

# Eugowra NEWS

JUNE 2016

VOL.34

*A Lions Club project for the community we serve*



## VILLAGE OF MURALS

Another successful and creative weekend was held, despite the threat of rain recently. The murals continue to bring the village of Eugowra to life with their fantastic representation of the stories of Eugowra and its residents. *Continued on page 6.*



*Artists and visitors;*

*Di Garner, Sr Magdalen, Sr Helen Sullivan, Peter Crossman Adam Livingston, John Elliot, Les Quick*

# from the editor

Hello again, what a beautiful transition from the dust to fields of green! Thank you HUEY! Wonderful rain for a lot of the districts that so desperately needed it. My spider ever so gently floated out of the gauge in the gentle soaking rain and one can almost hear the grass growing at the moment. Along with the sounds of happy farmers sowing their crops it is indeed a change for the better.



As a follow on from ANZAC Day in Eugowra, I thank Kim Barret and his brothers and sister for not only attending our Service last month but also for sending their grandfathers story and the connection to the Toohey Family. A unique connection between generations occurred on ANZAC Day with the reassurance that the memories live on through their families.

Thank you to Cathy Eppelstun who ventured up to the MPS to continue chatting with the old folk up there. She had a great yarn with Roz and you can read her story on page 9.

The Craft on the Creek folk have been busy sanding, scraping and painting their new premises ready for a move. Make sure you drop in for their Grand Opening on June 3rd and check out their wonderful array of craft, gifts, food and lots more.

Many thanks to Cassie Gates who has designed a special page for the children to enjoy each month. We hope to see lots of kids enjoying this section and getting involved.

Another new segment I have added to the calendar is the regular monthly meeting dates and times for some of our Community Groups. If any group would like me to add them to the Calendar, just email or phone me with the details and I can put them in.

Until winter sets in, enjoy the green grass, the mild weather and the sound of tractors going around and around and around and around.

Cheers

Sarah



## Contributors this Month

Cathy Eppelstun

Alicia D'Ombra

Janet Noble

Barb Roach

Judy Smith

Nicole Brindle

Kevin & Kay Howell

Kim Barrett - ACT

Anne Heath

Kylie Reeves

Cassie Gates

Claire Duff

Bill Eppelstun

**Next Issue Deadline:**

**Friday 24th June**

**The News will be available  
on Friday 1st July**

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

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throughout the community.**

**Please note: Views expressed by  
contributors are not the responsibility of  
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**Online at [www.eugowranews.com.au](http://www.eugowranews.com.au)**



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## WHAT'S ON AT YOUR CLUB?

### JUNE

Fri 24th Market Night Raffle, Members Draw & Barrel Draw

Sat 25th Local Business EOFY Party (To be an annual item)

### JULY

Sun 17th ANNUAL GENERAL MEETING

Fri 29th Market Night Raffle, Members Draw & Barrel Draw

## Cross Country Running



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## EUGOWRA COMMUNITY MONTHLY MEETINGS

<b>VIEW CLUB</b>	.....	1st Monday of the Month Committee Meet at Central Hotel 6.30pm
	.....	3rd Monday of the Month Dinner Meeting at Central Hotel 6.30pm
<b>SHOW SOCIETY</b>	.....	2nd Monday of the Month
<b>EPPA</b>	.....	2nd Tuesday of the Month
<b>HOSPITAL AUXILLARY</b>	.....	3rd Friday of the Month
<b>LIONS CLUB</b>	.....	Last Thursday of the month at the Central 5.00pm (after folding the Newsletter)
<b>BOWLING CLUB</b>	.....	2nd Monday of the month

# WHAT'S ON THIS MONTH

# JUNE 2016

Dr Vicki Wymer 68 592 220 Eugowra

63645901 Manildra

Mon

Tue

Wed

Thu

Fri

Sat/Sun

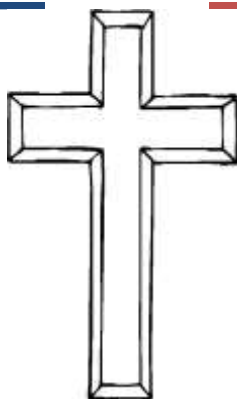
30	31 Manildra 9-1pm	1	2 Eugowra 9-4pm	3 Manildra 9-1pm	4/5
6 Eugowra 9-5pm  VIEW Committee 6.30pm	7 Manildra 9-1pm	8 Eugowra 9-11am	9 Eugowra 9-4pm	10 Manildra 9-1pm	11/12 <b>Long Weekend</b>
13 Public Holiday Bowling Club & Show Society Meetings	14 Manildra 9-1pm  EPPA Meeting	15	16 Eugowra 9-4pm	17 Manildra 9-1pm  Hospital Aux Meeting	18/19
20 Eugowra 9-5pm  VIEW Dinner Meeting 6.30pm	21 Manildra 9-1pm	22 Eugowra 9-11am	23 Eugowra 9-4pm	24 Manildra 9-1pm	25/26
27 Eugowra 9-5pm	28 Manildra 9-1pm	29	30 Eugowra 9-4pm  Lions Meeting 5.00pm	1 JULY	

## St Mathews Anglican

1st, 2nd, 4th Sunday 4.00pm, 3rd Sunday 8.00am,  
5th Sundays share with Uniting Church at 2.30pm

