



June 2017

VOL. 45

A Lions Club project for the community we serve

MORE GREAT MURALS

Another great mural weekend was held at the end of April in Eugowra and the team of signwriters and artists once again left their mark on the walls of the town depicting our history and achievements. Read more on pages 6 & 7. Below: *Cheryl McLean and Sharon Fensom*



from the editor

Gudday,

What wonderful autumn days we have been enjoying during May. Thank goodness for a bit of rain to keep the grass green and it's a joy to drive down the roads of Eugowra with the beautiful Autumn colours this year.

June approaches and methinks its going to get cold soon....the firewood pile will soon start dwindling. My husband always threatens to ration me to one log a day..! However getting firewood in winter is kinda fun ~ you get warm sawing, splitting, picking up and stacking it and then you get warm as you sit by a nice fire in the evenings.

May was a very busy month for a lot of people and it was great that the murals committee finally had good clear weather for their artists. Congratulations to all who came to contribute to the beauty and history of our town. The Speed Shear was also a success and another drawcard.

Thank you to a couple of new contributors this month; our local 'copper' Kevin Trembath with some tips for safety in our community, and local Anthony Toohey with his drone activities and fantastic aerial photos of Eugowra.

Good news from an editorial point of view ~ I have a young Mum and 'newby' to town, Erin Peile who has volunteered to revamp the Lions Facebook page and Webpage so that folk beyond the print copies can continue to enjoy reading about Eugowra. The other good news is that Erin has also offered to take over from me in the Editorial job at the end of the year.

Whilst I love doing this and love contributing my town, it is a BIG job and quite time consuming and draining, so I would like to finish up before I get burnt out and 'over it!'

Rug up, keep warm and enjoy the month of June.

Until next time

Sarah



Contributors this Month

Our Regular contributors

Elaine Cheney
Judy Smith
Nicole Brindle
Cassie Gates
Janet Noble
Eugowra Primary School
Anthony Toohey
Hugh Ellis
Anne Heath
St Joseph's Catholic School
Kevin Trembath
Anne Bray
Kim Storey
Casey Fisher
Kay Howell

Next Issue Deadline:

Friday 23rd June

**The News will be available
on Friday 30th June**

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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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EUGOWRA COMMUNITY MONTHLY MEETINGS

VIEW CLUB..... 1st Monday of the Month
Committee Meet at Central Hotel 6.30pm

3rd Monday of the Month Dinner Meeting at Central
Hotel 6.30pm

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

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

HOSPITAL AUXILIARY... 3rd Friday of the Month

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

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

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



2017 BUDGET

The Treasurer handed down the 2017 Budget on May 9. It's been a really good budget for Calare, country Australia and the nation. One of the really positive measures in this year's Budget is the new Gonski funding. It's an increase of \$18.6 billion over the next ten years for schools right around Australia, including Calare. Schools, in every sector, in every local community in the electorate of Calare will be receiving significant increases in funding because of this needs-based funding model. This is great news for the 111 primary and secondary schools in the electorate, and their 27,362 students. The total increase in Federal Government funding for schools in Calare over the next ten years is \$384 million.

I was also delighted to see that \$472 million has been allocated for the Regional Growth Fund, which will help to grow our regional infrastructure. The Inland Rail, was one of the big nation-building projects announced in the Budget and will give our primary producers another option in terms of where they can send their produce to market. Pensioners are also winners in this year's budget, with almost 100,000 pensioners getting the Pensioners Concession Card. Additionally, an energy supplement of between \$75 - \$125 will also be made available to help with power bills this winter.

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Many people have been asking whether I was expecting funding for the Murray Darling Medical School to be funded in this year's Budget. I have been told that if approval is given for the School, the money is there for it, but not from the medical budget. Rather, it would be drawn from an infrastructure fund which would not appear as a line item in the Budget itself. CSU is still in the process of making its case to the Federal Government for the medical school, and they are to provide further analysis in the coming days. Rest assured, CSU and I are both fighting as hard as we can.

EUGOWRA MURALS

I recently stopped in Eugowra to see the magnificent murals that were created as part of the 6th annual Most Wanted Mural Meet. The three new murals depict the local sawmill, Ashcroft's Bakery and the granite mill – with granite sourced in Eugowra used in the construction of the new Parliament House in Canberra. The murals will join the existing collection of masterpieces throughout the village and I look forward to seeing where this year's murals are placed. What a great tourist attraction for a great town!

WHAT'S ON THIS MONTH

JUNE 2017

Dr Vicki Wymer 68 592 220 Eugowra

63645901 Manildra

Mon

Tue

Wed

Thu

Fri

Sat/Sun

Eugowra 9-5	Manildra 9-1	Closed	1 Eugowra 9-4	2 Manildra 9-1	3/4
5 Eugowra 9-5	6 Manildra 9-1	7 Eugowra 9-11	8 Eugowra 9-4	9 Manildra 9-1	10/11 Long Weekend
12 Public Holiday Closed	13 Manildra 9-1	14 Closed	15 Eugowra 9-4	16 Manildra 9-1	17/18
19 Eugowra 9-5	20 Manildra 9-1	21 Eugowra 9-11	22 Eugowra 9-4	23 Manildra 9-1	24/25
26 Closed Please note the surgery will be closed on Wednesdays until further notice.	27 Closed	28 Closed	29 Eugowra 9-4	30 Manildra 9-1	JULY SCHOOL HOLIDAYS START

Eugowra Church Services

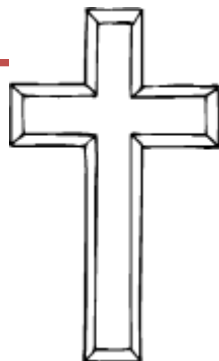
St John the Baptist Catholic

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

Parish Priest: Fr Laurie Beath 63 421369

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

Mavis Cross 68 592240



St Mathews Anglican

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

5th Sundays share with Uniting Church at 2.30pm

Rector: Reverend Joy Harris 63441643
joyharris159@gmail.com

Local Lay Preacher Elaine Cheney
68 592820

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CONTACT: ALAN & MARIE NOBLE (02) 68592266

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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 23rd June

Friday 28th July

Bus leaves Central Hotel 8.45am

Returns to Eugowra at 3.30pm

PLEASE NOTE THE PRICE INCREASE;

ADULTS \$8.00

SCHOOL AGE \$3.00

PRE SCHOOL & UNDER - FREE

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

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

FOR MORE INFORMATION OR BOOKINGS CALL:

DEIDRE SLAVEN 6859 2414 OR

MARGOT BROWN 6392 3233



2017 Murals Weekend

What an incredible Mural Meet for 2017. A huge thank you to everyone who contributed to make it such a success. To all of the artists and sign writers, and their families who travelled to Eugowrathank you !!

