

# Eugowra NEWS

March 2015

*A Lions Club project for the community we serve*

VOL.20

## OFF TO SCHOOL



### **Eugowra Public School Kindergarten**

Axxell Mulligan, Hayley Newell, Levi Goodwin,  
Indi Goodwin and Adam Valentine

Eugowra Public and St Joseph's Primary Schools have welcomed their Kindergarten children and their families into school life. Ten new and excited children started their formal education on 29th January. Shiny new shoes, school bags, uniforms and fresh faces ready to start learning, making friends and the most important part of school - 'playing'.

### **St Joseph's Catholic Primary Kindergarten**

Philo Habashi, Isla Newell, Noah Colvin,  
Sol Hunt and Cooper Gates



# from the editor

Hello again, another month has rolled around quickly as they seem to do these days. We apparently have global warming, and we seem to all have a similar phenomena of global time poverty too as the days, weeks and months fly by.



Congratulations again to our Australia Day Community winners, well deserved and may you continue your good work. There are so many people who give so many hours of unrecognised work to the community and no one really does it to be recognised. They just see a need and get on with the job, so thank you to everyone who works away quietly in the background. It is good to see all the community groups kicking into action again after the Christmas break.

The School children have settled into their routines again and we have farewelled a few school leavers as they head off to University and College. Good luck and best wishes to you all.

Well done to Kate Blackwood and her campdrafting efforts; read about her success on page 18. If anyone else has 'success stories' please send them in. We love 'good news'.

We are going to feature some articles about our local business' in the next few months, we have everything (nearly) we could want for in this town and its nice to take time to chat to those who provide great services in Eugowra. This month I have spent some time with Amanda Mongan at Head On In. Enjoy.

Until next time, hooroo for now.

Sarah

## The Eugowra News Committee

Sarah de Lange	Anne Burns
Cassie Gates	Peter Heath
Bob Roach	Jodie Greenhalgh

## Contributors this Month

Barb Roach	Sr Helen Sullivan
Judy Smith	Therese Welsh
Alicia Colvin	Nicole Brindle
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Eugowra Public School	Michelle Cheney
Elaine Cheney	Alison Burgess
Kate Blackwood	Anne Heath
Janet Noble	

### Next Issue Deadline:

**FRIDAY 21st MARCH**

**The News will be available on:**

**FRIDAY 28th MARCH**

**Advertising and Editorial Material To**

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**editor@eugowranews.com.au**

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

420 copies printed and distributed throughout the community.

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



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## WHAT'S ON THIS MONTH

# MARCH 2015

Mon Tue Wed Thu Fri Sat Sun

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

## Eugowra Church Times

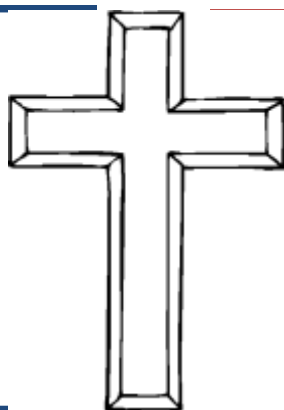
### St Mathews Anglican

1st, 2nd, 4th Sunday 4.00pm

Rev. Jono Williams 63 441643

Other times: Local Lay Preacher

Elaine Cheney 68 592820



### St John the Baptist Catholic

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

Fr Laurie Beath 63 42139

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

Mavis Cross 68 592240



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## EUGOWRA / ORANGE COMMUNITY BUS SERVICE



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# Eugowra Public School

Hill Street, EUGOWRA NSW 2806

Phone: (02) 6859 2233

## News

### Participation Leads To Success

#### TERM 1

Eugowra Public School students have kicked off an exciting 2015. This year we welcome 5 new Kindergarten students to EPS, Indi Goodwin, Levi Goodwin, Axxell Mulligan, Hayley Newell and Adam Valentine. We also extend a big welcome to the three new families to our school community, the Goodwin, Newell and Dura families.

Mrs Doyle is on maternity leave this year and we extend a welcome to our relieving principal Ms Tracey Graves. Ms Graves and Miss Adams share the 3-6 class this year and Ms Graves also attends to library and learning support. Ms Dalla Vecchia (Miss D) has returned after 12 months leave to her Kinder/ Year 1/2 class.

Eugowra Public School Captain Darcy Merchant, and school leaders Lauren Cullenward, Evelyn Dura, Grace Frazer, Brooke Stibbard, Peter Valentine and Ryan Valentine will be recognized at their induction ceremony in the coming weeks.

As part of our school program for 2015 students will be learning about values and targeting on a value per week to think about and practice in their daily lives. Generosity, creativity, assertiveness, patience and tolerance are some of the values we will be focusing on.

We will continue our 'Better Buddies' program this year, promoting working together, values and building friendships.

Students are enjoying the playground art that we had painted last year throughout our outdoor play area and we are preparing our community vegetable garden for planting in the coming season.

Students have improved out of sight with their swimming following last year's intensive swimming program. We have enjoyed the combined Eugowra Schools swimming carnival. Thank you to St Josephs for organising the event this year. This was followed by the Forbes Small Schools swimming carnival on the 13th February. Well done to all of our students for their exceptional behaviour, sportsmanship and participation.

From this carnival we congratulate five students who qualified for the District carnival to be held in Condobolin on the 20th of February. Bailie Peisley, Brooke Stibbard, Grace Frazer, Haydan McCarthy and Jake Greenhalgh will represent the Forbes Small Schools Team at the district carnival.

The EPS school community are celebrating following the Australia Day "Event of the Year" announcement in recognition of the efforts of our P & C Committee. The "Twisted Ball", organised by a very committed group of

our parents raised a very generous amount of funds for our school in 2014. The Ball was a highlight on the Eugowra community social calendar. Congratulations to all involved.



Year 3, 4, 5, 6 Eagles



Kinder, Yr 1, 2 Champions



District Swimming Team



by Anne Heath



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I used to always serve my roast lamb quite rare but find that lots of people don't enjoy rare lamb so I have moved to slow roast lamb.

The secret is to cook it for as long as you can at as low a heat as possible. What works the best is cooking in a hooded barbecue. Start the night before and roughly crush 8-10 cloves of garlic, rub this over the leg of lamb, add a good handful of rosemary, rub in some sea salt, sprinkle with pepper and drizzle with a tablespoon of olive oil and a glass of wine. Let that marinade over night in the fridge.

The next morning bring the lamb up to room temperature.

Meanwhile heat your barbecue as hot as it goes, place the lamb in a baking dish, you can put it on a bed of halved carrots and onions if you want, pour over the marinade and add half a cup of water. Cover the baking dish really well with three or four pieces of foil.

Place on the shelf in the barbecue and immediately turn the heat down as low as you can, you want it to sit just under 100 C. Let it cook for as long as you can, about 6 hours is good. Don't be tempted to look at it.

When it's done, let it rest for half hour or so in the foil wrapped baking dish. You won't need to carve this it will just fall off the bone. Enjoy with a green salad and yogurt sauce.