Rev. Jono Williams 63 441643

Other times: Local Lay Preacher Elaine Cheney  
68 592820



## St John the Baptist Catholic

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

Fr Laurie Beath 63 42139

Liturgy of the Word: 1st, 3rd Sundays 8.30am

Mavis Cross 68 592240

# Eugowra Church Services



# Sunnyside Gravel Supplies



QUARRY DA 95/144

- **WHITE & RED DECOMPOSED CLEAN GRANITE FOR YOUR DRIVEWAYS, ROADS, FILL, SHEDS AND STOCKYARDS E.T.C.**
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  - **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 24th June

Friday 22nd July

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

### COST

ADULT: **\$6.60**

SCHOOL AGE CHILDREN: **\$2.20**

PRESCHOOL AGE CHILDREN: **FREE**

(PRICES INCLUDE GST)

FOR MORE INFORMATION OR BOOKINGS CALL:

DEIDRE SLAVEN **6859 2414** OR

MARGOT BROWN **6392 3233**



**The Eugowra murals weekend** was another successful exhibition of Australia's talented artists. The weekend is made possible by not only the visiting artists but by the Murals Committee who work hard and tirelessly to bring it all together for the weekend.

The artists and committee enjoyed a meal at Eat Your Greens on the Friday night and then dinner at the Bowlo on Saturday night. In between there were lots of tea, coffee, cakes and scones provided by the CWA.

The artists worked on 3 murals depicting the history of Eugowra. The Fat Lamb Hotel, the Imperial Theatre and the Catholic School and Church established by St Mary Mackillop's Sisters of St Joseph in 1907.

The artists love coming to Eugowra due to our open arms, friendliness and hospitality and they aim to return next year to fully complete this years murals and to create more works of art. *Bill Eppelstun*



### **Look forward to the 2017 Murals for Eugowra.**

The Murals committee are; Jodie Greenhalgh, Cathy Eppelstun, Di Smith, Judy Smith, Elaine Cheney, David & Esther Hyde, Di & Ray Agustin, Di Garner, Jeanette Norris, Max & Margaret Swift and Michelle Cheney.



# IAN WALSH MEMORIAL ARCHWAY

The Eugowra 'old boys of rugby league', former players of the 1960's, and more specifically the group from the 1963 to 1967 era, who are referred to as 'the All Blacks' (as their playing gear was all black), hold a yearly reunion.



Two years ago, after applying under the umbrella of the Promotion & Progress Association Inc. they had received a DA approval from Cabonne Council to build the archway at the Football Field, but it didn't happen. The decision was made at the reunion last year to make a definite project of completing the job before the next reunion.

An application for a CAP (Community Assistance Program) grant to Cabonne Council, through the Promotion & Progress Association was successful and the commemorative archway was built by local tradesman John Den. John had some assistance from two of the 'old boys' - John Porch and Ken Smith and also John Dukes.

Special thanks go to John Porch's son Graeme for his voluntary efforts with the welding of the numbers and lettering onto the archway.

Mention must also be made to Cassie Gates who drew up the plans for the archway- thank you Cassie.

Ian Walsh coached and played with the Eugowra rugby league team in 1959 when he was first selected for the Kangaroo team which toured Great Britain in that year. This must be considered a remarkable achievement for a player from such a small town. He had already represented Group 11, Western Division and Country prior to his selection for Australia, all while playing for Eugowra.

He went on to play 25 tests for Australia and later captained the side. He transferred to the St George Club in Sydney in 1962 where he played during their record run of premierships, and became a key player in that team.

In their application to council for the funding for the archway the 'old boys' group asked for the field to be named the Ian Walsh Football Field. They had a letter of support from the current Golden Eagles Football Club and everyone is pleased with Council's approval. The football field is just part of the overall recreation ground.

The finished project looks great, thanks to John Den's expertise and the grant funding from Council, and is a fitting memorial to the late great Ian Walsh and the recognition he brought to our small town during the years he played here and in the years following.



The archway will be officially opened at 1-45pm this Sunday 29<sup>th</sup> May between the Ladies League Tag game and the first grade game of the Woodbridge Cup competition.

*Judy Smith*



# ANZAC DAY

Kim Barrett

## Anzac Day in Eugowra 25<sup>th</sup> April 2016

100 Years since our grandfather Herald Victor Messner enlisted in the Army.

Bronwen Drover, Stewart, Geoffrey and Kim Barrett attended the Anzac Day March and Service in Eugowra to honour the memory of our grandfather Herald Victor (Vic) Messner and to commemorate the 100<sup>th</sup> anniversary of when our Grandfather enlisted during WW1.

Vic Messner was a teacher at Eulimore Creek and Bonnie Dell schools before he enlisted for World War 1 in 1916.

We are very grateful that our grandfather took the time to write his life story, as this has allowed us to look at his life and in particular his fond memories of his time spent around the Eugowra area.

While teaching at Bonnie Dell, Vic boarded with the Toohey family who owned Bonnie Dell station at the time. When Vic returned from the war, a welcome home celebration was held at the School of Arts Hall in Eugowra.

Quoting from his life story is the following.

*"A goodly gathering was there, so a good time was had by all. During the evening Mr Noble presented me with a Shaving mug and shaving brush, and on behalf of Mr W Toohey and family, of Bonnie Dell, a handsome gold medal, suitably inscribed. I quite enjoyed being back again with the old gang Ashcrofts, Greenhalghs, Thorncrafts, Kennersons, Dittons, Tooheys, Gospers and so I could go on."*

This medal has only been found in the last couple of years.