You all did a truly amazing job!. Thank you to the hard working Mural Committee, to the CWA ladies for their delicious food, the Eugowra businesses who helped out, Cafe 51, Vicki Den, Eat Your Greens, the Bowling Club, the SES, Eugowra Newsagency & Supermarket, The Gentle Cow Cafe, The Eugowra Promotion and Progress Association and everyone else who contributed to make the Meet such a success (there are far too many to list). John Den should get special mention for keeping us all warm all weekend.

Thank you to all the people who opened up their homes to accommodate our visitors. It was a marvellous weekend and the stunning results speak for themselves. Our community is sincerely grateful to everyone involved. Thanks to Ron Hay (pictured below with Macky Den), for constructing these frames to hold the murals complete with a roof to keep off the rain and dew.

The three murals coming alive in the Apex Park over the weekend were a treat to watch. Even Andrew Gee was impressed when he dropped by!





2017 Murals Weekend



EUGOWRA'S SPEED SHEAR EVENT

After taking only 3 weeks to put together a Speed Shear on in Eugowra in we ended up with 34 shearers and the support was fantastic.



Holding this event to coincide with the Eugowra's Most Wanted Murals weekend proved one very successful competition.

Many thanks go to all the sponsors and Committee and helpers as well as the Central Hotel for allowing us to stage the event in the 'back garden'.

It was also terrific to see some locals participate in the Veterans sections.....they put on a great display and still have the keen eye and ability to shear a sheep quickly.

Thank you everyone for your support and lets hope will see another Speed Shear.

Anne Bray

RESULTS

OPENS

1st Hemi Braddick 28.88

2nd Tipene Ta Whata 33.50

Bou Howkind 29.13 D/Q

Richard Timu 46.78 D/Q



INTERMEDIATES

1st Mick Adam 45.97

2nd Connor Puha 48.49

3rd Graham Slaven 1.16.34

VETRA NS

1st Damian Cullenward 1.09

2nd Kevin Welsh 1.24

3rd Geoffrey Beath (Canowindra) 1.11 D/Q

(D/Q - disqualified)



Behind the Scenes in Eugowra ----

or what goes on in the Hills

Readers might be surprised what happens behind the scenes in our little town. For the past three years, a **Vision Quest** has been held on the local property "Kiembah".

What is a **Vision Quest** I hear you ask? It is a well organised five day experience whereby participants spend time alone in nature. Vision Quest originated with the Native American's when they made passage from adolescents to adulthood. Nowadays Vision Quests are held all over the world, and participants (questers) do it for all manner of reasons.

Being one with nature and completely isolated, with only water to drink, (no food) and a handmade drum, questers stay for two nights and three days in the bush. It can be very challenging for some. Whilst in isolation, the questers "report in" several times a day by means of drumming back to base to let the facilitators know they are OK. The questers, once finished feel empowered, strengthened, humbled and enlightened.

After they have completed the challenge they debrief, compare notes and often become lifelong friends. A great deal of physical, mental and psychological preparation is required and for many it is a life changing experience.

This year questers came from Sydney, Melbourne, Canberra and New Zealand.

The Vision Quests are run by local Forbes lady Chantel Enslow (also known as Two Crows), who also enlists other experienced facilitators. She also runs regular retreats at Seldom Seen Guest House ranging from Women's Nourishing Weekends to Reiki and Massage courses.

If you feel drawn to Vision Quest you can also do a Shamans Vigil which is being in Nature from sun up to sundown for one day this is a great way to start your journey to Vision quest.

The next one will be in September. For more information please contact Chantel at crowwoman6@hotmail.com or find her page Natural Rhythms Massage & Meditation on Facebook.

Kiembah has a colourful history as a large deer farm and it also hosted the Australian Orienteering Championships in 2004, which many locals would remember. Nowadays Kiembah is a sheep and cattle breeding property and also the home of Seldom Seen Guest House. You can check it out at www.seldomseenguesthouse.com.



Eugowra



Eyewatch

Police Spotlight

We need your support to achieve a safer community, and everyone can play an active role!

Did you know there are several ways you can report a crime. If you believe an immediate response is required call Triple Zero, for incidents such as Break and Enter, lost or stolen property, malicious Damage to property and minor traffic crashes call the Police Assistance Line or utilise the NSW Police Portal, a new online reporting tool. A report will be taken; this is viewed by local police and will be followed up on if required. To report suspect criminal behaviour such as drug dealing or rural crime you can anonymously call Crime Stoppers.

By utilising these new methods of reporting crime this enables operational officers to focus on patrolling, investigating and detecting crime.

If you attend the Eugowra Police Station and it is unattended you can utilise the afterhours phone to speak with an officer who will take your details and pass it on to the local officer, if the matter is of a serious nature police stationed nearby may attend or the local officer can be recalled to duty.

Witnessed someone dangerously driving a motor vehicle? You can call 000 at the time to report the matter or you can call the local station at a later time and make a report which will be followed up on. Be sure to get the registration plate number as NSW Traffic Legislation allows for these matters to be followed up after they have occurred and the offending driver can be given fines or charged and sent to court.

Together we can make the community a safer place.

Emergencies: 000

Eugowra Police Station: 02 6859 2244

Orange Police Station: 02 6363 6399

Cowra Police Station: 02 6341 5099

Police Assistance Line: 131 444

Crime Stoppers: 1800 333 000

Police Portal: portal.police.nsw.gov.au

Kevin Trembath Senior Constable Eugowra Police Station

Canobolas Local Area Command NSW Police Force

Phone: 02 6859 2244 | Fax: 02 6859 2475 | Eaglenet: 40890 Fax: 40900

WHAT IS THE NSW POLICE FORCE COMMUNITY PORTAL?

The NSW Police Force Community Portal is a new online reporting system for our community which is always safe, confidential and secure.

