



June 2015

VOL.23

A Lions Club project for the community we serve

CELEBRATING OUR LIONS

EUGOWRA LIONS CLUB
35YRS YOUNG

Our PRIDE of Lions is but a small one,
With numbers just a few.
As such we are pleased to welcome,
Faces that are new.

Some of us have grown old,
Now are running out of "PUFF".
The work that once was easy,
Now seems to be quite tough.

After Thirty Five years of service,
A wide variety of work done.
I don't regret for one moment,
The work, The fellowship and fun.

K.J.Dixon.



29 MAY 1980 - 29 MAY 2015

from the editor

Greetings from beside the warm fireside. Great to see some rain and our farmers sowing and growing crops as the cycle of production and life continues. Time to head out and chop some firewood before the temperature drops and winter sets in.



This and next month we recognise 35 years of the Eugowra Lions Club. Congratulations to all the Lions past and present on the work they do in our community. Congratulations to original members; Keith Dixon and Ron Harpley. Keith's poem on the front page says it all.

This month Virginia Townsend and I talked to one of our newest businesses; our Pharmacist, Basem Habashi. It is wonderful to have this service in our town.

We also farewell our local Publican's at the Central; Peter & Michelle Hodge. They have been a great asset to the town, encouraging and promoting our community supporting the football and we wish them well in their next venture.

I would like to encourage the younger members of our community to put in articles or reports on what's happening...come on don't just leave it to the 'older' regulars, have your say too!

Coming up is the June Long weekend, a time to enjoy the start of winter, so enjoy the break and take care around the bonfire and on the roads.

Until next time...

Sarah

WHAT'S ON THE JUNE LONG WEEKEND

- ⇒ Henry Lawson Festival Grenfell
Thurs 4th - Monday 8th
- ⇒ Bonfire & Fireworks Spectacular
Wyangla Dam Sunday 7th
- ⇒ Take a hike up Nangar National Park
- ⇒ Henry Lawson Festival Gulgong
- ⇒ Coonamble Rodeo and Campdraft
(includes patchwork and quilting exhibition and Junior Rodeo on Monday 8th)

Contributors this Month

- Peter Heath
- Janet Noble
- Kevin & Kay Howell
- Judy Smith
- Elaine Cheney
- Wendy McMillan
- Anne Heath
- Ann Stenhouse
- St Joseph's School
- Eugowra Public School
- Virginia Townsend
- Tom de Lange

Next Issue Deadline:

FRIDAY 29th JUNE

The News will be available on:

FRIDAY 5th JULY

Advertising and Editorial Material To

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Phone 68595253 ah

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

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

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

Online at www.eugowranews.com.au

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WHAT'S ON THIS MONTH

JUNE 2015

Dr Vicki Wymer 68 592 220 Eugowra 63645901 Manildra

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

HOLIDAY NOTICE

Dr Vikki Wymer's Surgery at Eugowra & Manildra will be closed from Tuesday 2nd June until Friday 19th June 2015.

The Eugowra Surgery will reopen at 9am on Monday 22nd June and Manildra at 9am on Tuesday 23rd June 2015.

We ask that everyone please check their scripts so they do not run out of medication whilst the surgery is closed as there will be no one there to write out scripts for you. We also ask that if you require urgent medical attention please call for an ambulance on 000.

Please do not wait until Dr Wymer comes back to work. Thank you, Vikki and Diane.

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| 9. CWA - Janet Noble | 25. A Little bit of History |
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Stenhouse |
| 11. Katie Townsend | 27. Health Council Eugowra |
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EUGOWRA / ORANGE COMMUNITY BUS SERVICE



NEXT BUS:

Friday 26th June

Friday 24th July

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

COST

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Eugowra Lions News

PETER HEATH

35 YEARS OF LIONS IN EUGOWRA

The Eugowra Lions Club was chartered on 29th May 1980. The 23 charter Members were;

William Adams, Lachlan Brian, Jeffrey Colclough, Keith Dixon, Robert Ellis, Reg Everson, Peter Farrington, William Flint, Hayden Gosper, Ashton Harmston, Ron Harpley, Neville Healey, John Herbert Brian Howel Lyle Hughes, David Hyde, Bruce James, John James, William Linton, Neil McMillan, Thomas Megan, Ronald Stead and Walter Townsend.

Although the club was chartered in 1980, it started in 1979 with Keith Dixon President, Robert Ellis Secretary, and Lyle Hughes Treasurer and 9 other members. The 5th July 1980 was the night for the club's first official dinner at the Golf Club with 246 members and guest from Forbes, Mandurama, Blayney, Dubbo, Canowindra, Manildra, Condobolin, Orange, West Wyalong Grenfell, and Brewarrina Lions Clubs. Robert Ellis was President, Lyle Hughes Secretary and Neville Healey Treasurer.

CHANGE OVER

Our Change Over is going to be a little different this year with a Sunday Lunch at the Bowling Club and an Awards Day at 12pm Sunday 28th June. We would like to invite you all to come along and help us celebrate Ron Harpley and Keith Dixon's 35 years in Lions. Please contact a Lions member if you wish to attend.

HOT ROD CAR SHOW.

The Car Show was held on the Sunday of the Murals Weekend and even though the weather was not good we were really pleased to have 77 Cars, Bikes and Hot Rods turn up. The Shannon's Insurance Truck was a big draw card and they were overwhelmed with the number of people going through it.

CAR BOOT SALE

Our Car Boot Sale is on Sunday 21st June and we invite everybody to come along if you have something to sell and have a site or just come along before the football and have a look. The BBQ will be going with drinks tea and coffee.

BOER WAR

A talk on the Boer War will be held on Tuesday 21st July at the Bowling Club at 1.30. We will have more information in our next news.

EUGOWRA SELF CARE UNITS VACANCY

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

The unit consists of one bedroom, bathroom, kitchen, living room, laundry, reverse cycle air conditioner, car port and front and rear verandahs. It is freshly painted and has new carpet.

Interested parties are welcome to apply.