We are grateful to Dawn Welsh for the help she has offered us in tracing some history of our grandfathers stories from that time and also for the introduction to Tony Toohey on Anzac Day.

Tony is the grandson of the Toohey family who had such a close relationship with our grandfather.

Vic Messner was on the Western Front in France and was injured above and below the eye in October 1917. After recuperating from the injuries



*The handsome gold medal presented to Vic Messner from the Toohey family in 1919.*

he was assigned to the Pigeon Corp as part of the Signals Corp. In May 1918 when in a farm house he describes his duty as a "writer for a reader". A shell hit the farm house and Vic was badly injured by pieces of shrapnel behind his right shoulder.

After several operations and suffering from gangrene he spent the remaining months of the war in England recuperating and arrived safely back in Sydney at the end of 1918.







Many of you would know of 'Roz' who resides at the MPS. This month Cathy Eppelstun stopped by to talk to Roz.

**CE: You've been at the MPS for a long time...**

Roz - Yes, I am the only original member of the old hospital Willawa centre. Then they built this new hospital five years ago. I was at Orange for many years, but that wasn't the right place for me. Eugowra is much nicer. I have a beautiful room here and they look after me. I really miss Mary though. (Mary Jenkins has recently moved from the district.)

**CE: Have you always been visually impaired?**

Roz: Yes I was born blind, I was born special. I can see a bit of blur, but I can hear very well and I know peoples footsteps and voices.

**CE: Where did you grow up? Do you have many memories from your child hood?**

Roz: I was born in Cowra. I had a Mum and a brother. I was a cheeky toddler apparently. Mum used to play the piano and she taught me to sew buttons on material. I lived with my Nan for a while and sometimes we went out fishing with my brother. We caught catfish and trout.

**CE: Can I ask how old you are?**

Roz: I'm 62. On the 21st August I will be 63.

**CE: What sort of things do you do here to keep yourself busy?**

Roz: I play the keyboard and cards. I like UNO. I do weaving and plaiting and I love my music. I really love the Bee Gees and when I am in my room I can put the music up loud and escape.

I get very lonely, but sometimes Chrissy takes me out for a walk in my wheelchair. "The MPS recently added a chicken coop and two chickens to our little place on the hill. Here is Roz enjoying holding the hen."

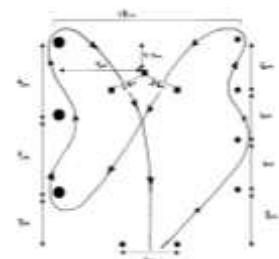


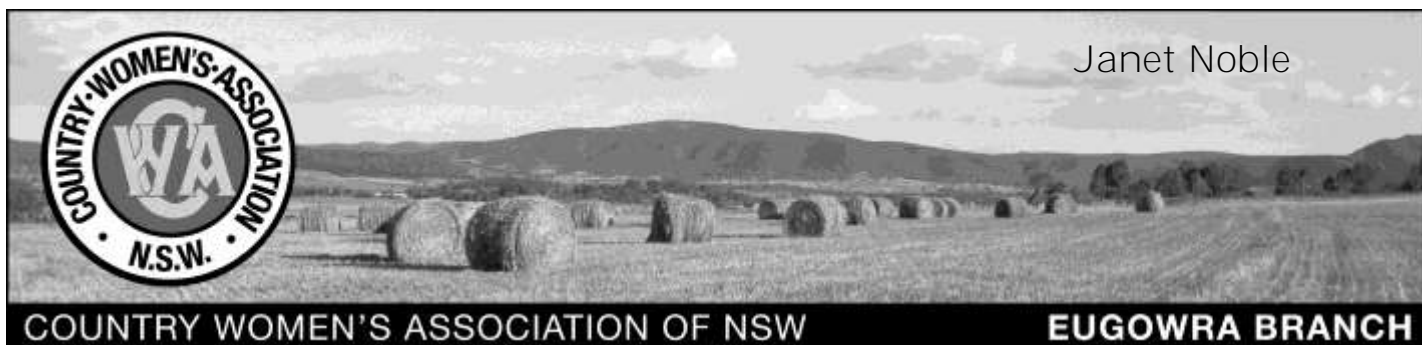
Eugowra Pony Club has had some busy riders during this past month. Our last rally day was an unmounted day, due to wet weather. The day was focused on the upcoming gymkhana's, and practicing the sporting events which were listed in the programs.

The children did the Pony Twist, Bonfield Bounce, The Clover, Running T and Scudahoe. The sporting events are based on times. So the rider that completes the event in the shortest amount of time will gain a place ribbon. Each sporting event is also different. Therefore the rider must use their memory to complete the event successfully.

There were two gymkhana's on during the last weekend. Olivia Holland, Sienna Carver, Pip and Isla Combe and Emily Van Der Struik represented EPC at Cudal Gymkhana, while Chelsea Colvin and Tahlia O'Malley attended Trundle Gymkhana. All our riders had very successful days and came away with smiling faces and lots of ribbons. Well done team!

Our next rally day will be Sunday 5th June.





