

Eugowra NEWS

June 2012

A Lions Club project for the community we serve

VOL.16

Eugowra is a Mural Town

Thanks to the vision of a few, their persistence and hard work, Eugowra was transformed into a Mural town in the space of a few days on the 12th and 13th May. Already many people have been noticed photographing, or just pulling up for a look at, the Murals. This is an ongoing project that will be continued over the years, it has injected a great spirit of optimism and enthusiasm into the town. Congratulations to all those involved and particularly the drivers of the project, Christine Whitty and Jodie Greenhalgh, pictured below. Full report and more photos on pages 6-9.



from the editor

There is quite a buzz around the town at the moment with the huge success of Eugowra's Most Wanted Mural weekend and the build up to the Sesquicentenary celebrations. A big congratulations to the organisers of both these events. An exciting time to be around and lots of News for the Eugowra News. If your contribution didn't make it in this month don't worry it will be in a future issue.

I am returning to full time work this month so I am hoping to recruit some new contributors. I would particularly like some people from the town to make some regular contributions about what is going on. All you need are basic word processing skills and access to the internet. It would also be great to have someone sending in regular reports on local sports and sports people. See the ad on page 25. Jenny our gardening writer is having a break for a few months so I am also hoping that a few other keen gardeners might submit a one off article about their garden or gardening ideas.

Cassie Gates and I are still working on getting the News online, if there is anyone who has some expertise in this area who would like to help please give us a call.

What a wonderful Autumn it has been in Eugowra, it is great to live somewhere with such distinct seasons, something we should really be promoting about the region in my opinion.

I hope you like the recipe for this month. I'm going to give it a go and challenge my food prejudices!

Enjoy the News,

Anne



Deadline	Publication
22nd June	29th June
27th July	3rd August
24th August	31st August
21st September	28th September
26th October	2nd November
23rd November	30th November

The Eugowra News Committee

Anne Heath, Chairperson and Editor

Anne Burns

Cassie Gates

Peter Heath

Bob Roach

Jodie Greenhalgh

Contributors this month

Jenny Anderson

CWA, Val McGrath

Ray Agustin

Viv McMillan

Jessica Bray

St. Josephs School, Sarah de Lange

Nicole Brindle

Dianne Smith

Anne Burns

Judy Smith

Keith Dixon

Mandy Tulloch

Josh Driver

Belinda Edmonstone

Cassie Gates

Nina Hooper

Janet Noble

Next Issue Deadline:

Friday 22nd June 2012

**The News will be available on
29th June**

**Advertising and Editorial Material To
Anne Heath**

Phone 68592944

e-mail:

eugowranews@yahoo.com.au

or

anneheath@clearmail.com.au

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

What's on this month including Doctors
Surgery hours Ph. 68592220

June 2012

Mon Tue Wed Thu Fri Sat Sun

				1 Drs. Manildra 9-1	2	3
4 Drs. 9-5	5 Drs. Manildra 9-1	6 Drs. Closed Lions Mtg	7 Drs. 9-4	8 Drs. Manildra 9-1	9	10
11 Public Holiday Drs closed	12 Drs. Manildra 9-1	13 Drs. 9-1	14 Drs. 9-4	15 Drs. Manildra 9-1 Utility Dog Tri- als	16 Sesquicentenary Reenactment Utility Dog Trials	17 Centenary of the Uniting Church Utility Dog Trial
18 Drs. 9-5	19 Drs. Manildra 9-1	20 Drs. Closed Lions Mtg	21 Drs. 9-4	22 Drs. Manildra 9-1 Bus to Orange	23	24
25 Drs. 9-5	26 Drs. Manildra 9-1	27 Drs. 9-1	28 Drs. 9-4	29 Drs. Manildra 9-1	30	

THE BROAD STREET TREE

After decades of keeping watch on the town,

I had a bad fall and was sadly put down.

My life as a tree has come to an end,
reducing the visits of my canine friend.

As a tree I held great fascination,
for all types of dogs and their urination.

From the small poodle to the large town mutt,
they all seemed to enjoy sniffing my butt.

After years of observation I truly find,
large dogs are quick to make up their mind.

Tiny ones take ages in choosing a spot,
then can't decide whether to stand or to squat.

Regulars were a large Alsatian named Bert,
and a tiny Fox Terrier, that I call Spurt.

Many years I've been a magnet to generations of dog,
but the numbers dropped sharply since becoming a log.

My fall has caused canines much discomfort and grief,
one less spot to lift a leg in relief.

It is hard to accept that I'm really dead,
now they have severed my limbs and cut off my head.

My trunk is covered with so many scars,
in most cases due to those wayward cars.

For years I stood tall as a tree,
very little took place that I didn't see.

K. J. DXON



Ian Tulloch's 80th

Ian's party was held at "Eat your Greens" on Sat 21/4. Approx. 70 guests attended, some travelling from Sydney, Canberra, Parkes, Peak Hill, and Bogan Gate. Afternoon tea was provided after a photo slide show presentation compiled by Mandy Tulloch outlining Ian's life. Son, David chaired the afternoon, speeches were made by various family members, son Simon, grandchildren Kayla and Isaac and close friends Betty Nicholson, Dick Rawson and Ron Harpley to name a few.

Photo 1

Back row, Ian, Laura, Corey and Jacob Tulloch, Kayla Tulloch holding Paige Tulloch

Next row: Isaac Tulloch, Sanjay Buttle, Baylie and Trent Tulloch

Photo 2

Back Row: Matt Buttle, Nick, Simon and David Tulloch

Front : Deanne Buttle, Gai, Ian, Mandy and Karen Tulloch



In This Issue

4. Broad St. Tree, Ian Tulloch's 80th

6-9. Eugowra's Most Wanted

11. The Happy Gardener

12. Caring for the Land

16. Meals on Wheels

17. Kayla's Debut

18. In the Kitchen

19. St. Josephs School News

20. Congratulations Eugowra

21. Sesquicentenary Wall Hanging

24-25 "Rosebank" continued

26. CWA

28-29 Health Report

30. ECCC News

31. Trivia Night

33. Newsagency and Supermarket News

34. Biggest Morning Tea

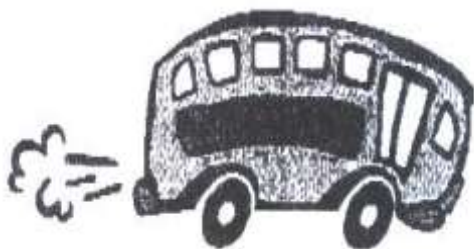
36. LHPA

37. View

40. Out 'n' about

43. Agronomy update

EUGOWRA / ORANGE COMMUNITY BUS SERVICE



BUS LEAVES CENTRAL HOTEL 8.45 AM
Returns to Eugowra at 3.30pm
Every Fourth Friday of Each Month

Cost: Adults \$6.60
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MARGOT BROWN 02 63 923 233

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frail aged or younger people with
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help with tasks of everyday living.

For more information contact
Cabonne Home & Community
Care Service

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Or

1300 369 738



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food-related options

* NEIGHBOUR AID offers a variety of
assistance options

Meet – the Newest Mural Town !

Eugowra's Most Wanted

Held at Eugowra , NSW on May 11th, 12th, and 13th, 2012

Traditional signwriters from across this great land of Oz were invited to join in painting over 75 metres of wall space in just a couple of days. The plan, to create a depiction of the “Biggest Gold Robbery of the Gold Rush Era”, and in Australia’s history, daringly executed by Frank Gardiner and his gang of eight bushrangers, including Ben Hall, on June 15th 1862 at Eugowra Rocks now Escort Rock. This is an important event in Eugowra’s past especially with the 150th anniversary of the hold up being celebrated by the town in June of this year.

The idea to beautify Eugowra came from David Hyde who wanted to brighten up the town with wall murals on the empty wall spaces. His idea was taken up by the very energetic and talented young ladies, Christine Whitty and Jodie Greenhalgh, from Christine’s Signs & Designs and Jamace Graphic Design, who dedicated countless hours of their own time and expertise into organising this three day event. They were helped by the Eugowra Promotion & Progress Association, who were also supported by the Country Women’s Association, Lions Club, and the many residents and business of Eugowra, NSW.

The residents of Eugowra were very excited by the calibre of more than 30 Artists and signwriters who contributed their artwork over the weekend. Artists and signwriters from various backgrounds, with many years experience of their creativity, talent and craftsmanship, travelled from as far away as Mackay, Qld, Melbourne, Grafton, Sydney, Nowra, Portland, Forbes, Parkes, Orange, Sydney and Wyong, NSW.

The teams of talent started arriving to town on Thursday May 11 with many more arriving on Friday, Saturday and Sunday.

The Sign writers and Artists involved –

Christine Whitty – Christine Signs & Designs – Parkes, NSW

Jodie Greenhalgh – Jamace Graphic Design - Eugowra NSW

Bill Eppelstun- Master Painter- Eugowra NSW

Julie Hamilton – Artist – Parkes, NSW

Elsie Mahon – Artist – Parkes, NSW

Sharon Fensom – Sharon Fensom Signs- Young, NSW

Cheryl McLean & Dave Cardwell - CJM Designs - Blackboard Art

Lance Stapleton – Grafton Signart- Grafton, NSW

Paul Jordan – Jordan Signs-Caringbah, NSW

Ron Bidwell – Master Sign writer – Portland, NSW

Les Quick – Artist- Orange, NSW

Emma Ward – Emma Ward Signs – Wyongah, NSW

Terry Hinchcliff - Midwest Signs – Orange, NSW

Peter & Michelle Crossman – Nowra Signs, Nowra NSW

Lindsay & Fran Thorne – Magnum Signs - Victoria

John Elliott – Prickle Patch Signs “On the Wallaby” around Mackay , QLD

Bob Harper – Cowra, NSW

Brian Petty- Another Eagle Sign – Cowra, NSW

Rex Taylor – R & R Designs – Forbes, NSW

Wayne Stewart – Orange NSW

Lynda Cowan - Forbes NSW

Gerri, Bella & Howard Fraser, Artists - Sydney NSW

Glen Morton, Artist- Cowra, NSW

And we must not forget young Jack Fazzari –Christine’s Future Apprentice with over 6 hours of painting over the 3 days.

So the call for help was out and about and sponsors were required to help out with donations to fund the event – A big thank you to Visual Impact, Signsheets Distributors, Alupanel Australia, Graphic Art Mart, Stuart Steenbergen Photography, Christine Signs & Designs, Jamace Graphic Design, Eugowra Promotion and Progress Association, Centacare, Eat Your Greens, and Cabonne Council.

