our Mum. She has been the most dedicated mother to Wendy for 57 years. A more loving and selfless Mother you will not find. Mum you are beautiful and we love you. **Read by Wendy's brother; Laurie Norris.**



# A LITTLE BIT OF HISTORY



Elaine Cheney

Snippets from local papers 100 years ago.

## Peering into our past.

### Canowindra Star & Eugowra News 15 May 1915.

The formal opening of the building known as Mackay's Creek Hall, to be used as a hall and school, took place on Wednesday evening, the 28th ult., and was well attended. Being a nice moonlight night, many young people journeyed out from Eugowra. Dancing commenced at 8 o'clock, over thirty couples, participating. At 11 p.m. all hands sat down to a good spread provided by the ladies of the district. Immediately after supper Mr. D. J. Curry, the secretary, spoke—at length and thanked all for their kind attendance, and advised those present that school would commence in the hall on Monday, May 3rd. He hoped all within reasonable distance would send their children, who would be under the able control of Miss P. Vincent. Dancing was then resumed and continued until the early hours of the morning.

### Canowindra Star & Eugowra News 25 June 1915

The M.U. Lodge has decided to hold its ball on Monday, June 28, the proceeds to be devoted to the Australian Red Cross Fund. Good musicians have been engaged and the catering will be in the hands of the lodge members. Mr. A. J. Ashcroft is the secretary. The rifle club are holding a picnic on Monday next. The new proprietor of the Club House Hotel, Mr. O. Morton, is leaving no stone unturned to provide for the public on up-to-date lines. Being well-known in the district, he will no doubt command a share of patronage. The crops throughout the district are making great headway. In many cases they are so far forward that stock have been turned in. The contract for the Murga. school, recently destroyed by fire, has been let to Mr. T J Hickey, late of this town. The auction sale of Mr. Coutts' belongings, conducted by Mr. J T Noble, was very successful, despite the wet day. Word has been received by the relatives of Mr. Roy McMillan to the effect that he has been wounded at the Dardanelles. No particulars are available.

### Forbes Advocate Friday 27 August 1915

**LITTLE GIRL DROWNED.** A sensation was caused in Eugowra on Wednesday by the news of the drowning of a little girl named Mary Collits, aged 9 years, the youngest daughter of Mr Pierce Collits. It appears that the child had been into the township and on returning home had attempted to

cross the Mandagery Creek, at a crossing about half a mile upstream. *The article goes on to say the child slipped from a log into the fast flowing stream. Her sister witnessed her drowning and many people joined in the search for her body. Her father had not long left on a droving trip and the child's mother had died previously.*

### Forbes Advocate Friday 5 October 1915

**TRIBUTE TO THE PIONEERS Eugowra.** The rough granite monument, recently erected to commemorate the centenary of the discovery of the Lachlan River by Surveyor Evans, was unveiled yesterday by the Minister for Lands (Mr. Ashford), who was accompanied by Mr. Arthur Grimm, M.L.A., in the presence of a large gathering. The monument bears bronze plates on its four sides, inscribed as follows: — On the east side, 'Evans, June, 1815'; south side, 'Holman, Premier, 1915'; west side, 'Oxley, April 30, - 1817' and north side, 'Pioneers Clements, Ditton, Greenhalgh, Herbert, Leader, Marsh, McMillan, Newell, Welsh, West and Woodgate'. Mr Grimm M.L.A., proposed 'The Day We Celebrate.' coupled with the names of Mrs. Turpin, youngest daughter of the explorer, and Mr. Evans, of the Bank of New South Wales; Parramatta, a grandson, both of whom were present. He referred to G. W. Evans as one of the most celebrated of the early explorers, who took their lives in their hands and often suffered great hardship in their journeys. - The toast was supported by Mr. J. H. Bates, who suggested that the Government might publish in the school books or papers extracts from the diaries of the explorers, so that the school children might become familiar with them.

### Forbes Advocate Friday 17 December 1915

#### AT LAST! Eugowra Railway Through.

Word was received on Wednesday morning early by the secretary: Mr L. Kirby, of the Eugowra Railway League, that the Eugowra-Canowindra railway had been passed for construction by the Upper House. This news will come as very great surprise to a lot of people in the district, as they had despaired of ever seeing a railway to Eugowra. The Eugowraites have been a patient and a long suffering people, and at last their patience is to be rewarded.