**The next meeting of Eugowra Branch of CWA will** be on Friday 10th June, at 10am. Guest speaker will be Kerry Smith from the local health district Health Promotion team, Kerry will speak on "Make Healthy Normal"

**New State President for CWA** is Mrs Annette Turner from White Cliffs Branch, Darling River Group and was elected at the State Conference in Cowra. She lives on 'Polpah Station' White Cliffs.

#### **Foreign And old currency Coins for ACWW,**

The Associated Country Women of the World are continuing to collect Foreign currency (coins and notes) \$1000 was raised last year. Anyone can hand in old currency (Aussie copper coins, shillings).

#### **Murals Weekend**

We all had a very enjoyable time during the Murals weekend. The pumpkin soup, cakes and slice were enjoyed by the artists as well as the general public. Thank you to all who cooked and those who manned the stall all weekend.

#### **CWA AGM**

Margaret Swift, Wendy Carey and Frances Anderson attended the 94th AGM of CWA of NSW at Cowra, which was attended by 587 delegates representing 321 Branches.

A motion put forward by Eugowra Branch "That CWA advocates for implantation of a system of notification regarding the length of road works". This was carried. The CWA of NSW will now lobby RMS for this to be implemented.

In 2017 the Conference will be held at Tumby Umbi at the Mingara centre on the 21st –25th May.

We had a request from Western NSW Local district to support a study of hot Transfer for STEM research .

135,000 Scones were baked this year at the Royal Easter Show.

Eugowra CWA Member, Jennifer Jones principal of Illoura Park Eugowra Anglo Nubian Stud, has recently returned home from another successful trip to Sydney Royal 2016 with a group of her young dairy does.

Jennifer prepared 8 doe kids for the 2 kid classes (under 6 months age, and 6 months and under 12 months age) and 6 Junior does for the two Goatling Classes, 12 months and under 18 months age, and 18 months and under 24 months.

One of the Junior Does, IP Moira, who to this time had only been very lightly shown, proved to be the "dark horse" of the group. Winning the older Goatling class, Moira then went on to be awarded Junior Champion Anglo Nubian Doe of the Show. Adding to this tremendous thrill, was the overall tally of awards, 13 of the 14 does shown were placed in their classes, a great kudos for the Stud. And overall a most satisfying result confirming the consistency and strength of quality coming through. .

The Eugowra Branch laid a wreath on ANZAC day, once again made beautifully by Eve Hayes.

The topic for essay this year is " *The challenge of modern motherhood as opposed to fifty years ago.*"





# Working Dogs 🐾

Once again the N.S.W Utility Dog Championships were held at the picturesque Eugowra Showground on the 29,30th April and 1st May in very calm Autumn weather . We had trialers traveling from several places in N.S.W. including Penrith, Hawksbury, Gulgong, Bathurst, Harden, Goulburn, Young, Gundagai, Nyngan, Molong and many other towns .

We started the trial on Friday morning beginning with the Nursery event at 8-00 am ,this is a trial for beginners who have never won a trial .The judge for this event was Kevin Howell, the current National Kelpie Champion. We then moved onto the Novice event followed by the Open. Judge for these two events was Mr Ian Evans from Denilquin.

We ran 114 dogs over the three days plus the finals. A great weekend was enjoyed by all and we hope to see them all back next year .

Results of the trials were;

## Nursery

1st Daniel Pumpa Whites Cosmo	85
2nd Daniel Pumpa Whites Benji	82
3rd John Ferguson Banjo	72
U/P Damien Cullenward Slick	70

## Novice

1st. Gary White Brockenriver Becky	95+87= 182
2nd Greg Walton Karana Max	97+84=181
3rd Nigel Brazier Bella	91+65=156
U/P Whites Jag	92 + R =92

## N.S.W Championship

1st Greg Walton Karana Jed	91+86=177
2nd Fred Rains Emily	91 +85=176
3rd Adam James Tandabardi Buster	92 + 55 =147
4th Kevin Howell Karana Rambo	91+ 42 =133
U/P Greg Walton Karana Max	88+ R = 88

The committee would very much like to thank our wonderful sponsors; Reliance Credit Union, Pengilly family, Coprice, Walton's Kindergarten Management, Welsh Steel Fabrication, M &A Bray Transport, Allure on Main, Forbes Vet Clinic, Miller, Whitty and Lennon, Michael Mongan Wheat Grading, Eugowra Quality Meats, Denise Howell Hairdressing, Grant Howell Auto Electrical, Central Hotel, AgnVet Services.







# Eugowra Public School

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

## News

### Participation Leads To Success

We have had a busy start to Term 2 at Eugowra Public School. We began the Term joining with the students from St Joseph's Primary School for our Cross Country Running. This event is used to select our students to represent our school at the District cross-country carnival in Forbes. This year we congratulate Reece Matheson, Ben McMahon, Macey Greenhalgh, Sanjay Buttle, Mitch McMahon, Chelsea Leonard, Makala Leonard, Bailie Peisley, Jake Greenhalgh and Toby Matheson and wish them well at the event.

The results from the Cross Country event with St Josephs were as follows:

Senior Boy Champion Angus Whatman SJS  
Runner-Up Jake Greenhalgh EPS

Senior Girl Champion Olivia Holland SJS  
Runner-Up Makala Leonard EPS

Junior Boy Champion Sanjay Buttle EPS  
Runner-Up Reece Matheson EPS

Junior Girl Champion Macey Greenhalgh EPS  
Runner-Up Keiley Whatman SJS

Eugowra Public School hosted a Book Fair during May with lots of beautiful books sold to families and community members. This fair raised funds for books for our school. During the week students enjoyed dressing up as their favourite character from a story.

