

Eugowra NEWS

May 2014

A Lions Club project for the community we serve

VOL.18

Eugowra Remembers

A large crowd of Eugowra locals turned out for the ANZAC Day march and memorial service. EPPA have taken over the organisation of this event due to the closing of the RSL sub branch but this did not impact on the day. The local school children, and some visitors, marched with returned service men and proceeded to Memorial Park where the ANZAC address was given by Tom de Lange. Ray Agustin was the Master of Ceremonies and the Eugowra choir led the singing.



from the editor

Eugowra is once again gearing up for a marvellous Mural Weekend. How this weekend has grown in just three years, this year there is a full weekend of events, kicking off with the art exhibition on Friday night, three days of dog trials, the Car and Hot Rod Show and the Mothers day lunch on the Sunday and of course mural activity throughout the weekend. I am certainly looking forward to all these events and hope they will be well supported by the Eugowra community. It really is quite amazing what our small community manages to achieve.

Thanks to Hugh Ellis for stepping in as our guest "Out 'n' About" in the Paddock contributor this month, I really appreciate that you took the time to write the article. The News is always only as good as the contributions that we receive. Thankfully we have a lot of regular contributors these days but we are always on the lookout for more so please feel free to send me your articles, photos etc.

Just a reminder that this year is going to be my last as editor of the News so if you are interested in taking on an interesting and rewarding community task please get in touch. It would be great if someone came on board early in the year so we can have a smooth transition.

Lets hope we have great weather for the Mural Weekend and a fantastic turnout for all of the events.

Enjoy the News,

Anne



The Eugowra News Committee

Anne Heath, Chairperson and Editor

Anne Burns

Cassie Gates

Peter Heath

Bob Roach

Jodie Greenhalgh

Contributors this month

Jenny Anderson

Judy Smith

Nicole Brindle

Jessica Stanley

Hugh Ellis

Cassie Gates

Nina Hooper

Kevin Howell

St. Josephs School, Sarah
de Lange

John Park

Next Issue Deadline:

Friday 23rd May 2014

**The News will be available on
30th of May**

Advertising and Editorial Material To

Anne Heath

Phone 68592944

e-mail:

editor@eugowranews.com.au

420 copies printed and distributed throughout
the community.

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

Online at www.eugowranews.com.au



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Deadline	Publication
23rd May	30th May
20th June	27th June
25th July	1st August
22nd August	29th August
26th September	3rd September
24th October	31st October
21st November	28th November

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

May 2014

Mon Tue Wed Thu Fri Sat Sun

			1 Drs Open 9am - 4pm	2 Drs Manildra 9am - 1pm	3	4
5 Drs Open 9am - 5pm	6 Drs Manildra 9am - 1pm	7 Drs Closed	8 Drs Open 9am - 4pm	9 Drs Manildra 9am - 1pm Dog Trials Art Exhibition Mural Weekend	10 Mural Weekend- Continues Dog Trials Continue	11 Mothers Day Lunch Hot Rod Show Dog Trials
12 Drs Open 9am - 5pm	13 Drs Manildra 9am - 1pm	14 Drs Open 9am - 11am	15 Drs Open 9am - 4pm	16 Drs Manildra 9am - 1pm	17	18
19 Drs Open 9am - 5pm	20 Drs Manildra 9am - 1pm	21 Drs Closed	22 Drs Open 9am - 4pm	23 Drs Manildra 9am - 1pm "Sweetgrass" at the Bowlie News Deadline	24	25
26 Drs Open 9am - 5pm	27 Drs Manildra 9am - 1pm	28 Drs Open 9am - 11am	29 Drs Open 9am - 4pm Fold up News at the Central	30 Drs Manildra 9am - 1pm News Available	31	

'FOR THE FALLEN'

In 2001 a plaque was erected at the spot on the cliffs in Cornwall where this iconic piece was written.



When we observe **ANZAC Day** and Remembrance Day we say '**The Ode**'

WW1 officially commenced for Great Britain on 4 August 1914 and young men from the British Isles sailed away to that war before the Australians and New Zealanders.