Hugh Ellis

Ph: 68592926

Mob: 0448671648



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

MAY NEWS

Term Two is rolling along and already we are half way through. So far this term we have participated in the CWA Public Speaking Competition, NAPLAN, School Photos, Parent Teacher Interviews, Spelling Bee, Tennis lessons, an Art Workshop for Year 6 students and said goodbye to our music teacher; Jenelle Coady.

FAREWELL JENELLE

T'was a slightly teary day for Jenelle and Joeys as we said farewell to our favourite music teacher recently.

We presented Jenelle with a beautiful camellia to plant in her garden in Canberra and the children gave her a small calf statue (complete with ear tag and the name 'Joey' on it!). Jenelle had just sold her farm and her cattle that morning.

We wish Jenelle all the best for her 'semi' retirement.

School Captains; Lily Wallace and Max Gates with Ms Coady.

Next week we will have a new music teacher; Mrs Jane Hammond from Forbes who will be out every 2nd Tuesday for our music.



be spending time in the classrooms; Aimee Weekes will be in the Infants room and Chloe McCrea will be helping with the Year 2/3 classroom. All the Prac students get a great opportunity to gain experience in composite classrooms.

DIOCESAN SPELLING BEE

This year 4 of our students were selected to participate in the Diocesan Spelling Bee in Wellington. Congratulations to Bailey Cullenward, Thomas Brindle, Jordan Moore and Riley Whatman who will travel to Wellington to compete against the Diocese for the triumph of being a great speller. Good luck to the boys.

YEAR 6 CHRISTMAS ART STORY

It's a bit early in the year to start thinking about Christmas, however Year 6 have started their Christmas Story Art work with a workshop in Orange recently. The students each chose a reading from the Bible to do an artistic interpretation of; Jordan and Riley chose The Annunciation and Max and Lily chose the Visit of the Magi. They all learnt some new techniques and broadened their artistic talents. The results of these go on to be judged in Bathurst and a Christmas Art book is produced each year.

PRAC TEACHERS AT JOEYS

Welcome to Jacob Allegri

Jacob Allegri has just joined our wonderful little school for the next 5 weeks. Jacob is a third year prac student from CSU at Bathurst. He is in Mrs Rosemary's Primary class and the children are enjoying having a male role model around the school..

In June we also welcome two more students who will

SPORTING SCHOOLS

At the completion of the Active After Schools Sporting program we have now begun the transition to the new Government grant; Sporting Schools. This term we are lucky to have tennis coach; Helen Magill from Parkes who has been coming out each Tuesday to conduct lessons based on the Hot Shots Program. The children are learning ball skills, throwing, catching, bouncing and holding the racquet and are now onto forehand and back hand shots. Everyone is having a great time in tennis.

Coming up in the second half of the term we have the National Simultaneous Story time, EMY & Eugowra Schools Athletics and our Year 3 children are preparing for their First Eucharist on Sunday 14th June.

Until next time, may God Bless you all.
St Joseph's Staff and Students.



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OPEN 6 DAYS

Lions Club of Eugowra
are hosting a



On Sunday 21st June 2015
at Apex Park, Eugowra
9am to 2pm

To book a stall call Kylie Godden 6859 2558
Cost: \$10 per 3m wide space

*There will be tea and coffee available
and a sausage sizzle from 11am*

Come along and support your local Lions Club!



COUNTRY WOMEN'S ASSOCIATION OF NSW

EUGOWRA BRANCH

The next meeting of Eugowra Branch of CWA will be held in the rooms on Friday 12th June ,at 10am guest speakers will be Stephaney Cheney and Brian Asimus from Centacare Forbes.

This month our guest speakers were Natasha Smith Telehealth Nurse and Jade Bailey case manager from Integratedliving, a not for profit organisation made possible through funding by the Federal government through the HAAC program based at Parkes .

Natasha showed us how your blood pressure, blood sugar levels and weight can be checked in your home using wifi so the results can be sent directly to your nurse or Doctor. This is used for chronic disease management such as Chronic Obstructive Pulmonary Disease, Chronic heart Failure. If you want more



information you can contact Natasha on 1418 626 430 or Jade on 0475 823 806. There are also brochures at the Supermarket .

*Janet Noble thanks
Natasha and Jade*

Wendy Carey,
Margaret Swift and

Janet Noble attended the CWA 93rd Annual General Meeting in Tamworth. The theme of the conference was "Refresh , Renew, Regenerate" pertaining to a new start with the purchase of the building for the Head Office in Botany , just five minutes from Mascot



Margaret Swift and Wendy Carey chat with Barnaby Joyce

and one stop from Central Station.

A deal has also been struck with the Metro line of Hotels at Pitt St, Sydney Central and Darling Harbour for a 15% discount commencing after 1st August.

Keynote Speaker at the AGM was Professor Mary O'Kane, NSW Chief Scientist and Engineer, who spoke on Automatic speech recognition, and Coal Seam Gas. Her job is to consult widely with academia, industry and government to ensure scientific knowledge and research can be adapted and used to benefit NSW. (see website www.chiefscientist.nsw.gov.au)

A motion passed at our State Conference, was that The Country Women's Association (CWA) of NSW call on politicians and decision makers in the health sector to urgently investigate the contraction of Lyme disease in Australia.

Motions covered were better labelling of food, the Medical use of marijuana, the support of the organ donor campaign, investigation of e-cigarettes. They also supported that Kahki Weed be classified as an Noxious Weed.

Tanya Cameron, Barwon Group was re-elected State President, Annie Kiefer, Phillip group, State honorary secretary, Ruth Cargill Dubbo Evening Branch State honorary Treasurer .

On the Murals week-end, Eugowra Branch supplied snacks for the mural painters and publicised our branch.

On ANZAC day we placed two wreaths on the war memorial, thank you Eve Hayes for making them and Margaret Swift and Frances Anderson for suppling the flowers.

Central Western Group: Our participation in the Canowindra Balloon Festival was rained out, so we had plenty of cakes left over.

On Friday 22nd we are taking scones to Orange for "Women in the Police Force "day. The Public speaking for Schools at Kinross College was able to manage without us this time.



Eugowra Public School

Hill Street, EUGOWRA NSW 2806

Phone: (02) 6859 2233

News

Participation Leads To Success

Term 2 has been a very busy term packed with learning and extra-curricular activities. This is the time for athletics and cross-country carnivals and Eugowra Public School students have excelled in these events this year.