Who helped out on which Mural ?

The Main Wall (36 meters x 4.6 meters) – Bill Eppelstun, Christine Whitty, Shaz Fensom, Elsie Mahon, Julie Hamilton, Cheryl Maclean, Les Quick, Glen Morton, Dave Cardwell, Pat Smith, Gerri Fraiser, Bella Fraiser, Howard Fraiser, Fran Thorne, Lance Stapleton, Paul Jordan.

“The Gardiner Gang” Bush rangers Wall – by Sharon Fensom and Julie Hamilton

Parallel Motors – by John Elliott, Peter Crossman, Luke Virtue and Bill Eppelstun

The Fat Lamb Hotel – by Wayne Stewart

The Old Corrugated Shell Sign (next to the museum) - by Brian Petty

The Butcher Shop – by Rex Taylor, Lindsay Thorne and Terry Hinchcliff

The “Welcome to Eugowra” Wall – Jodie Greenhalgh, Pat Smith, Stuart Steenbergen, Lance Stapleton, Paul Jordan, Ron Bidwell, Christine Whitty and Luke Virtue.

The Face Murals – by Sharon Fensom, Emma Ward, Christine Whitty, Young Jack Fazzari (age 4) , Paul Jordan, Lance Stapleton

A special thank you must also be given to Stuart Steenbergen Photography for all his photography work over the whole project. Also to the Eugowra families who gave up their houses and Bed & breakfast accommodation for the Sign writers and artists and made us all feel very welcome. The Eugowra Lions Club, Wally & Elaine Townsend, the two Hotels, Eat your greens Function Centre and the young ladies at the CWA, who provided the food and refreshments over the weekend.

It was inspiring when the local residents and people driving through the town were walking up and talking to the sign writers and artists with comments like –

“Wow, that looks great”

“What a difference you have made in just one day”

“You’re very talented !”

“Thank you for taking the time in our town, what a huge effort.”

“Very Inspiring”

“Beautiful Work.”

We asked a couple of questions to the teams as to why they wanted to help out at this event .

1: Why did you come to participate at this event in Eugowra ?

We came to participate in an effort to help the community of Eugowra.

For the Experience and Challenge

For the Friendship and to see all the skills

To help with the tourism and also mateship

To help promote Eugowra and the district

To see the skills that don’t get used enough these days

To help brighten up the town

To help the town of Eugowra get brushed up and reclaim its identity

To get together with other sign writers and learn some of their skills

We saw the challenge in a project of this size and something like this is always hard to keep away from.

We love our craft and like minded people, what a great way to spend a weekend.

Slinging paint is a habit , I’m finding harder to give up !

A family town, and wanted to give something back to the community

Very interested in Mural Work and working with talented artists and sign writers.

2: What do you think of this event ?

The event is very well organised, Very Well advertised and promoted locally

And by the number of people involved should happen more often.

Heaps of amazing people with wonderful country hospitality.

Love these B & B’ s – Spoilt !

The community seemed thrilled and excited with the Mural Projects

Everyone is very accommodating and Friendly

We have been looked after wonderfully !

Excellent Catering and the community has bent over backwards together to help out.

Congratulations to those who have spent the countless hours preparing for a very successful event

The event for the place of happening

Just like past events – Great !

Just like past events great to work with amazing professionals.

Inspiring !





Mothers Day Lunch on the Mandagery Creek Bank



A great day, shame about the weather!



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Hello Gardeners,

I am sure everyone is feeling very happy with the lovely rain which we have so recently received, even if it deterred some people from attending the "Biggest Morning Tea"

The autumn colours are again lovely this year and leaf litter is very plentiful. I have plenty of raking and tidying up waiting for me to get to.

If you are looking for trees and shrubs that do not shed multitudes of leaves, then give some thought to **conifers**. There is a huge and diverse range, from the towering to dwarf and ground hugging varieties, and they are available in colours of green, blue/green, grey/green, lime green, golden etc. Their useful characteristics of evergreen foliage, and sculptured shapes make them stand out in any garden

Conifers are useful for screening, hedging, groundcovers, small specimen and rockery plants, large accent plants and for use in pots. There are far too many varieties to mention here but any good nursery will have a good range in stock and the right advise on which ones to grow where.

Conifers are the plant for people who don't want to be bothered with too much pruning, trimming and shaping. Generally, because of their natural shape, the only time most conifers require clipping is when they are used for hedging. Conifers, generally will not re-foliate successfully when cut back into old wood, therefore it is advisable only to clip not prune. Conifers are not hard to grow if the right species is selected for your climate.

Always be sure to think about the expected size of the mature tree before purchasing as some varieties grow into huge specimens. A few Australian native varieties of conifers, just to mention a couple, are the Callitris species (which, I have recently read are coming into vogue with some commercial garden designers) the Araucaria species, better known the Hoop and the Norfolk Island pine, and of course the Wollemi pine, discovered in the 1990's.

The Wollemi makes a good pot specimen.

A few things to do in June

Plant Lily bulbs to give your garden some cheer in spring and summer. When planted in clumps a nice display is achieved.

Sprinkle some gypsum over clay soils. The winter rains will allow it be absorbed by the soil, thus improving soil structure.

Check citrus trees for scribbly markings on leaves caused by leaf miners. Remove the leaves which are affected the worst, place in a sealed bag, dispose of in the bin and spray the tree with white oil.

Plant spinach, broccoli, cabbage, cauliflower, onions and broad beans.

Consider growing a couple of Camelia species for future autumn colour.

Recycle your old car tyres. Find a suitable spot in your garden. Place a few tyres in a stack or singularly, fill with good friable potting mix, grow your choice of plants in them. If you don't fancy the look, they can be camouflaged to a degree by growing a selection of plants (tall, short and clumping intermingled between tyre stacks)

Your artistic ability could also be displayed by painting the tyres.

Don't forget to give your frost susceptible plants protection.

For impact and definition in your winter garden add some evergreen plants that can be clipped into shapes eg balls or hedges which can add detail to corners or the edges of paving etc.

Cheerio for now and "Happy gardening" to all.

Jenny



*The Uniting Church Congregation of Eugowra
Cordially invites you to join with us in celebrating*

The Centenary of the Welsh Memorial Church Eugowra

Sunday 17th June 2012

Commencing 11 am

with Worship led by the

Rev. Alan Palmer

**Followed by fellowship and luncheon
and memorabilia display in the church hall.**

RSVP by 8th June 2012 to:

Pauline Howell PO Box 32 Eugowra 2806

Phone 68952262

or email: allen.libby@bigpond.com



Caring for the Land

With Nina Hooper



Hello Eugowra.

There is a lot happening in the world of Natural Resource management – you really could attend a workshop or field day almost every day.

How you decide what to attend can depend on workload and where events are held, but when I was a farm planner way back, we used to promote having a property business plan as being a great tool to use as a filter to decide what workshops and field days are in and which are out.

If you don't have a property plan, there are quite a few great providers around – the Western Institute of TAFE being one – that can help you get started.

If you have a business/ property plan here are the events to run past it this month!

The Rural Women's Gathering is coming up in Parkes.

As I said last month the committee is well into the organising – and now registrations have opened.

If you would like to know more you should contact them at parkesruralwomensgathering@gmail.com or go to at www.parkesruralwomensgathering.wordpress.com where you will see all of the nitty gritty! Your business plan may also allow you some time to have your say on the future of farming.

The **Blueprint for Australian Agriculture** is bringing together all interested in and involved with agriculture to help shape its future direction.

The Blueprint gives you, as someone involved in agriculture and rural communities, the opportunity to have your say on the issues and challenges facing the agricultural sector and the supply chain now and into the future. Your voice and vision are crucial in finding solutions to achieving a strong and sustainable future.

The Blueprint is an initiative of the National Farmers' Federation (NFF), Westpac and Woolworths, with support from Landcare, and once developed, will be a road map for the future direction of the agricultural sector, helping to direct policy development in agriculture.

Those in charge of the Blueprint are keen to hear from farmers, landholders, environmental managers, agribusinesses, governments, rural communities, community groups and consumers. After all, as the sticker goes: if you eat, you're a partner in farming. Over 1,000 Australians have already taken part in the Blueprint

Head to www.nff.org.au/Blueprint and click on SURVEY to have your say.

Should you have any queries or questions regarding the Blueprint, please contact the NFF on 02 6269 5666.

Of course any business plan worth its salt will include the need to be involved in groups such as Central West Lachlan Landcare.

At just \$5 it's the cheapest club in town – or out of it – and you will get many perks for your membership – a quarterly newsletter, advanced warning of funding and invitations to many events.

We have heard much in the media lately about the value of networks such as this, so please take the time to head to the website www.parkeslandcare.org.au or check us out on Facebook.

Finally this month a mention of some sad news for our organization.

Our deputy chair, Bill Archer passed away after a battle with cancer.

Bill was the consummate volunteer, who helped out underneath the radar just to get things done.

He was pretty well known to schools around the area as this was one of his passions.

When we lost our Landcare Co-ordinator last year, Bill stepped right up and wrote funding applications, ran projects, always did the radio show and ran meetings.

And Landcare was just one of the many community groups he volunteered for.

He will be very sadly missed, and our love and prayers go out to his family.





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NEW PLAN IDENTIFIES DEVELOPMENT OPPORTUNITIES FOR CABONNE

Achieving a balance between agriculture and future development is the key objective of a new draft Local Environmental Plan for Cabonne Shire.

Cabonne Mayor Bob Dowling said the draft LEP and draft Cabonne Settlement Strategy recognises the importance of minimising the fragmentation of agricultural land and the flexibility to allow alternative income sources through tourism and other land uses compatible with farming activities.

"The new LEP will provide a clear direction for how development and economic opportunity can proceed in the Shire," Cr Dowling said.

"Our existing LEP is more than 20 years old and does not necessarily reflect the new opportunities or challenges now facing Cabonne," Cr Dowling said.

The draft LEP and settlement strategy will be placed on public exhibition from Monday (21 May 2012) until 22 June 2012 and a series of information sessions will be held throughout the Shire during that period.

Among the major elements are new business, industrial and residential zones in Molong and Canowindra and an extended industrial area in Manildra.

The Council proposes to replace the existing Village Zones in Molong and Canowindra with zones for business, industry and

residential use, along with major recreational uses to protect the amenity of residential areas and enable businesses to develop with fewer constraints on their operations.

