



July 2017

VOL. 46

A Lions Club project for the community we serve

OLD 'N GOLD EUGOWRA EAGLES

Saturday 27th May Footy Reunion. What a great day! A three grade win over our neighbours Canowindra and a huge crowd at Ian Walsh Field for the first 'Olden Eagles Reunion'. *(see pages 6,7,8,9 for footy reports)*



Curtis Wykamp, Grant McMillan, Jake Eppelstun and Jono Barnes enjoying catching up at the reunion

from the editor

Gudday,

Just waiting for the frost to thaw before a morning walk with the dogs. The nights and mornings are cold, but days are beautiful and warm so all we need now is a couple of inches of rain to get the crops to grow.



We are past the winter solstice, so believe it or not the days will start to get longer... how many days until Christmas? (Sorry!)

Eugowra footy players young and old have been busy playing, celebrating and reminiscing about their days of fame. Well done for creating the Olden Eagles and a continuation on that great tradition of footy and mateship. Thank you to Andrew Barnes for sending me photos and the story of the new club.

There is hope for the rise of the 'Fatty' from the ashes with a SOLD sign out the front. Fingers crossed it will be cleaned up and we look forward to seeing what develops. Also great to have a new little café in town for those hamburgers, fish n chips and pizzas. Good luck to both new ventures.

Eat Your Greens hosted a wonderful Long Winter Lunch amongst the Gum Trees last weekend. What a great way to enjoy the beauty of winter with good food and friends.

For those with school children, enjoy the June holidays with your kids and a break from lunches, ironing uniforms, and doing homework. Time to get out the mega jigsaw puzzle, enjoy a trip to the movies, sleep in and get into a good book. I'm sure the kids will find something to do!

Take care, keep warm and keep smiling



Until next time

Sarah



Contributors this Month

Our Regular contributors:

Elaine Cheney

Judy Smith

Nicole Brindle

Cassie Gates

Janet Noble

Eugowra Primary School

Anthony Toohey

St Joseph's Catholic School

Kevin Trembath

Andrew Barnes

Casey Fisher

Andrew Gee

Rebecca Carver

Erin Peile

Kay Howell

Next Issue Deadline:

Friday 21st July

**The News will be available
on Friday 28th July**

Advertising and Editorial Material To

Sarah de Lange

Phone 68595253 ah

editor@eugowranews.com.au

**or drop into the St Joseph's Primary School
mailbox**

**420 copies printed and distributed
throughout the community.**

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



Online at www.eugowranews.com.au

Follow us on facebook

EUGOWRA COMMUNITY MONTHLY MEETINGS

VIEW CLUB..... 3rd Monday of the Month
Committee Meeting 5.30 Dinner Meeting at Central
Hotel 6.30 for 7.00pm

SHOW SOCIETY..... 2nd Monday of the Month

EPPA.....2nd Tuesday of the Month

HOSPITAL AUXILIARY... 3rd Friday of the Month

LIONS CLUB.....Last Thursday of the month
at the Central 5.00pm (after folding the Newsletter)

BOWLING CLUB....1st Monday of the month 7pm

CWA.....2nd Friday of the month CWA Rooms
11.00am



DELIVERED: INSTANT ASSET WRITE-OFF EXTENSION

Australia's 3.2 million small businesses can continue to purchase equipment up to \$20,000 and write it off immediately, after legislation was passed in the Senate last week.

Recent tax cuts for small business – which delivered a 27.5 per cent tax rate – also redefined 'small businesses', meaning more Australian businesses are now eligible.

THREE-MONTH GUN AMNESTY

The Federal Government has announced a three-month gun amnesty, which will commence on the 1st July 2017 and run until the end of September.

Anyone with unregistered or unwanted firearms or firearm related items, such as ammunition, can legally dispose or register their firearm at approved drop-off points in each state and territory.

Further information, including how and where to surrender a firearm, can be found at www.firearmsamnesty.ag.gov.au or by calling 1800 909 826. *Andrew Gee*

In This Issue

Pages 6,7,8, 9 Golden Eagles reports

10. Eugowra Pony Club

11. Eugowra Eye Watch Police Report

12/13 St Joseph's News and Photos

15. CWA

16. Chitty Chitty Bang Bang

17. Eugowra Primary School

18. VIEW Club

20. Seasonal Kitchen

21. Drones Eye View

22. About Town - Pool Murals, Craft on the Creek

25. A Little Bit of History

26/27. Health Report

28. Kids Page

32. Mack the Mover

36. Pigeon Holes

DOG TRAINING CLINIC & MENTAL HEALTH

Recently Kevin Howell and Greg Walton conducted a Training Dog Clinic at Karana Kelpie Stud to raise money for Beyond Blue and promote Mental Health Awareness. These Clinics (conducted all over Australia) are the idea of a man who lost his best friend to suicide and is the editor of a magazine called The Australian WORKING STOCK DOG Magazine .



Perhaps, we should all take more time to yarn over a fence or over a cuppa. (Ed)

WHAT'S ON THIS MONTH

JULY 2017

Dr Vicki Wymer 68 592 220 Eugowra

63645901 Manildra

Mon

Tue

Wed

Thu

Fri

Sat/Sun

3 Eugowra 9-5	4 Manildra 9-1	5 Eugowra 9-11	6 Eugowra 9-4	7 Manildra 9-1	8/9
School Holidays					
10 Eugowra 9-5	11 Manildra 9-1	12 Closed	13 Eugowra 9-4	14 Manildra 9-1	15/16
School Holidays					
17 Eugowra 9-5	18 Manildra 9-1	19 Eugowra 9- 11	20 Eugowra 9-4	21 Manildra 9-1	22/23
24 Eugowra 9-5	25 Manildra 9-1	26 Closed	27 Eugowra 9 - 4	28 Manildra 9-1	29/30
31 Eugowra 9-5	1 August	2 Closed	3 Eugowra 9 -4	4	5/6

Eugowra Church Services

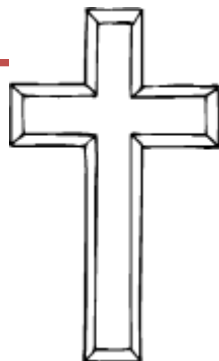
St John the Baptist Catholic

Mass: 2nd, 4th, 5th Sundays 5.00pm

Parish Priest: Fr Laurie Beath 63 421369

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

Rector: Reverend Joy Harris 63441643
joyharris159@gmail.com

Local Lay Preacher Elaine Cheney
68 592820

Sunnyside Gravel Supplies



QUARRY DA 95/144

- **WHITE & RED DECOMPOSED CLEAN GRANITE FOR YOUR DRIVEWAYS, ROADS, FILL, SHEDS AND STOCKYARDS E.T.C.**
- **ONE TONNE LOAD DELIVERED IN TOWN AREA**
 - **ANY QUANTITY CAN BE ARRANGED**
- **PICK UP YOUR SELF BOX TRAILER TO SEMI LOADS BY ARRANGEMENT**
ALSO AVAILABLE:
 - **TOP SOIL**— DELIVERED IN TOWN AREA OR PICK UP
 - **CONCRETE MIX 50/50 SAND BLUEMETAL MIX**
 - **STRAW FOR MULCH, BEDDING E.T.C.**

CONTACT: ALAN & MARIE NOBLE (02) 68592266

CABONNE HOME & COMMUNITY CARE

Is funded to help support people who are frail aged or younger people with disabilities, who are assessed as needing help with tasks of everyday living.

