

Eugowra NEWS

FEBRUARY 2016

VOL.31

A Lions Club project for the community we serve

A NEW SCHOOL YEAR



KINDERGARTEN 2016

St Joseph's Primary and Eugowra Public School have started the year and have welcomed their Kindergarten children to school.

At St Joseph's, Isla Combe and Caden Wykamp have settled into their classroom and are enjoying the activities in the class room and outside playing.

At Eugowra Public School, Kindergarten class consists of Ava Rosser, Indi Edna Barnes, Bayden Jackson and Adam Valentine. They are enjoying school and learning with their teacher; Miss Sonia Dalla Vecchia



from the editor

Greetings to you all. Hope you are coping with the hot dry weather; we will all be looking forward to some rain very soon to cool things off and fill the dams and creeks.



Great to see the fresh faces of the children back at school for the start of a new year. Congratulations on our Kindergarten children settling into the school routine so well and obviously enjoying their first step in formal education. (School seems to be a lot more fun than when I was a kid!)

Whilst we are missing the Lady Bushranger and a cuppa coffee/cake, its good to see a couple of new businesses starting up; Patrick Welsh & Ben Mulley's Eugowra Hydraulics & Mechanics and new resident Kim Storey runs a photography business. I can also hear a cappuccino machine warming up.

Thank you to the Bowling Club for hosting a business house night to welcome them all and promote growth in Eugowra. Virginia and I hope to continue the Interviews in About Town for the next issues.

If anyone knows of and or is a new resident to Eugowra, please contact me so I can include a welcome and a little bit of information about you.

Until it cools down a bit; Cheers Sarah

Contributors this Month

Janet Noble - CWA

Judy Smith - VIEW

Sarah de Lange - SJS

Kylie Reeves - EPS

Alicia D'Ombra - EPC

Claire Duff - ECCC

Anne Heath - Seasonal Kitchen

Elaine Cheney - A little bit of History

Nicole Brindle / Ann Stenhouse MPS

Sr Helen Sullivan

Next Issue Deadline:

Friday 24th March

**The News will be available
on:**

Friday 1st April

Advertising and Editorial Material To

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Phone 68595253 ah

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

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

**Please note: Views expressed by
contributors are not the responsibility of**



**Eugowra Lions Club INC. or the
Editor**



St Joseph's Primary School EUGOWRA

PARENTS AND FRIENDS

STREET STALL



**THURSDAY
24th April**
*Outside the old post office
9.00am to 12.00pm*

Cakes	Monster Easter Egg
100 Club	Raffle
Craft Items	Slices
Plants	Books
& LOTS MORE!	

EUGOWRA'S SHOW GIRL~ MADELYNN WOODBIDGE

Congratulations to Eugowra resident; Maddy Woodbridge on her entry to the Eugowra Showgirl in 2015 and proudly representing her town at the Miss Showgirl Zone 6 Judging on Saturday 20th February at the Parkes Leagues Club.

Maddy has completed her HSC along with a Beauty Certificate II at Forbes TAFE. She has also completed a course in hoof care/trimming. Maddy enjoys motorbike riding, 4 x 4 driving, retail therapy and socialising as she is involved in the Eugowra Show and the Canola Cup. Maddy works at Moxey's Dairy and 'if she had a million dollars' would spend it at the MPS for guaranteed future health services for the community'.

Present for the evening to support Maddy was her mother; Tracey, Janet Moxey ~ Showgirl Steward, Rosemary & Peter Philipzen, Jill Smith, David, Cindy & Lydia, Rosemary & Kevin Townsend.

Well done Maddy, what a wonderful experience for you and thank you for representing Eugowra.

Dubbo, Young and Grenfell Showgirls were the winners on the night and will go on to represent their community at the Royal Easter Show in a few weeks.

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WHAT'S ON THIS MONTH

MARCH 2016

Dr Vicki Wymer 68 592 220 Eugowra

63645901 Manildra

Mon


Tue

Wed

Thu

Fri

Sat/Sun

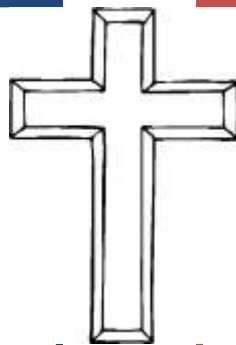
	1 Manildra 9-1pm	2 Eugowra 9-11am	3 Eugowra 9-4pm	4 Manildra 9-1pm	5/6
7 Eugowra 9-5pm	8 Manildra 9-1pm	9 Closed	10 Eugowra 9-4pm	11 Manildra 9-1pm	12/13
14 Eugowra 9-5pm	15 Manildra 9-1pm	16 Eugowra 9-11am	17 Eugowra 9-4pm	18 Manildra 9-1pm	19/20
21 Eugowra 9-5pm	22 Manildra 9-1pm	23 Closed	24 Eugowra 9-4pm Street Stall	25 Good Friday	26/27  Easter
28 Easter	29 Manildra 9-1pm	30 Eugowra 9-11am	31 Eugowra 9-4pm	1 APRIL Manildra 9-1pm	

St Mathews Anglican

1st, 2nd, 4th Sunday 4.00pm, 3rd Sunday 8.00am,
5th Sundays share with Uniting Church at 2.30pm
Rev. Jono Williams 63 441643
Other times: Local Lay Preacher Elaine Cheney
68 592820

GOOD FRIAY 8AM

EASTER EVE 5PM



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

GOOD FRIDAY

Stations of the Cross Liturgy 3.00pm

HOLY SATURDAY MASS 6.00PM

Eugowra Easter Services

Sunnyside Gravel Supplies



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- **ONE TONNE LOAD DELIVERED IN TOWN AREA**
 - **ANY QUANTITY CAN BE ARRANGED**
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 - **CONCRETE MIX 50/50 SAND BLUEMETAL MIX**
 - **STRAW FOR MULCH, BEDDING E.T.C.**

CONTACT: ALAN & MARIE NOBLE (02) 68592266

CABONNE HOME & COMMUNITY CARE

Is funded to help support people who are frail aged or younger people with disabilities, who are assessed as needing help with tasks of everyday living.