A new industrial zone for the major industrial area to the south of Manildra, which includes the Manildra flour and canola mills, will allow the area to be extended to attract new business.

Cr Dowling said the site would be well positioned on the Broken Hill rail line, with connections to the Mitchell and Newell Highways.

Another feature of the draft LEP is the recognition of the heritage value of 243 items listed for protection in a bid to enhance the significant historic buildings, streetscapes and landscapes that define much of the Shire's character.

The Mayor the said the draft LEP also seeks to achieve a balance between the need to minimise the fragmentation of agricultural land and the flexibility to allow alternative income sources through tourism and other compatible land uses.

Copies of the draft LEP and draft Cabonne Settlement Strategy can be viewed at Cabonne Council's offices, post offices, Central West libraries (including Orange Library) across the Shire and Council's website www.cabonne.nsw.gov.au



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PUBLIC NOTICE

EXHIBITION OF Draft Community Strategic Plan – Cabonne 2025, 2011-2012 Draft Delivery Program 2012-16 & Operational Plan 2012-13, Draft Budget and Fees & Charges 2012-13

Council wishes to advise that its draft 2011-2012 **Draft Delivery Program 2012-16 & Operational Plan 2012-13, Draft Budget and Fees & Charges 2012-13** will be available for public inspection and comment from 8 May 2012 until 5.00pm on 5 June 2012.

The Delivery Program sets out Council's strategic direction, specific services & performance indicators, principal activities, and projects planned over the next four years together with Council's Schedule of Fees and Charges for 2012-13 and the Budget to give effect to the Cabonne Community Strategic Plan 2025.

Copies of the Draft Plans are available on disc and can be inspected at / borrowed from Council's Molong, Cudal and Canowindra Offices, branch Libraries in Canowindra, Manildra and Molong, the Cumnock, Eugowra and Yeoval Post Office Agencies, the Cargo General Store, the Business Enterprise Centre Orange, or on Council's website www.cabonne.nsw.gov.au.

A comment sheet is provided with the Draft plans and any comments should be mailed to PO Box 17 Molong 2866, or emailed to council@cabonne.nsw.gov.au or left at any Council Offices by 5pm on 5 June 2012.

GLP Fleming
General Manager

PO Box 17
Molong NSW 2866



Eugowra CWA

and



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Free Community Education Presentation

Understanding Mood Disorders and Resilience

Date: Tuesday 26 June

Time: 7.30—8.30pm + supper

Venue: Eugowra Bowling Club

This presentation answers the following questions:

- ♦ What is depression and bipolar disorder?
- ♦ How to spot early warning signs?
- ♦ When and where to seek help?
- ♦ How to build resilience?

RSVP to

02 9382 4523 or email
blackdog@blackdog.org.au

Eugowra Meals on Wheels

By Helen Yell

Eugowra Meals on Wheels has been in operation for many years. It began originally in the 1960's but was only active for a short time. Early in the 1980's a committee was formed to begin the service again. Later the Cabonne Council took the Meals on Wheels of the seven small towns in its shire under its wing in a combined Home and Community Care project. We were proud of the fact that the local hospital provided the meals, but were very disappointed when the hospital kitchens were stripped of cooking facilities and new equipment installed to cater for centralised cook/chill meals. When our original Memorial Hospital was to be replaced, the CWA lobbied for cooking facilities to be re-installed in the kitchen of the new building. The resultant meals were of far better quality. At the end of 2011 we were notified by the catering manager for hospitals in the Western Area Health region that the cost of meals for clients of MOW would rise from \$4.50 each to \$11.50 each. This would occur in three stages over a six month period. We were told that this rise would enable the hospitals to "recoup" the shortfall in costs. We found it hard to understand why Western Area Health had not reviewed the price charged for meals for such a long time. A letter of protest that I sent to the catering manager was not successful in having the price lowered to a more reasonable level. Copies of the letter were sent to the local member and

the NSW Minister for Health. At this point most of the clients cancelled the service, fearing that it would not be affordable. In view of the recent Federal Government statement that its aim is to keep elderly people in their own homes (where they prefer to be) for as long as possible, and supplying the necessary services, it seems that it is defeating its own purpose. Some of the clients asked if they might be able to have the main course on its own, without dessert or fruit, and what the cost of that would be. The Eugowra MPS secretary made enquiries for us, and was told that the main course would be available for \$6.70. Some clients have resumed MOW, so we have not lost the service. Anyone who has been assessed as needing MOW has a choice of the full meal for \$11.50 or the main course only for \$6.70. NB. A reminder to all volunteers:

- Ring the hospital kitchen on your rostered day to find out if there are any meals to be delivered. It will save you a trip if no one requires a meal.
- Please change with someone else if you cannot do the delivery on your rostered day. The kitchen staff sometimes have to ring several people before a replacement can be found, and they do not have time for this.

head on in

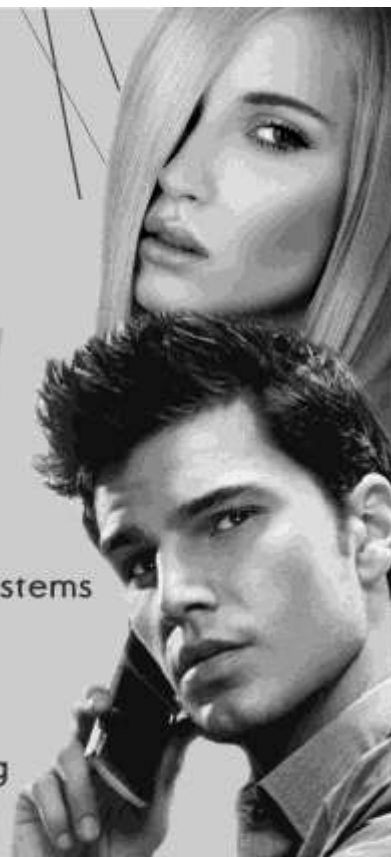
hair & beauty

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50 Nanima Street, EUGOWRA

OPEN 6 DAYS



Kayla Tulloch made her debut at the Anglican Deb ball in Parkes on Friday 4th May together with 17 other young ladies.

Kayla wore a one shouldered gown of chiffon, with rosettes a feature over the shoulder. Kayla was partnered by Thomas Gosper, son of Karen and the late Anthony Gosper of Parkes. Friends and family helped Kayla celebrate this special occasion held at the Parkes Leagues Club.

Pictured is Kayla with her partner Thomas

And her support group!

Back Row Colin O'Conner, Simon Tulloch, Maree Cummins, partner Thomas Gosper, Kayla, Sylvie and Graham Welsh, Bernice, Michael Welsh and Paul Carty



IN THE KITCHEN WITH Jessica & Ben

June Recipe



Modern Day Ox Tongue with Salsa Verde



Ingredients

1 ox tongue (available from Bill the butcher)
1 carrot
1 onion
1 celery stick
2 cloves garlic
Bay leaves
Peppercorns
Cinnamon stick
200ml white wine

Method

Cut vegetables into large chunks, place whole tongue, veggies and remaining ingredients into a deep saucepan cover with cold water. Bring to the boil and remove any scum off surface. Then turn down to simmer.

Cook till tender, about 1 1/2 hours or until a skewer is inserted and gives little resistance.

Remove from liquid and cool slightly. Then peel off skin and remove gristle from base of tongue. Then chill.

For salsa verde

1 bunch parsley
1 lemon
100ml olive oil
Salt and pepper

In food processor, blend parsley, juice of lemon salt and pepper. Slowly pour in olive oil until thick.

To serve, slice beef tongue and colour in a frying pan. Season.

Serve drizzled with salsa verde!!

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Email: stjosephseugowra@bth.catholic.edu.au

Love and Truth Through Christ

June News

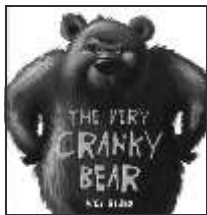
Halfway through Term 2 and we are very busy with school work and lots of extra curricular activities.

To celebrate the National Year of Reading, Librarian Mrs Welsh took both classrooms to visit the Parkes Library. The children had the opportunity to explore all that this wonderful resource has to offer, guided by Librarian Tracy Mauro.



Pictured: Yrs K - 3 outside the Parkes Library.

A second celebration was the **National Simultaneous Reading** day, where we were joined by the Public School and ECCC children on Wednesday 23rd to read the lovely story of *The Very Cranky Bear* by Nick Bland.



The day was completed with various reading activities, craft, a jumping castle, face painting, play dough and skipping games as well as a sausage sandwich and fruits. Thanks to the

support of the Cabonne Councils Family Matters everyone enjoyed the positive and many fun aspects of reading.

CROSS COUNTRY RUNNING

On Friday 18th the Public School hosted the Cross Country Run. Congratulations to all the children for competing the course and well done to our winners:

SENIOR CHAMPIONS:

Boys: Lachie Herbert, R/U Brodie Adams

Girls: Katie Townsend R/U April Harvey

JUNIOR CHAMPIONS:

Boys: Jake McCarthy R/U Jack Frazer

Girls: Lauren Cullenward, R/U Lily Wallace



SEQUICENTARY PREPARATIONS

We are also busy getting ready for Eugowra's big weekend in June and preparing a mural with the Public School, making our Joeys Bushranger, and starting to plan our Float for the day. We are looking forward to the celebrations of the day.

CWA PUBLIC SPEAKING & COUNTRY OF STUDY.

Lachie Herbert, Katie Townsend, Liam Heinzl and Max Gates head off to Bathurst soon to participate in the CWA district Public Speaking - we wish them clear thoughts and not too many butterflies.

Classes are beginning their project of the CWA Country of Study for the CWA - this years country is Timor Leste. We always enjoy these projects and finding out more about the world around us.

This term for sport we are enjoying Tennis lessons with Mr Peter Clifton and Go Go Golf with Sharon Nott. We have a visit from Healthy Harold and the Life Education Van during which we learn some of life's little lessons about our health and the things that affect it. Until next month;

God Bless, Joeys staff and students



CONGRATULATIONS EUGOWRA!

Our little town is buzzing from the 'Mural Weekend'. Let's keep the momentum going - keep these beauties coming!

Have you spotted these characters around town?



Wow! Look at this happy family!



What a whopper!



Danny with his new shop assistant!



Well painted-someone with painting talent must have done this! Pick the bushranger?



Daryl's Buddy! Not a letter box.