This term, EPS students will learn music with Mrs Donna Riles, Music Director of Orange Regional Conservatorium. Mrs Riles has a gift for teaching music and the students are captivated in her lessons.

Students also have the opportunity to learn soccer skills this Term with the coaching skills of Doug McKenzie.

Students have participated in 'Responsible Pet Ownership', a program aimed at teaching students about safety around domestic animals and the responsible ownership of these animals.

Our Year 6 students recently attended the GRIP Leadership conference in Dubbo. This was an excellent opportunity for our students to engage with leaders from other Primary Schools and develop their leadership abilities and skills.

Our School Choir, led by Mrs Welsh (*nee Miss Adams*), recently attended the Cowra Eisteddfod. No prizes were won this round but the Choir will be continuing their practice in the lead up to the Forbes Eisteddfod later in the term.

Our senior Choir members had some exciting news recently following their audition earlier this year for the Schools Spectacular 2016. These members have been selected to perform in the Schools Spectacular 2700 strong Choir. Congratulations Mrs Welsh (*nee Adams*) and students, Nina Merchant, Rianna Reeves, Olivia Connell, Makala Leonard and Alyssa Gibson. A series of performances will take place at the Sydney Olympic Park in November and tickets go on sale in June.



*The School Choir and Year 6 students at their GRIP leadership camp.*





# 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

We welcome students back to the start of Term 2 and hope everyone enjoyed the beautiful autumn weather during the holidays.

## EUGOWRA SCHOOLS CROSS COUNTRY

Just before the rain, both Eugowra Schools joined together to run in our Cross Country on Friday 29th April. Congratulations to all the children for running, walking and doing their best on the 2 and 3 km tracks. There were some very red faces after the event but all were still smiling! Thanks to all the time keepers and helpers on the day.

Three of our students went on to compete at the Diocesan Cross Country at Coolah on Tuesday 3rd May. Well done to Angus and Keiley Whatman and Olivia Holland for competing with hundreds of other students. All achieved a personal best running up hill and down dale in the Coolah countryside.

Olivia 16th/60, Keiley 24th /100, Angus 9th /74

## NETBALL FOR SPORT

This term the children are enjoying Netball lessons on Tuesdays with Julie and her daughter Sally from Netball NSW based in Orange.

They are all enjoying learning ball skills and the art of catching, stopping and passing the ball, defending and attacking positions. Great skills for team sport. The SRC have purchased some new netball goals and balls which everyone is enjoying during playtime.

## CHRISTIAN LIVING CAMP

The Year 6 boys and Mrs Rose had a great time at Christian Living Camp last week. The weather was beautiful (a bit cool at night) and the children caught up with old friends from Blayney, Canowindra, Molong and Yeoval. Chris Doyle is always a favourite with the children and lots of fun was had by all.

*On Tuesday 3rd May, Macky, Ty and I went with Mrs*

*Rosemary driving up to Lake Burrendong for Christian Living Camp. When we got there we unpacked our bags and met a few other boys from different schools. We also met our room mates; Jack and Tom and made our beds. Then we went to the Common Room and met up with everyone. I met one of my friends from Canowindra.*

*On the second day we had breakfast and went to prayer. We went for a bushwalk and had morning tea and then met Chris Doyle. He is a very funny man. We did all sorts of funny things such as massaging each others shoulders to stimulate our brains, danced, did the cat walk, said nice things about each other and laughed a lot.*

*On the second night we had a camp fire and watched a movie called Paper Planes. The food was fantastic but the best thing was meeting all the new friends.*

*Charlie Philipzen*



## FIRST RECONCILIATION

Some of our Year 2 students are preparing for their First Reconciliation commencing with an enrolment Mass on Sunday 22nd May. The Sacrament of Reconciliation will be received on Thursday 23rd June at 2.00pm and celebrated with the Parish on Sunday 26th June. Please keep these children in your prayers as they prepare for this important step in their faith journey.

## ST MARY MACKILLOP MURAL

Congratulations and thank you to the Mural Committee and our terrific visiting artists for painting a wonderful portrait of our Saint—Mary Mackillop now proudly displayed on the St Joseph's Community Hall. Sr Helen was delighted (as we all were) to watch 'Mary' come to life over the Murals weekend. A wonderful reminder of this determined Nun who started education in rural areas such as ours many years ago.

In the next few weeks we look forward to National Simultaneous Story time and the SRC will be holding a Disco one evening.

Until then may God Bless you all and we thank God for the recent rains.





## THE ~ SEASONAL KITCHEN ~

### Moroccan Lamb Soup

We have a small flock of Wiltipoll sheep. Wiltipoll's are similar to Dorper's in that they fully shed their wool, but they are a much quieter breed of sheep and to my mind have sweeter flavoured meat. Generally we slow roast our lamb in the wood fired oven but a hearty soup makes a nice change in the winter and is ideal for a cook ahead meal. I would just use whatever bones and offcuts that I had available for this or you could dice up some leg or shoulder meat. If I did that I would add the bones to the soup as well.