For more information contact
Cabonne Home & Community
Care Service

6344 1199

Or



1300 369 738



** **FOOD SERVICES** offer a range of food-related options

** **NEIGHBOUR AID** offers a variety of assistance options

EUGOWRA / ORANGE COMMUNITY BUS SERVICE



NEXT BUS:

Thursday 24th March

Friday 22nd April

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

COST

ADULT: \$6.60

SCHOOL AGE CHILDREN: \$2.20

PRESCHOOL AGE CHILDREN: FREE

(PRICES INCLUDE GST)

FOR MORE INFORMATION OR BOOKINGS CALL:

DEIDRE SLAVEN **6859 2414** OR

MARGOT BROWN **6392 3233**



Claire Duff

News from Eugowra Community Children's Centre

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

We have 4 new children this year, Maxy Mulley, Harry Rosser, Burke Smith and Jacob Turner.

The children have been very busy the last few weeks with a number of special visitors including lots of puppies, a baby lamb that the children helped to give a bottle and we now have 2 pet hermit crabs at the preschool. The children love it!! The year has started out to be very busy and the children are thoroughly enjoying themselves!

Farewell Note ~ Long term preschool employee Kathy Agustin has resigned from her position as Preschool Director to pursue a new career in Bathurst. Kathy has worked for the preschool since 1988. We would like to wish Kathy every success and happiness in Bathurst. The preschool and children of Eugowra will always remember her.



Your NEW Waste Collection Service is nearly here!

Cabonne Council's new Waste Collection Service is almost here!

From the **18th of February** through to the **26th of February**, residents in Cabonne will be delivered a new 240 litre recycling bin for household recyclables and a new 240 litre garbage bin for household waste.

Your Waste Collection Services will not change.

Your **recycling bin** will be serviced **FORTNIGHTLY** on the same day of the week as your garbage bin.

Your **garbage bin** will be serviced every **WEEK**, as normal.

The new collection service starts on the week of the **4th of April 2016**.

Please **DO NOT** put your new bin out for collection prior to the week of the 4th of April 2016.

INFORMATION PACKS are being delivered with your new bin. Please refer to this pack for more details about how and when to use this service.



www.cabonne.nsw.gov.au





Located at:
45 Broad Street
Eugowra NSW 2806
Ph 6859 2718
Fax 68592716
Email: rtc@nexon.com.au

Licenced Post Office Agency

Reliance Credit Union Agency

Centrelink & Medicare Access Point

Australian Taxation Department Information Available

NSW Trains Bookings & Tickets

Office Services Price List

Photocopying.....	0.25c per page (Discounts available for bulk)
Facsimile.....	send \$2.50 Receive 50c per page min \$2.50
Binding.....	1-50 pages \$4.40 50- 100 pages \$6.60 over 100 pages \$8.80
Laminating.....	A4 \$3.30 per page
Secretarial Services.....	\$30.00 per hour
Assisted Internet Use	\$30.00 per hour
Office Hire.....	\$35.00 per day

Coin Counting

Coin must be bagged in plastic bags

Reliance Credit Union members free to deposit to account or \$2.00 per \$100 (or part thereof)

Non Reliance Credit Union Members \$5.00 per \$100 (or part thereof)

(NB: All prices include GST)



RURAL TRANSACTION CENTRE



EUGOWRA PONY CLUB



Hello readers.

We had a great sign on day last month, with some fresh new faces joining up, as well as a lot of our regulars faces coming along again!

Our first rally day consisted of some Certificate preparation, which included tack knowledge, learning about parts of our horses and how to identify the different types of breeds of horses, as well as doing some soft lateral exercises on our ponies. We were also treated to a sausage sandwich.

This year we look forward to continuing on with our 'Rider profiles' which gives you the opportunity to get to know our riders, as well as updating you throughout the year as our riders attend rally days, shows and gymkhanas.

We hope you love seeing our little ones ride as much as we do!



Ella Rosser, Olivia Holland,
Brooke Stibbard, Sienna
Ardis, Sienna Carver,
Chelsea Colvin, Isla Combe
Ava Rosser, Pippa Combe.

Upcoming Events at YOUR Club



EUGOWRA
Community Bowls & Recreation Club
It's Your Club...

- AIR CONDITIONED COMFORT
- 6 BEERS ON TAP
- AVAILABLE for PRIVATE FUNCTIONS, Birthdays Parties, Work Functions, Anniversaries & Weddings
- FRIDAY NIGHT MEAT RAFFLES - 7.30PM
- EVERY SATURDAY SOCIAL BOWLS (Bowls Available - Families Welcome)
- PLAY SOCIAL BOWLS

CHINESE RESTAURANT
ph. 6859 2315

RESTAURANT HOURS
Wednesday - 5pm to close
Thursday - 5pm to close
Fridays - 5pm to close
Saturdays - 12pm to close
Sundays - 12pm to close

CLUB TINDERRA HOURS
Wednesday - 5pm to close
Thursday - 5pm to close
Fridays - 5pm to close
Saturdays - 12pm to close
Sundays - 12pm to close

Hill Street, Eugowra NSW - (02) 6859 2315
SUPPORT | ENJOY | RELAX
These members & visitors are always welcome!



Ladies Cocktail Party
5th March 2016

Venue: Eugowra Community Bowls & Recreation Club
Time: 3pm onwards
Dress: Dressy casual
Cost: \$30 per ticket

Tickets can be purchased from the Club, the Supermarket or Head On In - please purchase your tickets by **Sun Monday 29th February** as this is your RSVP to attend.

There will be fabulous raffle prizes, presentation by Kylie Spice (Mary Kay cosmetics), Claire Bray will be demonstrating her herbs & spices, Tim Cheney will be concocting delicious cocktails and finger food will be provided.

All money raised will go towards the purchase of new seating and tables for the Club veranda.

We'd love you to join us for a relaxing, fun-filled afternoon. Have your partner collect you and stay for dinner at Kerry's - you shouldn't have to cook!