Come join my campfire.



Who stole my body?



How original! What a great job!



I've enjoyed my time at 'The Fatty'. See you there some time!

ESCORT ROCK HOLD UP PHOTO COMPETITION

CLOSING DATE: 13th June 2012

Photo must be taken by the entrant

Size 10x15cm or 4"x6"

Committee: Ann Burns 6859 2373, Therese Welsh 6859 2502, Tricia Ward 6859 2992

Entry form available from Therese Welsh, call or email roundrange89@hotmail.com. Photos and entry form can be delivered to St Joseph's School, Eugowra, mail box or post to Therese Welsh "Round Range" Eugowra NSW 2806.

Cash Prizes

The **People's Choice Award** will be voted on at the festival, and included in the July Lions Newspaper, receive a certificate and be placed on the cover of the "Eugowra Rocks!" Photo book. This will be available for purchase after the Sesquicentenary weekend in June. Payment will be taken with orders on the day.

Primary School Yr K-6 (local)

- | | | |
|--------------------|----------------|---------------------------|
| 1. Rustic remnants | 2. Horses | 3. Living relics (people) |
| 4. Local buildings | 5. Bushrangers | |

High School Yr7-12 (local)

- | | | |
|------------------|-------------------------------------|--|
| 6. Local animals | 7. Local scene - bushranger country | 8. Comparative photo (old vs. new montage) |
| 9. Humorous | 10. Eugowra rocks! | |

Adult (local)

- | | | |
|--|-------------------------|------------------------|
| 11. Horses | 12. Bushrangers | 13. Local scene |
| 14. Gold | 15. Scallywags Children | 16. Old farm implement |
| 17. Family | 18. Flowers & gardens | 19. Homestead |
| 20. Vintage imagery (photo of a photo) | 21. Antique item | |

Open any age (no location restrictions, no bigger than 10x8")

- | | | |
|------------------------|------------------------|-----------------|
| Sepia | | |
| 22. Local scene | 23. Horses | 24. Bushrangers |
| 25. Scallywag children | | |
| Black + white | | |
| 26. Local scene | 27. Horses | 28. Bushrangers |
| 29. Scallywag children | | |
| Colour | | |
| 30. GOLD! | 31. Local scene | 32. Horses |
| 33. Bushrangers | 34. Scallywag children | |

The Wall Hanging of the Robbery at Escort Rock

With only four weeks left to have the wall hanging completed, many nimble fingers are working overtime. Our group has continued to meet at the Public School on Monday mornings between 10am and 1pm. As well, several members have put in many hours at home, adding their own touches of genius to make the wall hanging a truly memorable work of art.



THE SESQUICENTENARY OF THE Gold Escort Hold-up at Eugowra Rocks in June 1862



**Celebrations to mark the
150th ANNIVERSARY of the Hold-Up
will be held at the
EUGOWRA SHOWGROUND
SATURDAY, 16TH JUNE, 2012**

Secretary - Judy Smith
ph 6859 2218 | 0488 592 200
e eugjudy@yahoo.com.au

Chairman - Ray Agustin
ph 6859 2571
e rayndiagustin@bigpond.com

For further information about Eugowra visit
www.eugowra.aus.net



Celebrating
150
years



at Gold Escort Hold-up
at Eugowra Rocks

TIME

EVENTS

from 11.00am

Stalls - stall holders invited - static displays, demonstrations, buskers - buskers are invited

Bush Sports - events in front of pavilion

Art Competitions - contact Virginia Townsend 6859 3509, 0427 500 293,
ray.virginia4@bigpond.com.au for entry details

Photography Competitions -
contact Therese Welsh 6859 2502, 0428 121 554,
e: roundrange89@hotmail.com for entry details

Poetry and Short Story Writing Competitions - contact Tony Harvey on 02 6859 2288,
e: tonychrisharvey@bigpond.com for entry details

Big screen TV in Pavilion continuous showing DVD's of bushranging, gold diggings and transport of the 1860's, local history etc

Muzzle Loading Displays from Lachlan Living History Group

BBQ by Lions, Morning and Afternoon teas by **CWA**, Pizzas by **Montana Group** and **Camp Oven Cooking** - Soft Drinks available - No Bar - BYO

2.00pm

Re-enactment of the Gold Escort Hold-up by Lachlan Living History group, David Walker and his coach, Wilf Norris' horses and Viv McMillan's wagon

This hold-up was a significant event in Australia's Colonial History and is featured in the "Landmarks" exhibition in the National Museum of Australia.

Parade of the Gold Escort Coach, bushrangers and troopers, decorated floats and people dressed in period costumes- invitation to dress up/enter a float

Judging of Beard growing competition, bushrangers in paddock, bushranger scarecrow, decorated shops and yards competitions

"Eugowra Rocks" by students of St Josephs and the Public School

3.00pm

Collector Folk Band will commence performing in the pavilion, the band will perform for sets of 45 minutes - between sets there will be entertainment by the **'Wongawilli Dancers'** demonstrating colonial dancing also performances by local artists for periods of approximately 20 minutes including opportunities for the public to dance. Entertainment will continue until 10pm or later.

JUNE 15, 16 & 17th - Utility Sheep Dog Trials - Field & Yard Dog Trial combined. This event will also be held at the Eugowra Showground.

SUNDAY JUNE 17 - Centenary Celebrations of **Welsh Memorial Uniting Church** (Presbyterian) - Contact: Vernie Gosper 02 6859 2582



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DAVID
NORRIS



The “Rosebank” Story

INFORMATION FOR THESE ARTICLES WAS OBTAINED FROM “ROSEBANK” DAYBOOKS, CASHBOOK, SHEARING BOOKS AND ADDITIONAL INFORMATION FROM MY FATHER, NEIL GRAHAM McMILLAN (1875-1949). I COMMENCED THIS IN 2005.

VIV McMILLAN

At the junction of the Lachlan River and the Mandagery Creek on its eastern bank there once stood a famous tree. It was marked by surveyor George Evans in 1815 and was the point at which he returned eastward to Bathurst during his journey of discovery along the Lachlan River when his party could go no further because both the river and the creek were in flood and were a torrent of water making further downstream travel impossible for a time. The tree itself is no longer there but part of that tree with Evans' inscription is now in the Bathurst historical museum and a cairn now stands in place a few metres from the original tree. On the cairn the inscription reads:

EVANS JUNE 1815 – THE TREE MARKED AS ABOVE GREW ON THIS SPOT.

The soils of “Rosebank” consisted of rich river alluvials to red loams and further out black plains soil. It is mainly all flat country with a couple of low granite outcrops which are very necessary for stock refuge in flood time.

The timbers consisted of red river gum, yellow box, grey box, cypress pine and kurrajong. Water is plentiful at depths of 40 to 70 feet and is generally of top quality for stock. Some of the first wells put down by hand were lined with palings but later house bricks were used. There are still a number of these older brick wells working successfully today. Later, cement cylinders were used as well liners but today the modern approach is to use machine bored holes lined with PVC pipe or steel of much smaller diameter. Today there are four successful irrigation bores in use on the “Rosebank” of old.

In the late 1800s into the 1900s, livestock was the main source of income, sheep being the most prevalent. In 1888 sheep numbers totalled 4,606 head topping out at 12,118 in 1892, reducing to 7,635 in 1893, a drop of 4,483 which was in line with the 1892-93 drought. A further drop of 4,027 occurred in 1897 to 3,608 head - another drought period. This was the lowest number recorded in the 15 year period of 1888 to 1902. As was customary during the time, sheep were also washed by dipping before shearing. This was done to increase the ‘clean fleece weight’ of the wool shorn so that when the wool was shipped back to England shipping costs were decreased as more ‘wool’ arrived at its destination instead of unwanted Australian soil and other impurities.

During 1888-1902 all sheep were shorn by blades at the rate of £1 (\$2) per 100 shorn, with board being charged at 12s 6d per week. The shearing shed at “Rosebank” accommodated 7 shearers but in all, 58 different shearers were engaged over this period of time. The names of those shearers were:

William & John Brien; William & John Marsh; James &

Arthur Herbert; W. Hoswell; J. Chislett; James Newham; R. Collier; George, Sam & F. Sell; William & Hugh Moss; Harry Little; Jack McInnes; L. Davies; George & William Archer; J. Jones; Charles Weekes; J. Walsh; A. Collits; Joseph, John, James, Patrick & B. Sloane; T. Gleeson; J. Byrnes; M. Mulqueeney; J. E. Smyth; Archibald & William McMillan; Walter Collins; G. Lockhart; Tom & John Armstrong; Mathew O'Connor; Tim and John McCormack; James Murphy; Joseph Greenhalgh; William & Thomas Hickey; William Sadler; Roger Sheehy; Fred Spalding; James Lawler; Alfred Welsh; Michael Dwyer; William Lovelace; John Atkins; John Regan and Sydney Maher.

There were 107,386 sheep shorn over these 15 years, for an average of 7,159 per year. The majority of shearers were close neighbours or early Eugowra identities.

“Rosebank” also had a station store from which shearers and general hands purchased goods on credit such as ‘*sheep shears*’ - 4s 6d for a Burgon and Ball shear or 3s 6d for a Ward and Payne model; ‘*turkey (turquoise) stone*’ (the stone used to sharpen the blades of the shears) - 2s; ‘*salad oil*’ - 6d (used for lubrication of shears during sharpening) or ‘*St. Jacob's oil*’ for 2s 6d; ‘*tobacco*’ - from 5d for Cygnett Stick to 2s for ½ lb of Cygnett tobacco and 1 dozen matches - 3d.

The following tobaccos were all available prior to 1900:- Defiance 4s 6d/lb., Nigger Galt 4s, Sir Roger 5s, Derby 6s 6d, Victory 5s 6d, cigarettes 3d/packet. Shearing usually lasted a month or more and as shearing progressed it was quiet noticeable that when shearers had money in account the quality of the tobacco they purchased increased. Also from 1902 to 1910 other brands in demand were:- Yankee, Tip Top, Old Times, Havelock, Lucy, Welcome Nugget, Imperial Ruby, Birds Eye and Champion.

“Rosebank” shearing tally book of 1903 showed a drop of stands from 7 to 6 suggesting that the shearing changed from blade to mechanical, Moffit Virtue overhead gear being installed.

“Rosebank” also fielded a shearing cricket team - 30th September 1904:- Fred Spalding, Gus Death, Peter McPhee, Edmund Jefferies, Arch McMillan, Edward Ditton, Robert McMillan, John Greenhalgh, Peter, Andrew, Neil & William McMillan and J. Rock.