To make yogurt sauce, drain some good quality Greek yogurt through a cloth for half an hour or so, add the juice of a lemon, some crushed garlic, a splash of olive oil and ½ teaspoon of ground cumin.



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Janet Noble - publicity officer

## COUNTRY WOMEN'S ASSOCIATION OF NSW

## EUGOWRA BRANCH

The next monthly meeting of Eugowra Branch of CWA will be held on **Friday 20th March at 10am**. (Note change of date.)

Guest speaker will be Di Healey, Manager Lifestyle Solutions Parkes who provide a range of support services for children & young people who for various reasons are unable to live with their own families. They also focus on disability support, education and social enterprises. This will be followed by lunch at Lady Bushranger.

Guest speakers last month were Ray Flint and Rex Taylor from "Church in the Schoolyard" who gave a power point presentation and told of how in 2007 combined churches saw the need for a place for young people to gather for recreational and spiritual input. They gathered at the school yard at Forbes North School, then after two years moved to Havanah House, from there to the Anglican Church Hall.

It was thought that a bigger and more permanent place was needed, the Forbes Shire Council suggested the old girl guide hall may suit. As the hall was in a very poor condition it took generous donations of building materials and voluntary help to refurbish and fence the hall. Spiritual input continues with a service the second Sunday of every month. Every Wednesday the children are provided with a meal, they also go on bus trips as well as having games and craft activities. The hall is hired out for various activities and is funded from the Uniting church and Bush Christian church.

Ray Flint can be contacted at 0413 583 092

Eugowra Branch of CWA were very pleased to be able to present "Church in the Schoolyard" with a donation from the funds raised at their garden party last year.

President Margaret Swift presenting Ray Flint with the donation from the CWA.

### COMING UP

- The State CWA Conference is to be held at Tamworth in May this year, Eugowra Branch will be sending two delegates.
- Our branch has been asked to help Maria Dawson with a stall for Can Assist on Friday 13th March at

Eugowra.

- CWA Group are having a dessert Stall at Canowindra Balloon Festival the night of 18th April, helpers are needed please.
- Group Handicraft in Orange Civic Centre 9th to 13th March. Members of the public will be able view handicraft from 12.00 9th to 12.00 Friday 13th.
- Group Land Cookery 13th March at Orange Civic Centre. Contact Rosemary Frazer 68592425.
- Eugowra Mural Weekend 17th—19th April.
- Opening of extension to Museum 18th April.
- Anzac Day Saturday 25th April 12.00pm Eugowra Branch have been asked to do a baked lunch for veterans. And also supply supper for Di Gills visit in April or May.
- CWA of NSW have a range of scholarships available to children in the country, some especially for children and grandchildren of CWA members. If you are interested contact Janet Noble 68592457 for further information.





# St Joseph's Primary School

PYE ST EUGOWRA NSW 2806  
 Phone: (02) 6859 2485 Fax: (02) 6859 2500  
 Email: stjosephseugowra@bth.catholic.edu.au

*Love and Truth Through Christ*

## FEBRUARY NEWS

The year is up and running and all the children from Years Kinder to Six have settled in well to their new classrooms and the routine of school.

We have enjoyed a good season of swimming with some of the little ones gaining confidence in the big pool and the older children improving their fitness and technique.

This year we have welcomed 5 new Kindergarten children Philo Habashi, Isla Newell, Cooper Gates, Noah Colvin and Sol Hunt. We also welcome Sol's brothers; Enzo in Year 2 and Rokoko in Year 4.

We held our Opening School Mass on Sunday 8th February with Fr Laurie meeting the new families and the new kinder children were given a small tree to plant in their gardens at home. This tree represents the growth of the child during their school years.

School Captains; Max Gates & Lily Wallace received their badges as did Sports Captains: Riley Whatman, Jordan Moore and Jim Riley. The SRC students also received their badges; Yr. 6 students, Ty Jones, Bailey Cullenward, Ash Gates, Keiley Whatman and Jada Mongan.

## EUGOWRA SCHOOLS SWIMMING CARNIVAL

To start off the school year and swimming season we held our combined swimming carnival with the Public School on Friday 6th Feb. It was a beautiful sunny day and all the children did a fantastic job swimming in their races across the pool and in 25m, 50m, 100m, 25m medley and relays. The younger children enjoyed lots of games in the little pool.

Congratulations go to **RED** house for winning the day with their point score and to the champions on the day;

Senior Boys Champion: Riley Whatman, R/U Charlie Philipzen, Senior Girls Champion: Bailie Piesely, R/U Lauren Cullenward.

Junior Boys Champion: Angus Whatman, R/U Mitchell McMahon, Junior Girls Champion: Rianna Reeves, R/U Celeste Gavin.



**Mrs Heidi Holland, & Mrs Cathy Eppelstun with  
 Kindergarten and Year 1**



**Mrs Kylie Whatman with 2 of her students;  
 Sienna Carver (yr 2), Chelsea Colvin (Yr 3)**

Coming up in March, we have a visit from the Life Education Van, Southern Region Swimming Carnivals and a trip to the Bathurst Goldfields for the whole school.

Until then, keep cool and God Bless  
 St Joseph's Students and Staff.



# Eugowra Schools Swimming







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## To the Editor

**This is an interesting, heartbreaking and frustrating story that Sr Helen Sullivan has been talking about for a while. It was suggested that she write the story of Maria Joseph for all of us to read about.**

It is now over eighteen months, since I received a begging letter from the Sisters in Vanimo, Papua New Guinea, (this was my home for six years) asking if I could find help for an orphan child, Maria Joseph who was suffering from Ricketts. The Sisters had taken Maria Joseph to the doctors in Vanimo where they were told that Maria Joseph would be immobile for the rest of her life, as it was impossible to treat her.

I knew that Rotary was the organization where I could get help, and from there I was sent to ROMAC. Their findings told them that there were no doctors in PNG who could do the operation so they were unable to help us. (We knew this, however 'The Aftercare' was/is our concern, and the hospitals couldn't offer that care to Maria Joseph)

I next tried another organization called Catenians and the doctors were very concerned and wanted to help, however after they did their research, they were told that they had to work through ROMAC. We were back to square one.

Over these months I have had a team of supporters who have shown great concern for our little girl, specially the following, Eugowra CWA, The Social Justice Group in Portland/ Lithgow, Catholic Mission, Coonabarabran Catholic Women, and a very great friend, Marg Vella who spends her life working for The Missions.

On the 15<sup>th</sup> January 2015 Marg Vella phoned me and said, "Helen I am going to Vanimo on the 17<sup>th</sup> to see what we can do for Maria Joseph." I was shocked and very afraid. Here was my great friend stepping into a developing country without any knowledge of their culture, the climate and the sicknesses of the tropics. It was too late to be negative!!! Margaret had done her homework and knew about the priest/surgeon, Fr. John in Mt Hagen and was off 'On a Mission.'

On the 26<sup>th</sup> January, I had a phone call from a very excited but a very sick Marg. My silent prayers were answered and Marg was back in Australia. I needed to hear first hand what had happened so I caught the train to Sydney. I was amazed by her courage and generosity.