Where no emergency exists and immediate investigation by a Police Officer is not necessary, you can now lodge eligible non-emergency reports online at any time where an internet connection is available.

Eligible reports are Lost Property, Intentional Damage or Graffiti and Theft.



HOW DO I ACCESS THE PORTAL?

Simply create or use an existing MyServiceNSW account to logon, create, manage and access your report information online.

You can keep track of the status of your report and obtain information you may need for insurance purposes. You can also securely update your report online from your own account.

MULTIPLE DEVICES



DOES THE NSW POLICE FORCE LOOK AT MY REPORT?

Yes, every report is reviewed by the NSW Police Force. The history and details of your report will always be available within your online account.

Our NSW Police Force Community Portal is an additional avenue to create non-emergency reports provided for your convenience.



Conventional reporting is still available by calling the **Police Assistance Line on 131 444** or attending your local police station. If the incident is an emergency or occurring now, contact **Triple Zero (000)** immediately.

Golden EUGOWRA Eagles

By Casey Fisher

FOOTBALL UPDATE

May Results

Eugowra Vs Burrangong @ Home

Eagles won 60-6

Geagles won 32-0

Juniors BYE

Eugowra vs Peak hill

Eagles lost 12-42

Geagles won 24-6

Juniors Vs Canowindra and won 22-18

Eugowra Vs Trundle @ Home

Eagles lost 10-30

Geagles won 22-0

Juniors lost 22-42

Eugowra Vs Condo @ Condobolin

Eagles lost 26-32

Geagles won 34-10

Juniors Lost 8-48

UPCOMING GAMES

28th May Eugowra VS Manildra @ Manildra

3rd June Eugowra Vs Canowindra @
Eugowra Reunion Weekend

11th June GENERAL BYE

18th June Eugowra Vs Grenfell @ Home

25th June Eugowra Vs Cargo @ Cargo

2nd July Eugowra BYE

Memberships

Eugowra Olden Eagles have set up a Membership program, It is \$20 per year per person, this gives you invitations to events, reduced price merchandise but most importantly the knowledge that your money will go towards helping out the current ERLFC. As a paid member you get a vote on what we decide to help out with. The membership is open to men and women, ex-players, current players, non players, supporters, Fathers, Mothers anyone who wants to invest in the future of our great club.

Please see 'The Eugowra Olden Eagles' facebook page on how to Join, or Membership can also be purchased at Eugowra Ag-N-Vet.

Reunion Long Weekend.

The first 'Olden Eagle' reunion is happening this year. Welcome to all era's of Eugowra Rugby League. Let's make this a yearly event that we can all try and get back to. It has been 50 years since the 1967 GF, 30 years since 1987 and 5 years since 2012. It will be a special day with 3 Grades kicking things off and the Golden Eagles wearing a special 'All Black' long sleeve commemorative jersey. This will be our first fundraising day with raffles and the chance to purchase a "All Black' jersey. All money received will be given back to the club for donations agreed by us as a group. Ring your mates and let's all be there to cheer on Eugowra!!



1987 Eugowra
Golden Eagles Grand
Final Winners.



The Gentle Cow CAFE

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

OPEN 5 DAYS

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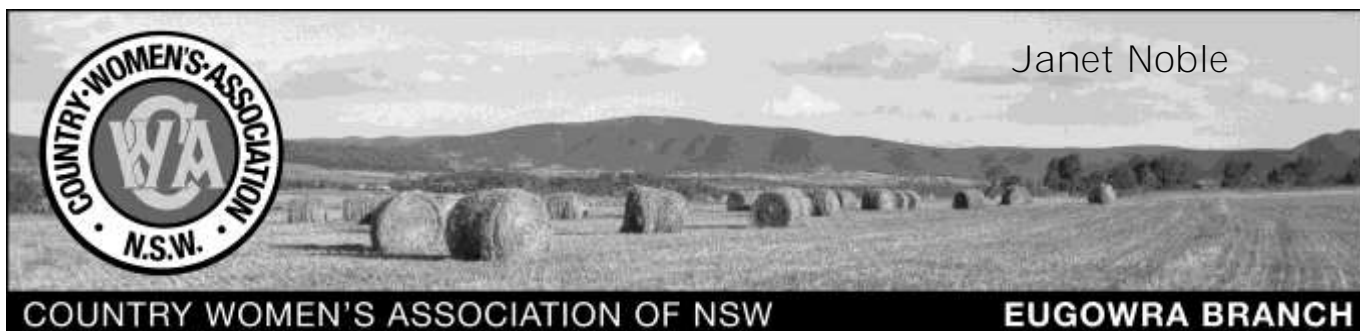
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The next Eugowra CWA meeting will be held at Adagio Mills Orange as unfortunately last month's trip had to be cancelled. Please meet at the CWA rooms at 8.30am on Friday 9th June. Lunch will be at the "Kate Jones" restaurant in Moulder St. Please let Janet know ASAP if you are going.

CWA members to do Meals on Wheels from the 18th to 24th June.

Several members assisted with the Schools Public Speaking competition at Kinross Wollongong, Orange.

Nicole Brindle has written the following;

It was a wonderful experience for all of the children. They all performed well and learnt from watching the other students. The CWA is to be congratulated on organising and supporting such a positive experience which highlights how many wonderful, talented and polite children we have in this area.

The four girls are (Left to right) Hanna Williams Gr4, Elizabeth Brindle Gr4, Asher Chenhall Gr6 and Sophie Gibson Gr3.

Absent was Lucy Philipzen from Gr3.



The Eugowra branch will be catering for The Standard & Triumph Car Club of NSW next February 18th at Apex Park. Several members travelled to Canowindra to attend "How to create a Better Financial Future" and then had dinner with Canowindra CWA Members.

In May, President Margaret Swift and Minute Secretary Wendy Carey represented our branch at the State CWA AGM at Tumby Umbi.

Members please consult your February Journal for the 20 motions that will be debated at the AGM.

The Eugowra CWA News made it in the April Journal; "The Country Woman". Which is quite an

accomplishment as there are approximately 181 branches.

Eugowra branch supplied hot food and cakes to the Mural painters as well as selling to the public. Thank you to all concerned for a great weekend. Winners of 100 club were 1st Tamara Greenhalgh, 2nd Dianne Smith, 3rd Jill Stringer.