The Small Schools athletics carnival was held in Forbes and included events for the athletes as well as activities for all. This year for the first time ever, our school took out the overall point-score award at the carnival. This was due to the high participation of all students as well as success in many events. The following results were recorded; Senior Relay Champions, Junior Relay Champions, 12 yrs Girl Champion Evelyn Dura, 11 yrs Boy Champion Peter Valentine, 9 yrs Boy Champion Sanjay Buttle, 7 yrs Boy Champion Reece Matheson, 6 yrs Boy Champion Aidee Thomas, 5 yrs Boy Champion Adam Valentine. In addition to these results we have a number of additional students qualified for the district athletics carnival to be held during Term 3.

Following our Eugowra Schools cross-country, we have a number of students qualified to compete in the district carnival. Chelsea Leonard, Ryan Valentine, Lauren Cullenward, Mitchell McMahon, Alec Maclean, Bailie Piesley, Sanjay Buttle, Jake Greenhalgh and Macey Greenhalgh.

Our debating team has participated in the first round of the debating circuit. Darcy Merchant, Nina Merchant, Lauren Cullenward and Bailie Piesley stepped up to be our new team for 2015. The girls however, were unsuccessful in this first debate.

The CWA Public Speaking contest will be held again and this year we have four students representing us. Lauren Cullenward, Alyssa Gibson, Bailie Peisley and Nina Merchant.

Five of our year 6 students have attended the GRIP Leadership Conference in Dubbo, gaining a valuable in-site to leadership and learning some skills they will hopefully take into the future.

This term we are participating in music lessons conducted at school by a teacher from the Mitchell Conservatorium. The primary students are learning to play the ukulele and the infants are learning percussion. This is a fantastic opportunity for the students.

We continue our golf lessons for sport with pro golfer Bruce McLean. The students are loving this experience.

And finally a BIG CONGRATULATIONS to Miss Adams and the school choir for winning both sections entered at the Cowra Eisteddfod. This is a fantastic effort for our little school. The choir sounded beautiful.



Senior Relay Team - Evelyn Dura, Jake Greenhalgh, Peter Valentine, Haydan McCarthy.

Junior Relay Team - Nina Merchant, Mitchell McMahon, Sanjay Buttle, Alec McLean

Peter Valentine with the Overall Points Trophy



Eugowra School Choir with Miss Adams

Not just horsing around.....

Katie Townsend is a busy young girl. As well as being a Year 8 student at Red Bend in Forbes, Katie and her horse, Picasso have had a busy and fulfilling year in the area.

This year Katie has competed at Forbes, Trundle, Parkes and Cudal Gymkhanas. She was champion 13 u15 at Trundle and Cudal. The events she competes in at gymkhanas are riding and hack classes, dressage, sporting events and show jumping.

Katie competed at Forbes and West Wyalong Jumping days doing C grade jumping. At the Orange Show recently she received 1st Childs Hunter Galloway, 1st Hunter Galloway 14-14. and Reserve Champion Galloway hack. At Yeoval Show Katie won Reserve Champion Arabian derivative gelding Reserve Champion Paint Gelding, 1st pair riders 12 u17 and 1st Childs Hunter Galloway.

In her 'spare' time, Katie travels to Bathurst to participate in Vaulting. (think Gymnastics on horseback!)



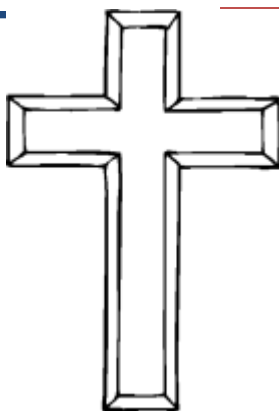
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1st, 2nd, 4th Sunday 4.00pm, 3rd Sunday 8.00am,
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Rev. Jono Williams 63 441643

Other times: Local Lay Preacher

Elaine Cheney 68 592820



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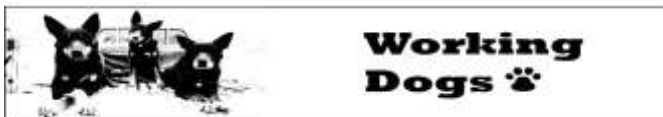
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The N.S.W Utility Championships were held at the Eugowra Showground on the 1,2,3rd May 2015 in ideal conditions the weather was very mild and the grounds looked a picture after the lovely rain we had received .

Competitors travelled from far and wide to compete over the 3 days in ideal weather. Some coming from as far away as Victoria ,Sydney, Bega, Gulgong ,Bathurst ,Nyngan ,Molong ,Harden . and our local competitors .

The committee would like everyone for travelling such great distances and making the trial the success that it was.

Results are as follows;

Nursery Judge Kevin Howell

1st. Matt Fletcher	Kate 78
2nd Daniel Pumpa	Whites Benji. 62
3rd. Matt Fletcher	Braziers Penny 57
4th. Peter Rutherford	Gemma 52
4th Bec Bruest	Trixie 52

NOVICE Judge Bill Luff Gundagai.

1st Kevin Howell	Karana Tige. 61+71=132
2nd Brad Pellow	Banjo 63+65=128
3rd Matt Flethcher	Kate 58+56=114
4th Brad Pellow	Pearl 71+ x = 71

OPEN. Championship Michael Johnston

Woodstock.

1st Brad Pellow	Banjo	76+ 86=162
2nd Kevin Howell	Karana Abba	69+70=139
3rd Gary White	Whites Chrissy	77+ 53=130
4th Susie Goodyear	Barru Spiderman	72+56=128

The Committee would like to thank our great sponsors for supporting us once again this year without their wonderful support this event would not be the success that it is:

The Pengilly Family (Sheep for 3 days and the use of their truck for transport), Reliance Credit Union. Coprice Dog Food, Uncle Alberts, Bird Bros Pastoral Co. M & A Bray Transport, Michael Mongan Wheat Grading, Central Hotel, Mick Welsh Metal Fabrication, AgnVet Services, Somerset Lane, The Lady Bushranger, Eugowra Quality Meats, Forbes Vet Clinic, Miller, Whitty & Lennon, Denise Howell Hairdressing, Grant Howell Auto Electrics, Allure on Main, Superb Jewellery Boorowa .