#### Ingredients

About a kilo of lamb, cut into small pieces, and the bones if you are using them

A generous slurp of extra virgin olive oil

1 brown onion sliced

1 Tablespoon of ground turmeric

1 Tablespoon ground ginger

1 Tablespoon ground cinnamon

1 Tablespoon Harissa

(Harissa is a North African blend of hot peppers, spices and oil. It can be used as a condiment but also as a base for curries and stews. There are various spice combinations you can use to make harissa, but the basic components are typically dried chillies, caraway seeds, coriander and lemon juice, or you can buy ready made Harissa in the supermarket.)

1 cup of brown lentils (or you could add in a can of cooked lentils right at the end)

2 litres good quality stock

1 can of chopped tomatoes

1 bunch English spinach

Juice of a lemon

1 bunch coriander (to serve)

Salt and pepper to taste



#### Method

Heat the oil in a large heavy based soup pot and brown off the lamb, remove the lamb and set aside. Add onion and cook until lightly caramelised. Reduce heat and add turmeric, ginger, and cinnamon and cook until fragrant, add the lamb back to the pot with the Harissa, tomatoes and lentils and stir well. Add the stock and simmer for about an hour until the lamb and lentils are done.

Finally add in the spinach and lemon juice and simmer until the spinach is wilted. Serve with a final squeeze of lemon and chopped coriander.

Enjoy!





## Eugowra Evening View Club

voice, interests and education of women

Eugowra Evening VIEW Club members enjoyed their May dinner meeting at the Central Hotel last Monday. Guest speaker for the evening was Nurse Jeanie Fordham who gave a talk on the subject of incontinence. Undoubtedly all members would have learned something that they didn't know before. Lyn Ellis made a presentation to Jeanie and moved a vote of thanks on behalf of members.

Sally Mongan reported that she had received acknowledgement from the Smith Family that Eugowra's three **Learning For Life** students received their Easter cards and gift vouchers.

Di Agustin reported on the success of the two mornings which members had spent at her home bringing the VIEW History Book up to date.

VIEW have a new website – there is a request for volunteers to keep the website updated.

Lyn Ellis attended the meeting for Club Presidents and Delegates of Zone NH01 which was run by Lyn Gerstenberg in Orange recently. Included in Lyn's report was news of the forthcoming Zone Conference to be held in Parkes in the near future.

The National President's Theme for 2016/17 of 'Many Voices, One VIEW, Making a Difference' encapsulates the essence of VIEW.

Lyn reported that there are 1150 children sponsored by VIEW Clubs, 30,000 by the Smith Family and 63,000 children are still living in poverty.

The Street Stall, and Clothing Collection will be held on the 17<sup>th</sup> June adjacent to the RTC. The raffle will be a basket of grocery/food items with all members asked to contribute. The items may be left in the basket at the Craft Shop.

Items are needed for the stall and can include cooking, plants, books and white elephant items. Members are urged to take along bags of good clean clothing, hand bags, shoes (with pairs tied together). These items will be sent off to the Smith Family.

The VIEW Birthday party will be held at the Eugowra Bowls and Recreation Club on Saturday 16<sup>th</sup> July at 12-00 for 12-30pm. The theme this year is 'Off to Rio' with the dress code described as colourful.

The next dinner meeting of VIEW will be held on Monday 20<sup>th</sup> June at the Central Hotel.



## VIEW CLUB STREET STALL

Friday 17th June

(next to the RTC / Post Office)

### What is Learning for Life?

The Smith Family's Learning for Life program recognises that disadvantaged children need extra support to stay at school and go on to further studies or a job. Learning for Life helps create better futures for children in need by providing:

- financial assistance from a sponsor to help disadvantaged families afford the cost of their child's education;
- support from a Learning for Life Program Coordinator to connect the child and their family to local learning opportunities and other supports; and
- access to Smith Family educational programs to help children get the most out of their school years.



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*Furniture bargains, gift ideas, unique bits'n' pieces, 45 and 75 records, old wirelesses, 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)

## How to identify a Quilter

- Always has threads on their clothing.
- Only they know what a layer cake, jelly roll or honey bun really is.
- Their journeys are marked not by stops at coffee shops or pubs, but by visits to fabric shops.
- They have numerous PHD's. (Projects Half Done) and their UFO's (Unfinished Objects) are not from out of space.
- There is more fabric in the house than food.
- They have a 'Stash' but it isn't illegal.
- The ironing board is always set up but they never iron clothes.
- They measure twice, cut once then fudge it to fit or sew a button on.
- **NEVER** use the sewing scissors to cut paper.
- They cut with hope, stitch with grace, quilt with dreams, bind with laughter and share with love.
- BUT its all fun and games until the bobbin runs out.

# A LITTLE BIT OF HISTORY



Elaine Cheney

## **Forbes Advocate Friday 16 June 1916. BAD ROADS.**

We notice in the last report of the Jemalong Shire Council's meeting that the Council had been requested by the Eugowra Progress Association to see to the early removal of the rocks from the main Forbes-Eugowra-road, near Crampton's Hill, (*just past Doug Greenalgh's ?*) as that portion of the road was becoming unsafe. In the interests of the travelling public, we quite agree with the Progress Association that it is unsafe and further, it is a disgrace to the Shire. The engineer's reply at the Council's meeting was that there was any amount of room and a fair track for ordinary traffic, and that the Progress Association might mean the rocky outcrop on the road.