The heat nearly killed Marg and the conditions under which the sisters lived were beyond description and yet the commitment to protect the girls from forced marriages outweighed the discomforts in which they lived.

As for Maria Joseph; she is within the community of Sisters from Argentina, one is a Doctor and one is a Nurse; Dr. John at Mt Hagen was phoned; a trip to the Vanimo Hospital and grateful that the x-ray machine was working and new reports were done; money was left for the flight to Mt. Hagen.

Maria Joseph is now 4 years old, filled with life, joy and loves dancing. The sisters and the girls are able to carry her but soon she will be too heavy to lift.

I informed my friends within the Catenians and they were delighted that the Sisters and Dr. John are going too see if the operation can be done in Mt. Hagen, but if that isn't possible they are only too happy once again see how best they can help Maria Joseph.

Thank you for your concern, interest and support in helping Maria Joseph. Please contact me on [helen.sullivan@sosj.org.au](mailto:helen.sullivan@sosj.org.au), if you would like more information.



*Ricketts is among the most frequent of childhood diseases in developing countries. The predominant cause is a deficiency in Vitamin D and or a lack of calcium in the diet. It leads to fractures and deformity.*



Maria Joseph lives in the north at Vanimo. She must travel to Mt Hagen in the central highlands of PNG.



# Eugowra Evening View Club

voice, interests and education of women

Thankyou ladies for the privilege of leading you, along with my supportive committee, as we continue the work of VIEW, encouraging women to be empowered through having a Voice, following their interests and developing new ones and being provided with an opportunity to be educated and to educate others in a nurturing non-threatening environment.

The acronym VIEW encompasses just that in Eugowra; VOICE, INTERESTS and EDUCATION of WOMEN. At a local level, we have our monthly meetings, do community service and fund raising.

2014 saw a variety of guest speakers attend our meetings. We heard about the life of girls and young women in Nepal and their desire to be educated and we learnt about an upcoming volunteering project which 3 members were involved in. We heard about life in Papua New Guinea, where a local resident lived and worked for 40 years. After speaking at VIEW, these two ladies have decided to become members in 2015. Another member who is a horticulturalist spoke on autumn plantings and shared seeds with everyone. We listened to Alicia Ross speak on Bowel Care and her Hydro cleanse therapy. She is affectionately known as the "pooh fairy." A local science teacher Kelly-Anne spoke about her teaching experiences overseas.

A group of members modelled at the Blue Illusion fashion parade, whilst others observed and shopped, at our biannual fund raiser in Orange. Our extra successful day allowed us to pass on surplus funds to the Smith Family. Another considerable sum to Joyspreaders for school essential packs, It takes two, Numeracy, Building aspirations and State of Art. Some of the committee attended the conference in Dubbo and visited the Smith Family Store to experience first-hand the wonderful work they do, including collecting single shoes for amputees! We have decided to run a local collection day in Eugowra early in 2015.

We continued to support our 3 learning for life students, Benjamin, Stephanie and Star. We send gifts and letters at Easter, birthdays and Christmas. We have paid for our LFL students a year in advance.

We celebrated our birthday at the Eugowra Bowling Club complete with presents and party games and Judy Smith and I had the opportunity to attend both Parkes Day View and Parkes Evening VIEW birthday parties, making new friends, learning new games and enjoying their hospitality.

A couple of local teenagers came by to share their cultural experience in USA. These girls travelled to Big Timber in Montana and lived with local families in the July school holidays. They travelled through Yellowstone National Park, and the Crazy Mountains, saw Old faithful Geyser and grizzly bears.

Every year our club caters at the local agricultural show. We provide a service for the community whilst raising much needed funds to support the Smith Family and their varied programs.

Our Christmas party was held in Gooloogong and members brought money donations for the Christmas appeal and another sum of money was forwarded to the Smith Family along with the Christmas collection.

All the while members talk about VIEW amongst their friends and I have been guest speaker at the CWA about the work we do. Our publicity officer keeps the local community up to date through the Forbes Advocate and the Eugowra News. Our program officer keeps the meetings entertaining, arranging our guest speakers. Our hostesses are welcoming and our trading table of books and DVD's is profitable. Occasionally we fine each other or have mystery parcels and quizzes. We hold a monthly raffle which I may even win one day.

Generally we meet to chat, share stories and work together for the good of underprivileged children. We are a small club with a big heart, always conscious of reaching out to local women, for the good of VIEW and to be the welcoming face of the Smith Family.

Therese Welsh

President



Eugowra Evening View Club Committee for 2015.

Back L - R Andy Langfield, Lyn Ellis, Judy Smith, Sally Mongan, Karen Clarke.

Front L-R Therese Welsh, Wendy Drady, Janine Hando and Maria Dawson.



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Notes from the Happy Gardener



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Eugowra Evening VIEW Club resumed their monthly dinner meetings for 2015 when they met last Monday for their AGM, monthly meeting and dinner.

Guest speakers for the evening were the group who travelled to Nepal in November/December with The Small World group for voluntary work in the village of Salleri. The volunteers are coordinated by Edge of Seven.

The Small World had its humble origin in a small village of Solukhumbhu eight years ago. The story goes back 30 years. Mr Karma Sherpa was born in the village of Deku in a Nomad family of 12 siblings and none of the siblings were in school as they all had to help their parents graze Yak.

The founder of The Small World was given a donation from a kind hearted traveller to attend school, and was the first of his village to receive a bachelor's degree. Karma Sherpa returned to give back what he had received by giving other children the same opportunity.

Karma realized how different his life, with the gift of education was, with so many opportunities. He did not have enough words to thank the generosity of donors.

From the establishment of his Non Government Organisation, The Small World, Karma and his colleagues have built hostels for girls, established the Hope Home Orphanage, facilitated in the one house one toilet program, building schools in remote communities, teaching hygiene programs through drama and dance, and the safe drinking water program.

Therese Welsh had prepared a very interesting power point program of their work in the village, the people, housing and school.

The purpose of the volunteering project was to help build a dormitory for years 11, 12 and college girls to enable them to live there while attending school and college. This was to avoid the long walk, with some girls living a one and two day walk away. Here they are able to live and look after themselves whilst obtaining an education.

The volunteer group had two days learning the culture, traditional Nepalese meals, dance and dress before flying to the region of their destination. They then had a two and half hour walk from the airport to their project site. The area is very mountainous with Nambur Mountain a feature of the background. The local blacksmith made all the tools, our local volunteers dug out the footings, sewed the bags together with chicken wire, filled them with dirt and rocks which the villagers had chipped up. The bottom is coarse gravel and then the bags of dirt which is all held together with chicken wire. The framework of the building is timber. Men and women carry the 60kg bags of dirt to the building site. The group also visited the local school and interacted with the children. The days were warm and the nights cold.

They had a picnic of yak cheese and mandarins, meals are mostly vegetarian as they only eat meat if it is given to them because they don't kill meat. Marigolds are the national flower. Jeanine Gibby celebrated her 60<sup>th</sup> birthday and the local girls sang to her and gave her a cake they had made and a very pretty scarf. Every house has an entertainment room which is also their chapel and they have squat toilets.