We would like to also thank all the people behind the scene who assist to make this event happen every year; Garry Pearsall ,for carting the sheep for the 3 days as well as working letting the sheep out. Grant Howell for giving up his time for the 3 days, Noel Hocking, Brad Hazell, Greg Walton (Mugoa) and anyone else who helped in any way, a big THANK YOU to you all.

Hope to see you all back again next year .

Kevin & Kay Howell

Karana Kelpie Stud

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Eugowra Evening View Club
voice, interests and education of women

VIEW CLUB NEWS FOR MAY

Guest speaker for Eugowra Evening VIEW Club dinner this month was Chantel D'Arnay of Forbes. Chantel spoke of her life when she moved to Forbes seven years ago, and of her passion for Ka Huna Massage, Lomi Lomi massage, Reiki and Meditation.

Chantel works as a masseuse in Forbes and holds regular retreats at 'Kiembah' Eugowra.

Kay Jones presented Chantel with a small gift and on behalf of members and thanked her for a very interesting talk.

Secretary, Wendy Drady, reported that the 'Awareness Day' had gone well and a few prospective members had indicated that they could possibly join VIEW. There was a good sum of money raised from the raffle, which will be forwarded to the Smith Family and in turn will go to 'Learning for Life' students. Results of the raffle will be displayed on the notice boards in town.

There was quite a large amount of clothing donated which was delivered to the Smith Family store in Dubbo.

The VIEW Club birthday lunch will be held at the Eugowra Community Bowls and Recreation Club on Sunday July 12th.

Starr, who is one of Eugowra's Learning for Life students, has sent a thank you letter for their Easter gifts on behalf of her and the other two students who Eugowra VIEW sponsor.

VIEW Club's Annual Convention normally falls on the same week-end as Eugowra Show in September which has prevented members from going. However, this year it is on the preceding week-end, and as a result quite a number of members will be travelling to Wollongong for the event.

The sad part of the evening for members was to say good-bye to Jenny Anderson who will shortly be leaving town. Jenny has been a very active member of Eugowra Evening VIEW since the club was formed and we are all sad to see her leave. On behalf of members Therese presented her with a gift and the best wishes from all members for the next stage of her life.

The June dinner meeting will be held on Monday 15th at the Central Hotel with Di Gill as the guest speaker.

Judy Smith



Kay Jones thanks Chantel D'Arnay



Farewell to Jenny Anderson



President; Therese Welsh presents Sally Mongan with her Program Officer's Badge.



WENDY McMILLAN

Guest Speaker at
Eugowra ANZAC day
commemorations

It is a great honour and privilege to address the community of Eugowra, my birth town, on this very significant and solemn occasion of marking the centenary of the landing of Australian and New Zealand troops at Gallipoli. Today, I want to share with you some of the details and the words of those First World War soldiers associated with Eugowra and whose names appear on our Roll of Honour. Their voices have been silent for almost 100 years but today, you will hear a little about their lives. The stories of a few are the stories of many.

Four Eugowra men were amongst the thousands of troops who landed that fateful Sunday, 25th April 1915. We can imagine them nervously waiting in the dark, so far away from home, to receive the signal from their officers to disembark, to undertake what they had volunteered to do for our country.

Roy Alexander McMillan (with the 3rd Battalion), and Roy Lyndhurst Douglas (with the 4th Battalion), were both farmers before the war and were part of the 2nd wave landing, while bush contractor, Charles Henry Kelly, and labourer John Sloane, went ashore with the 13th Battalion later in the day.

All four men survived the turmoil of landing but John Sloane was wounded on 3rd May and evacuated from Gallipoli, to be wounded twice more in France, before returning to Australia in 1918. At Gallipoli, in August 1915, Roy Douglas and Charles Kelly survived the famous charge at "Lone Pine," although both were wounded. Roy's destiny would be to fall in France in July 1916, during the Battle of Pozieres, to become one of the many who have no known grave. Charles Kelly defied the odds and survived the war, returning home as a decorated soldier.

As for Roy McMillan, death came to him in battle in May 1915, ensuring that he would lay for eternity in his grave at Hell Spit, in "The Beach" Cemetery, at Anzac Cove. John Simpson Kirkpatrick, the man with the donkey, is another of the 339 soldiers who lie in the same cemetery.

Nowadays, so many make that pilgrimage to Gallipoli but 32 years ago, in May 1983, I was able to take an unplanned, but more than welcomed detour, in my European travels, to visit the Peninsula. I was 26 years old and eager to visit

that frontier that few had visited then. From childhood, I knew that Roy McMillan had died at Gallipoli but had absolutely no idea where he was buried and I knew little of the geography of that rugged and isolated place which holds so much significance, where the unbreakable ANZAC bond was forged between two young countries that, at the time, were children of the British Empire.

Within minutes of arriving at that vast and lonely peninsula and on entering the very first cemetery of the many our tour group visited that day, I was astounded and humbled when, inexplicably, I located Roy McMillan's grave.

Others from Eugowra joining the forces at Gallipoli later in 1915 included Arthur Chatman (butcher), William Gow, ("Nanima" station overseer); farmer, Edward (Ted) Greenhalgh, James Kelly, (driver), labourers Christopher Parker and Christian Pratt and clerk, Edward Ernest (Ernie) Vitnell, son of Eugowra schoolmaster, George Vitnell.

Several of these men soon became severely ill. Dysentery, typhoid, malaria, mumps and tonsillitis, were rife and took their toll. Another less severe complaint that plagued the troops for the rest of the war was the annoyance of body lice, which the men nicknamed 'cattle' or 'chats.'

James Kelly and Christopher Parker survived Gallipoli but, in the end, not the war.