For the benefit of the Council, we may say that is just what the Association does mean, as the outcrop is nearly in the middle of the road, and when the engineer says that there is plenty of room for ordinary traffic, he must either be an expert driver, or else rides a motor bike. Another portion of the road (which happens to be in the Boree Shire) is in a very bad state. There is a gutter across the road, which very badly requires a culvert putting there. Motorists and persons driving vehicles, have to pull up, and drive over it at a snail's pace.

The place in question is at the foot of the hill near Mr W. Niven's residence. (*Between Waugan Road & Bowler Street?*)



**BOREE SHIRE ROAD GANG** shown in the vicinity of the Waugan Road turn off.

## **Forbes Times 16 June 1916 FOOTBALL.**

The much-talked-of football match between the Canowindra Kangaroos and the Eugowra All Blues eventuated at Eugowra on Sunday afternoon Inst, but owing to the continuous rain only about half of each team put in an appearance. So anxious were each side for an opening go that they faced the pouring rain and pools of water on the slippery rock park (*Memorial Park North Street*) for twenty minutes scramble, which was more like a duck's parade than anything else, the water being splashed high and wide, as the game was fast and furious.

The match resulted in a win for the Blues by 21 points to nil. Mr. W. Niven Jnr, was referee, and was in good form. A return match will be played at Canowindra on Sunday next, when each side is hoping that a full team and favourable weather will be the order of the day. There is rumour of a match between the old Eugowra competition players and the newly-formed team of All Blues. Should the match result, very great interest would be taken in it, as the "has beens" are good players and know the game and would make a strong effort to down their much younger friends.

It was suggested this match should be in aid of the funds of the Eugowra branch of the Red Cross Society, the ladies of the Red Cross Society to take up a collection on the ground.





Physiotherapist Nicole Brindle

# Eugowra Health Report

EUGOWRA MULTI-PURPOSE HEALTH SERVICE

## AN APPLE A DAY –

## KEEP BOWEL CANCER AWAY

### ***What is bowel cancer?***

Bowel cancer (also known as colorectal cancer) is cancer in any part of the colon or rectum. If caught early, bowel cancer is one of the most curable cancers. However if it is not detected or treated early, bowel cancer will continue to grow, spreading beyond the bowel to other organs where it is much harder to treat.



### ***How common is bowel cancer?***

Bowel cancer is the second most common cause of cancer deaths in Australians.

Over 15,000 people are diagnosed with the disease each year and about 1,000 are under the age of 50. Bowel cancer affects men and women almost equally.

### ***Symptoms of bowel cancer***

It is vitally important to recognise possible bowel cancer symptoms and have them investigated if they persist for more than two weeks. Not everyone who experiences these symptoms has bowel cancer. Other medical conditions, some foods or medicines can also cause these changes.

### ***What to look out for...***

A persistent change in bowel habit, such as

looser, more diarrhoea-like bowel movements, constipation, or smaller more frequent bowel movements. (i.e. going to the toilet more often, or trying to go - irregularity in someone whose bowel movements have previously been regular).

A change in appearance of bowel movements (e.g. narrower stools or mucous in stools).

Blood in the stool or rectal bleeding.

Frequent gas pains, cramps, or a feeling of fullness or bloating in the bowel or rectum.

A feeling that the bowel has not emptied completely after a bowel movement.

Unexplained anaemia (a decrease in the amount of red blood cells) causing tiredness, weakness or weight loss.

Rectal or anal pain or a lump in the rectum or anus.

Abdominal pain or swelling.

People experiencing symptoms or who have a family history of bowel cancer are advised to immediately discuss appropriate options with their GP.

### ***Reducing the risk***

Some risk factors such as age or a genetic pre-disposition to bowel cancer cannot be modified but they can be monitored.

**Regular screening with a simple faecal immunochemical test (FIT) is one of the most effective ways to reduce the risk of bowel cancer as it can detect pre-cancerous polyps for removal during colonoscopy.**

A faecal immunochemical test (FIT) looks for blood in your bowel movement, but not for bowel cancer itself.

- A positive test means blood has been detected in the sample. It does not necessarily mean bowel cancer but it does need further investigation by a doctor and usually a referral for a colonoscopy.
- A negative test means blood has not been detected in your samples. The test should be

repeated every 1 to 2 years.

Bowel cancer screening Medical guidelines recommend people at average risk\* of bowel cancer screen using a FIT every 1 to 2 years from age 50.

**Changes to your diet and lifestyle can also help to reduce the risk of bowel cancer.**



**Don't smoke.**

**Limit alcohol consumption** – no more than two standard drinks a day for men and one standard drink a day for women, with two alcohol free days per week.

**Maintain a healthy body weight.**

**Be physically active;** at least 30 minutes of moderate-intensity physical activity on most, preferably all, days.

**Avoid processed meats** e.g. deli meats.

**Replace some red meat meals** with white meat or vegetarian alternatives.

**Focus on high-fibre foods** including a variety of fruit, vegetables, whole grain cereals, nuts, seeds, beans and legumes.

For more information about Bowel Cancer contact Bowel Cancer Australia on 1800 555 494.

## Activities at the EUGOWRA MPS

### Exercise group

Would you like to be more active but worried about your heart or lungs ability to exercise safely?

Do you need some guidance on how to progress your exercise?

Tuesdays & Friday at 11.00am we are now running a cardiopulmonary rehab group for those people who want to improve their exercise tolerance. All are welcome.