Our branch also helped cater at the Canowindra Balloon Glow, in all a busy month.

We also hope to have another "Sweets Night" in October for Eugowra and district Mums.

Arrangements are progressing for Our 90th Birthday celebrations May 2018, at Eat Your Greens. Fashions between the Wars by the Cavalcade of Fashion.



Recently Frances Anderson received an Appreciation Award.

In acknowledgement of outstanding Community Service which has brought distinction and increased the Profile of Eugowra and district. Congratulations Frances.



Sorry the gremlins must have got to the photo and put in the wrong names and left one out. Apologies to our new members Grace & Sharon. L_R back. Dorothy Jones, Joan McMillan, Lorraine Carty, Grace Katon, Margaret Swift. Front. Janet Noble, Sharon Radwick, Frances Anderson.



Working Dogs 🐾

Kay Howell

Once again we conducted a very successful N.S.W. Utility Championship on the 5,6,7 th, May with competitors traveling from all over the State as well as Victoria . We would like to thank our judges; Nursery: Brad Hazell Forbes. Novice: Matt Whitley Wagga, Open Larry Wallace Dalgety. We would like to thank John Den for supplying one of his lovely wood fires for keeping the competitors warm on the cold mornings.

On the Sunday we had a great lot of people watching the trial as they returned from the Abba Festival. Others that watched were guests at a local party that week-end and they all thoroughly enjoyed watching these talented dogs and handlers. They were able to watch some of the best dogs and handlers in Australia. Thank you to Channel 9 for the television coverage.

We ran over 101 dogs plus finalists over the three days commencing with the Nursery event. 16 people contested this event which is for people who have never won a trial. People in this event travelled from Melbourne, Rutherglen, Bega, Bathurst, The Oaks, Sydney, Mendooran.

Results: Nursery 1st, Jane Everleigh ~ Karana Jazz 81. 2nd: Bec Bruest ~ Trixie 67. 3rd: Michele Johnson ~ Bill 65. Neville Williams ~ Connie 65. Cast / Lift/ Draw: Neville Williams.

Novice: 1st Fred Rains ~ Sapphire 90+82 =172. 2nd. Robert Cox ~ Captain 83+85=168. 3rd: Fred Rains ~ Mickey. 77+78=155. Cast/Lift/ Draw: Les Everleigh ~ Try.

Open: 1st Gary White ~ Whites Chrissy 93+87=180. 2nd; Gary White ~ White's Fella 90+84=174. 3rd. Gary White ~ White's Jimmy 84+85=169. Cast/ Lift/ Draw: Adam James.

Once again a big thank you to all the sponsors, without these people we would not be able to conduct this event.

RELIANCE BANK, PENGILLY FAMILY, COPRICE DOG FOOD, M.& A. BRAY TRANSPORT, MICHAEL MONGAN, AG/N/VET/SERVICES, MICK WELSH, EUGOWRA QUALITY MEATS. CENTRAL HOTEL K. M. W. L. LIVESTOCK & PROPERTY, GREG & TRACY WALTON, GRANT HOWELL AUTO ELECTRICS, DENISE HOWELL, HAIRDRESSING, ALLURE ON MAIN, FORBES VET CLINIC, STILL WATER DESIGNS. A big thank you to Harriet for supplying a sketch as 1st. Prize for the Open Event. Thank you to our small band of workers who work tirelessly to help conduct this dog trial ,without you it would not go ahead .

On the 24th 25th June, Kevin Howell and Greg Walton will be conducting a Dog Clinic at Karana for Beyond Blue , Mental Health Awareness all proceeds going to this worthy cause. The Clinic is fully booked .





EUGOWRA HISTORICAL MUSEUM & BUSHRANGER CENTRE.

The Museum is one of the many sub committees of the EPPA. The small committee has worked diligently over many years to have achieved what we now house at our Pye Street Museum.

Elaine Cheney is the Curator and also is the person to ask if you have questions relating to the history of Eugowra and district and also is a mine of information relating to early families in the district.

Another local historian is Dawn Welsh of "Eulimore Springs" who has a wonderful knowledge of wartime conflicts, local men who enlisted and where they served. Mrs Welsh has compiled and donated WW2 photo albums of Eugowra military personnel.

Ray Agustin is the President of the Museum committee and has done a volume of work over the years. He keeps all the workers in line and leads by example.

We are indebted to the great volunteers we have had over the years to keep the doors open. Until just recently we had enough volunteers to cover the first 28 days of the month. We are now looking for a volunteer for the first Friday of the month owing to the departure from town of a local lady who has filled that duty for many years. There are also vacancies in the months where we have 29th, 30th and 31st. The Museum is open 11-00am to 4-00pm seven days a week. Museum roster secretary is Judy Smith - please call her on 6859 2218 if you can help.

You never know who might turn up when you are on duty - over the Easter week-end we were honoured to have a visit from the Indian High Commissioner and his group from Canberra.



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

News

Participation Leads To Success

Eugowra Public School would like to acknowledge the efforts of our school choir and Mrs Austin who were recently awarded the OVERALL WINNERS of the choir section of the Cowra Eisteddfod.

Our tiny choir of 7 singers out-sung the big high school choirs with their best performance ever. The girls sang "Amazing Grace" accompanied on piano by Mrs Helen Payton of Canowindra and "Be True" accompanied on guitar by Steve Johnson of Canowindra. All reports are "it was just beautiful". The Girls were awarded a score of 89 out of 100, a very high score in the eisteddfod world! The girls share this accolade with the choir from Cowra Public School who were equal overall winners.

Congratulations to Nina Merchant, Rianna Reeves, Olivia Connell, Alyssa and Sophie Gibson, Hannah and Clare Williams and their teacher Mrs Austin. The choir has been invited to perform in the Grand Eisteddfod, a showcase of all the winners from all categories of the eisteddfod. This concert is in the Cowra Civic Centre 7pm on the 9th of June.

We have had a number of students represent EPS at the recent District Cross Country run in Forbes. Mitchell McMahon, Levi Goodwin, Ben McMahon, Alec Maclean, Dayne Hamilton, Reece Matheson, Sanjay Buttle and Macey Greenhalgh were our runners with three of them qualifying for the Western region cross country to be held in Guerie. Congratulations to Ben McMahon, Reece Matheson and Sanjay Buttle.