MARCH

- Sat 5th Ladies Cocktail Party 3pm onwards
- Sun 13th Bowling Pennants start
- Fri 18th Easter Raffle & Easter Egg Hunt for kids.
Members Draw & Barrel ~ BIG NIGHT!
- Sun 20th Pennants Game ~ Eugowra vs Woodstock
(Away game)

APRIL

- Sun 3rd Bowling Pennants ~ Eugowra vs Cowra (Away Game)
- Sun 10th Bowling Pennants ~ Eugowra vs Grenfell (Away Game)
- Sun 17th Bowling Pennants ~ Eugowra vs Woodstock
(Home game)
- Mon 25th ANZAC DAY~ Club will be open after ANZAC service at the Cenotaph in Memorial Park.
Restaurant will be open for meals.
- Fri 29th Market Night Raffle ~ Members Draw & Barrel Draw

MAY

- Sun 1st Bowling Pennants ~ Eugowra vs Cowra
(Home game)
- Fri 6th Mothers Day Market Night Raffle
- Fri 27th Market Night Raffle, Members Draw & Barrel Draw

JUNE

- Fri 24th Market Night Raffle, Members Draw & Barrel Draw
- Sat 25th Local Business EOFY Party (To be an annual item)

JULY

- Sun 17th ANNUAL GENERAL MEETING
- Fri 29th Market Night Raffle, Members Draw & Barrel Draw



Janet Noble

COUNTRY WOMEN'S ASSOCIATION OF NSW

EUGOWRA BRANCH

The next meeting of Eugowra CWA will be an evening meeting on **Thursday 10th March at the rooms at 6.30pm**; we will have coffee afterwards. All are welcome, no guest speaker, just a chat & coffee.

The guest speaker at our meeting on 12th February was Romy Taylor who told us about going to work for Tom Quilty when she was nineteen. She spoke of how she spent her 21st birthday with Tom Quilty sitting on the edge of a creek toasting her birthday with rum drunk from a tobacco tin and many more spicy stories of outback life.

During the April meeting Friday 8th, we will be visiting Ellie Hetherington's Nursery and meeting at Margaret Lewis's and then "Bellies" for lunch.

CWA COUNTRY OF STUDY - schools please note Mongolia is this year's country.

COMING UP

On **Wednesday 2nd March** we are catering for LLS providing afternoon tea. Slices & sandwiches are needed.

Group Handicraft is to be held in Orange from **Monday February 29th to March 4th**. Wendy Drady (Craft Officer) requires handicraft for this, contact her ASAP. We also need photos, tea towels of birds for display.

Friday March 4th is Land Cookery in Orange.

27th April to 1st May Mural week-end. The CWA will be providing morning and afternoon tea from the "Welcome to Eugowra" shed.

The **State Conference is at Cowra in May**, delegates names are to be at Head Office as soon as possible.

31st May schools Public Speaking Competition at Bathurst, volunteers are needed.

The Group International Day CWA rooms Canowindra **Thursday 30th June**.

Janet Noble & Shirley Heinzl gave out "Books for Babies" to Michaela Herbert & Kylie Parker, a CWA project to encourage parents to read to their children.

Janet said she had been asked by Boom Boom to say she is expecting a visit from Patricia Thompson who is working with the Syrian refugees and in need of more funds to continue her work over there, she hopes to speak in Eugowra in the near future.

Gail Hayden, CWA Orange Branch has been awarded Woman of the Year for Orange. Gail had been a frequent visitor to our Eugowra Branch, judging at many of our International Days. The award was presented by Ms Goward, Minister for Women, who said Mrs Hayden's nomination recognises her outstanding contribution through many years of hard work, dedication and leadership through the Country Women's Association.

"It's the hard and often thankless work of women like Gail that make not only our communities great places to live, but embodies the Australian spirit of giving back," Ms Goward said. Mrs Hayden has been a member for the Country Women's Association for 54 years, and is currently the Vice President of the Central West Group and is accredited 'The Land' Cookery Judge.

Mr Gee said he was delighted to name Mrs Hayden the 2016 Orange Local Woman of the Year. "It is truly a privilege to be able to acknowledge Gail's great work in our community. She has been an unwavering supporter of country people and issues affecting them," Mr Gee said.



Michaela Herbert with baby daughter; Sylah Maree Beedon and her CWA Book; Sleeping Beauty.

Kylie Parker with son William Robert and daughters; Georgia and Ella and his book; Monsters Inc.



Minister Prue Goward and Member for Orange; Andrew Gee presenting Gail Hayden with her award.

Water

Is more precious than GOLD.

"Rahamim Ecology Centre has become a centre of contemplative "Craftivism" since Bathurst Regional Council raised a controversial proposal to sell water from the Macquarie River to a gold mine.

Council plans to divert 10 mega litres (4 Olympic swimming pools) of river water per day, an amount which represents a high percentage of the flows of an already diminished river. Many endangered fish, frogs, platypus, riparian vegetation as well as irrigation rights of farmers are at further risk. "

A space was opened up for a collaborative project that would positively engage the community, celebrate the life of the river, and help to spread the word to residents downstream. A group of women quickly responded, with visions of creating a huge crochet representation of the Macquarie River, including its source, bends, marshes, towns, cities, animals, plants, dams and waste water treatment plants." extract from Rahamin Ecology Centre Bathurst & the Sisters of St Joseph.

The enthusiasm has spread to Eugowra with local elderly lady Heather Curry embracing the idea to use creativity and her crotchete skills to put together her contribution of a representation of the river , its health and the life it sustains. Heather is pictured with Sr Helen Sullivan. When complete she will be sending her 'river' over to Bathurst to join the other craft items as a form of concern for river health. A great way to remind us all to take care of our life giving rivers and waterways. Well done Heather!





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

JANUARY/FEBRUARY NEWS

Students and staff have settled into the new year very well and we look forward to another busy year, learning, growing and having fun. So far this term we already have been to the Public School to join in a NRL Wellbeing session with some of the Manly players, celebrated the start of Lent on Ash Wednesday and held our Opening School Mass and held the Eugowra Schools Swimming Carnival.

WELCOME TO OUR NEW FAMILIES

We welcomed back to school our 'old' students and 3 delightful 'new' students; Isla Combe and Caden Wykamp in Kindergarten and Veena Badesra into Year 2. We hope our new families settle into the school routine well and we are sure everyone will make them feel welcome and help them enjoy their St Joseph's experience.