As country was cleared, either by the family or by contract, farming became necessary both for income and reserving of fodder for stock in dry times, as well as value adding for various markets. Crops grown included wheat, barley, oats, corn and lucerne with straw being a by-product of harvest.

By today's standards, yields were very poor, I guess because fertilisers were probably unknown, therefore yields were affected. Varieties were limited and of course, the ever present dry and drought periods took their toll. Varieties of grains grown were:- in the wheats – Federation, Comeback and Florence; in the oats – Algerian and Guyra, while lucerne was the Hunter River variety.

I mentioned poor yields and "Rosebank" day books certainly show this, as the range over a number of years indicated 3-6 bags which by today's standard is only a third of what is currently attainable. I suppose when we realise the methods employed to harvest the grain in those early times it may have been a god send that the yields were not higher because the manpower required and physical endurance needed would have been enormous.

The grain crop, when ready to harvest would be cut by a mower with a 5' cut, drawn by 2 horses. Men on foot would then gather up the loose crop in bundles and tie around the middle of the bundle with string or straw. This was known as binding. The bundles would then be stood in a stook to dry and when drying was completed, usually in 10-14 days, the bundles were pitched onto a wagon and taken to a shed for thrashing and winnowing. Winnowing is the final operation to remove straw and trash from the grain.

In about 1892 a machine known as a reaper and binder was invented which cut the crop and bound it in sheaves ready for stooking. This machine was hauled by 3 draught horses. It thus cut out the need for physically binding the crop. In November 1892, H. Scott contracted to reap and bind 30 acres of crop on "Rosebank" at 7s/acre.

The reaper and binder is still in use today in some parts of the country, with little or no variation to the mechanics of the original machine, except that the motive power has changed from a ground-driven/horse drawn machine to a tractor drawn implement thereby enabling the machine to be driven by a PTO (power take off). I believe that this method is still the best for curing cereal hay for prime chaff production.

For dealing with the harvest of grain, the next progression was the stripper, an Australian invention which revolutionised grain harvesting. By today's standards, the stripper was a crude machine but very labour saving. The heads of the wheat were collected while the crop was still standing but it still had to be put through a winnower afterwards to clean the grain. In time, this early machine developed into a form where the stripper was put together with the winnowing operation to become known as a 'combine harvester,' the forerunner of today's modern machines.

Horses were the only method of moving these early ground-driven harvesters until the 1920s when 'engine-functioned' harvesters, that were still horse-drawn, were in use, until being later superseded by a harvester drawn by a tractor and powered by the tractor's PTO. The 'engine-functioned harvester' had a motor mounted on the harvester to drive the processes of harvesting. Today of course, the modern harvesters are 'engine-functioned' as well as 'self-propelled' and capable of stripping 200-300 acres + per day, which is a far cry from the 8-10 acres per day achievable with the horse-drawn stripper.

I have photos of "Rosebank" personnel using two of these strippers in the 1890s. Once again, the day books tell me that they also contracted harvesting for neighbours and others and a few names mentioned were:- Curtis, Perkins, Herbert, Newell, Marsh, Hoswell, Shine, Chapman and Hurkett.

There is another photo about 1900 of two different harvesters at "Rosebank" which look like the combine harvester, so it appears that the family were experimenting with technology thereby saving heaps of labour.

The "Rosebank" day books have in their records evidence of large quantities of straw and chaff being a valuable source of income even back in the 1880s, with records from this time showing sales of both chaff and straw to neighbours as well as to produce agents in Forbes, Orange and at a later date, to Sydney.



New Contributors Wanted



We are looking for people from the town to make some regular contributions to the Eugowra News on what is going on. All you need are basic word processing skills and access to the internet. It would also be great to have someone sending in regular reports on local sports and sports people.

If interested please contact:
Anne Heath
Phone: 6859 2944
E-mail: eugowranews@yahoo.com.au



COUNTRY WOMEN'S ASSOCIATION OF NSW

EUGOWRA BRANCH

Jenny Anderson, our Handicraft Officer, was the **guest speaker** for the day meeting on May 4th. Jenny brought the meeting up to date on the progress being made by a group of Eugowra ladies endeavouring to open a craft shop in town. The enthusiastic group is exploring all the factors that would be involved in securing suitable premises and running an outlet for items that local ladies could "make, bake, sew or grow". Jenny also introduced our newest member, Rosemary Frazer.



Rosemary Frazer our newest member chats to Jenny Anderson

Members enjoyed being part of the action as they catered for **morning and afternoon tea for the artists, sign-writers and helpers of "Eugowra's Most Wanted" mural**. Thanks to Jeanette Norris, Lorraine Carty, Val McGrath, Janet Noble, Shirley Heinzl, Rosemary Frazer, Jenny Anderson, Wendy Carey, Dorothy Jones, Margaret Swift and Frances Anderson for the delicious food they made and serving tea to the talented volunteers. Thanks also to the generous people who helped out by donating extra cakes and slices.

President Margaret Swift congratulated the mural organisers Jodie Greenhalgh and Christine Whitty at the Mothers Day Luncheon on the Sunday and presented them with thank-you donations.



Janet Noble & Shirley Heinzl preparing to serve afternoon tea

Catering arrangements for **morning and afternoon tea for the Sesquicentenary of Gold Escort Hold-Up celebrations on 16 June** were discussed. A sewing bee will be held at the rooms on Friday 1 June to make aprons for the occasion.

The presentation on **"Understanding Mood Disorders and Resilience"** by Black Dog Institute volunteer, Cheryl O'Grady, has been re-scheduled for **Tuesday 26 June at 7.30pm at the Eugowra Bowling Club**. This is a free community education seminar of 1 hour to improve awareness of mood disorders, encourage early help-seeking and to help de-stigmatise Depression. **Come and join us for the seminar, a chat and supper.** To RSVP please call 02 9382 4523 or email blackdog@blackdog.org.au.

Next meeting will be Friday 8 June at 11.00am.

The Guest Speaker will be physiotherapist Nicole Brindle. Please contact Margaret Swift (6859 2256) if you require lunch.

Congratulations

Jenny Anderson (right) holding the cup and a photo of the prize-winning doll dressed in Scottish costume which she made for the **2010 International Doll Competition**. Jenny's doll was placed first at Group level. Margaret Swift's Icelandic doll in the 2011 Competition was also placed first at Group level. Congratulations to both Jenny and Margaret.



Margaret Swift, Frances Anderson and Kay Jones attended the **State Conference at Blacktown from 7-10 May**. Past State President Mrs Janet Kemp OAM (below) presented Margaret Swift with a silver jug and certificate to **Eugowra Branch for winning the Past Presidents' Award**. This award is made to the Branch which has made the most significant contribution to their community in the previous 12 months. Thanks to Janet Noble for submitting the long list of our achievements for 2011 and thanks to all our members who have contributed in so many ways.



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Eugowra Health Report

EUGOWRA MULTI-PURPOSE HEALTH SERVICE

Centrelink Services

Do you know at Eugowra Rural Transaction Centre you can access Centrelink by phone or Fax, use the computer for self Service options, can have your proof of identity documents copied, use the photocopier, pick up and lodge forms **all free of charge**.

Seniors can get advice from Family & Community Services on financial planning and information on retirement villages etc

Need information about options as you, or a friend or family member, grow older? Seniors Information Service can help you find answers to questions like these:

What concessions am I entitled to for transport, health care or general living costs?

Where can I go to learn to use a computer and the Internet?

How do I go about applying for a pension?

What are my housing options? How do I find out about retirement villages and what they offer? And how do they differ from hostels or nursing homes?

Where can I go to volunteer my time and skills, now that I've retired? How do I organize support in my home to help me with self-care, housework or gardening? or when the time comes, how do I find a good nursing home in my local area?

Family community Services can give you information and will send you fact sheets on a range of issues. They can also provide contact details for legal, health or financial services that are qualified to advise you, ideally within your local community.

Information is available on this website and if you want more assistance, call on **13 12 44** (for the cost of a local call from throughout NSW).

If English is your second language and you would like an interpreter to help you with your enquiry, please call the Translating and Interpreting Service (TIS) on **13 14 50**.

Other services Seniors can access are: Care West for Respite care if they are caring for a partner or child with a disability.

Country Care link run by Sisters of Charity is also available for seniors travelling to medical appointments in Sydney. A caring person will meet you a Central Ring 1800 806 160.

Your Community Nurse is always available to help you with any Questions you may have, ring her at the MPS on **6850 4009**

Janet Noble MPS Publicity Officer

Get back your confidence

Bladder control

About 4 million Australians of all ages have urinary incontinence. If you have a bladder control problem, you are not alone. Poor bladder control can result in embarrassment, reduction in sporting and social activities and reduced quality of life.

You may:

- need to hurry to get to the toilet to pass urine
- wet before they can get to a toilet
- go to the toilet frequently through the day or several times at night
- lose urine on exertion, such as getting up from a bed or chair, or laughing, coughing, or sneezing
- have trouble passing urine

Many people with urinary incontinence will also report bowel incontinence such as uncontrolled wind. This can be very embarrassing to the individual and reduce their participation in social activities.

The bladder control system

Males and females have similar urinary systems. The floor of the pelvis is made up of layers of muscle and other tissues. These layers stretch like a hammock from the tailbone at the back, to the pubic bone in front.

The urine tube (front passage), the vagina (in women) and the back passage all pass through the pelvic floor muscles. Your pelvic floor muscles help you to control your bladder and bowel. They also help sexual function. It is vital to keep your pelvic floor muscles strong.

What causes poor bladder control?

Pelvic floor muscles can be weakened by pregnancy, childbirth, age, surgery or being overweight. Urine may then leak out when we laugh, cough, sneeze, or on exertion such as exercising or rising from a bed or chair.

The bladder may contract to push out urine when we don't want it to. When the desire to pass urine is sudden, strong, and difficult to put off (to defer), it is called urgency. Urgency may be caused by irritation of the bladder: by caffeine, alcohol, concentrated urine (caused by not drinking enough fluid), infection, or a stroke or neurological condition such as Parkinson's or MS.

Some people may have a blockage that makes it difficult to get urine out of the bladder, or they may have bladder

muscles that do not contract well. These people have trouble passing urine normally. Even if they try, the bladder may not empty completely.