For more information contact
Cabonne Home & Community
Care Service

6344 1199

Or



1300 369 738



** **FOOD SERVICES** offer a range of food-related options

** **NEIGHBOUR AID** offers a variety of assistance options

EUGOWRA / ORANGE COMMUNITY BUS SERVICE



NEXT BUS:

Friday 28th July

Friday 25th August

Bus leaves Central Hotel 8.45am

Returns to Eugowra at 3.30pm

PLEASE NOTE THE PRICE INCREASE;

ADULTS \$8.00

SCHOOL AGE \$3.00

PRE SCHOOL & UNDER - FREE

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**

OLD BOYS 'ALL BLACKS' REUNION

Gooloogong Country Club was the venue on Saturday, 27th May, for the reunion of the Eugowra Rugby League Old Boys 'All Blacks'. This year marks the 50th anniversary of the 1967 Premiership win of the Eugowra first grade team when they won the Group 11 First Division Premiership for the fifth consecutive year. Colin Pritchard was the coach that year when Eugowra defeated Parkes 14-3 to set a record in Country Rugby League that has yet to be broken.

During their glory days of the 1960's Eugowra were joined by quite a considerable group of very talented footballers from Gooloogong. Consequently a decision was made a few years back to alternate the reunions between Eugowra and Gooloogong.

Over the years since 1967 quite a number have been lost to those 'All Blacks' group but the remainder were at Gooloogong for the reunion lunch with inabilities from Maurie McClintock, Barry 'Bruiser' Turner and Alec Gilmore.

Although there are just as many tries scored, goals kicked and tackles made, there was also quite a lot of reference made to bad backs and knees, operations these days.

The former players, along with their wives/partners had a very happy afternoon and always enjoy the time they have together. The decision was made to carry on with the yearly reunions while they are all able to do so.

Judy Smith

The old and the new and the in between footy legends and supporters



OLDEN EAGLES REUNION

Well what a day.

For those of you who don't know who the 'Olden Eagles' are they are a newly formed old boy and girl club for ex-players, current players and supporters of the Eugowra Rugby League Football club.

We are currently at 75 members with the goal to be of financial support to the club, a place to find old friends, share photos and organise get togethers. The first event was a resounding success with former Eagles travelling from as far away as Western Australia to have a beer on the hill and cheer on the All Blacks. The All Blacks you might ask? That's right, a great initiative of the club is to honour years past with special replica jerseys and what a sight it was to see Matt Park lead out the team in All Black jumpers through the Ian Walsh archway. In a special and touching moment, members of the record breaking 5 Group XI All Blacks presented the jerseys on the field in front of a bumper hill crowd. Claps, cheers and whistles rang along the Mandagery to applaud the immortals of Eugowra Rugby League.

50 years has passed since the last of the five-peat and while the bodies aren't as nimble as they used to be there was no stopping the heroes crouch down for a photo with the team. Getting back up was another story! We must never forget what these men achieved and just another reason why forming the Olden Eagles is so important.

The day started with the Juniors getting over the Tigers in a tight tussle with many future stars on show. The Geagles stole the show. Long range tries, miracle passes and long range kicking left the Tigresses no match for Eugowra's might. Female League Tag is a tremendous initiative of Country Rugby League and makes the small clubs stronger. There were some very proud fathers on the hill boasting about their girls achievements and funnily enough some extra speed was found from a long range try right in front of the faithful. The scenes were joyous.

First grade had a much needed win and I must say would not have tasted victory if not for the Olden Eagle crowd. If there was a perfect afternoon of football this was it. The playing surface is the best in the bush thanks to the hard working ground staff, the sun was shining through the trees and a full hill smiling, cheering and enjoying the special bond football has forged. Presentations were held at the Central Hotel, the spiritual home of ERLFC. The stories got taller after a couple more ales and tries became longer, tackles became harder and the never ending debate of which era was the best raged on.

Eugowra is a unique town and it's love of Rugby League is even more so. If you haven't experienced a day at Ian Walsh field cheering on the boys and girls I highly recommend it, it is truly a wonderful show of small town community spirit.

Now back to the Olden Eagles, we have a wonderful hard working committee that was born in the North Shore of Sydney. Eighties dynamo and Eugowra Australia Day ambassador Warren Welsh is president, I hold up the book keeping at Secretary and former captain of the premiership winning St George Dragon Under 23s Michael McClintock is Treasurer. A big thankyou to the executive committee who travelled to Sydney for the inaugural meeting, Wayne Medlyn, Jono Barnes, Dick Howell and an apology from Neil McMillan who couldn't make it.



Jeffery Herbert and Michael McClintock



To join the Olden Eagles it is a \$20 yearly membership which can be paid to Jono Barnes at AgnVet. The money raised each year will go to improvements to the field, first item is contributing to a new electronic scoreboard with future endeavours to tile the dressing sheds and install new goal posts. The membership is open to everyone and is a great way to contribute to the club who's insurance and registration costs would shock most. Currently at 75 members we are aiming at 100 by years end.

So to conclude, this was the first of the yearly Olden Eagle reunions with many more to come. A bowls day will be added to the calendar before the 2018 season and we will keep everyone informed with dates as well as the second Olden Eagle catch up.

Up the All Blacks, Eagles, Geagles!!

Andrew Barnes

Secretary Eugowra Olden Eagles



*Aerial view of the day from Aerial Anitix; Anthony Toohey
Warren 'Wizza' Welsh, Kevin Welsh, Ian 'Tadpole' Welsh
The Golden Eagles 2017*





FOOTBALL UPDATE

The first half of the season is over, and we are looking forward to a better second half.

Ladder

Eagles are in 7th position on 8 points

Geagles are in 5th position on 14 points

Juniors are in 4th position on 13 points.

June Results

Eugowra Vs Manildra

Eagles lost 30-26

Geagles lost 18-12

Juniors lost 46-0

Eugowra Vs Canowindra

Eagles won 22-20

Geagles won 24-6

Juniors won 24-10

Eugowra Vs Grenfell

Eagles won 46-34

Geagles lost 14-6

Juniors BYE

Eugowra Vs Cargo

Eagles lost 54-24

Geagles won 10-4

Juniors BYE

UPCOMING GAMES

2nd July Eagles & Geagles BYE, Juniors Vs Canowindra @ Canowindra

9th July Eugowra Vs Burrangong @ Burrangong

16th July Eugowra Vs Peak Hill @ Home

22nd July Eugowra Vs Trundle @ Trundle

30th July Eugowra Vs Condobolin @ Home

6th August Eugowra Vs Manildra @ Home

Eugowra Eagles Tackle Breast & Prostate Cancer.

On July 30th, our three grades will verse Condobolin Rams at home.

This day will be a Pink & Blue Day, to raise Awareness for Breast and Prostate Cancer.

The two Men's sides will be wearing blue socks in support of Prostate Cancer.

The Geagles will be wearing pink socks and pink Jerseys for Breast Cancer.

This will be a great day and we hope to see you there.

Casey Fisher



Rebecca Carver

EUGOWRA
PONY CLUB

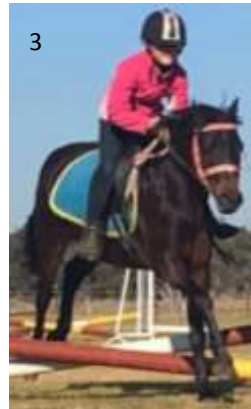


We had a big turnout on our last rally day. A lot of our riders were using the opportunity to get in some more practice before the Gymkhana and Charlie O day to be held at Forbes this Saturday and Sunday.