All the ladies- Therese, Jeanine, Diane Agustin, Janine Hando, Ali Rendall and Lois McCaffery spoke of their experiences and showed off the treasures they had brought back home.

The group of ladies were presented with a gift and a thank you by Andy Langfield on behalf of VIEW members.

Following dinner the AGM was held with Shelley Norrie invited to read VIEW's Code of Conduct before announcing the incoming executive and presenting badges to those members who are new to the committee.

*Nepalese travellers; Therese Welsh, Di Agustin, Janine Hando, Jeanine Gibby, Ali Rendall, Lois McCaffery.*



## JOKE TIME

Did you know there are three  
**types of people in the world.....**

⇒ Those who can count

⇒ **And those who can't.**

# **MENTAL HEALTH AWARENESS NIGHT**

**THURSDAY MAY 7<sup>th</sup>**

**7pm**

**ST JOSEPH'S SCHOOL HALL**

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

**Topics cover:**

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

**Unfortunately, mental health issues affect the majority of us all, either personally or someone that we know. This could present as depression, anxiety, self harm, grief and loss, alcohol or drug related issues.**

***If you are interested in attending or would like further information, please contact "Jacko" Barnes or Ann Stenhouse -0429152380***



# ABCRA NATIONAL FINALS CAMPDRAFT

with Kate Blackwood



Give a girl the right shoes and she can conquer the world! The right *horse shoes* that is. Last year was a successful year for me, accumulating enough points in the ABCRA (Australian Bushmans Campdraft and Rodeo Association) to qualify for the National Finals Campdraft held at Tamworth over the Australia Day long weekend in January. Campdrafting is a unique Australian sport where a horse and rider work cattle.

The National Finals Campdraft consists of three rounds over two days of tough competition. The arena (AELEC) was amazing, the cattle were running well and I was thrilled to be there, riding with the best stockmen and women in Australia - all competing for an ABCRA title.

My horse, Daisy Duke, is a bay stockhorse x quarter horse mare. Daisy loves to work cattle. As soon as we ride into the 'camp' she just gets down and goes to work. It's a huge adrenaline rush riding that horse!

After the first two rounds I was at 10<sup>th</sup> in the placings. In round 3 I got to pick out of two herefords, four angus and one black baldy. Took the baldy up the front of the camp, blocked it a few times then called for the gate. It was a fast running cow so I did a few more turns in the camp then put it around the course for 23 60 & 4 - a round total of 87 points. I placed second in Round 3 and fifth overall in the Encouragement Campdraft.

With three horses to compete this year, I am looking forward to the 2015 campdraft season. The first event in the Central West Zone is Coolah Valley Campdraft in March. Check out the ABCRA website for more details <http://www.abcra.com.au/> In conclusion, some people succeed because they are destined to, but most people succeed because they are determined to. Dream big for 2015!



# Australian Government Mobile Services Centres



**centrelink**

**medicare**

**child support**



If you live in a rural area, you may be affected by remoteness and may need to travel greater distances to access vital government payments and services. To make it easier for you to access these services, we're bringing them to you and your community.

Mobile Service Centres travel extensively throughout regional Australia and also to disaster affected areas to provide much needed support and assistance.

Staff from the Department of Human Services travel with the Mobile Service Centres and can help you with Centrelink, Medicare, Child Support and Australian Hearing payments and services. From time to time, representatives from other government agencies also travel with the Mobile Service Centres.

## Information and assistance you can access on board the Mobile Service Centres

The Mobile Service Centres provide a wide range of services. We can assist you with:

- new claims for Centrelink payments
- updating and confirming Centrelink and Medicare customer information
- conducting a hearing health check/hearing test
- information on how financial matters may impact on payments
- assistance with payment and service options to suit individual circumstances
- rural payment entitlements for eligible farmers
- non-cash Medicare transactions
- enrolling for and issuing new Medicare cards
- updating and re-issuing Medicare cards
- social work support and referrals.

Our staff will provide you with friendly face-to-face service, information and support. They are specialists in rural and remote servicing and live and work in the communities they serve.

## Mobile Service Centre customers

We provide information, assistance and support to all rural and regional customers, including:

- families
- older Australians
- students
- job seekers
- people with disability
- carers
- farmers
- self-employed individuals.

## How to find out more

To view the latest itineraries for the Australian Government Mobile Service Centres, visit

**[humanservices.gov.au/mobileoffice](http://humanservices.gov.au/mobileoffice)**

The stopping location details for each Mobile Service Centre are promoted in each town and advertised in the media before each visit.

## Disclaimer

This information is intended only as a guide to payments and services. The information is correct as at June 2014. If you use this publication after that date, please check with us that the details are current.



**Australian Government**  
**Department of Human Services**

[humanservices.gov.au](http://humanservices.gov.au)





**Chatting with  
HEAD ON IN  
Proprietor: Amanda Mongan**



**Amanda Mongan is well known to all of us as our local hairdresser in the busy salon of Head On In. This month we decided to find out more about Amanda and her hairdressing business in a small town.**

***SD: Tell me about the building and why you live right next door to your business.***

**AM:** The salon is located in the old Bank of NSW which then became the Westpac Bank building which is 89yrs years old. In 1994 the bank left town and the Grogan's took over and turned it into the First Lady Bushranger & charrill. They did major renovations during that time. It has also been the home to the Reliance Credit Union and a Beauticians. We purchased the buildings and our home in 2002 and we love being 'townies'. Everything is so convenient and I feel so lucky to live where we live. We could have had the option of living out of town on the farm, but life here in the centre of town is so easy. Being a working mum I don't have to drive to work, I can pop across the road to the butchers, I can drop in to work after dinner and clean and it's not a disruption to the girls. Its not an issue living right next door to work, it's a blessing.

***SD: And your history? How did you come to own a business in Eugowra?***

**AM:** I left school in Year 10 and tried to get a job locally, I am a homebody and didn't want to go away from the area. I ended up going back to do Year 11 & 12 at Forbes High went to TAFE and then amazingly enough Rozzy (Norris) came back to Eugowra and opened up the Salon and in 1993 took me on as an apprentice. She took me to Sydney many times for training, courses, Expos introducing me to her city life and friends. I learned a lot about my trade from Rozzy. When Rozzy decided to go back to the city she suggested I purchase the business. I was rejected for a business loan so I borrowed from my Uncle and at the age of 23 I had my own salon.

***SD: You have a successful business with a great reputation.***

**AM:** Well I am a people person and I love talking with them, hearing their stories, even counselling. Other than quality services we provide, Marianne and I keep up to date with current trends and training. We operate the salon in a friendly, welcoming and relaxed atmosphere and I think people like that. We also trade three late nights which is very convenient for people. Marianne also does home visits to the sick and elderly. Marianne and I have worked together for 16 years and I wouldn't change a thing. I am very grateful for her dedication and helping me build the salon to what it is today.