Common causes of problems with emptying the bladder properly include enlargement of the prostate, prolapse of the uterus, and constipation.

Are you at risk of pelvic floor problems?

You are at highest risk of pelvic floor problems if you are in one or more of the groups below.

- ☐ pregnant and postnatal women
- ☐ women who have had a baby
- ☐ menopausal and post menopausal women
- ☐ women who have had gynaecological surgery (e.g. hysterectomy)
- ☐ men who have had surgery for prostate cancer, and
- ☐ elite athletes (e.g. runners, gymnasts, trampolinists).

Your risk is increased if you tick one or more of the following.

- ☐ you regularly lift heavy weights (e.g. at the gym, or as part of your job)
- ☐ you strain often to empty your bowels (constipation)
- ☐ you have a chronic cough or sneeze
- ☐ you are overweight or have a Body Mass Index that is over 25
- ☐ you have had trauma to the pelvis area (e.g. a fall, pelvic radiotherapy)
- ☐ you have a history of back pain

Hints to keep your bladder healthy

Step 1 - Use good toilet habits

It is normal to go to the toilet 4 to 8 times a day and no more than twice a night. Don't get into the habit of going to the toilet "just in case." Try to go to the toilet only when your bladder is full and you need to go. (Going to the toilet before you go to bed is fine).

Take your time so that your bladder can empty. If you rush, and do not empty your bladder fully, over time, you could get a bladder infection.

Women should sit to go to the toilet. Do not hover over the toilet seat.

Step 2 – Keep good bowel habits

Eat lots of fruits and vegetables and stay active to keep your bowels regular.

Do not strain when using your bowels as this can weaken your pelvic floor muscles (the muscles that help your bladder).

Lean forward and use a footstool to rest your feet on in the toilet – this helps to angle your bowel correctly and reduce the need for straining.

Step 3 – Drink plenty of water

Drink 6 to 8 cups of water each day unless your doctor says this is not okay.

Cut down on how much caffeine and alcohol you drink. These may upset your bladder. Do not drink too much coffee, tea or cola. Instant coffee has less caffeine than brewed coffee. Tea has less caffeine than coffee.

Step 4 – Look after your pelvic floor muscles

Keep your pelvic floor muscles strong with pelvic floor muscle training.

See your doctor, physiotherapist or continence nurse to check that you are training your muscles the right way.

WHERE ARE MY PELVIC FLOOR MUSCLES?

The first thing to do is to find out which muscles you need to train.

Sit or lie down with the muscles of your thighs, buttocks and stomach relaxed.

Squeeze the ring of muscle around the back passage as if you are trying to stop passing wind. Now relax this muscle. Squeeze and let go a couple of times until you are sure you have found the right muscles. Try not to squeeze your buttocks.

When sitting on the toilet to empty your bladder, try to stop the stream of urine, then start it again. Do this to learn which muscles are the right ones to use – but only once a week. Your bladder may not empty the way it should if you stop and start your stream more often than that.

If you don't feel a distinct "squeeze and lift" of your pelvic floor muscles, or if you can't slow your stream of urine as talked about in Point 3, ask for help from your doctor, physiotherapist, or continence nurse. They will help you to get your pelvic floor muscles working right.

Everyone with very weak pelvic floor muscles can benefit from pelvic floor muscle training.

HOW DO I DO PELVIC FLOOR MUSCLE TRAINING?

Now that you can feel the muscles working, you can:

Squeeze and draw in the muscles around your back passage and your vagina at the same time. Lift them **UP** inside. You should have a sense of "lift" each time you squeeze your pelvic floor muscles. Try to hold them strong and tight as you count to 8. Now, let them go and relax. You should have a distinct feeling of "letting go".

Repeat "squeeze and lift" and let go. It is best to rest for about 8 seconds in between each lift up of the muscles.

If you can't hold for 8, just hold for as long as you can.

Repeat this "squeeze and lift" as many times as you can, up to a limit of 8 to 12 squeezes.

Try to do three sets of 8 to 12 squeezes each, with a rest in between.

Do this whole training plan (three sets of 8 -12 squeezes) 3 times a week while lying down, sitting or standing. Keep breathing; only squeeze and lift; do NOT tighten your buttocks; and keep your thighs relaxed.

Fewer good squeezes are better than a lot of half hearted ones!

For more information contact Ann Stenhouse (community nurse) or Nicole Brindle (Physiotherapist) at the MPS. Funding is available for continence aids – please contact Ann 0429 152 380



News from Eugowra Community Children's Centre

NANIMA STREET, PO BOX 28, EUGOWRA NSW 2806 PHONE: 6859 2522 EMAIL: eugpreschool@yahoo.com.au

A month of Purple Fairies, Parachuting and Plumbers!

Term 2 has been very busy at Preschool. The children have been very excited about Star of the Day and we have already had some interesting and exciting choices from the children from The Purple Fairy to Parachuting!

We have been telling the Story of the Escort Rock Gold Robbery and the children are buzzing with excitement about the upcoming Parade and celebrations for the Sesquicentenary. We have been building a metal bushranger and the children have really enjoyed designing him (and he even has gun holsters!).

Steve and Jake the Plumbers from Complete Plumbing, Forbes spent two days at Preschool and we loved having them here. All the Preschoolers should know all about the profession of Plumbing and we may even have a few apprentice plumbers in the years to come.



Star of the Day



The children draw the Plumbers ute



Levi tests out the Bushrangers gun & holster



The new nappy change area built by Amie the Builder and Plumbed by Complete Plumbing



Steve the Plumber shows the children the tools in the plumbers ute



Fridays group were very proud of the Preschool Bushranger

**Welcome to
our newest
members:**



Sabina Heinzl



Brayden McGinn



Miss Vicki

Trivia Night a Huge Success

The Montana Bound Trivia Night was a huge success with around 100 people in attendance. The Trivia was hotly contested and the questions were pretty tough.

One of the highlights of the evening was the Baby Photo Contest where tables had to match baby pictures with the now grown Montana Bound students. The winning table of Pengilly/Hughes/Wright was determined after a three way tie was broken by doing an overtime trivia match off.

Montana Bound would like to thank Tony Toohey, Ken Ridenour, The Central, The Fat Lamb, and The Lady Bushranger, and all those who attended for their generous support of the trivia event.

ORGANISER, JEANINE GIBBY AND THE WINNERS



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Eugowra Newsagency & Supermarket

Newsletter

Hello!! This is a combined April and May newsletter as I didn't get the April one in.

What a wonderful weekend the Mother's Day weekend was! Lot's of excitement in town and the murals look absolutely fabulous. The mural on our shop still has a bit of work to be done on it and so does the bushranger picture on the old real estate building – but even so you can't help but admire the talent of the artists and sign writers who produced these pictures for everyone to look at. Jodie Greenhalgh and Christine Whitty have amazing drive, spirit and enthusiasm and they need to be congratulated and thanked for all the work and time they devoted to the weekend. The artists and sign writers who all donated their time must also be thanked. I know most of them would love to come back if it possible for them. Danny and I would also like to thank everyone in town who has supported this project and we hope everyone benefits from it. Special mention here must go to Branden, Kahlia and Claire who made it possible for Danny and I to be outside to help where we could. We must also thank Mum and Dad and Uncle Ernie who cooked a camp oven lunch on Saturday and to Pat Norris who made the damper. Then Mum and Dad rolled up to do a barbeque breakfast on Sunday at extremely short notice. (Mind you neither of them has been very well since then; I think the cold weather got to them on Sunday). Thanks also to Mary Norris for washing and wiping up.

Don't forget that the weekend of the 16th June is the Sesquicentenary of the gold robbery at Escort Rock. I hope everyone is doing their bit to make this weekend a huge success! Here at the shop we have had phone calls from out of towners asking what is happening that weekend so people are starting to show interest in this event. It is good to see the bushrangers popping up around town and also the display in the window of The Lady Bushranger. If anyone would like to do a display in our shop they are quite welcome to. I was hoping to get a display built, but I am running out of time. I have been busy sewing the dresses that Kahlia and I will be wearing. I believe other shopkeepers will also be dressing up for the week prior to the 16th. It is really good to hear what people are planning to do. Have you all been for a drive past Margaret Jones house and had a look at her family of bushrangers sitting on the porch or past Tom and Verna Riley's house and seen Tom's bushranger, or past Elaine McKenzie's and seen the coach and horses made out of corrugated iron. Put your thinking caps on – there is still time to do something out the front of your house!!!!

As you would all be aware the entry to the lane way at the side of our shop has had some long overdue work done to it. This should make it a bit safer for people who walk to the shop as the surface won't be uneven any more.

Now down to shop business! Our other long freezer is now up and running and we have increased the stock with a greater variety of freezer lines. We have a selection of frozen meals for when you don't feel like cooking your own meal. So if anyone has any items they would like us to stock please come in and ask and we will try and get it in. We have received a new shipment of paper back novels and also a new shipment of DVD's. The DVD's are 5 movies for \$5.00. So come in and have a look at them! This week I was very excited to receive a small selection of flavour infused olive oils. These oils are beautifully flavoured and I know because I have used them for a while now. I only ordered small bottles to start with just to see how they go. The oils are a little bit expensive, but you only use a drizzle. In particular there is a lemon infused one that I use all the time when I am cooking fish. I make bruschetta with chilli and garlic infused oil. I do have some recipes using these oils if any one is interested in having a go at them.

Now that the cold weather has hit with a vengeance (I hate the cold), we have some new beanies and scarves to keep you toasty warm. For the cold weather we also have a new type of Porridge to try for those who are on the run. There is traditional oats and golden syrup flavoured oats. We also have in stock now Paul's milk. The items we have in stock are 2lt and 1lt full cream and 2lt and 1lt smarter white with only 2% fat. There is also Oak flavoured milk, Ice Break flavoured milk and Just Natural flavoured milk.

We now have in stock Moon Bait for the fishing enthusiasts. These are scrub worms (don't ask me what the difference is between a scrub worm and worms found in my garden). The rep was showing me how to bait the hook and I just looked at him and said I hate fishing and I am fairly certain it can't be that hard to bait a hook, but never having done it I can't speak from experience! My idea of fishing is buying fish off the fish man when he is in town on Thursday's.

When I was in Orange the other day I went to a well known craft shop and they had a set of scissors on their counter exactly the same as what we have here. When I enquired as to the price of these scissors I was told they were \$73.50. We sell our set of scissors for \$35.00! These scissors are exactly the same and from the same company. So let me re-iterate what I say every newsletter – Please check the prices before buying out of town!!