ASH WEDNESDAY ~ THE SEASON OF LENT

After enjoying pancakes on Shrove Tuesday, we held a Liturgy on Ash Wednesday starting the season of Lent. Mrs Welsh conducted the service and we are reminded of the message of Lent which is to change our lives to be more Christian, more unselfish, more compassionate and kind. The children and parishioners all received a Project Compassion box to put some 'spare' money in as a way of giving to someone more needy. On Friday 19th we all wore casuals to raise some more money for Project Compassion.

Altar Servers; Baylie Tulloch, Ty Jones, Lachlan Haynes and Thomas Brindle with Mrs Welsh.



OPENING SCHOOL MASS

On Sunday 14th Feb we held our Opening School Mass to induct our School Leaders and officially welcome our families to school. Fr Laurie conducted a lovely mass and talked about the benefits of a Catholic Education and the closeness of our school community. All the children proudly participated in the Mass with various jobs. Students, staff and parents all read

their dedication prayer for the year and School Captains and SRC were inducted and given their badges. The Kindergarten children were presented with a Mary McKillop grevillea to plant and represent their growth whilst at St Joseph's.

Afterwards everyone enjoyed a sausage sizzle and a catch up.

Fr Laurie relaxing with parents; Shaun Haynes, Peter Combe, Kirsty Combe and Alison Haynes.



WELCOME BACK MRS EPP!

These past weeks we have welcomed back Mrs Epp to school. The children are very happy to see their teacher back in class again and we have all missed her. Thank you to all the staff, particularly Heidi Holland for teaching and Mrs Rosemary for taking on the role of Principal during her absence.

EUGOWRA SCHOOL SWIMMING CARNIVAL

Many thanks to the team at the Public School for organizing a lovely swimming carnival. All the children had a great time competing and having fun in the pool. Congratulations to the winners and Green House who won the day. Charlie Philipzen and Celeste Gavin are going on to represent the school at the Southern Region Carnival in Orange to compete and we wish them well for their races.

MRS DAWN WYKAMP

It is with sadness that we farewell a special member of St Joseph's and our community this week. The Wykamp family has been (and still is) an integral part of the school with many generations passing through our doors. The children will form a guard of honour as a mark of respect at the end of the funeral service.

Next month will be a very busy one with lots of activities including the Life Education Van visit, St Joseph's Day and an overnight trip to Dubbo Zoo, so watch this space.

Until then, God Bless

St Joseph's Staff & Students.

Anne Heath



THE ~ SEASONAL KITCHEN ~

Gourmet Tarts

The other day I had to contribute some food for a shared lunch when I was very time poor!

These are very quick and easy to make, look impressive, taste great and people think you have gone to a lot of trouble! The tart is a basic concept you can adapt and play with and on this occasion I made a Tomato and Goats cheese Tart, A Zucchini and Goats Cheese Tart and a Fig and Goats Cheese tart, as all these things are in season and available from my garden right now.

Ingredients:

Three sheets of good quality ready rolled Puff Pastry

150 grams of soft goats cheese

150 grams of Mascarpone

100 grams of small tomatoes cut in half, or 1 medium Zucchini sliced thinly, or 3-4 figs sliced (or whatever you can think of that goes well with goats cheese). If you don't like goats cheese you could just use mascarpone or ricotta.

1 Tablespoon of finely grated parmesan for the savoury version

A few sprigs of thyme

Method:

Preheat oven to 220

Place a sheet of thawed puff pastry on an oven tray

Mix the goats cheese and mascarpone together and add the thyme leaves, spread over the pastry

Place tomatoes, zucchini or figs on top of the cheese

Sprinkle with the parmesan for the savoury tarts

Cook in the hot oven for about 15-20 minutes

You can serve warm or cold.



I always cook with
wine.

Sometimes, I even
add it to the food.

WC Fields



Eugowra Public School

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

News

Participation Leads To Success

We are almost half way through Term One of this new year already and learning and activities have been in full swing since we started back.

In 2016 we welcome three new families to the EPS community. Bayden Jackson (Kinder) and his family, Ava (Kinder) and Ella (Year 2) Rosser and their family and Braith Pritchard (Year 5) and his family. We hope you enjoy your time at Eugowra Public School.

On Thursday 18th February, we held our annual School Leaders Induction Ceremony. Eugowra Public School Captain Toby Matheson, and School Leaders and House Captains Bailie Peisley, Jake Greenhalgh and Haydan McCarthy pledged their commitment to the school and their responsibilities as a leader.

In 2016 we will continue our 'Better Buddies' program, promoting working together, values and building friendships.

Students have continued to improve with their swimming following last year's intensive swimming program. This is the second year we have run this program, thanks to the financial support of our P and C and a sporting grant to the school. Our swimming improvement was evident at the Forbes Small Schools swimming carnival on the 5th February. Well done to all of our students for their exceptional behaviour, sportsmanship and participation. From this carnival we congratulate 4 students who represented our school and the District Swimming Carnival at Condobolin on the 19th February, Bailie Peisley, Rianna Reeves, Ricky Stibbard and Reece Matheson.

Bailie Peisley has qualified in the 50m Backstroke and the Small Schools Senior Girls Relay Team for the Western Region Swimming Carnival to be held in Dubbo.

We have also enjoyed the combined Eugowra Schools Swimming Carnival. Thank you to St Josephs for participating with us again this year – it is a great, fun and friendly day of swimming competition.

Sport this term will be swimming each Friday at the Eugowra Pool and Hockey Coaching each Tuesday, thanks to the Sporting Schools Funding.

Our teaching staff this year are Ms Sonia Dalla Vecchia with the K/1/2 class, Miss Cath Adams with the 3/4/5/6 class and Mrs Carmel Doyle on Library, Support Teaching, HSIE, Science and Arts. We are looking forward to another educational and active year at EPS.



Swimming carnival fun.

Year 6; Bailie Peisley, Toby Matheson, Jake Greenhalgh,
Haydan McCarthy





Eugowra Evening VIEW Club commenced their New Year with the February Dinner Meeting which was held last Monday.

As the AGM had been held previously, Shelley Norrie was called upon to induct the new Committee members and read the Code of Conduct. (As we don't have a Zone Counsellor we are permitted to ask a professional person in the community, who is not a member of the club, to conduct our elections, present badges, and read the Code of Conduct.)

President Therese thanked Shelley on behalf of members and presented her with a 'thank you' gift.