***SD: How do you handle the constant talking and gossip.***

**AM:** We do talk a lot here and gossip sometimes, but in our profession you have to be diplomatic and forget a lot of things quickly which we do. Clients come in very handy for the odd recipe or where to purchase a special item you've been searching for. We have many funny conversations, our favourite Friday morning regulars are always up for a story and a laugh.

***SD: What did you do for relaxation/hobbies before you had children?***

**AM:** I used to have a Honda Shadow, I was a bit of a bikie chick. That came from years of riding dirt bikes on the farm! We had an amazing social life and were a part of lots of sporting teams in Eugowra. Eugowra used to have 7's soccer teams, Indoor cricket at the Showground, Indoor netball at the Youth Centre, Cricket and softball games at The Fatty - East vs West, Volleyball at the Golf Club, touch footy in Forbes. It was great fun and lots of partying! However it is wonderful to have our girls, we sold the bike for a camping trailer, and times have changed.



Scotty is a very hands on Dad, enabling me to carry on with my business and share the parenting load. We are a great team and enjoy every moment with our girls.

**SD: So life is good in Eugowra? Will the town survive?**

**AM:** We are so lucky that we both (Scotty) and I work locally and are here for our girls. We have oodles of family around and we love our work life balance. I work to live, not live to work and my family are so important. I have great flexibility in Marianne and in my business. I call it the simple life and enjoy every moment of it.

Eugowra is a great little town, we have everything we need, schools, supermarket, butcher, café, the Central, the Bowling Club, the pool and now the chemist which is great. Everyone steps in and does their bit which keeps the town surviving. I am grateful to all the hardworking committee people who keep our town vibrant and alive. The Progress Association, Murals, Gardeners, Hospital, Churches, Lions Club, schools and sports clubs - there are so many but we are so lucky to have all these volunteers in our safe and happy town.



*Marianne Skeers and Amanda Mongan  
A great team working in our community.*



## **NOTICE OF PUBLIC EXHIBITION OF PLANNING PROPOSAL**

**Amendment to Cabonne Local Environment  
Plan 2012**

**Planning Proposal (PP\_2014\_CABON\_001\_00)  
Nanima Street, Eugowra currently zoned IN2  
Light Industrial, Lot 164 DP 750159 Dripping  
Rock Road, Eugowra currently zoned RU1 and  
correction of mapping anomaly reference to  
Main Road 61**

The planning proposal intends to amend the Cabonne Local Environmental Plan 2012 to rezone land in Nanima Street, Eugowra currently zoned IN2 Light Industrial to RU5 Primary Production to E1 National Parks and Nature Reserve, and correct a mapping anomaly reference to Main Road 61 from Federations Way to it's gazetted title of Henry Parkes Way.

The planning proposal and associated documentation can be inspected at the Council offices Bank Street, Molong and Main Street, Cudal and the Manildra and Eugowra Post Offices from Friday 13th February to Friday 13th March 2015 between the hours of 9am and 5pm, or available for download off council's website [www.cabonne.nsw.com.au](http://www.cabonne.nsw.com.au).

Submissions in relations to the planning proposal can be made to Cabonne Council until 5pm Monday 16th March, 2015. Written submissions should be addressed to General Manager, PO Box 17, Molong. NSW 2866 or emailed to [council@cabonne.nsw.gov.au](mailto:council@cabonne.nsw.gov.au)

AL Hopkins  
General Manager



## **GOOLOONGONG BRIDGE OPENS**

**\$16 MILLION BRIDGE OPENS THREE**

**MONTHS AHEAD OF SCHEDULE**

A \$16.4 million bridge which will greatly improve an important agricultural freight route into Cabonne Shire has been opened three months ahead of schedule.

NSW Agriculture Minister and Burrinjuck MP Katrina Hodgkinson yesterday (Wednesday 18 February 2015) officially opened the bridge, which spans the Lachlan River at Gooloogong and links Cowra and Cabonne Shires.

Replacing a single-lane timber truss bridge built in 1904, the new concrete bridge was funded as part of the NSW Government's Bridges for the Bush program.

Acting Cabonne Mayor Lachie MacSmith said the bridge would provide a much safer and more efficient route that will increase productivity for one of the state's key agricultural areas.

Sixty-nine people clocked more than 34,000 work hours building the bridge which is 252 metres long and features 36 60-tonne girders.


Almost 400 trees and shrubs were planted as part of the landscaping for the project with 10,000 cubic metres of earth removed from the site and 16,000 tonnes of gravel brought in. More landscaping work is planned.






## CONGRATULATIONS TO PATRICK WELSH ON HIS RECENT 21ST BIRTHDAY CELEBRATIONS

Patrick enjoyed a lively 21st party with family and friends at the family farm; Round Range and is pictured here with his family;  
Sister; Heidi, Mum; Therese, Dad; Kevin and younger sister; Sophie.



**"Galwary" 1004 Amaroo Way Eugowra NSW**  
Phone: 0414 283 027  
[www.creeksidefarmhouse.com.au](http://www.creeksidefarmhouse.com.au)



***Accommodation***

For up to 8 people in a self contained, historic farmhouse.  
Located 10 minutes from the town of Eugowra it is central in its location for visiting all the central west has to offer.  
Well behaved pets welcome.



Eugowra Pony Club held its sign up day on Sunday 1st February. We had a wonderful turn out with 15+ members signing up for this year. Welcome to all our new members, we look forward to sharing the year with you and having a lot of fun.

Next rally day is to be held on:

**Sunday 1st March from 10am.**

Contact Heidi Holland 68595226

## DID YOU KNOW?

The Federal Government has set up a

**"DO NOT CALL REGISTER"**

that prevents telemarketers from calling you. You can ask to be added to the register online at [www.donotcall.gov.au](http://www.donotcall.gov.au) or by calling :

**1300 792 958.**

(Legal Aid NSW)



## A LONELY LITTLE HOUSE

On my travels I like to photograph abandoned and old houses. I like to research the history of houses. Some have an interesting, happy house, some are very sad and seem to be waiting for someone to return and live there again.

When I visit my sister there is a very sad and Lonely Little House. It seems to want me to visit it. Just to sit with it for a while. I fell drawn to this sad house as it falls into disrepair. Tin blown from its roof, rotting floorboards, overgrown grass and plants.

On my last visit to my sister, I made a little man to sit on the porch and keep the house company as I have become ill and will not be able to travel for some time. The Little House did not look so lonely and the Man looked right at home there.

My sister has told me that someone has taken the Man and now the house is alone again. I do hope that the Man returns as he will only bring whoever took him BAD LUCK for he is the keeper of the Lonely Little House. I hope to see him back on the porch when I am well enough to travel again.



### Thumbs Down!

To those who feel they have a right to take other peoples property.



*Ken Woodford, Sandra Morphorpe and Sue Riley enjoying each others company at the Units.*

## Eugowra Self Care Units

The Self Care Units had a busy year in 2014. Two of our long-time residents moved to the MPS. Coral Greenhalgh, who has been a resident since the units were first built, and Jane Harmston will both be missed and we wish them a happy time at the MPS.