We have had Nina Merchant, Sophie Gibson and Hannah Williams compete in the CWA Public Speaking completion in Orange this term. Our year six students attended the GRIP Leadership conference in Dubbo, gaining skills in leadership to practice in their role as leaders at EPS.

Eugowra Public hosted the Simultaneous Reading Day this year with St Josephs and the Preschool children getting together to celebrate reading. We thank Centacare – Wilcannia-Forbes Diocese for donating the books for the children to take home.





Eugowra Evening View Club

voice, interests and education of women

EUGOWRA EVENING VIEW

Eugowra Evening VIEW Club members enjoyed their May dinner meeting which was held at the Central Hotel on May 15th.

Guest speaker for the evening was Tess Herbert, who is a partner in the 'Gundamain' Feedlot enterprise, and leads a very interesting life associated with the feedlot industry.

Tess and her husband Andrew started their 'Gundamain' Feedlot 15 years ago. They then built a second feedlot at Coonamble in partnership with another couple. Andrew and Tess then sold their interest in this one and bought another one at Ladysmith where they have 6,500 head of cattle. There is 6,000 head at 'Gundamain'.

Tess holds the position of President of the Australian Lot Feeders Association, is a Director of the Red Meat Advisory Council and on the Board of the Central Tablelands Local Land Services.

Tess and Andrew have two adult daughters, Caitlin and Siobhan with their son Lachlan in Year 11 at Kinross Wolaroi in Orange. Tess finds life very busy and very fulfilling.

President Lyn Ellis thanked Tess for her very interesting talk and made a presentation to her on behalf of members.

One of the main topics for discussion on the evening is the forthcoming Street Stall which is to be held on Friday June 2nd at the front of the old Mulligan's Shop in Broad Street.

Donations of saleable items for the stall will be very acceptable. There will also be a collection of good clothing which will be sent to the Smith Family Shop at Dubbo for distribution.

The 9th birthday party of Eugowra Evening VIEW will be held on Saturday 15th July.

The main fund-raiser for the club this year is the dinner at Eat Your Greens on August 5th. Allan Drew is the special guest speaker – more details closer to the event.

President Lynn Ellis with guest speaker Tess Herbert and presenting new member Judy Welsh with her badge.





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

As usual at St Joseph's, the first few weeks of Term 2 have been very busy with our children braving the wet and wild conditions to march at ANZAC Day, competing in a Combined Athletics Carnival with the Public School, Public Speaking in Bathurst, Eugowra School's Cross Country, Diocesan Cross Country, Christian Living Camp for the Year 6 children and National Simultaneous Storytime.

ANZAC DAY Despite the rain and cold conditions, our children marched beautifully at the ANZAC Service in Eugowra. A huge crowd turned up pay their respects and although the rain poured down throughout the whole service, all the children need to be congratulated on their behaviour.

CWA PUBLIC SPEAKING On Tuesday 16th May Lucy Philipzen, Elizabeth Brindle and Asher Chenhall travelled to Bathurst to compete at the next level of the CWA Public Speaking. Although no one gained a place in the event, all the children spoke well and gained a better insight into speaking in front of a large crowd.

SPORTING EVENTS Congratulations to the following children who were champions and runners up at the Combined Schools Athletics Carnival held in Week 2. All children showed great sportsmanship on the day with Red and Blue Teams coming a tie for first and Green team coming a close second. Results: Sub Jnr R/U - Caden Wykamp, Jnr Girl Champion - Celeste Gavin, Jnr Girl R/U - Keiley Whatman, Snr Boy Champion - Angus Whatman, and Snr Girl R/U - Eve Moore.

The following week the Combined Cross Country was held up at the Public School. Again, all children ran well with winners as follows: Junior Girl Champion Keiley Whatman, R/U Chelsea Colvin, Senior Girls Champion Kirbie Mongan, R/U Sienna Carver, Senior Boys Champion Angus Whatman. Congratulations to Keiley and Angus Whatman who also competed in the Diocesan Cross Country held at Coolah.

CHRISTIAN LIVING CAMP In Week 2 Bailey Cullenward, Thomas Brindle, Angus Whatman and Asher Chenhall travelled to Ridgecrest at Lake Burrendong for the annual Christian Living Camp. All children had a wonderful time learning in Faith and Friendship with other Year 6 students from Molong, Manildra, Wellington, Blayney, Canowindra and Yeoval.

NATIONAL SIMULTANEOUS STORYTIME In Week 5, we joined with the Public School for the National Simultaneous Storytime. Children dressed up as their favourite Book Character and listened to "The Cow Tripped over the Moon" at 11pm with the rest of Australia. After a delicious sausage sizzle, children enjoyed an afternoon of activities and games. Thank you to the Public School for organising this great day.



Year 6 students receiving a certificate of participation at Christian Living Camp: Asher Chenhall, Thomas Brindle, Angus Whatman, Bailey Cullenward.



The Red Kangaroos working hard at the tug of war.





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THE ~ SEASONAL KITCHEN ~

Spicy Lamb Soup

Even though we are still enjoying some glorious Autumn days I think the evenings are perfect for a hearty bowl of soup. This is a favourite in our household and the leftovers are great to take for lunch.

Ingredients

- 700gms cubed lamb shoulder or neck chops
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 1/2 teaspoons ground cumin
- 2 teaspoons sweet paprika
- 1/2 teaspoon ground cloves
- 1 bay leaf
- 1L (4 cups) beef stock
- 2 x 400g cans diced tomatoes
- 1/2 bunch coriander, leaves finely chopped, plus extra leaves to serve
- 2 x 400g cans chickpeas, rinsed, drained (or you can cook your own if you have the time)
- 2 x 400g cans brown lentils, rinsed, drained
- Thick Greek-style yoghurt and toasted pita bread, to serve



Method

Heat the oil in a large saucepan over medium-high heat. Season the lamb, then in batches, cook, turning, for 4-5 minutes until browned. Remove from the pan and set aside.

Add the onion and garlic to the pan and cook, stirring, for 3-4 minutes until softened. Return the lamb to the pan with the spices and bay leaf. Cook, stirring, for 1 minute, then add the stock, chopped tomato and coriander.

Bring to a simmer, then cover and reduce heat to low. Cook for 1 hour, and then stir in chickpeas and lentils.