Behind the scenes was some very dedicated members painting jumping poles, cleaning and preparing our dressage letters for the Zone gymkhana that we will be hosting later on in the year.

Our wood raffle will be drawn on July 9th. Thank you for your support. If anyone would still like some tickets please contact Heidi Holland on 0402 889715.

Good luck to all who have entered. Good Luck to all members competing at Forbes this weekend.



1. Sienna riding Pippin
2. Kirralee riding Storm
3. Stacy riding Boy



PIZZA MENU

Sundays 6.00-8.30



- Supreme..... 18
- Meat Lovers..... 17
- Hawaiian..... 17
- Hot & Spicey (pepperoni, jalapenos, chilli, onion)..... 19
- Potato, Bacon & sweet chilli on sour cream..... 19
- Italian (anchovies, salami, sundried tomatoes, olives & parmesan)..... 19
- BBQ Chicken (chicken, bacon, onion & BBQ sauce)..... 19
- Seafood (prawns, Barra & squid)..... 24
- Breakfast (sausage, bacon, egg, onion, pepperoni)..... 19



Commercial Explosives Amnesty

The NSW Police Force has announced an amnesty in relation to Commercial Explosives. The aim of the Commercial Explosive Amnesty is to provide a safe avenue for members of the community to hand in explosives and related hazardous materials to police. If you have an explosive contact your local police who will arrange a time to inspect the item and arrange a suitable disposal method. Do not move or transport the explosive for any reason. The Amnesty does not cover the transportation of explosives and it is still an offence to do so.

The amnesty commenced on 15 March 2017 and will end on 14 September 2017.

The types of explosives covered by the amnesty include:

- Black powder
- Nitro-glycerine based explosives
- Water gel and Emulsion explosives
- Detonating cord
- Detonators

And other commercial explosive items

For further information please visit www.police.nsw.gov.au or call your local police station.

NSW POLICE FORCE COMMUNITY PORTAL

SAFE **CONFIDENTIAL** **SECURE**

**SAVE TIME
REPORT ONLINE**

<https://portal.police.nsw.gov.au>



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

Term 2 is nearly at an end and the children will be looking forward to a wintery holiday break. This term has included NAPLAN testing, EMMY Schools Athletics carnival, The Diocesan Spelling Bee, Gymnastics and Athletics, gardening and a visit from Prue McCarthy Ability Links Orange.

DIOCESAN SPELLING BEE ~ Wellington Congratulations to Chelsea Colvin, Lachlan Haynes and Bailey Cullenward who all made it to the 3rd round of the Diocesan Spelling Bee on June 1st. It was very nerve-wracking spelling out words in front of a large audience and these three students did very well. *Pictured is Chelsea Colvin with her last word.*

SPORT ~ This terms sport has been around Gymnastics and Athletics. The EMMY (Small Schools Eugowra, Manildra, Molong and Yeoval) carnival was held at Manildra and congratulations to Angus Whatman who was Senior Boys Champion. All the students enjoyed meeting together in sport and friendship.

An Athletics day was organised on Thursday 8th June with Athletics Australia Coach Kate Lynch who spent to the day fine-tuning skills in High Jump, Discus, Shotput and agility running exercises. This was a very successful day with everyone achieving a new skill and confidence.

Our Gymnastics teacher, Kerry Hodge from PCYC in Parkes has been helping the children understand the process of gymnastics and flexibility. The students have responded very well to the exercises and tasks such as 'tuck shape', 'front support', 'motorbike stand' 'scorpion kick' and have mastered forward and backward rolls, jumping and landing correctly, cartwheels just to name a few.

GARDENING ~ Thanks to Bunnings Forbes for our two planter boxes, Moxey Dairy for the manure and the hard work of volunteer Denise Broom who has put together our vege plot and teaching the children about the joy of gardening and growing food. The children have planted strawberries, broccoli, onions, silver beet and sugar snap peas and are enjoying watching their plants grow.

PRUE MCCARTHY – Different on the Outside, but the Same on the Inside. ~ Prue has visited the Primary students twice this term to talk about her disability (*cerebral palsy*) and how many people have a disability of some sort but they are all the same on the inside. She is a wonderful role model for someone to achieve his or her dreams and some of the issues they face in everyday life.

TERMLY TIMES ~ Each Thursday parents, Cassie Gates, Nicole Brindle and Alison Haynes come in to assist the Termly Times students to put together their end of term newspaper. The team of the Termly Times have been busy creating competitions, interviewing people, sourcing sponsorship and editing their paper. This will be available at the end of term so look forward to a good read from our talented students.

END OF TERM ASSEMBLY & TALENT QUEST ~ Speaking of talent.... On Friday 30th June, some of the students will be showing off their talents and presenting short movies, telling jokes, singing and dancing for the audience at the End of Term Assembly. No doubt, this will be very entertaining. This will be the last day of Term 2 before the Winter break.

Term 3 starts on Monday 17th July and we look forward to seeing how much our vegetable patch has grown, the Southern Region Athletics Carnival, our CWA Country of Study projects and the Sacrament of First Eucharist for Year 3 students. Until then God Bless, keep warm and enjoy the holidays.

St Joseph's Students and Staff.



Celeste Gavin and Lainey Myers jumping for joy and Gymnastics



Chelsea Colvin ~ her last word was bizarre at the Spelling Bee.

Our volunteer gardener Denise Broom with Isla Newell and Noah Colvin



Helping young Philo Habashi plant his seedlings



Alana from Live Better Orange, Asher Chenhall, Thomas Brindle, Celeste Gavin, Angus Whatman, Lachlan Haynes, Prue McCarthy (Live Better Orange),

Elizabeth Brindle, Chelsea Colvin, Eve Moore, Kirbie Mongan, Levi Carver, Kyla Hurd.

Ash Gates, Keiley Whatman, Sienna Carver, Jack Fazzari



The Gentle Cow CAFE

- Coffee ● Milkshakes
- Homemade pies ● Burgers
- Cheesecake
- Morning & Afternoon Tea

OPEN 5 DAYS

41 Broad Street, Eugowra NSW 2806
tel: 02 6859 2657



The Old Post Office *Serviced accommodation*

Located in the heart of Eugowra, *The Old Post Office* is set within a large garden and is just a short stroll to cafes, shops, the club and pub. Cook your own meals or pop over the road for some country hospitality!

Fully self-contained with three bedrooms, we can accommodate one to eight people. Outside pets are welcome too.

Discounts for weekly & monthly bookings.

Light breakfast provided & other meals by arrangement.