Throughout 1915, more Eugowra men 'answered the call' but were not sent to Gallipoli. John Haynes, John Higgins, Reginald Kiss, William McMillan, William Myring and William Sadler were all farmers and all returned home, as did 50 year old Jim Clarke (horse breaker on the McMillan's "Rosebank" station); Wilton Cheadle (bank clerk and husband of Nurse Cheadle); labourer, John Joseph Sloane and Ernie Vitnell's brother Horace, a custom's clerk, residing in Sydney. However, labourer Michael Gallwey and Harry Sugden – a Yorkshire born boy who was a boundary rider on Charles O'Neil's "Yarangah" property at Murga – both paid the supreme sacrifice, as did farming brothers Bob and Viv McMillan, with their mate, Roy Forsyth, from Sydney. As the war raged on, many more joined during 1916 and also 1917 and a few more in 1918, with 12 more of those recruits on our Roll of Honour not returning.

While sailing to Egypt in October 1915, Bob McMillan prefaced his 1st diary with these following words:

These notes may be shown to any person you wish, so long as they are taken care of, & the writing does not become faint, in case the writing begins to disappear & you need something to amuse you, please re-write.

As a young girl, caring for my Great Uncle's diaries and letters, I read from his clear instructions that he wanted his memories to survive him at all costs.

In March, 1916, after completing 3 months of hard training in the desert, the Australian 5th Division troops left Egypt. Travelling across France by train to the Western Front, Viv McMillan wrote his impressions in his diary along that journey:

The line runs through hilly country, but the hills are nearly all fertile. Does the eyes good to see green grass, crops etc and the timber again. The people (which are nearly all old men, women & children) seem very pleased to see us but they have very sad looks on their faces and nearly everybody is dressed in black or (wear) mourning bands on their arms. It is where the effects of the war can be seen and it makes one anxious to do his bit towards stopping it. The women are doing the work of the men. Train driving and working at many different things. The country and towns seem deserted, but the farming is still carried on by the old men & women.

Bob also noted how pleased the French people were - exhausted by months of war since August 1914 - to see the trainloads of fresh, young, Australian soldiers arriving in their country. On that trip he wrote:

In the daylight, all along the train, was a mass of waving hands & handkerchiefs & yells of hurrah & cooee were deafening at times.

Settled in camp behind the lines, Bob and Viv both recorded in their diaries, the occasion of the first anniversary of Anzac Day on Tuesday 25th April 1916, spending the morning letter writing before being put on stand-to after a German shell attack took place on Brigade headquarters, causing casualties to some in the nearby 17th Battalion. In May 1916, Viv McMillan reached a point from which he would never turn back. His section had just survived a devastating shell attack and in a letter he wrote to my grandfather, Neil, his brother, he described what he saw:

Not long ago I had the bad luck of seeing what warfare really was..... We went up into the front line and it was there that the horrible sights could be seen, for the stretcher bearers had removed nearly all the wounded and it was mostly the dead which remained. The poor fellows were mangled about in all directions, and some only a hand or leg ... could be found, the remainder being blown to pieces with a shell.

In the same letter, he also wrote:

'Well to tell you the truth, I would not mind being back again on the plough for a while, for you would be sure of there being no Fritzs' to trouble you, but I won't chuck the web away, for I am only a blumin private and have got to see it through'.

See it through he did. 8 days after writing this letter, he was killed by a sniper.

Bob, now without his younger brother beside him, had no time for regrets or reflection on his loss, when fighting intensified as The Battle of Pozieres began. On July 22nd 1916 he wrote:

A violent bombardment is taking place & there is one incessant roar all night & for fireworks display, the Aurora Australis is nothing compared to it.

The men were grateful to have a break whenever they could. Bob, wounded in the face a week later, wrote:

Board Red Cross train, (& delivered to hospital) the first item on the programme was a bath & leave all our clothes behind (likewise the "cattle") &, oh, what a treat, to leave the livestock, & turn into a bed once more.

When Bob McMillan fell at Passchendaele in October 1917, another friend, Lt. Eric Eldridge wrote to Roy Forsyth, who was in England at the time, breaking the news to him. Within that letter, Eric enclosed a newspaper clipping of quotes:

TO A HERO

*What he is now we know not. He will be
A beautiful likeness of the God that gave
Him work to do, which he did so well.*

H. Coleridge

*Every noble life leaves the fibre of it
interwoven
for ever in the work of the world.*

John Ruskin.

*True courage is not incompatible with
nervousness,
and heroism does not mean the absence
of fear,
but the conquest of it.*

Henry van Dyke.

The spirit that made Eugowra a close knit community 100 years ago still burns strongly today, as the community continues to gather and work together in so many ways. As the years roll away, the faces in these organisations change but the spirit of the community is unchanged.

Many of our servicemen and women gave up things we here today often take for granted, such as the joys of creating a home and a family and enjoying the legacy from being able to live a long and happy life – a safe life in the country. Our servicemen and women stood proudly for the ideals of loyalty, obedience, self-discipline, respect, democracy and freedom.

In the May Issue we printed the Roll of Honour for Eugowra, however there were some errors and omissions. Please accept my apologies and the correct list is below;

No matter how much we wish otherwise, we often have to resort to taking up arms to protect our way of life as citizens of Australia. The people in our Army, Air Force and Navy are the people who have to do a job that the rest of us cannot do.

To all service people: past, present and future. You are the ones who stand at the front line for our country, to maintain our safety and our freedoms. We pay tribute to you on this day and honour the sacrifices you make on our behalf and we are eternally grateful to you all.