Following is the committee for 2016:

President: Therese Welsh

Vice President: Lyn Ellis.

Secretary: Wendy Drady

Asst Secretary: Kay Jones.

Treasurer: Irene Sharpe

Asst Treasurer: Andy Langford.

Delegate: Esther Hyde.

Publicity Officer: Judy Smith

Learning for Life Coordinator: Sally Mongan

Shomie Gibby will be the guest speaker for the March dinner meeting and will speak about her Hindu wedding. As this dinner will be in the week leading up to Easter members decided to have an Easter themed trading table with items to be priced at \$5-00.

Arrangements are being made for the fashion parade at 'Blue Illusion' at Orange on April 2nd. This event is always a good fund raiser for our VIEW Club.

Events planned at later dates include a 'Walk with VIEW', a casual afternoon with wine and cheese explaining the objects of VIEW to prospective members, a suggested 'Awareness Day' tentatively planned for May 7th which will also include a clothing collection.

New members welcome.



(L-R) Sally Mongan, Karen Clark, Irene Sharp, Lyn Ellis, Esther Hyde, Kay Jones and Judy Smith (front) Therese Welsh and Wendy Drady. Therese Welsh thanks Shelly Norrie.



Di Garner & friend Denise at the VIEW meeting



Guest; Kim Storey with Kay Jones & Jeanine Gibby

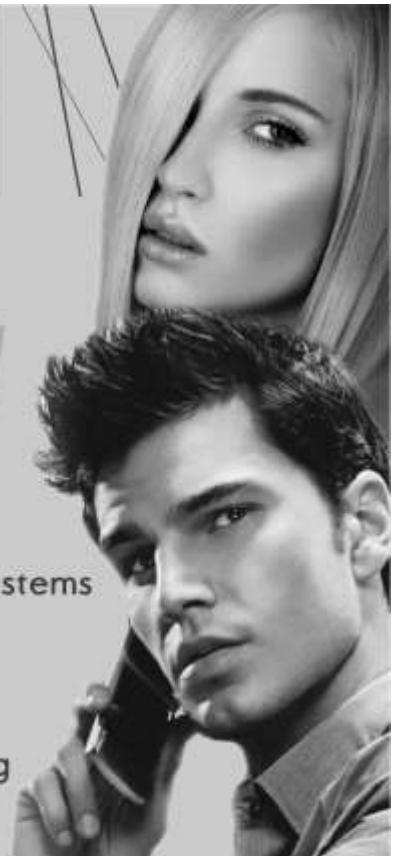


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- Brow & Facial Waxing
- Spray Tans



Ph: 6859 2566



50 Nanima Street, EUGOWRA
OPEN 6 DAYS

Craft on the Creek



On the Mandagery Creek

Broad St Eugowra NSW 2806

How long is it since you have checked out the great range of products on sale at Craft on the Creek?



While you will find cakes and slice on sale most days, members have decided to make Thursday 'Fresh Baked Cake Day' enabling customers to purchase cakes for the week-end.

There is a great range of products suitable for gifts from baby wear, wooden toys, and children's books, to embroidered face washers, hand towels, towels and tea towels.

Trading hours 10-00 to 4-00 Tuesday to Sunday.



The Gentle Cow CAFE

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

OPEN 5 DAYS

41 Broad Street, Eugowra NSW 2806
tel: 02 6859 2657

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LIFE'S MILESTONES

TOM & TORBEN CELEBRATE A MILESTONE

Tom and Torben were classmates at St Joseph's Primary from 2004, friends at Red Bend and have now gone on to further study and work. It was with great pride that their families and friends celebrated their 21st birthday's recently.

21

Torben Heinzl celebrated his 21st birthday at Kia Ora with family and friends in December 2015. Many of Torben's friends travelled from Wollongong (University), Wagga, Bathurst, Forbes and Eugowra to help him enjoy the evening. Parents; Mark and Kerstin spoke proudly of their son and Kerstin had made a delicious array of desserts including her magnificent Tiramisu.

After the meal, Torben and his friends headed to the shearing shed to party on for the night. Torben has headed back to Wollongong University where he is now in his 2nd year of Engineering.

*Torben with
school friends
from Red Bend
Forbes*



*Mark &
Kerstin with
Torben*



Tom de Lange's 21st was held at Avalon on Saturday 30th January. The theme was 'a Beach Party' and the boys had made a backyard pool with hay bales and silage plastic complete with lots of pool toys and a water slide. Tom's friends from Tocal College travelled (including one friend who came all the way from Cunnamulla in Queensland) from all over NSW and his school friends from Red Bend came out from Forbes. Family friends from Coolah, Binnaway and Eugowra also joined the party. A great night was had by all!

David & Tom de Lange with friend Will Styles.



Bligh Mackander (Coolah) and Tom



*Sarah, Thomas,
Tim, David and
Fudge*

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A LITTLE BIT OF HISTORY



Elaine Cheney

Canowindra Star and Eugowra News Friday 3 March 1916 EUGOWRA.

SAND BAG COMMITTEE. At a meeting of the Sand Bag Committee a hearty vote of thanks was extended to Mr. I. Bray, of "Vychan" for his generous donation of a roll of hessian. A vote of thanks was also accorded to Mr. Williams, of Old Eugowra Station for his donation of 10/. Anyone desirous of making sand bags at home can be supplied with all necessary material by the secretaries Mrs J.E. Greenhalgh and Mrs. Langford.

THE RED CROSS SOCIETY. The members of the local branch of the Red Cross Society have been extremely busy of late, and a great deal of credit is due to the active and persistent workers. The following is a sketch of some of the work done by the society. In October £30 was granted for hospital requisites; this money being sent to the head branch. On December 2nd a consignment of goods was also sent, comprising 20 sheets, 25 draw sheets, 114 pillow slips, 5 handkerchiefs, 5 bandages, 6 towels, 190 packets of cigarettes, 31 writing tablets, 5 boxes stationery, 21 cakes of soap, 14 packets of envelopes, 24 lead pencils, and 4 tins of tobacco. On January 20th a further consignment was sent forward: 27 pairs of pyjamas, 8 pillow slips, 16 handkerchiefs, 7 towels, 7 brush and - comb bags, 5 books, 1 tin tobacco, 41 packets of cigarettes, 18 writing tablets, 3 boxes stationery, 12 packets of envelopes, 5 lead pencils, 21 cakes of soap. February's contribution was: 2 doz soft, white shirts, 1 dozen woolen socks, 4 bandages, 12 cushions, 4 handkerchiefs, 1 towel, 8 cakes soap, 22 packets cigarettes, 1 tin tobacco, 3 writing tablets, and 3 packets envelopes.