**Find us on Airbnb.com.au (to pay by credit card)
or contact Catriona on 0414 663 933
or catkins3@hotmail.com**



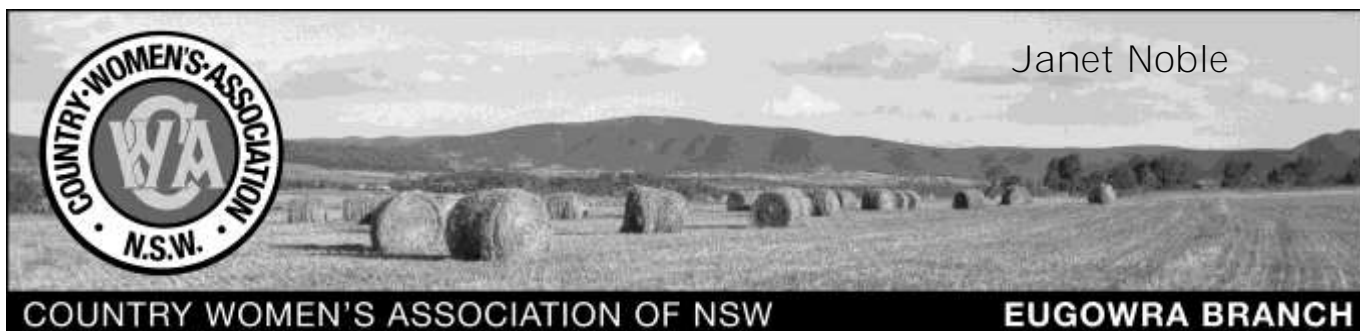
AGnVET Services

1st Choice for all your Rural Requirements

- Specialist Agronomy Advice
- Agricultural Chemicals ■ Livestock Health & Nutrition ■ Fertiliser
- Seed ■ Seed Cleaning & Grading ■ Pet Food & Accessories ■ Fencing supplies
- Washing powder & Laundry needs ■ Water supply equipment ■ Cement
- Gardening equipment ■ Farm Hardware
- Water - supply equipment

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

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



Janet Noble

The next meeting of Eugowra Branch of CWA will be held in our rooms on Friday 14th July at 11am. Margaret & Wendy will give summary of State AGM. * Members please bring along your February copy of The Country woman so you can follow the motions as discussed. If staying for lunch please let me know.

The State CWA AGM was held at Tumi Umbi, Central Coast of NSW. The AGM was opened by His Excellency General The Honourable David Hurley AC DSC (Ret'd)Governor of NSW . Keynote speaker was Mrs Linda Hurley.

Major sponsors were Telstra, Local Government of NSW, Breast Screen, The Land, Scott & Broad and Australia Event Services and REX Regional Express.

Members had a very interesting and informative visit to Adagio Alpaca mill in Orange in June. The mill is owned by an Australia couple, Andrew who is an Electrical engineer and still works in the mines and his wife Nadine. The machinery was imported from Italy two years ago. They will do orders for over 5kgs of raw wool. Steve took us for a tour of the mill and each member received a skein of wool. Afterwards we held our meeting in the board room. We then proceeded to "Kate Jones" restaurant for a very enjoyable lunch.

The Eugowra Branch will be joining with Cudal Branch to cater for the Saturday of Eugowra Show this year.

WRAGS will be holding a "Information Day" at Cudal on Saturday 14th October, 9.30 am for 10am start. There is a great line up of speakers including Scott Cable on Aged Care, a Pharmacist and Thai Chi. All welcome. For further information contact Wendy Carey.

CWA did Meals on wheels last month.

282 children attended the CWA Public Speaking Competition at Kinross last month.

It is the 90th Birthday of Eugowra Branch next May, we are planning a big celebration.

Our AGM will be held on 13th October, we need some new faces on executive, so please think about it.

Cath Welsh with her daughter Clara May and her new book from the Books for Babies .

The tour of Adagio Mill





Congratulations to Bailie Peisley who was in the dance and singing ensembles at the recent production of Parkes M & D Society of Chitty Chitty Bang.

head on in

hair & beauty

THIS MONTH'S SPECIAL

DEFENCE PRODUCTS

Buy 1, Get 1 FREE

- Style Cuts
- Colours
- Perms
- Hair Straightening Systems
- Treatments
- Earpiercing
- Lash & Brow Tint
- Brow & Facial Waxing
- Spray Tans

Ph: **6859 2566**

50 Nanima Street, EUGOWRA

OPEN 6 DAYS



Eugowra Public School

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

News

Participation Leads To Success

Following on from our school choirs **OVERALL WIN** in the choir section of the Cowra Eisteddfod, the girls were invited to perform at the 'Grand Eisteddfod' on Friday night the 9th of June at the Cowra Civic Centre. The Grand Eisteddfod is a showcase of the winners from each section of the Eisteddfod. At the conclusion of the evening our choir was super excited to be announced as the Most Entertaining Act for the night and were again awarded a huge perpetual trophy for their efforts. Our choir consists of Nina Merchant, Olivia Connell, Rianna Reeves, Alyssa and Sophie Gibson and Hannah and Clare Williams, expertly coached and conducted by Mrs Carolyn Austin. We would also like to acknowledge our accompanist's Mrs Helen Payton on piano and Mr Steve Johnson on Guitar, both from Canowindra.

Schools Spectacular

The choir are having a great run of success this year and following their audition to perform in the 2017 Schools Spectacular in Sydney, the senior choir have been accepted once again to perform in this "Spectacular" event. Congratulations to the Schools Spectacular Choir, Nina Merchant, Olivia Connell, Rianna Reeves, Alyssa Gibson, Macey Greenhalgh, Hannah and Clare Williams. They will begin practising for this event to be held in November.

Forbes Eisteddfod

The choir performed in the Forbes Eisteddfod on the 20th of June in the Small Schools Choir section taking home 2nd place. Congratulations girls.

LEEP

A number of our primary students who were selected to participate in the LEEP program once again attended Forbes High School to participate in extension activities during week 7. The Lachlan Engagement and Enrichment Program offer a

Maths and Science program and an Agriculture program. This is a fantastic opportunity for our school students to have.

Staffing

As Term 2 comes to an end we will say farewell to our current relieving Principal, Mrs Jessica Neilsen. Mrs Neilsen has been with us since the beginning of 2017 and has been a great asset to our school. Mrs Neilsen will be missed by staff and students; she has done a fantastic job in taking care of Eugowra Public School in her short time here. Mrs Neilsen will return to her position at Parkes East Public School.



In Term 3 we will be welcoming back to EPS, Mrs Carmel Doyle our Principal and Ms Dalla Vecchia, class teacher, both returning part time to teaching roles following maternity leave. Miss Lyndal Matthews will remain on the Infants class and Mrs Carolyn Austin will continue in her 3 day per week RFF and support role.

Choir- Winners of the Alma Hopkins Memorial Trophy for Most Entertaining Act.





Judy Smith

Eugowra Evening View Club

voice, interests and education of women

Eugowra Evening VIEW Club held their June dinner meeting at the Central Hotel last Monday with Cassie Gates as the guest speaker. Cassie, along with Kim Story, are the brains behind the 'What Does a Farmer Look Like' project. Unfortunately Kim was unable to be present due to health problems.

Cassie, who is married to Paul and with three sons, is a Graphic Designer, joined Kim Storey, in this project. Kim has a small farm and runs it along with her family and commercial Photography business.

After chatting about the perception of women in agriculture and the results she received after 'Googling' the same, Kim went to Cassie with the idea to do a coffee table book showing 'What Does a Farmer Look Like'. Cassie jumped at the chance as she loves to hear people's stories and to hear how and why they do what they do. Rarely do farmers hit the national media because of good news stories, mostly they are in the news because of drought, fire, flood or animal rights propaganda.

The coffee table book will include over 100 farmers and their stories, as well as beautiful photography showcasing their farm and enterprise. The stories will be from all over Australia and from a very diverse range of enterprises. Cassie and Kim are visiting farmers from all different locations, backgrounds, enterprises and demographics. These include sheep, cattle and cropping, graziers and station owners, horticulturists, market gardeners, flower growers, aquaculture, crocodiles, tropical fruit and everything in between...even camel dairies and emu farms. They have travelled as far as Western Australia, Tasmania, South Australia Victoria and covered New South Wales, but still have the Northern Territory and North Queensland to go. Cassie said they hope to finish their interviews this year and to have the book published next year.

Wendy Drady thanked Cassie on behalf of members and made a presentation to her.