Lest we forget

Peter A Agostinelli	Charles Gage (KIA)	William Jones	J Simmons
W Baker	Christopher Gage (KIA)	Charles Kelly	W Simmons
Bert R Bowes	Michael Galway (KIA)	James Kelly (KIA)	John Sloan
Arnie J Boyd	Alfred Garner	W Kelly (KIA)	John J Sloan
Reuben Bryant	Alfred Garnett (KIA)	Reg Kiss	John Smeaton
Ernie Charlton	T H Garvin	Joe B Littleton	Peter Smeaton
Arthur T Chatman	Charles Gillespie	Syd McClintock	T Smith
Wilton E Cheadle	Thomas Gillespie	Roy A McMillan (KIA)	T Smith
Clarence 'Clarry' Chesher	David Gosper	Robert B McMillan (KIA)	WA Smith
William 'Bill' Chesher	William Gow	S McMillan	Ernie Sommerville (KIA)
Jim J Clark	Edward 'Ted' Greenhalgh	Vivian E McMillan	B Stanley
H E Collier	S Harrison	S Merkel	Harry Sugden (KIA)
Eric Cook	W Harrison	Vic Messner	Charlie S Sutton
George Cook (KIA)	Joe Harwood (KIA)	T Murphy	John J Sutton
A Davis	John Haynes	William W Myring	Ernie Vitnell
Alfred V Dawes	John T Higgins	Chris Parker (KIA)	Horace Vitnell
Pat Ditton (KIA)	Gordon Hoswell	H Parker	Willam Vitnell
Roy L Douglas (KIA)	W Hoswell (KIA)	Carr Michael Perry	T Webb
Frank J Dwyer	T Hough	Christian Pratt	FH Weston
Mathew T Dwyer	J Howard	William Saddler	John Joseph Woodgate
George Elbourne (Died @ Sea)	W Hummell	H Sharp	
	Charles Jones	Joe Shine	
Roy Forsthye (KIA)	John Jones	Walter Shrimpton	



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THE ~ SEASONAL KITCHEN ~

Lime and Coconut Curry

I grew up in a meat and three veg for dinner every night sort of household. I can't remember when I first tasted real lime, but it was certainly in the last twenty years or so. To me fresh lime continues to be exotic and luxurious.

Having a tree full of limes in my garden makes me feel immensely wealthy! We have three varieties of lime, a Tahitian lime, the everyday sort of lime, these do very well in our garden, a Kaffir lime that I now keep in a pot after losing two to the frost and a finger lime which we treat with care, but after three years it seems to be established and is fruiting well.

Limes are in season at the moment and this recipe makes use of the three varieties. Really you can use any sort of protein or some pumpkin but this one is a chicken curry. It also makes use of chilli, lemongrass, garlic and coriander from our garden.

Ingredients

2 tablespoon coconut oil (you can use olive oil if you don't have this)

2 large brown onions sliced

Salt

2 cloves of garlic crushed

1 tablespoon fresh ginger grated

2 stalks of lemongrass, white part only, finely chopped

1 long red chilli, seeds in if you like hot, finely chopped

1 tsp ground cumin

1 tablespoon turmeric

500 g chicken thighs diced

1 can coconut milk

1 can crushed tomatoes

2 kaffir lime leaves finely sliced

1 tablespoon fish sauce

1 dessertspoon grated palm sugar or brown sugar

Juice of two limes

Coriander to garnish

Finger limes to garnish

Basmati rice to serve

Method

Heat oil in large fry pan or wok that has a lid.

Add onions and salt and sauté about five minutes until soft and golden, add garlic, ginger, lemongrass and chilli and stir over heat until fragrant, about a minute, add cumin and turmeric and cook about a minute.

Now add the chicken and stir over the heat until it is a nice colour, add coconut milk and tomatoes and bring up to a simmer at this point add kaffir lime leaves, fish sauce and sugar and simmer gently with the lid on for a few minutes so all the flavours combine. Finally add the lime juice, check for balance of flavour you may need to add more fish sauce, lime or sugar.

While this is happening cook some basmati rice.

To serve, place rice in bowl and spoon over curry, if you have finger limes, roll them with a rolling pin, then split in half to remove the little balls of lime, garnish with coriander and finger limes.





The first thing you notice when you walk into St Mary's Pharmacy in Pye Street is the well stocked shelves. Everything is neatly laid out, labelled and then you notice the welcoming smiles of Basem and Nessie

Habashi ready to help you. Basem is the owner and proprietor of Eugowra's newest business which he runs with his wife Nessie. This month we talked to him about his business, his family and heritage and living in Eugowra.

VT: Where have you come from and where have you worked before Eugowra?

BH: We both come from Cairo in Egypt. Since moving to Australia about 5 years ago we have worked in a few places in NSW and QLD. We started out in Sydney where I was an intern in a Pharmacy there. We stayed for about 10 months before we moved to Hughenden in Queensland with our new baby boy, Philopateer. After 11 months we moved to Lake Cargelligo, then to Inglewood near Toowoomba and finally to Eugowra about 2 years ago.

VT: What made you choose Eugowra?

BH: It was by chance that we found Eugowra. We were starting to search the internet for a town that did not have a pharmacy, preferably a doctor and a population of more than 500. This is what you need to be sustainable in the business. Eugowra seemed perfect and I was really keen to start my own business and become my own boss.

VT: Its been hard work and a long journey though hasn't it?

BH: Yes, very hard and a long time. Nessie and I both studied pharmacy at the Cairo University for 5 years. It is a very selective course to get into in Egypt and you have to gain very high results at high school to be accepted. We were both registered Pharmacists in Cairo and were working, but we had some friends who had moved to Australia. Nessie and I decided to leave Egypt and start a new life in Australia as well. Before we moved, I had to retrain so I could work in another country. I had to start studying again whilst working in a



Pharmacy and in a Pharmaceutical factory. When I passed the first stage this mean I could work as an intern in Australia. While I worked in Sydney I started studying Stage 2, passed and finally gained my registration to be able to open up my own chemist.

I found the training a lot more complex and deailed here than when I studied in Egypt, more regulations and control. My wife Nessie has just passed her Stage 1 in Pharmacy and is currently studying to finish Stage 2 so she is registered as well.

VT: How does practicing in Australia differ from Cairo?

BH: There is a huge difference in Pharmacy practice here compared to Cairo. This is one of the reasons we decided to come out to Australia. In Cairo things are not very organised or ordered. There are fewer laws and regulations and when I left there we no electronic systems, all handwritten and manual processing. In Australia things are lot stricter and controlled, laws and regulations that have to be followed. Having the computer systems makes things so much easier and accurate.

VT: What other services do you provide in the Pharmacy here other than prescriptions?

BH: Yes prescriptions, and we can keep your script on file here so you don't loose it or forget it when you come to get it filled. We also do Webster Packs - a simple convenient and free of charge way to organise your medications. Just bring your medications in and we can pack them in a weekly blister package with the correct dosages for the correct time of day. All your pharmaceutical information is visible on the front and this is very handy for older people or those who live on their own.