NB 6 tins tobacco and 253 packet of cigarettes were included in the gifts. Although they would be much appreciated by some, these days one cannot imagine them being given in such large quantities.

Forbes Advocate Friday 17 March 1916. EUGOWRA. (From Our Own Correspondent).

WEDDING BELLS. A very pretty wedding was celebrated in the Church of England on Wednesday last, the contracting parties being Miss Maggie Anderson, youngest daughter of Mrs. W. Anderson, and Mr. William Welsh, eldest son of Mr. John Welsh, of Galwang (Galwary?) Eugowra.

The bride, who was given away by her brother, Mr. Sam Anderson, looked charming in a dress of white silk, trimmed with lace. Miss Grace Weekes was the bridesmaid, whilst the duties of best man were filled by Mr. Ernest Welsh, brother of the bridegroom. The nuptial knot was tied by the Rev. A. J. Gardner, of Forbes.

After the ceremony the wedding party repaired to the residence of the bride's mother, where the breakfast was held. The happy couple afterwards left for Sydney, where the honeymoon is to be spent. The presents were numerous and costly, including several cheques. The bride's travelling dress was a navy costume and hat to match.

On the preceding Monday evening the friends of the bride arranged a kitchen tea, and hosts of useful articles were brought along. Dancing was indulged in till about midnight. Several vocal items were rendered by Messrs. Collier, Ashby, and Douglas. Altogether, a very enjoyable time was spent.

There are several other weddings pending, so the storekeepers should take the hint and lay in a supply of useful household items.



Artie Starr's family farmed "Prospect" between the Gooloogong and Payten's Bridge Roads and Barnes Lane. His daughter Susan (of Wagga Wagga) has saved stories he hammered out on a typewriter as an older man.

Susan writes - This is another of my Dad's yarns. A warning; it contains phrases which are politically incorrect, but... that's how people expressed themselves then. It also mentions a policeman at the time and I'm hoping it's long enough ago that no-one remembers or is related to him. This is genuine Australian humour and behavior ... and remember it's set during the Depression. Can you imagine our present-day politicians being treated like this.... they might do a better job! If you need translation of some of the terms... ask! My Dad would have been an adolescent at the time.

"Memories of Eugowra. This item concerns the hungry 1930's; and a candidate for Parliament who was stupid enough to bung on the same line of bull the second time around. That character was so good at his jawing that he convinced the wheat growers that they would get six and six per bushel for the wheat they grew. They got eighteen pence. In decimal loot that's 66 cents and 18 cents. A hell of a difference. That I can prove; if the weevils haven't chewed my ancient farm records into confetti.

"The name of this mug who had had a good long lick at the Blarney stone was Gibbons. Known from that time on as six and six. Now in order that the doings can be clearly understood, a bit of explaining is in order. Eugowra, at that time, had only three street lights. With lamp lighter in attendance in due time. The fuel, lighting kerosene. They were not mantle type. They produced about as much light as a couple of candles. Also; radio was unknown. No radio transmitters West of the Great Divide. Transmitters East of that Divide could not be heard; but those of Adelaide could be tuned in of a frosty night. But not by day. So that those who were hopeful of getting elected had to brave the mob in person. And were usually heckled considerable. It used to be very entertaining to hear those hopefuls get tied in knots, when they were hit with curly questions. They brought their lighting with them. Pressure lanterns, mantle type, kero fuel. Of around 300 candle power the Coleman Scout was a popular make. Those hopefuls always appeared around sundown; when most of the populace were around. Very few would be interested in them by day. Mostly they bunged on their bull under the verandah of the Golden Key cafe. The brothers Capsanis had it then. Angelos Kalatzis and Co got it later. Was in Eugowra of recent years; to note that the cup hook in the rafter, that the lanterns were hung on, is still there. The cop in charge of that village was Sen Constable Wiles, who was always in attendance at those events. In full uniform, bull shooter hat too. Even by night. That cop had been all his life with saddle horses. His knees were so scared of each other that it amounted to a deformity. No way could he have blocked a pig in a lane. Hence one of his behind-his-back names of Bandy. He had other names too; that are not printable. That cop tried to enforce laws to the very last letter, which is not on. He was about as popular as a pork chop in Palestine. Due to his bandy legs, even small boys could out-run him. Which we were well aware of; when we gave six and six the works.

That character got his lantern going, pumped it up bright, hung it up in the usual place. Then got stuck into his spieling. Now we had been told of him. He had the same line of bull going in another spot. So that we were ready; we had collected all the over ripe fruit we could find. Plus rotten hen eggs. Plus over ripe melons. He gets going on his six and six for wheat. Someone on the fringe of the crowd said "you lying B---d, cop this". A large and very over ripe tomato came whizzing in to splosh that mug in the kisser. Instantly a barrage of the aforesaid junk scored hit on him. Mr Gibbons got off his box and departed at considerable speed along North Street. With most of the mob after him. His nibs, the cop, brought up the rear. And got further behind as the chase strung out some. He used up a lot of his wind yelling to "Stop in the name of the law". We ignored him. Mr Gibbons eluded us somewhere near the Central School. Bandy came thundering along, still yelling which told us where he was. We deployed from in front of him, to let him vanish in the general direction of Long Gully. How far he went is a good question. The following morning, several of us who were handy at tracking strayed horses, picked up the tracks of Mr Gibbons. He had taken refuge in the bone yard. We found where he had flopped full length behind a head stone in the Catholic portion. The presence of seeds and bits of egg shell proved that. We tracked him to the creek. Found where he had soused himself in a pool of water. Same sort of proof. Tracked him to where he had hidden behind a box thorn bush. We had set up a stake out on the car he had arrived in. The cop came back eventually; to put a crimp in that idea. We were dispersed and told to go home. Having no desire to lob in the pokey, we went.