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# Eugowra Health Report

EUGOWRA MULTI-PURPOSE HEALTH SERVICE



## Improving your health in 2015

Welcome back to another year! What a great time to make a decision to improve your health. I refuse to make resolutions on New Year's Day because I have broken them too often in the past. BUT I can set real goals about how I want to try and improve my health or lifestyle. Now might be the time to think about what you want to achieve and how to do everything you can to be successful.

The things that we know will improve our health and reduce your chances of disease are -

- ◆ Stop smoking
- ◆ Drink moderate amounts of alcohol
- ◆ Be physically active
- ◆ Maintain a healthy weight

The good news is that positive health effects start very soon after you make a change to improve your health. If you exercise your muscles start to grow in 24 hours, if you stop smoking improvements in your cells start within a few days.

Unfortunately the reverse is also true - if you stop exercising your muscles start to deteriorate in 24 hours, if you start smoking there are negative effects straight away.

Other things that improve our health and lifestyle  
Improving your balance, strength or posture  
Managing your stress or anxiety  
Making time to do the things that are important to you

This year my goal is to try to improve my posture. I'm going to do this by improving my core stability and making some changes to the way I do things. Now that I've told you all- it should make me actually do something about it.

## WAYS TO HELP YOU MEET YOUR GOAL.

### 1. Set SMART goals

**Specific** – if fine to have an overall goal such as Get fitter, Stop smoking or eat healthier. But these are vague and don't really mean anything.

**Measured** – have times, days, numbers of repetitions that you are going to do

**Achievable** – be realistic; don't expect to change your life overnight. Small permanent changes are better than big short lived ones

**Relevant** – make sure it's really what you want- not what you think you should do or what others tell you to do. If you are going to make a change to your life it has to be important to you. It also has to be relevant to what you want to achieve.

**Time bound** – it has to be within a set time and you have to evaluate you success at regular times.

A not smart goal: get fitter

A smart goal: Ride a bike for 20 minutes at 5km/hr with a heart rate of less than 130 by next Christmas. I will build up to this by .....

### 2. Put it on paper or your phone

Writing down your goal and how you are going to achieve it makes you really think about it and it feels more "real". You can also come back to it and adjust it as needed.

You may also find it helps to keep a diary. Record what you did during each day/exercise session and how you felt afterward. Sometimes it takes a while to notice change but looking back can help you see the change.

### 3. Share your goal, activity and success

Telling someone else your goal or sharing a goal can help to keep you motivated.

Doing activities together or with others can help you stay committed and make it more fun.

### 4. Rate your commitment to this change

This might seem a little thing but it makes a big difference. Ask yourself "how committed am I?"

If you find that you can't really commit significantly to your goal then you are very unlikely to make the effort to change. If this is the case think about changing your goal to something that you really are committed to.

### 5. Make it fun – this is obvious I hope

Some change is not enjoyable initially, but try to do activities that you enjoy or are social as you are more likely to continue with them or feel you have made a commitment. Social exercises such as team sports or aqua exercises. Group activities such as charities or social groups help to encourage participation.

### 6. Make your change part of your daily routine

If possible try to make the change a regular event. The less frequent you do something the more likely you are to put it off. If you are making a lifestyle change discuss it with the others in the household and try to do it together or at least work out strategies for you to avoid the behaviour's or activities that you are trying to stop. If you are reducing your drinking – you might have a glass of water every second drink – this immediately halves you alcohol consumption and still allows you to remain social and enjoy yourself.

### 7. Reward yourself

This does not mean you get to do the activity or behaviour that you are trying to stop.

Recognise that you have achieved something even if it is very small. This might be as little as telling yourself/ friends that you have done something or it might be like the holiday that you go on from the money that you have saved from not buying cigarettes for a year.

### 8. Be flexible and don't give up

If you have a bad day /week - just think of it as that and then get back to your positive health change/goal. I often hear smokers say that they gave up for 6 months and then they had 1 cigarette so gave up and started smoking again.

If this happens acknowledge it and reset your goal.

### 9. Seek out resources and people to help you

Don't feel you are alone. There is so much information and assistance out there that can help us but we often don't know about. If you think assistance would help you - you can talk to your Doctor or Health Care worker.