We also offer support for Quit Smoking programs, NDSS - Diabetes Australia, blood pressure management, information about prescribed medication and management of patient medication. Another service is to dispose of unused or out of date medicines. Bring these in and we will dispose of them in the correct method. Medicines or tablets should never be put down the sink or toilet.

We also have a range of make-up, hair accessories, gift ware and lots more.

VT: *Being a pharmacist is not just about selling medicines is it?*

BH: No its about providing a vital medical service to a community and knowing our customers their medication and health issues. It is beneficial to build a relationship with our customers so that we can best assist the needs of the people in Eugowra. I work in partnership with the Doctors, MPS and Community Nurse to provide a good team so we have the best possible outcome for our patients and customers.

VT: *How are you and Nessie and Philo enjoying living in a small rural town?*

BH: There is no stress here. Eugowra is a friendly and supportive town and we enjoy living here very much. Our son Philo has settled into school and we are enjoying the relaxed peaceful lifestyle. The weather is similar to Cairo although the winters are colder which we do not enjoy!

VT: *You don't have much spare time, but what do you and your family do on your days off?*

BH: Nessie and I enjoy reading, relaxing in front of the television and visiting nearby towns. Walks in the park and playgrounds for Philo. We try to spend as much family time together as we can, family is very important to Nessie and I.

We both have big families back in Cairo, lots of cousins extended family, however we can only talk through social media. We haven't been back to Cairo since we left 5 years ago and we miss our families very much. One day we will be able to visit again, and we hope that some of our family can come to Australia.

VT: *It was great to talk to Basem. Both he and Nessie have worked very hard to get where they are today. They are lovely people who genuinely want to provide a practical and professional service to the people of Eugowra and we are very lucky to have them here.*

Next time you are down the street, call into St Mary's Pharmacy. The service is great and you will be greeted with a friendly smile. St Mary's is more than just a chemist, it has quickly become an integral part of our community.





ramhp

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Would you like to know how to recognise when someone may not be travelling well? Would you like more information about how and where help is available for mental health concerns.

This 1.5 hr Short Course will cover;

- * Signs that someone may not be travelling well
- * Understanding services and how to access them
- * How to have a conversation with someone you're worried about and encourage them to seek help
- * How to provide simple and helpful support
- * How to help someone at risk of suicide
- * How to look after your mental well being

WEDNESDAY 3RD JUNE

Two sessions 9.00am and 1.00pm

(note if there are not enough numbers for 2 session, we will run the morning session only.)

EUGOWRA MPS

RSVP Ann Stenhouse 0429 152380

Di Gill

0427 460430

RAMHP Co-ordinator

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Appointments are required for each
session by contacting

Greg Howell 0427 592 771

Friday 30 June 1911. Molong Argus

A General Meeting of the Eugowra Rifle Club was held in the School of Arts on Friday 16th inst., for the nomination of officers for the ensuring year. Mr N G McMillan was nominated as Captain, Mr A M Telford secretary, and Mr W E Myring, treasurer. As these were the only nominations for these offices, these gentlemen were duly declared elected. Fifteen were nominated for four vacancies on the committee, and the election takes place on Friday 30th inst., (Imagine so many people putting their hands up for a committee today!) A day's shooting was held on Coronation Day, which took the form of a handicap sweepstakes at 500 and 800 yards. The N R A Medal was shot for on the same day.

Friday 23 July 1915. Forbes Advocate

The second social in aid of the Australian Red Cross Fund was held at Vychan, in Mr T Bray's hall last Friday evening. and like its predecessor, was a great success. The sum of £18 was taken at the door, and, besides that, a large number of tickets had been sold previously. There were visitors from Forbes, Goolagong, Eugowra, and all the outlying centres. Mr Ted O' Malley, as usual, ably performed the duties as M.C. The music was supplied chiefly by Messrs A.M. Telford and F. Watson. During the evening several musical items were rendered by Messrs J.Kiss, J.Ditton and others. The supper was all that could be desired. The fund will benefit to the extent of over £20.

The Famous Tree from which the marked 'blaze' piece had been cut, and sent off to Sydney for safe keeping.

Although this photograph is not dated it was taken by the well known Australian author Frank Clune, who was known to have visited Eugowra in 1934 and who wrote about visiting the site of the tree marked by explorer G W Evans on 1 June 1815 at the junction of the Lachlan River and a 'wet creek'. Now known as Mandagery, but named, at the time of Evans' return to the area with Oxley in 1817 after Patrick Byrne, one the men who accompanied both parties. Some years later, in 1835, the Explorer Major Thomas Mitchell travelled with his team through the Eugowra region and he gave a name, Dochendoras, to the creek in the vicinity into which that group passed. By 1845 the creek had been named Mandagery.

Sunday 31st May at 11am we will hold a small ceremony at the site of the Evans/Oxley/Pioneer monument at Pioneer Park to which the public will be made most welcome. A bronze facsimile of the 'blaze' stands still at the junction of the two streams.



The Mailbox Lament

Smashed, twisted and rusty
I stand alone, side of the road,
Once identified the place of abode.
A neglected vessel that once stood straight
and shiny
Now leans away from the crowd of traffic
whizzing by.
The mailman's curse as paper tears in my
ragged gap
Which sits and rots in its damp confines
A reflection of its owner, alone and still
Too tired to care.



Tom de Lange



MENTALLY AWARE OF OUR HEALTH

The Mental Health Awareness night that was held recently was a successful night. 60-70 persons attended. Prior to the meeting Centacare provided a delicious BBQ and salad. With their army of helpers they provided all the meat and salads as well as drinks for all who attended. Thank You.

David Moles- Drug & Alcohol specialist from Parkes Mental Health opened the night providing information on the overconsumption of alcohol and mental health issues associated with it that could lead to domestic violence, depression, low self-esteem, etc.

Di Gill, from RAHMP, spoke on mental health awareness and how to access help. The Mental health Hotline 1800 011 511 phone number was emphasised as the best access point for emergencies or advice.

Boom Boom Le Bern, our newest Eugowra identity was also very informative and wrote a very interesting and sincere handout on suicide & depression.