I think all I have left to say now is I hope all the mothers had a lovely (but cold) Mother's Day and I hope everyone has a great Sesquicentenary weekend!

Until next time

Diane

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Another Successful Morning Tea

Verna and Tom Riley hosted this years successful Biggest Morning Tea. The morning tea is in its 12th year and is a great fund raiser for the Cancer council.

Helen Perry, who is the coordinator, said that the morning tea raised in excess of \$3,800.



Pictured above, Marie Noble, Verna Riley and Margaret Tildsley



EUGOWRA UTILITY DOG TRIAL **15, 16, 17TH JUNE 2012**

at Eugowra Showground

To be held in conjunction with Escort
Rock Robbery Sesquicentenary and
the Eugowra Show Society.

Nursery commences: Friday 15th 8.00am
Open: Saturday 16th
Novice: Sunday 17th



PUBLIC MEETING

Come One , Come All!

DOES EUGOWRA NEED MORE AGED SELF CARE UNITS?

Would your business or family benefit from an increase in
population in **Eugowra**?

If the answer is **YES** we need you to come along to a public
meeting and have your say.

This meeting is to gauge interest in Eugowra developing a
new set of Aged Self Care Units. It is important to have as
many people as possible along to voice their opinion on this
issue so Cabonne Shire Council is aware of the level of
support/interest in Eugowra for such a development.

WHEN: Thursday June 28, 2012

TIME: 7.30pm

WHERE: St Joseph's Hall

Hope to see you there - it is important for our town.

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Forbes Office; 6852 1688

Young Office; 6382 1255

Condobolin Office; 6895 2152

Time to get on top of cattle lice

Written by Belinda Edmonstone, Lachlan LHPA district vet

As winter approaches cattle lice will increase in number. They will continue to reproduce over the winter months until they peak in late winter and early spring. There has always been a debate on whether to treat lice in cattle as lice may not affect production and growth rate. Well nourished cattle will develop some resistance to lice. Poorer cattle are usually the lousy cattle as their resistance falls and lice breed at a rapid rate.

There are some good arguments for the treatment of lice in cattle:

- Treatment improves the appearance of presale cattle.
- Heavier cattle, particularly bulls that are lousy will rub on fences, buildings and trees and may cause damage.
- Numbers of lice can really build up in poorer cattle to the point that they are severely affected. This may result in loss of production and an extremely rough appearance.

The constant irritation caused by lice can be considered a welfare issue.

If you are considering treating your cattle for lice then it is important to get the timing right. When climatic conditions on the coat of the animal are right the female will start to lay a lot of eggs – this usually coincides with cooler temperatures and long coats. Most lice treatments will not kill the egg. If you wait until late in the season when egg numbers have built up and you treat the animal you will kill the adult lice only. Then in about three weeks the large number of eggs that have accumulated start hatching and you are back to where you started. If you wait until the cattle are really lousy you will either have inadequate control or spring will be approaching and the lice will be starting to die anyway. Therefore, if you want to control lice you should be treating them early in the season (NOW) before the females have too much opportunity to lay a lot of eggs.

NLIS Sheep and Goats – What you need to know to make it work!

Written by Elizabeth Braddon, Lachlan LHPA senior district veterinarian

With all the discussion about the introduction of electronic tags in sheep and goats, I thought now would be a good time to remind all producers what is required in the current system. It is only our ability in NSW to prove that this system works that will prevent the introduction of electronic tags.

Step 1: NLIS PIC tags

All sheep and goats require an NLIS PIC tag to be applied prior to them being moved from any property to a new property. This applies to *every animal* in the consignment. **So it is critical that all animals are checked for a tag prior to them being sold or moved. If you sell consignments of traded sheep with more than 5 additional PICs in their ears, it is recommended to put in Post Breeder tags (pink) with your PIC on it rather than fail to record all PICs on the NVD.**

Step 2: Movement documents

Any sheep or goats moved from one PIC to another has to have a completed movement document to accompany the movement.

This could be an NVD (National Vendor Declaration) or a TSS (Transported Stock Statement).

If the consignment has multiple PICs in it (e.g., a traded mob made up of bought in sheep), **each PIC must be recorded in the “information” section of the NVD or TSS. This is imperative to ensure adequate tracing can be done in an emergency.**

Step 3: Mob-based movements

If you sell or buy through a saleyard or abattoir, then it is their responsibility to record this information on the NLIS database.

If you buy or sell sheep/goats privately, it is the purchaser’s responsibility to ensure that the mob-based movement is recorded on the NLIS database.

If you use an agent, make sure there is a clear discussion about if the agency is going to do the transfer on your behalf – ultimately it may be your responsibility!

Information required for a mob based transfer:

Number of sheep in the mob

From PIC – where the sheep have moved from

To PIC – where the sheep are going to

Document number – NVD or TSS serial number

Date of the movement

An NLIS database account is free and just requires access to a computer and an email address.

So as you can see, making the current NLIS Sheep and Goats work is as easy as 1-2-3.

EUGOWRA VIEW CLUB 2012



Guest speaker at the May dinner meeting of Eugowra Evening VIEW was Janet Moxey of 'Moxey Farms'. In her talk Janet said the family purchased 'The Angle' in 1992 and she moved there from the Hawkesbury Valley four years ago. They purchased 'Nanima', where Mrs Moxey now lives, and is also used for accommodating people who come to the farm such as veterinarians and students who visit for two days on Mondays every second week. There has been 250 bed stays since last April for the last year.

The farm consist of 7000 acres with 1250 ha irrigation, 1950 ha dry land cropping with 25.5 million litres of milk produced each year.

The milking herd are all Holstein Friesian which are fed a total mixed ration consisting of forage grown on the property and purchased grain and protein. They are currently milking 2000 cows three times a day in eight hour shifts and the number will be increased to 3,200 later in the year. The cows are housed in free stall barns - computer records kept showing production and health. There are 50 cows each side of the milking parlour and it takes about seven minutes to milk each cow. Seventy per cent of the milking staff is females. There is a no noise policy so that the cows and the staff keep calm. Fans are used under sprinklers to keep the cows cool in hot weather.

They currently send out two tankers of milk per day with about one third being from A2 dairy cows.

There are currently 67 on the staff with this number to increase with the new development later in the year.

The dairy contributes considerably to the income of the local area with statistics showing that for every dollar of income there is a flow on effect of \$3-50 into the community.

Sally Mongan moved a vote of thanks on behalf of members to Mrs Moxey for such an interesting and informative talk.

Points of interest discussed at the May meeting included:

VIEW representative at the specially convened Self Care Units meeting was Andy Langfield. The purpose of the meeting was to discuss the need for further aged care units in Eugowra and it was decided to hold a public meeting to discuss the matter later on

The Lorraine Lee linen party hosted by Maria Dawson was very successful with over \$600-00 raised for the Smith Family- another one is planned at a later date

The VIEW Club will be entering a float in the parade at the Sesquicentenary event in June- five of the ladies will also be making a metal sculpture bushranger and another group will be making a scarecrow (or soft) bushranger

The VIEW birthday party will be held at the Eugowra Community Bowls and Recreation Club on Sunday July 1 - Australian and Chinese meals available and a \$10-00 present is requested

Claim the date for a shopping bus trip with Western Road Liners to Direct Factory Outlet (DFO) at Homebush on Saturday August 4. Cost is \$50-00 - bookings and payment can be made with Andy on 6859 3525. The trip is not restricted to VIEW members and there will be a pick up in Parkes and Orange.

Guest speakers at the next dinner meeting on June 4 will be Pat Bailey speaking about Can Assist and Elaine Plicka who will speak on 'Look Good Feel Good'- RSVP to Andy by Friday June 1.





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By Anne Burns

At the recent Mothers Day Lunch, which many of our happy readers attended, we all had the opportunity of tasting some very delicious organic wine from Rosnay Wines. As a number of my family take a personal interest in wine I thought this month we would avoid the falling moisture levels, lamb and wool prices and head for the Rosnay vineyard. Out'n'about is on the road again, but just down the track to Canowindra, we talk farming with Sam Stratham from Rosnay Organic Wines.

Eugowra News: Where did your passion for growing grapes and olives come from?

Sam: This is a family business, I guess an interest in the soil and growing things came from my grandfather. He had a life time interest and passion for growing vegies organically. His career as a dermatologist gave him an added insight into the toxicity of chemicals in our daily lives so that is where the family commitment to organically grown products came from.

We as a family started off in agriculture, then we went to the city, then back onto the land, this time with sheep at Barraba. After a number of years running sheep we sold up and after a road trip around the state looking at various options, settled on the area around Cowra. This beautiful parcel of land, some 340 acres came up for sale, running from the flood plains of the Belubula River up the slopes to the ridge country, it is ideal for our business of growing grapes and olives.

Eugowra News: How have you set this business up?

Sam: We have done something a little different here. In 1998 we decided to divide the farm up into twelve blocks, under a community title structure. All blocks are certified organic with a covenant to maintain that organic status but owners can grow grapes, olives and now figs. We sold off a number of blocks to other interested people. What we have created is best summed up by our Neighbourhood Plan "the objective of this Neighbourhood

Scheme is to facilitate the creation of viable intensive organic agricultural developments by promoting co-operation and self-reliance among the proprietors of Lots in the Neighbourhood Plan"

Eugowra News: I noticed in your original marketing material a reference biodynamic how did this come about?

Sam: I was travelling in New Zealand and met a biodynamic farmer, I went to work for him and I saw the benefits to the soil first hand. Acid soil that was originally puggy with bio dynamics became looser and much more friable. After returning to Australia I went on a road trip visiting some of the best run biodynamic farms in the country. That is when I realised that organics and biodynamics was the way to go.

Today the market has changed, back in 1997 organic and Australian was "gold" in the UK with wine buyers. Chilean wine is now the big seller in the UK market. Meanwhile the bio dynamic option has been clouded by organisational issues and for the general public a lack of clarity of what bio dynamics really involves. So while we are still organic we are not run on strictly bio dynamic principles.

Eugowra News: What changes have you seen in the market acceptance of the organic product and what changes have you seen on the property?

Sam: Market acceptance of the organic product is increasing, we have seen strong market growth in the Byron Bay area where people are prepared to pay a couple of dollars more for the organic product. You don't have to explain the benefits, they get it. While I see the city wine market still dollar driven. I also think people in the city are so separated from the land they don't understand the impact of chemicals used in agriculture and the benefits of the organic product.