Cover and cook for 30 minutes, then remove the lid and cook for a further 30 minutes or until the lamb is tender and the soup is slightly reduced and thickened.

Garnish with extra coriander and serve with yoghurt and a crusty bread.



DRONE'S EYE VIEW

A talented young local, Anthony Toohey has been giving folk on Facebook lots of wonderful pictures of our town and surrounds. For those of you who don't know Anthony and his work we will feature one of his great photos each month, although in black and white they still give a 'drones eye view' of our town.

Drone technology has the ability to change the way we do business. New emerging technologies like drones are now making it easier and faster to get a job done - from property, crop and asset inspections to aerial surveying and photography - the drone can do it all!

I have owned and operated six drones over the years and largely taught myself how to operate, repair and maintain the different systems and recently gained my CASA certified remote pilot license.

After a few years flying drones as a hobby I quickly realised the potential of this technology and formed my own business Aerial Antix.

The past twelve months I have photographed weddings, major events, agricultural asset inspections, property shoots for real estate and assisted media and emergency services with aerial inspections during the recent flooding in the Central West. I also had the pleasure of addressing an event held by the NSW Farmers.

Aerial Antix offers a wide range of services for families and organisations from country to coast but photographing the NSW Central West is what I enjoy most. Feel free to check out some of my recent shoots on social media or get in touch if you'd like a free quote.

Anthony Toohey

The Eugowra Bridge over the Mandagery Creek



JUNE 2017

kids page

Jokes

Did you hear about the optimistic kangaroo?
- It hopped for the best!

Why did the lorikeet join the army?
- It wanted to be a parrot-trooper!

Which Australian reptile is always sick?
- A crocodile!

Which bird can make you breakfast, lunch and dinner?
- A cook-aburra!

Kids Craft!

Have you heard of fidget spinners? Originally introduced as a fidget tool for kids with ADHD or autism spectrum disorder, they have exploded in popularity with kids everywhere! Here's one made from lego:



Step 1: Find the lego pieces needed

Step 2: Start by putting a 4 x 4 round plate on both the top and bottom of a 6 x 6 round plate.



Step 3: Slide one of the 2 x 2 round tiles (with a round hole) onto the axle.

You'll need an axle that is 3 studs long with a stud on the end.



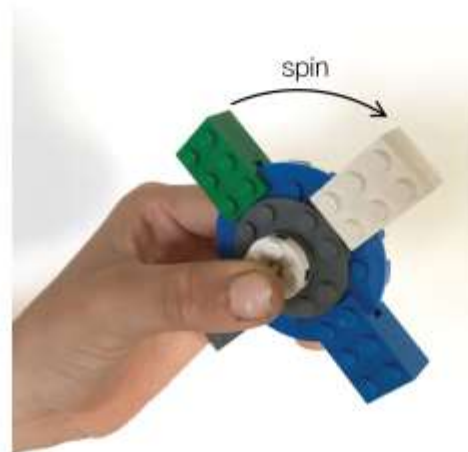
Step 4: Slide a 2 x 2 round plate (with an x shaped hole) onto the top of the axle.

Leave some space so that the spinner is free to turn.



Step 5: Add all four arms, and your spinner is ready to go!

To spin it, place one finger on each side.



Find-a-word!

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



everyone's family
education of women
empowering women

26 MAY 2017

VIEW URGES COMMUNITY TO SUPPORT THE SMITH FAMILY'S WINTER APPEAL

Members of EUGOWRA VIEW Club are urging the local community to support disadvantaged children with their education by donating to The Smith Family's 2017 Winter Appeal.

The Smith Family needs to raise \$4.1 million by 30 June to deliver crucial education support programs for nearly 10,000 disadvantaged children this year. Women from all walks of life come together through VIEW Clubs (VIEW stands for Voice, Interests and Education of Women) to help disadvantaged Australian children by supporting the work of The Smith Family, Australia's largest children's education charity. VIEW National President, Gwen Wilton, said: "It's staggering to think that right now 1.1 million young Australians are living below the poverty line. That's one in seven. "We simply must do what we can to help these children break the poverty cycle – and one the most effective ways is to support their education."

Funds raised through The Smith Family's Winter Appeal will help nearly 10,000 children in need access a range of learning support programs, including the *student2student* reading program – which helps young students improve their reading skills by pairing them with older 'reading buddies' – as well as after-school *Learning Clubs* and the *iTrack* online mentoring program.

"Through our volunteering and fundraising support, we've seen firsthand the positive, long-term difference The Smith Family's education support programs can make to a child's life," said Gwen.

"We're immensely proud to be supporting The Smith Family's 2017 Winter Appeal and we urge the community to join us to help thousands of disadvantaged children get the extra support they need."

The Smith Family's CEO, Dr Lisa O'Brien, said educational disadvantage begins early in a child's life and continues through school and beyond. "Students from low-income backgrounds are often up to three years behind their more advantaged peers in the crucial areas of reading, maths and science. The further behind they fall, the more likely they are to disengage altogether," said Dr O'Brien.

"We know that unless we intervene early to help these kids stay engaged in their education, they are more likely to experience hardship as adults.

"That's why we are calling on the Australian public to help us reach more children now. With your support, we can stop poor children becoming poor adults," Dr O'Brien said.

Anyone wishing to donate to The Smith Family's Winter Appeal can phone 1800 024 069 or visit thesmithfamily.com.au.

Contact: Media Enquiries: President. Lynn Ellis, VIEW. Ph:

VIEW: Founded by the General Secretary of The Smith Family, George Forbes, in 1960 to support the charitable work of The Smith Family, VIEW stands for the Voice, Interests and Education of Women. It is one of Australia's leading women's volunteer organisations and support networks and empowers women to have their voices heard on issues of importance for the future wellbeing of Australian society. Visit www.view.org.au

The Smith Family is a children's education charity that helps disadvantaged young Australians to succeed at school, so they can create better futures for themselves. Visit thesmithfamily.com.au



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A LITTLE BIT OF HISTORY

Elaine Cheney



1927. NO TELEPHONE FOR EUGOWRA POLICE STATION. Mr. E. C. Best. M.L.A., has recalled the following letter from Mr. James Mitchell, Commissioner of Police: "With reference to representations made by you on behalf of certain leading citizens and public bodies of Eugowra, respecting the installation of the telephone at the local police station, I have to intimate that the Police Authorities fully realise the advantage of having all police stations throughout the State connected by telephone, but the funds available for telephone installations will only permit of the most urgent cases in each district receiving attention. As there are many more important stations than Eugowra in the State still unconnected, Telephone facilities "cannot be made" available at that station at present."