A very interactive question and answer session to the panel was very beneficial in addressing the concerns of the audience. The panel consisted of, Di Gill- RAHMP, David Moles- Drug & Alcohol consultant, Anna Cobb – Social worker and Collette Mills, psychologist.

The main message was your mental health is just as important as your physical health was the clear message from the night. Awareness of the availability of assistance and who to contact in Eugowra was also emphasised.

Your GP is the first call in assisting with any mental health concerns.

Currently Eugowra has a psychologist who visits on a regular basis to the MPS. Access to her is via a referral from your GP for a ATAPPS referrals which allows you to have free consultations.

Anna Cobb, Social worker from Canowindra visits Eugowra as required, by appointment, no referral necessary(Ph 63403311 for appointment).

Huge thank you to “Jacko” Barnes our MC on the night.

A lot of positive feedback from the survey handed out on the night, all agreeing that they felt that they would be comfortable to contact someone for information and advice and be able to identify someone in an immediate crisis.

A consequence of the night is that a workshop of ‘Community Support Skills’ is to be conducted Wed. 3.6.2015 at the Eugowra MPS, two sessions 9am and 1pm over 1.5hours.

Please note that if we do not have enough people to run both sessions we will be running a morning only session.

Ann Stenhouse

Boom Boom la Bern & David Moles



Media Release

13 May 2015



Health
Western NSW
Local Health District

Are you interested in joining our Health Council?

Health Councils provide an opportunity for people of the community to work with Health Service Managers to identify the needs of their community and the services that are required.

Eugowra Health Council currently has some vacancies and is seeking interest from members of the community.

David Hyde, Health Council Chairperson said the Health Council members were committed to giving their community a voice on issues that affect the health and well-being of the people living in the community.

Over the last couple of years the Eugowra Health Council has been involved in the MPS residents' stories program, aqua fitness classes, promoting mental health and attending District Health Councils forums in Dubbo. The Health Council also works with Mary Jenkins, who provides activities - art, craft, games and bus outings for the residents.

Mary is always after helpers or new ideas to stimulate the residents. So if you would like to just help out there please let the Health Service know.

"The Health Council priorities for the next two years include raising community awareness of the health services and programs available for the community, supporting health promotion events, building networks in the community and being the voice for the community at meetings with the Chief Executive and Western NSW Local Health District Board", said David.

If you have a particular interest in health and fitness there is are Community Exercise Leaders programs which are usually run free in June/ November where you can get training in a variety of health activities, he said.

Susan Harrison, Acting Health Service Manager, is encouraging people from all walks of life to apply to be a member on the Health Council. "They do not need to have health professional experience. In fact, applicants without a health professional background are most welcome as they are able to bring a truly independent consumer perspective to their role" said Susan.

'Eugowra Health Service is always looking at ways to improve the care and health outcomes for its patients, its MPS residents and the community. Health Councils help us to achieve this', she said.

For an application kit or to find out more information contact Tanya Gavin, Nurse Manager on 6850 4000

Media Contact: for more information please contact Tanya Gavin, Nurse Manager on 6850 4000



Eugowra Health Report

EUGOWRA MULTI-PURPOSE HEALTH SERVICE



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of New South Wales**



Health
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DON'T DRIVE TO HOSPITAL - rural

Remember in a medical emergency, dial Triple Zero (000) and ask for ambulance. Don't drive yourself or the patient to hospital as you may endanger your life, your patient's life or members of the public.

It is important, that in medical emergencies, members of the community don't panic and try to drive themselves or their patient to the hospital.

Ambulances are equipped with lifesaving equipment and drugs. The Ambulance call taker will tell you what to do and will provide medical instructions until paramedics arrive.

Paramedics are highly trained professionals who are able to provide advanced medical treatment to those who are sick or injured.

Every minute counts. By being able to deliver essential life-saving treatment at the scene, as well as en-route to the hospital, ambulance paramedics can start delivering treatment much earlier than if a person tries to get to the hospital by other means.

Time is not the only factor that should be considered. You can do more for the patient by staying calm, reassuring them, keeping their airway open and stop life threatening bleeding.

Especially in a rural setting follow these steps:

- ⇒ **Call Triple Zero (000)** and DO NOT hang up the phone. The call taker needs to be able to gather important information to help the paramedics.
- ⇒ **Learn First Aid** - these vital skills may help you save the life of a friend or relative.
- ⇒ **Keep a First Aid Kit** in the car and house.
- ⇒ **Teach your children** how to call Triple Zero (000).
- ⇒ **Help us locate you** - if possible, when you call for an Ambulance, have someone wait outside your address to guide the Ambulance to the correct location.

Michael Jackson Inquest

There will be a new post-mortem this week on the body of Michael Jackson at the request of his family. The doctor has been briefed to determine which was the cause of death:

- A) Sunshine
- B) Moonlight
- C) Good Times
- D) Boogie.

M & A BRAY

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Thumbs Down!

To those people (young and old) who played on the swings and were laughing and talking whilst the ANZAC speeches and ceremony was going on.



Thumbs Up!

To the council or someone who has a spare bit of oil and time to oil the swings in the ANZAC Park

SPECIAL EVENT MAY 30th

From Boom Boom La Bern

I'm doing a 3 course dinner with performance by Marguerite Montes and a small presentation by Lesley Dimmick who was just awarded an 'Order of Australia'.

All PROCEEDS are going to 2 local projects. The cost is 'pay what you think its worth'.

The dinner has vegetarian options - Oh its also BYOG.

My no is-0487763725.

EUGOWRA MUSEUM

OPEN 11AM - 4PM WEDNESDAY- SUNDAY

Contact Elaine 68592820 or Judy
68592218 for when unattended.

Sports Alive!

With the winter months comes the winter sports. And sport is alive and 'kicking' for our young and young at heart. Here are some of our locals during their weekend sport. On the weekend of 23/24th the Geagles won 46 - 0 and the Eagles won 32 - 12 over Cargo. Under 19's had a bye. The little ones were at Soccer & Netball in Forbes and Footy in Canowindra. Love your sport!



The Eugowra Geagles



Forbes Soccer U'5s Green Team



Forbes Koalas U'11s Netball



Under 8' Canowindra Tigers