The two units have new occupants, Heather Currey and Ken Woodford who have fitted into the unit community very quickly. Both units were painted and had new carpet laid. All the units had panel glide blinds fitted in the laundries and new blinds fitted along the front verandah.

Our long time gardener and lawn mower Tom Riley retired and I would like to acknowledge his contribution over the years. The lawns always looked good and the shrubs and gardens were neat and tidy.

We were saddened this year by the passing of Helen Hoswell. Helen had been a long time committee member and made a significant contribution to the running of the units during her time as secretary. We convey our sincere sympathy to her family.

I would like to thank the committee for their continued support, in particular Nicole Brindle (sec), Margaret Tildsley (treas) and David Hyde who is working towards the completion of our business plan. I would particularly like to thank Andrew Dent for all he does for the residents. He often gets called at short notice for urgent repairs and the time he spends at the units is most appreciated, by the residents and the committee.

**If any local residents are perhaps considering the Self Care Units as a place of residence in the years ahead, it would be a good idea to contact the writer or any committee member so your name can be placed on the waiting list. There is absolutely no obligation and all information will be treated with the utmost confidence.**

The Units are centrally located and are constantly being upgraded and modernised.

Hugh Ellis (President) 68592926



# Community Gardeners Update



## Eugowra Community Gardeners

Hello again everyone. Just a short thank you to all those volunteers who have so generously given up what time they have available to maintain our community gardens during 2014 and into 2015. It really is lovely to have a catch up over our mid-morning coffee, while at the same time watching the gardens prosper.

Over the Christmas period we successfully ran 2 x 100 clubs and a raffle with 4 prizes and were very gratified to see how the community got behind us so that we may implement the first stage of an automatic watering system for Pioneer /Apex Park and provide a few more picnic tables on both sides of the bridge. Keeping everything alive and flourishing over the hot summer months has been our greatest difficulty.

For those of you who may be interested, we still meet where possible on the first Sundays of the Month at Pioneer/Apex Park from roughly 8:00am to 12:00 noon, or for whatever time you have available. If you haven't gardened with us before, and would like further details, my email address is [alison.burges@yahoo.com.au](mailto:alison.burges@yahoo.com.au) or Ph: 6859 5231. I send out reminders to volunteers in the week prior so if you would like to be included on the email list then just let me know.

Hope you all had a wonderful Christmas, may 2015 be a good year for you and thank you all once again for your support, in one form or another, throughout the past year!

Ali Burgess

## Sunnyside Gravel Supplies



**QUARRY DA 95/144**

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

CONTACT: ALAN & MARIE NOBLE (02) 68592266

# Talk Town

*Barb Roach*

## REZONING OF NANIMA STREET

The proposed Cabonne back flip / rezoning of the southern end of Nanima St back to “village” status will offer Eugowra and the existing landholders the following benefits:

1. Repair of value lost when eight homes and land were zoned light industrial
2. The ability to establish home-based businesses (with Council and neighbour approval)
3. The opportunity to subdivide and or sell vacant land to people who wish to build a new home in Eugowra.
4. The right of existing industries to continue operating.

Residential & industrial landowners affected by the rezoning include:- (see over page)

### **The rezoning should occur by October 2015.**

This “village” zoning is specifically designed to allow industry to exist in close quarters with family homes so that home-grown small businesses have a chance to start up, grow and flourish in villages such as ours.

HOWEVER... in the interests of being good neighbours, and to help our village progress, current and future industries in Eugowra located near people's homes must consider the needs of their neighbours, and not conduct persistently loud activities when people are trying to sleep at night or early in the morning. Industry that creates dust through its processes, or via vehicles frequently rushing along dirt roads or lanes beside people's homes, should be aware of the irritation this causes to nearby residents and take steps to reduce or eliminate the dust whenever possible (seal roads, slow down, plant trees, use better machinery)

In the long term, Council should also rezone the land opposite the former Nut Farm, to cater for larger industry unsuited to the village environment.

***Council is asking for your opinion on this rezoning matter.***

Written submissions in favour or against should be addressed to General Manager, PO Box 17, Molong NSW 2866 or emailed to [council@cabonne.nsw.gov.au](mailto:council@cabonne.nsw.gov.au)

The proposal document can be downloaded from Council's website, or read on line at:

<http://www.cabonne.nsw.gov.au/council/public-notice-cabonne/211-default/news/1165809-public-exhibition-planning-proposal>

***DEADLINE for submissions is 5pm Monday, 16 March 2015.***

## EASTERN EUGOWRA INUNDATED BY RED TAPE.

Having recently purchased a property in eastern Eugowra we were stunned to receive an insurance quote for almost \$19,000 per year from GIO. This was for building-only insurance including flood cover. Some insurance companies refused to quote because of the “extreme risk”. We had no idea that village life could be so dangerous!

Completing the Puzzle Flat Creek levee is supposed to fix this problem. Council has prioritised it, but doesn't have the money. As the NSW Government elections are coming up in March, it may be prudent for all of us to lobby the Politicians.

## COUNCIL MERGER?

Cabonne Council claims it has met 5 of the 7 “Fit for the Future” indicators set down by the NSW Government. The latest word is that Cabonne is sticking to its guns and plans to remain as Cabonne, and that includes Eugowra and Yeoval. Cabonne says it will be holding community meetings over the next month or so, to find out what Eugowra citizens think of this proposal. Should be interesting!

## THE VICISSITUDES OF VILLAGE LIFE!

Every week there appears yet another ruction or disagreement in some local organisation or another, and too often the blame is placed on one person or another, including the newcomer. I have been told there are two ways of doing things in Eugowra, the wrong way or the Eugowra way.

So what is the Eugowra way?

- Is it that ***only born & bred locals know what's best for Eugowra and have the right to speak and have the last say?***

Is it that ***newcomers with contrary opinions, who ask questions, are just troublemakers?***

If so, what can newcomers possibly offer Eugowra and its voluntary organisations other than:-

1. Supplying children to keep the schools & churches well stocked, and the shops open.
2. Supplying compliant labour for the Museum, Show



Committee, Swimming Pool, Craft Shop, Football Club, Pony Club, CWA, Murals Committee, Progress Association etc...

3. Supplying something defenceless to poke fun at, vilify and gossip about ...

In a small town I understand it's all about sticking together. It's about looking after and backing up family and friends, and friends of family and their friends. (This can add up to quite a large intimidating gang of local supporters and backers!)

But even born & bred locals in business in Eugowra have learned that to become involved in community committees and have **a disagreement with another local** can be perilous. They know that falling out with just one local can mean a falling out with half the town, which can spell the end of their business!

So in this climate, how can a local or a newcomer, with questions, new ideas and experiences in many areas of life, (and without the benefit of a local gang of supporters), be listened to and enabled to contribute meaningfully to the Eugowra community?