1937. EUGOWRA BOOMS Soon to Have Electricity New P.O. and Bridge EUGOWRA, As a result of the deputation to Sydney last week re electric light down the Lachlan, it is understood that a survey has been ordered, and it is hoped to have the electric light in Eugowra in about 12 months' time. In the near future it is also expected that Eugowra will have a new Post Office and also a bridge over the Mandagery, and residents are jubilant in consequence.

1937. TWO BOER WAR VETERANS in the persons of Mr R A Douglas and Colonel Gribben met this week in Eugowra and renewed acquaintances for the first time in 35 years. Thirty eight years ago they sailed for South Africa in the same boat and spent three years together on active service.

1947. PROPOSED NEW HOSPITAL FOR EUGOWRA. The ex-RAAF Service hospital which it is hoped to erect at Eugowra will cost a total of £1,421. The possibility of erecting the hospital was discussed at a recent meeting of Eugowra District Chamber of Commerce. After a discussion, of ways and means of purchasing the building it was decided to see if guarantors could be secured. If this can be done, an application to purchase will be made immediately. The hospital in question is a RAAF Service hospital. This type is now being released by the Disposals Commission. There is only a private hospital at Eugowra at the present time. This building is too small for the present population.

EUGOWRA'S SELF-HELP. An example of what self-help can do is given by the township of Eugowra, down the valley from Cowra. Needing a new cottage hospital and scoring a cap in hand petition to the Government for funds, residents set about raising the money themselves. They've done so well that now, six months after the move was launched, they have £2,200 in hand towards the total cost of £3,000.

COUCH GRASS KILLS SHEEP AT EUGOWRA. Culverts near Venables' (formerly Armstrong's) on the Orange-Eugowra Road again came into prominence when a drover had 75 sheep die from eating the variety of couch grass which infests these gullies. Commonly known as Blue Couch, it is sure death to hungry sheep, and over the last 20 years several losses have occurred at this spot. With sheep at prices ranging up to 50/per head, this is a tragedy to the people concerned. Actually, it is always greater than the actual sheep lost, as the other sheep who are lucky enough to escape death suffer for some time afterwards. In the writer's opinion, the P.P Boards who are responsible for suitable provision for travelling stock should place warning notices at these danger spots.

1957 From the Social pages of Australian Women's Weekly A Letter - Why is it that most dances in country towns don't start until 9.30 or 10 p.m.? I think this is very silly, as it must prevent many young parents attending. If the dances started promptly at 8 p.m. and ended at midnight or 1 a.m. instead of lasting half the night, baby-sitters would be more readily available, the best part of the evening wouldn't be wasted waiting for the festivities to start, and everyone would feel more alive the following morning. 10/6 to Mrs. M. Simpson, Box 48, P.O., Eugowra, N.S.W.

POLO "This is just like old times," said Polo Association president Frank Bragg when the Forbes team – four Brays – took the field. Dougal Bray, of "Ranleigh," Eugowra, captained his three nephews, Michael, John and Noel, who played in the Dudley Cup for the first time. And Dougal's son, Richard Bray, who has a broken leg, sat on the sidelines, yelling advice to his cousins.

A NEW HOME will be built on the Frank Herbert's property "Fairfield" Eugowra and their son Don and his bride will live there following their wedding. Don is engaged to attractive Joan Wilkinson of Wollstonecraft, youngest daughter of Mrs D L Wilkinson of "Mount Pleasant," Cooma, and the late Mr Wilkinson.



Physiotherapist Nicole Brindle

Eugowra Health Report

EUGOWRA MULTI-PURPOSE HEALTH SERVICE

Acute viral respiratory illness such as the common cold, flu and pneumonia are among the most common human diseases, accounting for half or more of all acute illnesses. The common cold, flu and pneumonia share many of the same symptoms, which can make it difficult to tell the difference. In addition, the diseases are not mutually exclusive; pneumonia can be a complication of both colds and the flu. However, there are differences between the diseases that can help you tell whether you just have a cold or a more serious illness.



Onset

The symptoms of a cold develop slowly while the symptoms of flu usually start suddenly. Patients with flu are often able to recount the exact time when they became sick. Pneumonia usually falls somewhere in between. Most patients with viral pneumonia notice a deterioration over the course of 12 to 36 hours.

Course

Cold symptoms subside within four to nine days. The flu usually resolves somewhat faster--two to five days--although respiratory symptoms such as dry cough and sore throat can persist for up to two weeks. Pneumonia presents somewhat differently. In the case of viral pneumonia, patients usually report the onset of breathing problems coincident with the worsening of previous cold and flu symptoms. In the case of secondary bacterial pneumonia, when bacteria invade lungs weakened by colds or flu, a patient usually starts to feel better only to become acutely worse.

Severity

Colds, flu and pneumonia follow a spectrum of severity, although colds and flu share many of the same symptoms, colds are generally less severe. Also, while both colds and flu can make breathing uncomfortable or require more effort than normal, they rarely result in impaired oxygenation, while shortness of breath is one of the most common symptoms of pneumonia. Other symptoms of pneumonia, include sharp or stabbing chest pain with inhalation, excessive sweating, increased breathing and heart rate and blueness around the mouth and lips. Although colds and flu usually resolve without treatment, patients with pneumonia always need to see a doctor.

Manifestations of Pneumonia can vary, as with the other illnesses, depending on its causative organism (viral or bacterial).

Treatment

Treatment for Pneumonia will depend on if it is a viral or bacterial cause. You must see a doctor as soon as possible if you think you have Pneumonia. There are over 77,500 pneumonia hospitalisations in Australia each year, and the average stay rises with age – from 6 days for those under 65 to 13 days for those 65+.

A [recent review of clinical trials](#) found no strong evidence cough medicines are effective at relieving cold and flu symptoms in adults. Only a limited number of clinical trials for each type of cough medicine were found and the clinical trials were often poorly reported.