The main topic of discussion at the meeting was the forthcoming major fund-raising event for Eugowra Evening VIEW Club this year. This will take the form of a dinner at Eat Your Greens on Saturday 5th August at 6-30pm. Guest Speaker will be internationally acclaimed Lions Club member Alan Drew OAM, who will speak on International Disaster Retrieval, of which he is a member. Tickets are \$55-00 each and are available from Head on In, Eugowra Supermarket, RTC or contact Kay Jones on 0428 592 321.

You may book a table or purchase tickets individually. Bookings close on 23/07/17. On the night there will be an auction of 2 Nights Accommodation and a Pamper Package at Kingston Foreshore. There will also be raffles available as well.

On Saturday 15th July we will be holding our 9th birthday party which will take the form of a luncheon at the Eugowra Community Bowls and Recreation Club at 12-00pm for 12-30 start. Cost is \$20-00 each and there will be Australian food as well as Chinese food provided with fresh fruit salad and ice cream followed by the birthday cake with a 'cuppa'. Members are asked to invite guests please contact Kay with numbers by July 8th.

Members are requested to provide items towards the 'many prizes' raffle. These are to be unwrapped or in clear wrapping.

Set up time on the Sunday will be from 9-00am – all help accepted.

The Street Stall which was held earlier in the month was very successful but it was an extremely cold morning. Perhaps there will be an alternative fund raiser next year. Thanks to everyone who donated to the stall and to all those who supported it. VIEW has had a target to reach of 1,200 Learning for Life Students and this goal has now been achieved.

Wendy Drady thanked Cassie Gates for her presentation





Family photography

Sessions from \$100

Prints from \$44

Digital negatives from \$350

Book online

www.avalindphotography.com.au

or contact Kim Storey

0467315172

Eugowra, NSW

Call 0428 595 259

www.eatyourgreens.com.au

Catering for your special occasion



eat your
greens
CATERING





THE ~ SEASONAL KITCHEN ~

Apologies from Anne Heath, she is unable to provide us with a recipe this month, so I have included a favourite fresh, moist orange cake for you to try.

ORANGE CAKE

This is a very simple and always moist and delicious quick cake and uses up the beautiful oranges that are in season at the moment. Its also a good one for the kids to help with as everything goes in together.

Pre heat the oven to 180C. Grease and line a deep 20 cm round cake tin with baking paper.

INGREDIENTS

- 1 Cup castor sugar
- 1/2 cup milk
- 125 gms softened butter
- 1 1/2 cups self raising flour
- A pinch of salt
- 1/2 teaspoon of vanilla essence
- Grated rind of one orange
- Squeeze of orange juice



Place all ingredients in the mixer or food processor and beat until well combined. Pour into prepared tin and cook for 40 mins or until skewer comes out clean. Cool in the cake tin for 10 mins and then turn out.

LEMON ORANGE ICING

- 2 tablespoons melted butter
- 1 1/2 cups of icing sugar
- Juice of the other half orange
- Squeeze of lemon juice

Mix all ingredients together and ice the cake when it is cold. The icing should be of a thin consistency but not so runny that it will not sit on the cake.

Grate some orange rind to decorate the top.

Make a cup of tea, sit down with a book by the fire and enjoy some delicious cake. Better still share with a friend!



DRONE'S EYE VIEW



RULES AND REGULATIONS FOR FLYING A DRONE

The basic rules are;

- 120m max height
- Do not fly within 30m of persons or property
- Do not fly in prohibited areas (CASA app informs of these areas)
- Only fly during the day Commercial gain is prohibited unless drone is under 2kg and operator has obtained an ARN from CASA
- Drone must be within Visual Line of Sight at all times 5.5km away from any Aerodrome

You must only fly during the day and keep your RPA within visual line-of sight (VLOS) - close enough to see, maintain orientation and achieve accurate flight and tracking. This means being able to see the aircraft with your own eyes (rather than through first-person-view (FPV)) at all times. You must not fly your RPA higher than 120 metres (400ft) AGL. Referenced to a point on the ground immediately below the RPA at any time during the flight. You must only fly your RPA during the daytime only (not after sunset). You must keep your RPA at least 30 metres away from other people i.e. any person who is not charged with duties essential to the safe operation of a remotely piloted aircraft. You must keep your RPA away from prohibited/restricted areas. You must not fly your RPA over any area where, in the event of a loss of control or failure, you create an unreasonable hazard to the safety of people and property on the ground (populous area). You must keep your RPA at least 5.5km away from controlled aerodromes - one with an operating control tower.

You must not fly your RPA over or near an area affecting public safety or where emergency operations are underway (without prior approval). This could include situations such as a traffic accident, police operations, a fire and associated firefighting efforts, and search and rescue. You can only fly one RPA at a time.

Anthony Toohey



Annabelle Peile and Peyton McKenna and their art work with the Pool Mural.



Community Craft Shop.
Open 6 days 10.00am to 3.00 pm
Tuesday to Sunday.
All items are handmade

New members welcome!

The Craft on the Creek new room has been completed and is now ready for workshops and craft days.

The first organised Workshop/Craft Day will be held on 21st July starting at 10-30am to 3-00pm. This day will be for those people interested in crochet- so take along your 8 ply yard and size 4 crochet hook. The teacher will be Helen Balcombe, who many of you will know.

Take along your lunch and a mug- leave your name and phone number at the Craft Shop

Members are asked to advise what type of workshop they would like to have and also if they would be prepared to teach a craft.

Bookings for the room can be made by contacting Judy Welsh on 6859 2495.

People may wish to book the room for an activity other than craft.

Members have already held a UFO day and more are in the pipeline.

UFO?? In the craft world - Unfinished Objects! In the Patchwork World ~ she who dies with the most fabric in their cupboard wins!

EUGOWRA NEWSAGENCY & SUPERMARKET

For all your...

- Milk • Bread • Fruit • Vegetables • Meat • Lollies • Chips • Drinks • Newspapers
- Magazine • Lotto • Stationary • Cards • Toys • Photocopying • Laminating
- Gardening & Hardware • Craft Supplies • Chemist Lines • Pies
- Southsea Seafood EVERY Thursday at 8.30am
- PLUS HEAPS MORE



Trading Hours

Monday to Friday 6am - 5.30pm
Saturday: 7am - 12pm Sunday: 7am - 12pm
Public Holidays 7am - 11am



Daniel, Diane & our Friendly Staff

32 Broad Street,
Eugowra NSW 2806

Ph: (02) 6859 2420 | Fax: (02) 6859 2420


**CHINESE
RESTAURANT**
ph. 6859 2805

RESTAURANT HOURS
Wednesday - 6pm to close
Thursday - 6pm to close
(takeaways only)
Friday - 6pm to close
Saturday - 12pm to close
Sunday - 12pm to close

**MEMBERS
DRAW &
CHINESE
SMORGASBORD**
Last Friday of the
month

**TRADING HOURS
OPEN 7 DAYS**
Monday to Friday 4pm - close
Saturday 1pm - close
Sunday 12pm - close

EUGOWRA



Community Bowls
& Recreation Club

It's Your Club...

- AIR CONDITIONED COMFORT
- 6 BEERS ON TAP
- AVAILABLE for PRIVATE FUNCTIONS,
Birthdays Parties, Work Functions, Anniversaries & Weddings
- FRIDAY NIGHT MEAT RAFFLES - 7.30PM
- EVERY SATURDAY SOCIAL BOWLS
(Bowls Available - Families Welcome)
- PLAY SOCIAL BOWLS

Hill Street, Eugowra NSW - (02) 6859 2315

SUPPORT | ENJOY | RELAX

New members & visitors are always welcome!