Mr Gibbons never again put up for Parliament; and was most careful to stay away from Eugowra. Those people he had fooled have VERY long memories."



Physiotherapist Nicole Brindle

Eugowra Health Report

EUGOWRA MULTI-PURPOSE HEALTH SERVICE

HEAT OR ICE? What should I put on my injury?

This is a greatly debated topic and everyone will tell you from their own personal experience what works best. I'll try to give you some info so you can make up your own mind.

BENEFITS OF ICE

The theory behind using ice is that it cools the cells down that have been damaged. The lower temperatures result in a lower metabolic requirement and therefore the cell should survive. It also causes initial decreased blood flow to the area (Vasoconstriction) which can reduce the amount of bruising due to the bleeding tissue. It possibly numbs the nerves in the area which helps with pain relief.

The Falklands War illustrated the benefit of cooling the body during serious injury. The English were amazed to find that despite shocking injuries the soldiers were surviving. The cold temperatures of the battlefield that the soldiers were in while they waited to be "rescued" after their injury lowered their body metabolism and this contributed to their survival.

The knowledge gained from this war and other freezing incidents has started to spill over into regular medicine now where some conditions such as strokes and heart attacks are treated with cooling the body down to prevent the death of more cells. These procedures are carried out in very carefully monitored environments with precision equipment. The body temperatures are not going as low as if ICE were applied. They are reducing the load on the whole body for serious events. This is not really applicable to your sprained ankle or torn muscle.

For injuries that are not life threatening for the first 24-48 hours, it may be beneficial to ice the area. One of the benefits of ice may be that it makes you feel less heat from the injury and this makes it feel better or reduces pain. Whether it reduces blood flow is debated.

DISADVANTAGES OF ICE

Its cold!!! – if it is uncomfortable this will reduce any of the possible benefits.

Ice applied directly to skin or too cold for too long can cause burns and tissue death.

If the ice is too cold it can cause the "hunting response" which can be detrimental.

Studies have shown that the body activates the hunting response after only 10 minutes of ice, at temperatures less than 9.5°C. The hunting response is a cycle of vasoconstriction (decreased blood flow), then vasodilation (increased blood flow) that increases the delivery of oxygen and nutrient rich blood to the tissue. Increased blood flow can slow cell death, limit tissue damage and aid in the removal of cellular debris and waste products. Under normal circumstances the hunting response would be essential to tissue health but only serves to increase pain, inflammation and cell death as excess blood is forced into the area.

We think that most people experience this reflexive vasodilation after about 10-20 minutes of icing an area. SO if you think you are reducing the blood flow with ice this may not be the case.

ADVANTAGES OF HEAT

It can be soothing, reduces pain.
Aids blood flow to the area, can help you to relax,
loosen tissues.

DISADVANTAGES OF HEAT

Will increase blood flow. (Although this can be an
advantage in older injuries)
May be uncomfortable on a hot injury.
Can cause a burn.



WHAT DO WE DO for acute injuries - RICE

The recommended management of acute injury remains **REST, ICE, COMPRESSION & ELEVATION**. This combination is the best management for reducing swelling and allowing recovery to commence.

What we do know is that of the 4 factors in RICE – ice is the least significant.

REST will stop you moving the injured part, reduce your blood pressure –therefore reducing the blood flow to the damaged area and allow the clotting mechanism in the blood to work without interruption. For kids and some adults making them stay still can be hard - the benefit of putting ice on with these people is, it makes them stay still (sometimes).

COMPRESSION will reduce blood flow to the area but maintain enough blood for the cells to survive. Swelling is the enemy of healing. The more “extra” fluid around an injury the harder it is for all the good substances that aid healing to be delivered and the debris to be carried away by the blood supply. Compression that is firm but not restrictive will prevent swelling build-up.

Reducing swelling is a guaranteed way to aid recovery and compression is the most successful way of doing this.

ELEVATION is another very successful way to reduce/prevent swelling. Gravity is a powerful force on the blood moving to the damaged area. Reducing that gravity force on the injured part helps the body to move fluid away from that area.

If the pain and swelling has not gone down (improving) in 48 hours you should seek medical attention.

WHAT DO WE DO for OLDER INJURIES?

If you are dealing with an old injury (older than 48hours) the decision to use ice or heat is really one of preference and what makes you feel better. We think both will cause increased blood flow eventually.

I prefer heat most times but sometimes ice feels right. It really depends on the injury and you. I recommend making sure you concentrate on the rest, compression and elevation after an injury. I would use ice carefully (never directly on the skin) for the first 24-48 hours. Once you have got the initial bleeding and swelling under control use ice or heat depending on what you feel makes you feel better.



WINNERS AND GRINNERS AT THE EUGOWRA SCHOOLS SWIMMING CARNIVAL

Green House won the point score on the day!

Ash Gates (R/U), Celeste Gavin (Chmp), Bailie Peisley (Chmp) Riannah Reeves (R/U), Jake Greenhalgh (R/U), Charlie Philipzen (Chmp), Lachlan Haynes (Chmp), Kirbie Mongan (R/U)

From Ann Stenhouse Community Nurse

EUGOWRA WALKING AND FITNESS PATH

Now off and “running”. Following a meeting late last year, a community meeting was conducted to gauge the interest in establishing a Walking and Fitness path in Eugowra. Julie Middleton attended to inform us on how Canowindra Fitness and Walking track was established and what was involved in forming partnerships in the community and planning within Council guidelines. Approximately 30 persons attended and from that 16 are on a working party.

Now following a successful grant application we have (approx.) \$5000 in the “kitty”. This will help with organising a business plan, liaising with Council and initial landscape planning.

Flyers have been taken to the Eugowra Public and St Joseph’s schools inviting the students to design a logo for the Fitness path. The winning logo will be on all promotional materials for the Fitness path. We are also looking for a slogan and asking all in the community to think of a catchy slogan such as “Don’t be a witness get into fitness”, which is Canowindra’s slogan. Maybe, as one local suggested; Don’t be a dork, go for a walk”. Whatever, logo or slogan is selected it will be used on all promotional merchandise and items such as shirts, caps, banners, stationary, etc. We hope to have the competition completed by the end of March to promote the Walking, Fitness path on the Mural weekend.