The [TGA reviewed the use](#) of cough and cold medicines in children in 2012. The review found only limited benefits with the use of cough and cold medicines in young children and they can cause side effects, especially if too much medicine is given accidentally.

- Fight the virus by resting up in the first few days when you're most affected and most contagious.
- Loosen congestion and prevent dehydration by drinking plenty of fluids. A warm honey and lemon drink soothes your throat. Avoid dehydrating caffeine drinks and alcohol.
- Ease nasal congestion and help prevent bacterial infection by flushing your nose with saline nose drops twice a day. Saline doesn't cause the rebound effect of nasal decongestants, and is safe for children.
- Relieve swelling in the throat by gargling with salt water (half a teaspoon of salt in a glass of warm water).
- Ease a dry, sore throat and reduce tickling that causes dry coughing with sugar-free **throat lozenges**. Medicated lozenges aren't necessary, although menthol or eucalyptus may help your head feel clearer.
- Suppress a dry cough with one or two teaspoons of honey - a useful remedy for children over the age of one.
- **Vitamin C, zinc** and **echinacea** have all been promoted as aids for reducing the severity and duration of colds, and the likelihood of catching one. While some studies have found some benefit, findings are inconsistent and reported effects could come down to the quality of the study or the particular preparation used.

Children: a special case

Australia's medicines regulator, the Therapeutic Goods Administration (TGA), advises cough and cold medicines [should not be given to children](#) aged under six years. And consultation with a doctor, pharmacist or nurse practitioner is advised before giving cough and cold medicines to children aged between six and 11.

If a child has a temperature above 40°C, or a lower temperature that lasts three days or more and doesn't respond to medication, take them to see a doctor.

Aspirin should not be taken by children or teenagers, as it could possibly cause a serious illness called Reye's syndrome.

Prevention

Home & Hand hygiene:

Wash your hands after using the toilet, blowing your nose, coughing, sneezing, touching garbage animals and before and after preparing food.



Vaccination:

All high risk persons should be vaccinated with a new flu vaccine each year since yearly vaccination has been found to be effective in preventing severe symptoms. It can be lifesaving in many cases.

Every 10 years or so, a very different strain appears which may cause a major world-wide epidemic. This occurs when a population does not have any immunity against that new strain. One such influenza epidemic in 1918 left more than 20 million people dead

One of the most life threatening types of Pneumonia is Pneumococcal Pneumonia – vaccination is Free for Australians 65+, Indigenous Australians & infants 12 months or under.



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CONGRATULATIONS TO ex Eugowra rite ~ Marion Stanton who recently celebrated her 70th birthday with family and friends from all over NSW, WA & NZ. Marion's son Rex and her daughter-in-law, Hannah also celebrated their 50th and 40th birthdays respectively, so it was a joint effort with everyone celebrating at the Koorngal Hotel in Wagga Wagga.

Many Happy returns of the day, Marion!



Another successful and enjoyable Big Morning Tea was held last Thursday 25th at the home of Colin & Lyn Smalley. Pictured with guest speaker Ricky Puata from the Cancer Council and co-- coordinator Judy Smith.

"Annually more than 123,000 new cases of cancer are diagnosed in Australia. And as our population ages, cancer is becoming more prevalent. Most commonly diagnosed cancer in Australia is prostate cancer, followed by colorectal cancer, breast cancer, melanoma of the skin and lung cancer."

Australian Cancer Statistics | ACRF

<https://acrf.com.au/on-cancer/cancer-statistics-australia/>



Preparing the food, Judy Smith, Wendy Drady, Nerida Pengilly, Kerry O'Malley

Approximately 70 people attended the morning tea and many deliveries were made around town to the local businesses and schools so that all could enjoy a delicious morning tea and assist with the fund raising.

Thanks go to all the cooks and bottle washers, drivers and those who donated to this worthy cause that affects so many lives.

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Ask us about catering for your next event!



what's on

THURSDAY NIGHTS

\$10 Snittys

FRIDAY NIGHT

\$10 Rump

Happy Hour from 5-6pm

Schooners for the price of middies

Jocker Draw from 7pm

supporting the Golden Eagles

SATURDAY NIGHT

\$10 Snittys

DJ SHREK

Twice a month

on Saturday Nights



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The Ultimate Country Experience

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- Seldom Seen Guest House is situated in a bush setting high in the garden adjacent to pool and tennis court overlooking the well known architecturally designed 'Kiembah' homestead
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hugh.ellis@bigpond.com

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Seldom Seen
Guest House



FORBES BOWEN

THERAPY & WELLNESS

19 Bridge Street FORBES

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

Bowen should be considered for :-

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

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

Save the Date

5th August 2017

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

Presenting

Allan Drew O.A.M.

International Disaster

Relief Member

At Eat Your Greens

More details to follow.



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 AndrewGeeMP@aph.gov.au

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

Little Link



For families with children 0 - 5 years old

In the Library at Eugowra Public School

Mondays 10 - 11:30am

Contact Carmel or Sonia for more
information 68592233





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



Eugowra Community
Bowls & Recreation
Club



FRIDAY 2ND JUNE
LIVE MUSIC
with Young Country
Singer
Mackenzie Pringle
@ the Bowlo

Come on in from the cold
and enjoy the warmth!

Eugowra Community Bowls
& Recreation Club



The Pigeonholes

Short Messages, For Sale,
Wanted

Wanted to buy: down or injured stock.

Contact : Kevin Howell. 02 68592311.



To all the children - primary and high schoolers who showed true Aussie spirit who participated in the ANZAC service with out complaining in that rain. Well done.



To the owner of the rusty header in the vacant block in Broad Street. Time it was moved.

EUGOWRA WAR MEMORIAL SWIMMING POOL

ANNUAL GENERAL MEETING

WEDNESDAY 21ST JUNE - 7.00 P.M.

CWA ROOMS

ELECTION OF OFFICE BEARERS

The current Eugowra War Memorial Pool Committee would like to invite any interested members of the community to come along to the meeting. Together we can ensure the Eugowra Pool remains open as an important recreational facility for the community of Eugowra and district.



To the owners of the beautiful coffee shop.....if you are not going to open it, then sell it and let someone else provide the town with a much needed and wanted service.

WINTER FAIR

Saturday 29th JULY

8am-1pm Byrnes Park

Stall bookings to Noela Lane
0428719900

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

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