Eugowra Lions News

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.



EUGOWRA QUALITY MEATS
— PREMIUM BUTCHER & DELI —

AWARD WINNING SAUSAGES
COLD MEATS & SMALL GOODS
BBQ CHICKENS AVAILABLE WEDNESDAY & FRIDAY
BULK DEALS AVAILABLE
MAIL & PHONE ORDERS WELCOME
EFTPOS AVAILABLE

LOCAL FREE HOME DELIVERY CUSTOMERS

NANIMA STREET EUGOWRA 02 6859 2372



**Avalon West
ANGUS STUD**
Eugowra

Registered Stud Bulls with EBV information

Grass fed & ready for work

Good temperament and easy to handle

Using AI from leading Angus sires

Reiland Angus cover bull used

Suitable for both heifers and cows

Contact: Tim de Lange

"Avalon West" Eugowra

02 68595253

0427 595252



COLLECTABLES AND OLD BOOKS



Wander through everything old and unique at Kath's Eugowra Emporium in the old Masonic Lodge building

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

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

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



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

A LITTLE BIT OF HISTORY

Elaine Cheney



From Australian Town and Country Journal 1 March 1890. Rival Railway Routes

ORANGE, February 20. An influential meeting was held in the Town Hall on Wednesday night for the purpose of advocating the construction of a railway from Borenore to Forbes. The Mayor occupied the chair.

Although the night was wet a good number attended. The following resolution was unanimously carried, "That in the opinion of this meeting, a railway from Borenore to Forbes via the rich and populous districts of Cudal and Eugowra would confer a greater benefit upon a larger number of persons, and would repay the cost of construction with a greater certainty, and return a far larger revenue from freight on produce, merchandise, and from passengers, than a railway from Molong to Parkes via the sparsely populated districts of Meranburn and Manildra."

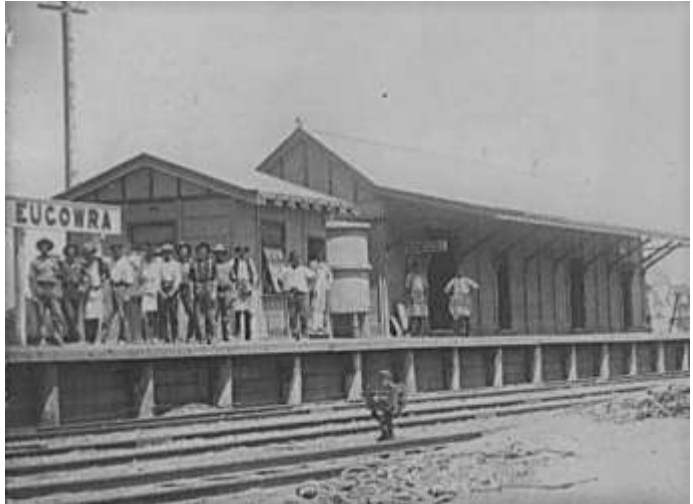
Mr. Torpy, the mover, in his speech referred to the population and passenger traffic, which he asserted was 3 to 1 in favour of the Borenore-Forbes, line. A committee was appointed to collect statistics and give evidence before the sectional committee.

Our railway line and Station officially opened in October 1922 coming from Blayney, via Cowra.

Our grain silos opened in 1927.

The last permanent Station Master left in 1975.

The Station and the Station Master's residence were both demolished.



1. Early platform shot with workers.
2. Station with diesel rail motor at the platform. (J Anthes photograph)



3. Station building in its' last days with platform removed.
4. End of the building with dozers at work. (Lorna Hoswell photograph)





Physiotherapist Nicole Brindle

Eugowra Health Report

EUGOWRA MULTI-PURPOSE HEALTH SERVICE

Brain food: can you eat yourself happy?

Q: Does your diet affect your mental health?

A: Studies have found an association between diet and certain mental health conditions, but there are still many questions about the links between the two.

It's often said 'you are what you eat'. The links between our diet and our physical health are well established. But what role does your diet play when it comes to your mental health?

You know what it's like when you treat yourself with something sugary or fatty to pep yourself up when you're feeling low. Your mood might improve and you might feel a bit energised for a short time, but these feelings pass quickly and you often end up feeling guilty.



Does a poor diet affect your mental health?

Many studies worldwide have shown that there's a link between diet and mental health. But this research is still in the early stages, so we don't know if unhealthy foods cause illnesses such as depression.

It's not known whether your diet affects your mental health or if it's your mental health that affects your food choices. It's also possible there's something else that is associated with eating a healthy diet – such as regular exercise and other lifestyle choices – that is having an impact on people's mental health, or a combination of these.

There are many risk factors that cause mental illness, including many we have no control over, such as genetics, childhood trauma and socio-economic status. However, you can control what you choose to eat and for some people this can make a difference.

The science so far

The available evidence shows people who eat an overall healthy diet – including lots of fresh, unprocessed and nutrient-dense foods – tend to have better mental health. In particular, research suggests depression and dementia are affected by the quality of our diets across the life span.

Research from Japan found a healthy diet rich in vegetables, fruits, potatoes, soy products, mushrooms, seaweed and fish was associated with a decreased risk of suicide, while a study on men found a high-fat, junk-food diet can within a week impact spatial memory, which is associated with dementia.

Links have been found between diet quality and mental health in adolescents, and in middle-aged women. A recent study on pregnant women found those who ate processed foods during pregnancy had children who were more likely to be angry, throw tantrums and have other behavioural problems. Kids who had higher intakes of healthy, nutrient-dense foods had lower levels of these behaviours.

Foods that boosts your mood

Omega-3 fatty acids: Your brain and central nervous system are made up of about 60 per cent fat, in particular the omega-3s, which are found in oily fish such as salmon, mackerel, herring and sardines. These play a crucial role in healthy brain function and research has shown people with depression have lower levels of some omega-3s in certain parts of their brain.

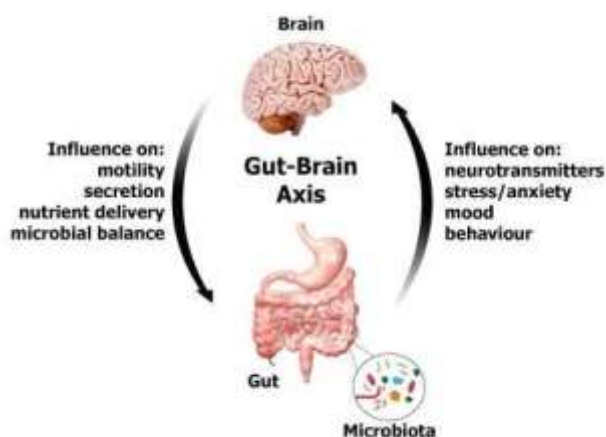
Omega-3s have been found to help reduce inflammation in the body and brain, which is caused by a poor diet, stress, smoking, lack of vitamin D, obesity and physical inactivity. In some people, inflammation can be a contributing factor to an increased risk of mental illness.

Carbohydrates: The brain needs to be fuelled by high-quality carbohydrates – fruits, vegetables and wholegrains – which are broken down into glucose.

If you spike your blood glucose eating highly refined carbs (high GI), your body has to overproduce insulin and you'll come crashing down.

The Second Brain

Having healthy gut flora can improve your mood by increasing your overall sense of well-being because it has a direct effect on your immune system. Immune health is a factor that has a high level of crossover with mental health.



How does your gut talk to your brain?