If you want help to set a goal, work out strategies to achieve it and find out what resources are available contact Anne (Community Nurse) or Nicole (Physio) at the MPS on 6850 4000 and we would love to help you do anything to improve your health.

**Nicole Brindle**  
**Eugowra MPS**

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**35 Nanima Street EUGOWRA**

**\$ 150,000**

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- Open plan living, dining and kitchen
- Split system A/c and electric heater
- Lots of storage throughout home
- Large brick carport



**Loftus Street EUGOWRA**

**\$ 30,000**

- Generous corner building block neighbouring vacant land
- Town water to block and all other services close by



**"Hillside" Escort Way EUGOWRA**

**\$180,000**

- 45 Acres within walking distance to town.
- Fantastic elevated building block nestled at the base of the hill with picturesque views in every direction
- Town water available and plenty of room to run a few horses, cattle or sheep
- Sort after location, blocks like this are very hard to find



**22-23 Evelyn Street EUGOWRA**

**\$ 265,000**

- 3 Bedroom Home, refurbished, fresh paint, new floorcoverings, wood fire and split system A/C
- Open Plan living/ dining/family area, screened entertainment area to rear of the home.
- Double block, two separate titles, set on one acre within walking distance to town
- Huge shed/workshop on second block
- Town water and reliable equipped bore
- Owner will consider selling separately

# Ray White<sup>TM</sup>

## Eugowra

**CONTACT: MICHELLE CHENEY 51 NANIMA ST**  
**EUGOWRA NSW 2806**  
**PHONE (BH) 6859 2231 (AH) 6859 2819**  
**MOBILE: 0414 815 479**

HUGE  
PRICE REDUCTION



3 | 2 | 4

### 42 Pye Street EUGOWRA

**\$245,000**

- Comfortable 3 bedroom home, open plan kitchen/dining / lounge. All bedrooms are a good size with builtins, enclosed front and rear verandahs offer a further entertainment area, protected from the elements.
- Fully self contained granny flat attached to the home offers a generous bedroom and open plan kitchen/living/dining with evap a/c and gas heating
- 7 panel solar system ensures power costs will stay to a minimum
- Extra accommodation sits to the rear of the home, a 6x9 shed has been fully lined and converted into another 2 bedrooms and roomy kitchen/living area with power, water and toilet facilities
- Double lock up garage with concrete floor, power and separate workshop as well as a 2 car carport.
- A large L shaped covered storage area sits aside a 2nd workshop, greenhouse, 2 x garden sheds, bird cage, chook yard, vegie patch and lawn areas to the rear of the residence
- Town water, bore and 5 x rainwater tanks.
- Situated on a half acre block, close to shops and schools , this property has a huge list of features and inspection is a must



3 | 2 | 4

### 14 Strom Lane EUGOWRA

**\$285,000**

- Well presented spacious home, open plan living/ dining room that is awash with natural light, well appointed kitchen, and a separate formal lounge room.
- 3 bedrooms, all very generous in size, main with walk in robe and ensuite.
- Large bathroom with double shower and huge spa bath.
- Brand new decking on all verandahs offer a great out door entertaining space over looking the easy care gardens which feature a fully equipped bore, double garage, and large workshop with concrete floor, garden shed and carport . Situated on a one acre parcel of land that offers a quiet rural aspect.



5 | 2 | 4

### 22 Bowler Street EUGOWRA

**\$569,000**

- Impressive 5 bedroom home set on 3 acres. The open plan living area features a well appointed kitchen, family and dining area that looks out to the impressive entertainment area which utilises the generous verandahs that run the full length to the rear of the home. The easy care gardens feature bush rock formations and well established trees and shrubs.
- Other features of the home include – separate formal living/dining room, all bedrooms have large built-in robes with the main a walk thru robe leading to the generous ensuite. Underfloor heating, evap A/c and gas point throughout.
- The workshop to the rear of the property is a trademens dream. Huge shed with concrete floor, drive thru access, brick office, security system – protecting the home, shed and office, plenty of room around the shed for easy access for equipment large and small.
- Double carport, town water, rain water tank. The property sits adjacent to crown land and nestled in the valley ensures privacy
- For full details please view our website as the list of features is extensive...  
A quality home to suit the most discerning buyer