***I believe that what most people want, locals and newcomers alike, is to be given a fair go – to be able to offer an opinion, to have their opinion listened to, challenged fairly and considered reasonably.***

**And it's a great recipe for committee and community harmony!**

"Judge a man by his questions rather than by his answers." [Voltaire](#)

"Whenever you find yourself on the side of the majority, it is time to pause and reflect." [Mark Twain](#)

"The best index to a person's character is how he treats people who can't do him any good, and how he treats people who can't fight back." [Abigail Van Buren](#)

"Any fool can know. The point is to understand." [Albert Einstein](#)

## EUGOWRA MUSEUM

OPEN 11AM - 4PM WEDNESDAY- SUNDAY

Contact Elaine 68592820 or Judy 68592218 for when unattended.

Landowner	Lot description	Existing land use	Area
Canowindra Produce P/L	Lot 1 DP 819710	silo	1.014ha
State Rail c/- John Holland Group	Cowra/Eugowra Railway	Disused railway corridor	3.3ha
Ingesole & Long	Lot 2 DP 333426	vacant	1.012ha
Ingesole & Long	Lot 1 DP 333426	House and land	5,381m <sup>2</sup>
Donaldson	Lot 124 DP 750182	vacant	2.109ha
Eugowra Produce Milling Co (Forbes) P/L	Lot 161 & 164 DP 750182, Lot 1 DP 726959 & Lot 1 DP 653136	Produce storage shed	1.55ha
Rue	Lot 163 DP 750182 Nanima Street	vacant	4,982m <sup>2</sup>
Rue	Lot 162 DP 750182 Nanima St	House and land	4,805.7m <sup>2</sup>
Morris	Lot 160 DP 750182 Nanima St	Granite factory	4,262m <sup>2</sup>
Hay P/L	Lot 1 DP 544925 Nanima St	vacant	1,891m <sup>2</sup>
Hay P/L	Lot 9 DP 573326	House & saw mill	8,022m <sup>2</sup>
Hay P/L	Lot 10 DP 573326	Saw mill	1.229ha
Hay P/L	Lot 10 DP 612646	vacant	3,300m <sup>2</sup>
Hay P/L	Lot 155 DP 750182	vacant	5,514m <sup>2</sup>
Hay P/L	Lot 7 DP 573326	vacant	4,649m <sup>2</sup>
Hay & Hay	Lot 6 DP 573326	House	1,800m <sup>2</sup>
Landowner	Lot description	Existing land use	Area
Dixon & Dixon	Lot 5 DP 573326	vacant	822m <sup>2</sup>
Dixon & Dixon	Lots 2 & 3 DP 16986 Nanima St	house	980m <sup>2</sup> 1,094m <sup>2</sup>
Dixon & Dixon	Lot 1 DP 16986	vacant	1,220m <sup>2</sup>
Stanley & Bray	Lot 158 DP 750182	House and land	5,134m <sup>2</sup>
Hoswell	Lot 157 DP 750182	House and land	5,160m <sup>2</sup>
Dent	Lot 11 DP 612646	House and land	2,490m <sup>2</sup>

# A LITTLE BIT OF HISTORY



Elaine Cheney

Snippets from local papers 100 years ago.

*Some of these reports could add to the files of Bruce Noble and his group and the well publicised continuing saga of the Puzzle Flat Creek water channels. Are we seeing those long awaited banks in our lifetimes?*

*When Eugowra really thrived as a township the eastern end was always known as Newtown. But, because of the flat land on which the homes were built, and through which drained waters off the hills along the Canowindra Road, it was often in the news. The name Puzzle Flat Creek was never mentioned. With building regulations and insurance company hassles today, the matter of water containment is paramount. (Elaine C)*

Thursday 27 November 1924 *Western Champion Post Parkes*

On Thursday a terrific thunder-storm passed over the town, 130 points of rain falling in half an hour. A huge flood came down the Canowindra Road, doing a lot of damage to the road. Newtown felt the full force of the flood, most of the houses being flooded out. The water was up to the floors and totally surrounded the houses in most cases. The viaduct in the railway yard, built to carry any excess water, failed to do its duty, with the result that the yards were badly flooded, and some of the wheat stacking sites were almost covered. Fortunately none of the wheat has been carted in.

Saturday 3 April 1926 *Molong Express and Western Districts Advertiser.*

Splendid rain has fallen during the last nine days, totalling 770 points. The rain fell constant, but during the last few days several storms occurred, doing a great amount of damage. Roads have been terribly washed about. The worst washout occurred on the Parkes Road, where a gutter 12 feet wide by 5 feet deep was washed across the road. One car drove into it and was completely covered by flood waters, the hood was swept away, and the car covered with mud. The Canowindra Road was also very badly scoured and for a couple of days was nearly impassable. The creek here was a banker, and was within two feet of going over. A huge flood came down the Canowindra Road, and banked up against the railway line. The railway yard and a good portion of Newtown was a sea of water. Wheat stacks at the railway station suffered severely,

the bottom bags being under water. The railway line in the yard was washed away in several places.

Saturday 3rd March 1928 *Molong Express and Western Districts Advertiser.*

On Friday afternoon of last week there was a cloudburst on the eastern end of the town, about three miles out. Curiously there was bright sunshine in the town and no one would believe there was a flood coming. However, it was not long before a wall of water could be seen coming down the Canowindra Road and over part of the showground. A fair number of houses in Newtown were surrounded by water a few inches deep, but it passed away as quick as it came.

Saturday 10 November 1928 *Molong Express and Western Districts Advertiser.*

Weather conditions here at present are very nice, Saturday was the hottest day of the year, registering 96 degrees. At 9.30pm on Saturday night a terrific windstorm hit the town. Fortunately it missed the main part of town, and confined its damage to the eastern end of Newtown, where it played havoc. Sheds and houses were unroofed, and every tree in its way was either blown away or snapped off. Steady rain then set in and 57 points were registered.

Friday 2 February 1934 *Champion Post Parkes.*

Eugowra Suffers Enormous Damage. Torrential rain fell through the district on Tuesday afternoon, 4½ inches registered in Eugowra falling in 2½ hours. The huge watershed up the Canowindra Road was simply deluged and a roaring mass of water poured out of the hills and down Traves Valley taking everything in front of it. Newtown was a swirling torrent of water, nearly every house flooded. At the railway, rescue parties were waist deep in water. The railway line on the Gooloogong side was washed away in several places, one big culvert disappearing. The mail train from Eugowra had to return, and passengers had to spend the night at the railway station, where they were marooned from town. Many thousands of pounds damage has been done to roads, culverts and fencing. Passengers are being transhipped

at the washaway. The causeway at the police station was severely damaged.

Saturday 10 April 1934 *Molong Express and Western Districts Advertiser.*

Beautiful weather at present with nice warm days and cool nights. Following last week's floods residents are now able to take stock of damage done to roads and fences. Unless the waters from the Canowindra watershed are diverted into their proper channel, eastern Eugowra will always be subject to flooding if heavy rain falls in that area. The culvert at the police station is now a bigger menace than ever, as it backs the water all over Newtown and houses which were never near the flood level before were surrounded by a foot of water. Every yard is covered with several inches of silt and the slightest shower now makes them a quagmire. The sooner there is a strong progress association formed here, or a vigilance committee to protect the town interests, the better it will be for the town.