When you're healthy, bacteria are kept safely inside your gut. For the most part, the bacteria and your gut live in harmony.

The gut has a bidirectional relationship with the central nervous system, referred to as the "gut-brain axis". This allows the gut to send and receive signals to and from the brain.

There are many other ways gut bacteria might affect your brain, including via bacterial toxins and metabolites, nutrient-scavenging, changing your taste-receptors and stirring up your immune system.

How can the gut affect your mental health?

Two human studies looked at people with major depression and found that bacteria in their faeces differed from healthy volunteers. But it's not yet clear why there is a difference, or even what counts as a "normal" gut microbiota. Stress is also likely to be important in gut microbiota and mental health. We've known for a long time that stress contributes to the onset of mental illness. Research is now discovering bidirectional links between stress and the microbiota.

There is no silver bullet.

The evidence is suggesting that there is no single element to having a good diet for mental health.

1. **Eat mostly plants.** Veggies and legumes are nutrient and fibre rich.
2. **Use plenty of herbs and spices.** Particularly turmeric and saffron
3. **Go nuts!** Nuts help with your mood (irony).
4. **Eating for your gut.** Managing the bacterial balance in your stomach and intestines — keep that second brain happy and healthy.
5. **Fats are your friend.** Healthy fats, like omega-3s, are thought to have a positive influence on parts of the brain linked to depression.
6. **Getting the right balance of protein.** Fish and lean meat and avoid highly processed meat products.
7. **Avoid sweeteners and additives.** Highly processed food has been linked to poor mental health.
8. **Vary your diet.** The average Western diet consists of around 20 ingredients, whereas ancestral humans probably ate more like 150.
9. **Relax and enjoy.** We can't forget the benefits of eating as a social and recreational activity — there's a reason pretty much every culture focuses their celebrations around food.

JULY 2017

kids page

Jokes

What do you get when you cross a cockatoo with a homing pigeon?

- A bird that is not afraid to ask for directions!

Why did the crocodile cross the road again?

- He was a double-crosser!

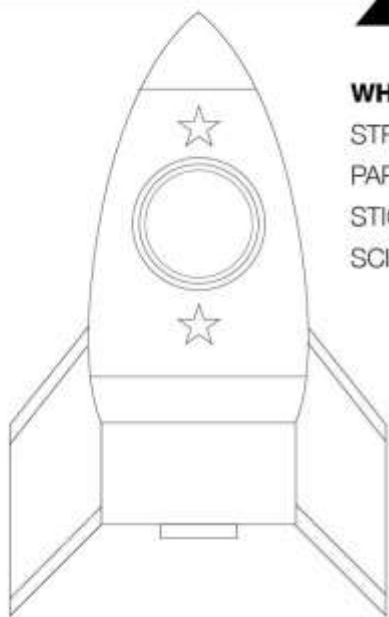
Why did the emu cross the road?

- To prove he wasn't a chicken!

What type of umbrella would an emu have on a rainy day?

- A wet one!

Kids Craft!



WHAT YOU NEED:

STRAW

PAPER

STICKY TAPE

SCISSORS

INSTRUCTIONS:

1. Draw your rocket and cut it out.

2. Roll a 4cm x 5cm piece of paper around the straw to make a tube. Roll the paper on the long side ie. you want a 5cm long tube.

3. Fold one end of the tube and seal with sticky tape.

4. Attach this tube to the back of your rocket.

5. Insert straw into the tube and blow!

We have lift off!



Find-a-word!

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

SPACE

ASTRONOMY

DISCOVERY

STARS

RADIO

ALIENS

COMET

TELESCOPE

DISH



TONY TOOHEY Contracting SERVICES

ALL TYPES OF TRENCHING

- Telephone Cable & Lead-in
- Pit & Conduit
- Power Cable
- Water Pipes

- VIBRATORY PLOW for direct bury of Cable, Pipe & Tree Establishment

UNDERGROUND CABLE & STEEL PIPE LOCATIONS

- 9 TONNE BEAVER TAIL TRUCK TRANSPORT
- CAR TRAILER HIRE - 2 TONNE
- EXCAVATOR - 1.5 TONNE, 4 Buckets (various sizes), Ripper and able to fit through 1 metre gate
- LANDSCAPING - TRENCHING - FOOTINGS
- 4.5 TONNE PLANT TRAILER FOR HIRE



0428 417 826

PO Box 4, Eugowra

Email: AJTC@bigpond.com



St. Mary PHARMACY

open **5** days

TRADING HOURS
Mon & Fri 9am - 6pm

Caring for you and your family

VISA



SERVICES:

- ☑ Free Webster Pack.
- ☑ Free Delivery.
- ☑ Free Home Medicine Review.
- ☑ Free Blood Pressure Monitoring.
- ☑ Prescription Management Services
(script kept on file- keeping your safety net and tax record).
- ☑ Medication Counseling and Information.
- ☑ Equipment Hiring.
- ☑ Ask For less expensive brands and save more money.

GOOD PRICES ON:

- ☑ Gifts
- ☑ Cosmetics and Accessories
- ☑ Vitamins
- ☑ Blood Pressure and Glucose Monitors

- ☑ Fragrances
- ☑ Over The Counter products
- ☑ Vaporizers and Nebulizers

No hassles, No Worries, No Waiting!
It's as easy as 1-2-3

1. Leave your script at the store
2. Call us before you want to collect your scripts
3. When you arrive at the store pickup your prescription and be on your way! It's that easy!




Ph/Fax: **6859 2899**

5 Pye Street, EUGOWRA
After Hours **0476 205 177**

Proud supporter
of the
Eugowra Lions Club

Get
above
your
TAX
problem...
Go see

**DAVID
Bigg
Accountants**
62 Gaskill Street,
Canowindra NSW 2806
Ph: (02) 6344 1606
Fax: (02) 6344 1951



Craft on the Creek



Fresh Bake Thursdays
Children & Baby Items
Pickles, Chutneys, Jams
Gifts & Plants

WATCH OUT FOR WORKSHOPS
Dates to be nominated so keep an eye out for flyers

**Trading hours; Tuesday to Sunday.
10.00am to 3.00pm**
PYE STREET
EUGOWRA
(next to the Pharmacy)



Court Press From Design to Delivery
printers • graphic design • stationery supplies

FORBES & PARKES

5 Court Lane Forbes NSW 2871
cpforbes@westserv.net.au

P 6852 2564 F 6852 4004

19 May St. Parkes 2870
pppress@bigpond.net.au

P 6862 1515 F 6862 1515



Knowledgeable and helpful staff
Digital, Offset & Wide Format
Print from your Artwork or Ours
We accept most file formats
Creative artwork & design

www.courtpress.com.au

**BRETT MYORS
PLASTERING**

0409 307 599

- Cottage
- Insurance Work
- Renovations
- Decorative Cornice
- Suspended Ceilings
- Insulation

Servicing the Central West



Call Brett Myors for
an obligation FREE quote today...



Leading the way in
Fuel & Lubricant Distribution Since 1977

Your local 24 hour fuel provider

For local service & local knowledge.

Contact your Sales Manager, Amanda Harrington

M:0428 210 724 P:02 6883 6440

amanda_harrington@lowespetrol.com.au



Lowes BP+ Card



With access to over **1300 BP Service Stations**
Nationwide, per litre **fuel discounts** and one easy
monthly statement.