### Falls prevention

We are planning on running a “stepping on” falls prevention program. This is a 7 week program that includes education sessions and exercises.

Research is showing that we need to start exercises to improve our balance before we start to lose it – so don't think that this doesn't apply to you.

We will start a class when we get enough interest – let us know if you would like to attend.

Contact Ann Stenhouse (Community Nurse) or Nicole Brindle (Physio) if you are interested in either of the groups. PH: 6850 4000.



JUNE 2016

# kids page

## Jokes

What goes up and down but does not move?

- Stairs

Why was the broom late?

- It over swept!

What do you call a cow with no legs?

- Ground beef

Knock knock

Who's there?

Cow goes

Cow goes who?

No, cow goes moooo!



Spot the Difference there are six differences to find, good luck!

### Find-a-word!

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

EUGOWRA  
FUN  
OUTSIDE

KIDS  
GAMES  
AIR

RULE  
AWESOME  
GREAT

### Draw a Monster!



Create your own Monster





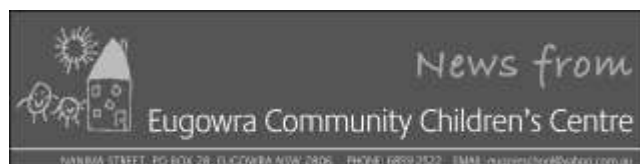
Congratulations to Ken & Judy Smith who recently celebrated their Golden Wedding Anniversary with their family at Mary Jane's Restaurant in Orange.

They were married at St Matthew's Anglican Church Eugowra on April 25th 1966 by Rev'd Canon Cecil Miller.

Ken & Judy have two sons Jason & Mia, Nathan & Ali and four grandchildren Maggie & Lachlan, Maddie & Libby.



Tod, Jack and Ty Healy. Jack Healy has commenced his training at ADFA this year after graduating from Red Bend in 2015.



## EUGOWRA DEBUTANTE BALL

### SATURDAY 28TH MAY

This years Debutante has been organised by the Preschool and the families of the deb's and we are looking forward to Saturday the 28th of May to see our 6 local girls - Emmy Den, Britany Dukes, Maddie Vincent, Anika Heinzl, Sophie Huckel and Sophie Welsh be presented in their home town in front of family and friends.

This year the Debutantes will be presented to the Greenhalgh family - John, Sarah and Emma as a memory to Lorraine Greenhalgh. The girls decided that it would be a lovely tribute to Lorraine Greenhalgh who worked tirelessly for many, many years organizing deb after deb and the creations she made for it. So this year we would like to honor Lorraine and her family.

We invite everyone to make their way to the showground on Saturday evening. The doors will be opening at 6.30pm, entry tickets and spectator tickets can be purchased at the door or at Head On In. There will be a wood raffle, and the major raffle for the evening is a prize of 1 nights accommodation, a 3 course dinner and buffet breakfast at the Hydro Majestic Hotel, Medlow Bath. This will be drawn on the night and tickets can also be purchased at the door.

We have a live band 'House of Tribes' who will be playing from 8:30pm until 12:30pm. There will be a courtesy bus from to and from central locations around town; cost is donation of \$2 each way to cover the cost of the bus.

Don't Forget BYO alcohol/esky and your own nibbles for the night!

We hope to see you there! Will have pictures next month!

Claire Duff (fundraising coordinator)





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### WHO IN OUR MIDST DO WE KNOW?

Who in our midst do we know?  
Who is that man who's tall and thin?  
The bent-over artist who hobbles in?  
The combi driver with the pony-tail?  
The red-headed surfer with one long fingernail?  
Who in our midst do we know?

Who in our midst do we know?  
The craft engineer at home alone?  
The backhoe man still on the phone?  
The mathematician with the beanie hat?  
The Emporium man with a shop as his flat?  
Who in our midst do we know?

Who in our midst do you know?  
The family in town with the funny names?  
The wild-eyed kids who everyone blames?  
The architect whose house burnt down?  
The cabaret star who moved into town?  
The pushy piece with the little red car?  
Do we know who they REALLY are?

Who in our midst do we know?  
The white haired famer who nearly expired?  
The standards inspector who's now retired?  
The guy who keeps his street pristine?  
The granite worker whose dog looks mean?  
The red-headed girl with the beautiful face?  
Our town truly could be a wonderful place,  
If only we took the time to find out  
The story and talents of those whom we doubt;  
People whose lives we know little about.

**Barb Roach**



### The Pigeonholes

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#### Thumbs Up!

To the St Mary Pharmacy here in Eugowra.  
It is so good to have a local chemist in town and  
they are always helpful and pleasant to all.

### Joke Time

In church one Sunday the vicar was disappointed to find that his congregation consisted of just one farmer. Wondering whether he should hold the service, he decided to ask the man's opinion.

"If I take a bucket of food to my hens," said the farmer thoughtfully, ' and only one turns up, I don't send it away hungry."

Moved by this simply analogy, the minister climbed into his pulpit and delivered a vigorous and lengthy sermon.

"Did you enjoy the service?" enquired the Vicar when he had finished.

"When only one hen turns up" the farmer said testily, "I don't give it the whole bucket!"





# Ray White™

## Eugowra

CONTACT: MICHELLE CHENEY 51 NANIMA ST  
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