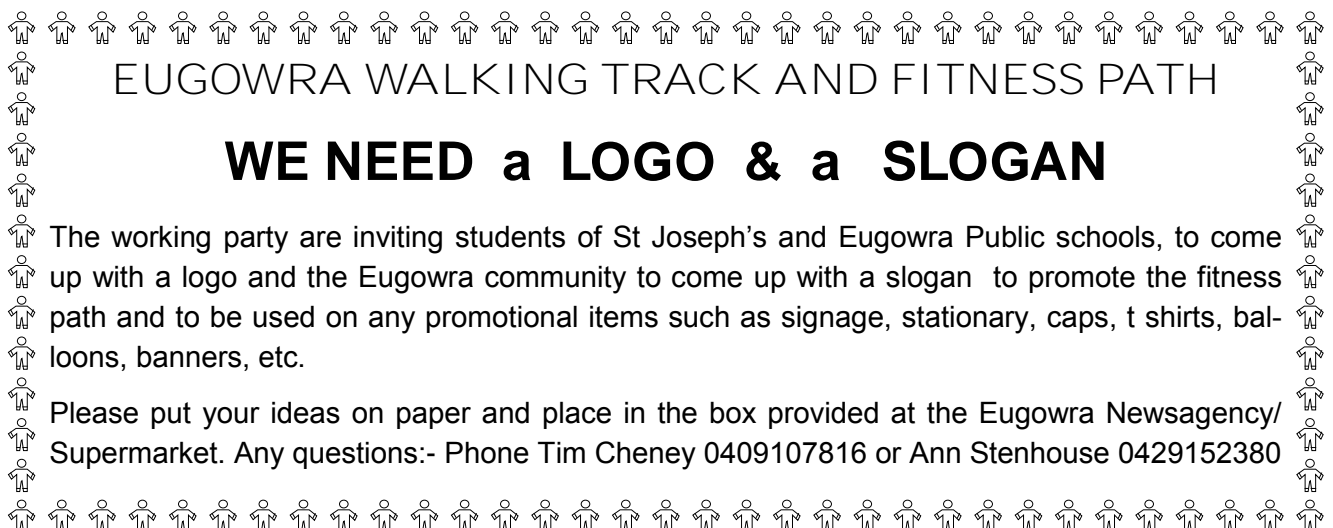
CHILD & FAMILY HEALTH NURSE is recommencing on 29th January at the MPS, then the following fourth Friday of each month. Please phone Rhonda Burnett 63403300.

GET HEALTHY NSW

Feeling a “bit heavy” after the Christmas cheer and New Year? Get Healthy is a initiative by NSW Health which is a 6 month free course looking at healthy eating, being more physically active and losing some weight. Furthermore you have a free telephone coach.

The course delivers the coaching support and information you need to reach your health goals. You can phone 1300 806 258 (Mon- Fri between 8am and 8pm) or register online at www.gethealthynsw.com.au/getstarted OR contact Ann Stenhouse - Community Nurse if requiring further assistance or to fax a referral.

PS Flu shots for 2016 have been ordered



EUGOWRA WALKING TRACK AND FITNESS PATH

WE NEED a LOGO & a SLOGAN

The working party are inviting students of St Joseph’s and Eugowra Public schools, to come up with a logo and the Eugowra community to come up with a slogan to promote the fitness path and to be used on any promotional items such as signage, stationary, caps, t shirts, balloons, banners, etc.

Please put your ideas on paper and place in the box provided at the Eugowra Newsagency/ Supermarket. Any questions:- Phone Tim Cheney 0409107816 or Ann Stenhouse 0429152380



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~VALE ~

Dawn Wykamp

*The death has occurred of lifetime
resident of Eugowra;*

Mrs Dawn Wykamp.

*Dawn was 86 years old and passed
away peacefully at the Mater Nursing
Home in Forbes. Dawn was the beloved
wife of the late Theo Wykamp and
loved mother of Paul (dec), Steven,
Mark, Ann, John, Michael, Philip,
Peter, Jennifer and Kerry.*

*Her funeral was held at St John the
Baptist Catholic Church on Thursday
25th February at 10am.*



**EUGOWRA UTILITY
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Thumbs Down!

To the Eugowra News: Do yourself a favour, show
some respect and leadership, and value the true
roles women hold in our community!

Referring to a woman in a farming partnership as
"the farmer's wife" is insulting and demeaning.

Proof you agree lies in your tongue-in-cheek check
-list published in last month's E.N. on "how to iden-
tify a farmer's wife".

Is it too radical in this day and age, even in a con-
servative country community like Eugowra, to com-
prehend that "the farmer" could be a woman?

Come on E.N!



Thumbs Up!

To the Swimming Pool Committee of 2015/2016.

Well done on the health and cleanliness of the pool
and a happy pool environment this season.

ANNUAL GENERAL MEETING NOTICE

EUGOWRA SWIMMING POOL

Wednesday 23rd March @ 7pm



AVALIND
photography

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SOLD



Hillside Escort Way EUGOWRA

SOLD



20/21 Evelyn Street EUGOWRA

6 Oberon Street EUGOWRA \$198,000

- Massive lounge/dining room, eat in kitchen featuring granite bench tops and electric stove
- 3 generous bedrooms plus office or potential 4th bedroom
- Gas heating, Evap A/c plus reverse cycle A/c.
- Huge 3907sqm block on 3 separate titles with rear lane access, bore, established trees and gardens, 4 bay shed/workshop with power, concrete floor, servicing pit, plus rear skillion.



27 Pye Street EUGOWRA \$330,000

- Beautiful period 3 bedroom home
- Formal lounge/dining room features an open fire place
- Modern kitchen sits adjacent another living area with a generous family room to the rear of the home.
- Two bathroom's and a big laundry with lots of storage.
- Other features – reverse cycle ducted A/c, wood heater, solar hot water, well established gardens, paved outdoor area, 6 bay garage with power and concrete floor.
- The well fenced 2042sqm block is located a short walk to CBD.



161 Marara Street EUGOWRA \$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, garden sheds, chook pen, dog run, rainwater tank.



LISTINGS NEEDED URGENTLY FREE NO OBLIGATION MARKET APPRAISALS

Ph Michelle 0414 815 479