**Open an account with Lowes Petroleum Service
Today.**

- One Stop Shop Solution Provider
- Fuels, Lubricants & Equipment
- Company owned fleet of vehicles for logistics flexibility
- Fuel & Lubricant onsite deliveries available throughout QLD, NSW & VIC

Supplying Lubricants in Forbes from:



lowespetrol.com.au

1300 4LOWES

Ocwen Energy Pty Ltd

A joint Venture Partnership Between BP Australia and Lowes Petroleum Service



40 Year Celebration Surprise

Beloved 'Mack the Mover'

This family business has come a long way since its humble beginnings with one truck and one driver in the small regional town of Boggabilla, NSW in 1977. Lowes have expanded their fleet and distribution network throughout Queensland, New South Wales and Victoria. 2017 proudly commemorates 40 years of serving local regional Australian businesses, families and farming communities.

As a 40 Year Celebration Surprise, Volvo Commercial Vehicles and Mack Australia worked together to refurbish 'Mack the Mover'. This truck was one of the beloved original 2 bulk fuel line haul delivery vehicles to gain access to the Brisbane fuel terminal by a non-major petroleum transport carrier which was a significant milestone for Lowes Petroleum as they were the first family owned and operated business to do this. This truck was used to distribute fuel direct from terminal to customers which commenced the line haul business for Lowes Petroleum.

It was shined up and presented on 24th April to the owner himself, Don McRae, at the Brisbane Depot in Pinkenba, QLD. Adding to the surprise was that Don's wife, Kathy McRae was also in Brisbane and was seated in the passenger seat as 'Mack the Mover' was driven out from 'his' hiding place in the shed.

Standing with nostalgic look on his face Don proceeded to greet Kathy and the driver Gavin Nielsen (Lowes Transport & Logistics Manager). Don then climbed in the driver's seat and then had a good inspection of 'Mack the Mover' with everyone in the crowd. The smiles were evidence that this celebration surprise hit the mark.

A big thank you to Volvo Commercial Vehicles and Mack Australia for their significant contribution in this refurbishment process and ongoing support over the last four decades.

Pictured the above: Don McRae, Kathy McRae, Daniel Tyzack



The CENTRAL HOTEL

OPEN 7 DAYS

ACCOMMODATION AVAILABLE

Reasonable Rates -

A Great Place to Stay In Town

6 BEERS ON TAP

COUNTER LUNCHES

Monday to Sunday 12pm - 2pm

BISTRO HOURS

LUNCH

7 days from 12 noon-2pm

DINNER

Thursday - Sunday

6pm - 9pm

SUNDAY

Roast Lunch

Pizza's 6pm - 8.30pm



Ask us about catering for your next event!



what's on

THURSDAY NIGHTS

\$10 Snittys

FRIDAY NIGHT

\$10 Rump

Happy Hour from 5-6pm

Schooners for the price of middies

Jocker Draw from 7pm

supporting the Golden Eagles

SATURDAY NIGHT

\$10 Snittys

DJ SHREK

Twice a month

on Saturday Nights



Your local Pubmart Dealer!

This means we can give the people of
Eugowra great VALUE
on TAKEAWAY LIQUOR SALES!

Ask us about our Weekly Specials...

**SWAP & GO
GAS BOTTLE**

Fast, Safe & Easy

\$28 to Swap & \$76 to Buy



2 Grevillea Ave, EUGOWRA
tel 6859 2247



M & A BRAY

Transport

EUGOWRA



For all your...

- Hay & Grain Transport • General Freight
- Agricultural Machinery • Fertilizer Cartage
- Tipping Trailer • Taut Liner
- Drop Deck Trailer with ramps and extendable trailer

DAILY TO SYDNEY - SYDNEY DEPOT AVAILABLE

MOB: 0428 443 912

02 6859 5259

Seldom Seen

GUESTHOUSE

The Ultimate Country Experience

Soak up the sophisticated, relaxed atmosphere and experience rural peace 5 minutes from the village of Eugowra.



- Seldom Seen Guest House is situated in a bush setting high in the garden adjacent to pool and tennis court overlooking the well known architecturally designed 'Kiembah' homestead
- Experience interesting history of this unique property in a modern setting
- A variety of accommodation and tariffs available

Contact: Hugh & Lyn Ellis 026859 2926

hugh.ellis@bigpond.com

www.seldomseenguesthouse.com



Seldom Seen
Guest House



STEVE Wykamp

Lic No. 128169C



For all your...

**Bathroom or Kitchen Renovations,
Home Improvements and Repairs,
Tiling etc.**

Give Steve a call today

0427 700 696

33 Nanima Street, Eugowra NSW 2806

FORBES BOWEN

THERAPY & WELLNESS

19 Bridge Street FORBES

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**

Save the Date

5th August 2017

*Eugowra Evening V.I.E.W.
Club Fundraising Night*

Presenting

Allan Drew O.A.M.

International Disaster

Relief Member

At Eat Your Greens

More details to follow.



Michael Miles ELECTRICAL & AIR

Residential, Commercial,
Industrial, Split Systems

PH: 0414 761035
michaelronald.miles@bigppond.com

Lot 10 West St
EUGOWRA NSW 2806
Lic: 193282c Arc Lic: L131829

*Your Local
Sparkie*



ADVERTISEMENT



ANDREW GEE MP


Federal Member for **Calare**

*"Fighting for the
Central West"*

 Suite 1, 179A, Arson Street, Orange NSW 2800

 5361 7038

 85 Koppel Street, Bathurst NSW 2795

 5331 052

 AndrewGeeCalare

 AndrewGeeMP

 AndrewGeeMP@aph.gov.au

Authorised by Andrew GEE MP, Suite 1, 179A, Arson Street, Orange NSW 2800

Little Link



For families with children 0 - 5 years old

In the Library at Eugowra Public School

Mondays 10 - 11:30am

Contact Carmel or Sonia for more
information 68592233





Linking Parents and Bubs to
Play, Language, Music and Fun



Geoffrey L. Knight

Solicitor With Local Eugowra Knowledge

Are you thinking of selling your home, farm or business in the near future?

Are you looking at buying a Home, Building Block or Rural Property in the local Eugowra community?

Before you start talking to Agents we are happy to give you some legal advice about buying and selling property and the issues to look at and also the mistakes to avoid.

We act as Conveyancing Solicitors all over the Central West and elsewhere in New South Wales

Please phone me on 0418-431074 for advice with buying and selling real estate, rural properties and businesses.

"LOCAL KNOWLEDGE WITH LOCAL EXPERIENCE"

NEW!



51 Nanima St

EUGOWRA

02 6859 2586

For all your takeaway food & pizza

Opening Hours

Wed & Thurs 11.00 am – 2.00 pm
then 5.00pm – 8.00 pm

Friday, Sat & Sunday
10.00 am – 2.00pm then 5.00 – 8.30
pm

PIZZA from 6.00 pm every night.

(Monday & Tuesday – CLOSED)



The Pigeonholes

Short Messages, For Sale,
Wanted

Wanted to buy: down or injured stock.

Contact : Kevin Howell. 02 68592311.

THANK YOU

I wish to thank everyone for their prayers,
cards and get well wishes after my recent
operation in May.

Daphne Thompson



Thumbs Down!

To last month's Thumbs Downs. It is not your
business to tell other people what they do with
their businesses.



Thumbs Up!

To Tim Cheney and Di Smith for their
entertaining Music Trivia Night at the Bowlo.

WINTER FAIR

Saturday 29th JULY

8am-1pm Byrnes Park

Stall bookings to Noela Lane
0428719900

Got a favourite photo or story of your
recent travels or adventures?

Send it in to me for up coming issues
editor@eugowranews.com.au