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# Eugowra Health Report

EUGOWRA MULTI-PURPOSE HEALTH SERVICE

Nicole Brindle

## What exactly is this test and what will it tell me?

Often as patients we are told to have a scan or investigation to find out what is going on with our body. Sometimes it can be confusing to know what scan you should have done and is it the right scan for the problem that is being investigated.

**X-ray** Is a two dimensional image primarily of bone /dense tissues. Mainly used for diagnosis of broken bones, dislocations, bone or joint condition, chest conditions and finding foreign objects.

A tiny amount of ionising radiation is passed through the body. In the past, this went onto a sheet of special film. Nowadays x-ray examinations are more likely to use a device that will capture transmitted x-rays to create an electronic image. The calcium in bones or density of tissues/metal blocks the passage of radiation, so healthy bones show up as white or grey. On the other hand, radiation passes easily through air spaces, so healthy lungs appear black.

X-ray remains the first line of investigation for most conditions, it is relatively cheap, gives immediate results and only a small amount of radiation exposure. It is not useful for information about muscles or ligaments.



**C-T (CAT) Scans** - CT stands for computed or computerized tomography. This is essentially a series of X-rays in "slices" through the body, which are then analysed by a computer, and an image constructed from the data that looks 3 dimensional. It can show the precise location of a bone, ligament, muscle or tumour.

Some of the common uses of the CT scan include:

- Assessment of a body part's structure or shape
- Diagnosis of disease, particularly cancer

- Diagnosis of trauma or injury
- Diagnosis of vascular disease
- Aid to planning particular surgeries
- Aid to planning radiotherapy
- Visual aid to radiotherapy administration
- Visual aid to certain interventional procedures (going inside the body) such as biopsy or needle aspiration
- Measurement of bone strength
- Alternative to some types of exploratory or diagnostic surgery.

### **MRI (Magnetic Resonance Imaging) Scans** -

MRI scans use magnets rather than X-rays to produce the image. The strength of the magnetic field causes the atoms of the body to respond, and the emissions are detected by the scanner, which are analysed, and a 3D image is produced. In many tissues, the image and detail are clearer with an MRI than a CT scan.

The MRI scan is used to investigate or diagnose conditions that affect soft tissue, such as:

- Tumours, including cancer
- Soft tissue injuries such as damaged ligaments or torn muscles
- Joint injury or disease
- Spinal injury or disease
- Injury or disease of internal organs including the brain, heart and digestive organs.

The MRI scan provides clear and detailed images of soft tissue. However, it can't 'visualise' bone very well, since bone tissue doesn't contain much water. That is why bone injury or disease is usually investigated with regular x-ray examinations rather than MRI scanning.

considerations prior to the MRI scan may include:

**Metal** – some metal objects can be affected by the magnetic field of the MRI scan. If there is any chance you have metal bits in your eye you must be x-rayed to clear you before having the scan.

**Claustrophobia** – Some patients find the confined space within the MRI scan unsettling. The doctor may offer you medication to help you relax during the procedure.



### **PET (Positron Emission Tomography) Scans**

- This technology uses radioactive positrons (positively charged particles) to detect differences in metabolic and chemical activity in the body. An area with increased activity will show on a coloured image. This is a distinct difference from other kinds of imaging - whereas CT and MRI scans look at structures in the body, a PET scan looks at function. Since cancer cells tend to divide more rapidly than other cells, they will generally show as having more metabolic activity. PETs can pick up very small areas of activity - much smaller than either of the above methods. They are also very good at differentiating scar tissue, which has very little metabolic activity.

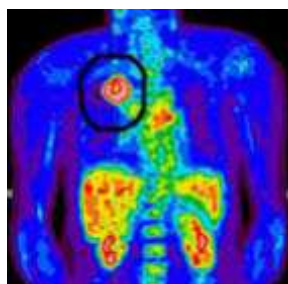
PET scans can detect cancer in its early stages, help to monitor cancer treatment and check if the cancer is coming back. They are also used to assess and monitor neurological (brain) diseases and cardiovascular (heart-related) disease.

The PET scanner has a ring of detectors that surround the person. It looks similar to a CT scanner.

A PET scan involves the painless injection of a small amount of a 'positron-emitting' radioactive material (called a radiopharmaceutical). Images of the body are then taken using a PET scanner. The camera detects emissions coming from the injected radiopharmaceutical, and the computer attached to the camera creates two and three-dimensional images of the area being examined.

Areas where the injected radiopharmaceutical gathers (for example, fast-growing cancer cells) appear 'brighter' than normal tissues on the images.

Almost all PET scanners today are combined with a CT scanner so that the PET images can be combined or fused with the CT images. This allows the nuclear medicine specialist to combine the structural information from the CT scan with the PET's functional information and improve the accuracy of the test. In these scanners, the person passes through both scanners on the one bed and in the same position.



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 Email: [hugh.ellis@bigpond.com](mailto:hugh.ellis@bigpond.com)

## THANK YOU FROM THE MPS RESIDENTS

The residents of the MPS would like to say a big THANK YOU to Peter and Sean for their great day being shown around Moxey Dairy.

THANK YOU to "Jacko" Barnes for the donation of DVD's about the history of rugby league in Eugowra – "And everyone's a star". Residents are enjoying watching these. It's enriching their days.

THANK YOU David Hyde for the continued support of the residents craft activities by building and supplying wooden Christmas trees and Easter Bilby's.

The residents are about to start making laundry bags to send to Aussie Soldiers serving overseas. Any leftover fabric or craft items would be greatly appreciated by the residents.



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### TOWN BLOCK

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16m X 8m shed – part concrete floor.

Shed is wired for 3 phase power.

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22 EVELYN STREET EUGOWRA



**NEW LISTING \$235,000**

Elevated split level home boasting great rural views from front deck.

4 generous bedrooms plus office with built ins.

New flooring in kitchen, dining and lounge area.

Family bathroom plus ensuite off main bedroom.

Lock up garage plus lots of storage area under house.

Evap A/c, wood heater, ceiling fans, sprinkler system, gardens sheds, chook pen, dog run, rainwater tank.

Shed/workshop with concrete floor and power and side access to yard.



**161 MARARA STREET EUGOWRA**

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3 bedroom home, built ins, open plan kitchen/dining / lounge. Enclosed front and rear verandahs.

Fully self contained granny flat with a generous bedroom and open plan kitchen/living/dining with evap a/c and gas heating.

7 panel solar system ensures power costs will stay to a minimum.

Other features – 6x9 shed converted into 2 bedrooms, kitchen, living and toilet, double garage, 2 x workshops, 2 car carport, greenhouse, 2 x garden sheds, birdcage and chook yard. Situated on a half acre block, town water, bore and 5 x rainwater tanks.



**42 PYE STREET EUGOWRA**

**NEAT & TIDY \$150,000**

Neat and tidy 3 bedroom home on a huge 3457 sqm. block.

Open plan living, dining and kitchen.

Split system A/c and electric heater.

Lots of storage throughout home . Large brick carport.



**35 NANIMA STREET EUGOWRA**