When it comes to purchasing wine, customers tend to buy state based brands, so Victorian's buy only Victorian wine and South Australian's are even more state centric choosing predominately local labels when shopping for wine.

While the overseas market for organic wine is strongest in Japan, the Japanese certify it as "equivalent agreement" that Japan is the same as Australia for the organic product. At this moment China does not want organic products, while China is a huge potential market it is a whole different ball game with many up and coming middle class Chinese enjoying imported wine for the first time.

The olive oil products are changing, going more boutique with a lot more direct selling outlets so it has not been hard to add on the fig products to this line. The main issue with the oil is it is seasonal and should be used when fresh while the wine can be stored for years.

Eugowra News: What are the challengers being organic?

Sam: Running a vineyard organically is more intensive we don't spray or slash as much as a conventional vineyard but we have plenty of other work to do. Our yield is lower during a drought with a higher cost per tonne. Conventional vineyards have had a terrible time with botrytis during these wet seasons. Our organic grapes have had much fewer problems in this area. In addition we have not suffered from grapes splitting and our sugar levels have been better. All our grapes are processed by Windowie Wines at Cowra. Jason O'Day see's a lot of grapes and he commented recently that ours was some of the best in the state, with organic grapes out performing conventional vineyards in the last two wet seasons.

Conventional vineyards do need to spray a lot, which raises the question of chemical residue in wine. While the sulphur is low in red wine you find whites tend to have higher levels of sulphur. People often blame the sulphur if they have a reaction to a particular wine but it could possibly be a chemical residue that is the problem.

We soil test every two years, keeping an eye on our zinc and boron levels. We have made our own compost. In the past we have trucked cow manure in from Yanco but freight is too expensive these days.

Then everything got out of whack with the drought. Now we find the best way to spread nutrients in the vineyard is to get some animals grazing through the vines.

We grow a selection of grapes, Cabaret Merlot, Shiraz, Chardonnay and a Semillon varieties also an Italian variety called Mitaro. Every variety has their issues, like the Merlot needs lots of nitrogen and the Shiraz suffers during the drought.

Eugowra News: What do you see for the long term?

Sam: Co-operation and self reliance are key, working with the neighbours right next to us not re-inventing the wheel. We would like not to be dependent on too many inputs, like diesel, electricity and nutrients. Using solar for our water pump will be a huge step forward. Producing a clean healthy high quality product and contributing to food security, that is the way of the future for us as a family.



The Statham Family, Florence, Sam, Dolly, Ollie and Richard take a break on a beautiful morning



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PROSPECTIVE COUNCILLORS URGED TO ATTEND ELECTION INFORMATION SESSIONS

People interested in standing for election to Cabonne Council have been urged to attend information sessions.

The NSW Electoral Commission will be holding the free seminars there where candidates responsibilities are outlined, there will be one in Parkes on Wednesday 4 July 2012.

Cabonne Mayor Bob Dowling said the seminars and an information session to be conducted by Cabonne Council in July would be extremely helpful for any person considering becoming a councillor.

Some of the topics to be covered in the seminars include:

A summary of recent legislative changes

The election timetable;

The electoral roll;

Who can be a candidate and how to nominate;

Candidates and political party names on ballot papers;

Campaigning: election advertising, 'how-to-vote' material and public scrutiny of candidates;

Complaints handling by NSWEC;

Voting;

Counting ballot papers;

Scrutineering; and

Funding and disclosure obligations.

The Parkes seminar will be held at Parkes Council Chambers in Cecile Street.

All seminars will be conducted from 5pm to 8pm.

In addition to the electoral commission seminars, Cabonne Council will conduct an information session from 5pm to 7pm on Wednesday 11 July 2012 at the Cabonne Council Chambers in Bank Street, Molong.

Candidates are also invited to attend the Council's meeting on Monday 16 July 2012 to see how meetings are conducted and to speak to current Councillors.

More information for prospective Councillors is available from the Featured Programs section on the home page of Council's website www.cabonne.nsw.gov.au



Field Demonstrations– Eugowra

There is a unique opportunity for the Eugowra district that Ag-N-Vet has been working on over the last two years.

Across the road from the Eugowra shop we have been working on pasture demonstration plots that provide a window into the different varieties that are currently available and how they suit this district.

There is a mixture of perennial grasses (Phalaris, Cocksfoots, Fescue's and ryegrass) accompanied with legume species (clovers all types, Serradella's, Biserrulla) that have been identified as potentially beneficial pasture species that have the ability to increase production throughout the year.

Not all pasture species will be suited to individual properties either due to soil constraints, weather patterns or district differences, and care should be taken into matching up the right pasture mixes to the type of production that is conducted on individual properties i.e. a breeding enterprise may not want a high protein/quick growing pasture types and would value more 'persistent' varieties for even growth over the year, unlike a grower that has high numbers of animals and are trying to achieve high weight gains for quick turnoff off high performing pastures.

Also in the following month, there will be a pre-emergent demonstration being put down in the same area as the pasture demo. This will give a snap shot into the options that people have for the control of some hard to control weeds such as ryegrass and some broadleaves within cereal cropping systems.

There will be a mix of treatments that are commonly used along with the addition of a new pre-emergent that is showing good promise in the control of the said hard to control weeds.

After establishment, we will conduct a field day to allow people to get a good look at all treatments and how they have held up against the weed pressures.

With the new gate installed (thanks Tim), this will allow people to come and go as they please from this site, so I encourage everyone and anyone to come around and have a good look around and if there are any questions or information that you would like, please feel free to come across to the shop and grab Tim or myself as we are more than happy to address any questions that the demonstration may raise. Happy viewing!!

Livestock Update

With young cattle starting to hit the ground from weaning and with cattle pricing easing making for a potential buyer's market, drench and vaccination strategies are becoming a particular must to protect these animals from internal and external parasites that are potentially around in the environment and possibly being brought onto properties through buying cattle.

Strategies to control the movements of these parasites include:

Baymec – Knockdown, a cheap option for quick control before putting stock into clean paddocks

Dectomax – Residual, 35 days on major worm species

Eprinex – Residual, nil withhold with activity on some of the major worm species for up to 28 days

Cydetin – Residual, 42 days persistence on some major worm species. Dung Beetle friendly

As vaccination boosters are starting to come due for those who have already given either their sheep or cattle the initial vaccinations at the start of the year here are some of the products that should be used to keep them protected prior to entering clean paddocks;

Ultravac 5 in 1 (Sheep/Cattle) – targets pulpy kidney, Tetanus, black disease, blackleg and malignant oedema

Glanvac 6 in 1 (Sheep only) – targets, the same parasites as the 5 in 1 and also Cheesy Gland. This is also available with selenium and vitamin B12.

Ultravac 7 in 1 (Cattle only) – Again, same as the 5 in 1 but also controls both strains of Leptospirosis.

If there are any questions regarding these or other drench/vaccination products please feel free to contact us here at Ag-N-Vet for further advice.

Josh Driver

Sesquicentenary Update

On Sunday the 15th June 1862 a gang of bushrangers lead by Frank Gardiner held up and robbed the gold coach from the Forbes gold diggings en-route to Bathurst. The place chosen for the robbery was a gully, 5km north of Eugowra known as Eugowra Rocks. A large granite boulder that was next to the road offered shelter for the bushrangers to attack. The gang consisted of Dan Charters, Ben Hall, Henry Manns, Alex Fordyce, John Bow, John O'Meally and John Gilbert. (Although some historians dispute that Ben Hall was actually involved.) The coach carried 14 thousand pounds of gold and banknotes on this day making this a significant event in Australia's Colonial History.

Come along and join in the family carnival day at Eugowra Showground on the 16th June to help celebrate the 150th Anniversary of this event.

Please do not bring any pets; as there is many horses involved in the days events, pet dogs etc, may cause some problems.

Leading up to the 16th June we have commenced various competitions, they are Art, Photography, Poetry and Short Story Writing, Beard Growing , Bushrangers in Paddocks (steel bushrangers) and the Bushrangers around Town (bushranger scarecrows). We have for each competition allocated \$500 worth of prize money.

Please contact the various people in charge of each of the competitions for further details. Virginal Townsend - Art Competition. e. ray.virginia4@bigpond.com; Therese Welsh- Photography Competition.e. roundrange89@hotmail.com; Tony Harvey- Poetry & Short Story Writing Competition. e. tonychrisharvey@bigpond.com; David Hyde - Beard Growing Competition.e. davidhyde45@bigpond.com; Hugh Ellis- Bushrangers in Paddocks Competition.e. hugh.ellis@bigpond.com; Elaine McKenzie & Margaret Jones- Bushranger Scarecrows around Town Competition. at the Lady Bushranger Shop.

Ray Agustin, Chairman of the Sesquicentenary Committee.

Art competition

Preschool

Landscape – any medium
Bushranger/s – any medium
Any subject – any medium

Years 5, 6

Landscape – any medium
Bushranger/s – any medium
Campfire Scene – any medium

Kinder, Year 1

Landscape – any medium
Bushranger/s – any medium
Australian Bush Animal – any medium

Years 7, 8, 9, 10

Landscape – any medium
Bushranger/s – any medium
Old Building – any medium

Open

Landscape – any medium
Bushranger/s – any medium
Old Timer – any medium

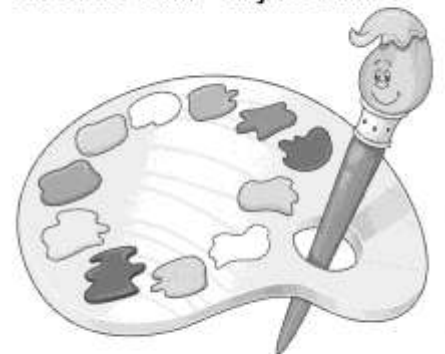
Plus Peoples Choice Award (open to all entries)

Years 2, 3, 4

Landscape – any medium
Bushranger/s – any medium
Australian Bush Animal – any medium

Ages 16 - 18

Landscape – any medium
Bushranger/s – any medium
Out on the Farm – any medium



Please note: Open art section has to be able to be hung

All artwork from Preschool through to Year 6 can be no bigger than A3 size

No size requirements for Year 7 through to Open

All artwork to be dropped off to Virginia at St Joseph's Primary School Eugowra by June 7 for judging.

No late entries accepted.

All enquiries to Virginia Townsend at ray.virginia4@bigpond.com

Sesquicentenary Committee