The "**Ode of Remembrance**" is an ode taken from Laurence Binyon's poem, "**For the Fallen**", which was first published in *The Times* in September 1914.

The poet wrote *For the Fallen*, which has seven stanzas, while sitting on the cliffs between Pentire Point and The Rumps in north Cornwall, UK

Verses three and four

'They went with songs to the battle, they were young.
Straight of limb, true of eyes, steady and aglow.
They were staunch to the end against odds uncounted,
They fell with their faces to the foe.

They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning,
We will remember them'.

The phrase *Lest we forget* is often added as a final line at the end of the ode and repeated in response by those listening, especially in Australia.

In the United Kingdom, Australia, New Zealand and Singapore, the final line of the ode, "*We will remember them*", is repeated in response. In Canada, the last stanza of the above extract has become known as the Act of Remembrance, and the final line is also repeated.



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In This Issue

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Notes from the Happy Gardener



Autumn began with some beautiful falls of rain which provided an excellent start to the traditional planting season.

This boosted our spirits tremendously but now we are scanning weather reports again with the hope that some more good falls of rain are not too far into the future.

With cooler nights very evident the autumn foliage is colouring very nicely.

If you are thinking of growing a few more deciduous trees in your garden, it is now a really good time to look about and take a mental note of the species which are colouring well in your area.

I, also look for other good attributes which trees may display, such as interesting bark and berries or fruit which remains on the tree after its been depleted of all its foliage.

There are many autumn foliage trees and shrubs which provide this added bonus and they are well worth the effort of searching them out.

An early visit to the nursery to purchase these trees, bare rooted is the most economical way to go.

Autumn is also a prime time for pests and some fungal diseases.

If you notice any problems with any of your plants and you are not sure how to treat the disease or how to get rid of the pest, it can be a good idea to take some fresh foliage which has the problem on it to your favourite nursery for early identification of the dilemma. This will mean eradication of the problem will be easier, quicker and most likely less costly especially if only a small part of the tree/plant is affected rather than waiting until the problem becomes bigger and worse.

There are so many bulbs and corms which can be grown in our area with wonderful success. Ranunculi, anemones, cottage gladioli, freesia, ixia, Dutch iris and the many varieties of daffodil and jonquil are just a few of the ever popular and beautiful species.

As bulbs are dormant during the summer months, they are almost drought proof, only requiring water when actively growing during winter and spring and of course they love the conditions of winter therefore frost is a benefit and not a problem.

Jonquils and daffodils are often amongst the earliest spring bulbs to bloom. The range of daffodil varieties available is almost mind boggling with colours of yellow, white, cream and pink. Blooms can be small, big, single, double, split, frilled etc.

Best results are always achieved if the growing site is prepared with good alluvial soil before beginning to place the bulbs into the soil. They need sunshine, they will not do well if placed where they receive too much shade.

Bulbs look best if grown in long drifts, along borders or in clumps of at least 5 to 7 bulbs.

When bulbs are grown individually they are often lost in the landscape even if the garden is small. Mass planting will make an impressive statement and insure the presence of these lovely flowers is appreciated.

Miniature varieties will add charm and complement the scale of small gardens and court yards. A few well known miniatures are Rip van Winkle, Jetfire and Hoop Petticoat.

I think bulbs are good value for your dollar as they multiply quite freely. After a few years bulbs appreciate being divided but until that is necessary they can happily remain in situ. This, then means when they do need to be divided you will have plenty to move to other areas in your garden or to give away or swap with a friend.

It is of benefit to the bulbs and corms after planting in their growing place to layer the soil with some good aged compost or mulch of whatever kind you have on hand.

Another good idea is to place a plant label or something to remind you where you planted your bulbs to alert you not to go digging in that area and cause injury to the lovely bulbs.

I like to stagger the plantings of my bulbs to ensure a longer display.

It is nice to grow some bulbs in pots with a few annuals to fill in with their colour before and after the bulbs bloom.

These pots can be placed in an appropriate spot when looking their best, then moved out of sight when their best is past.

Don't forget, you will find lots of lovely potted colour in nurseries and other shops to bring some joy to the special person who is or may have been like a mother to you.

"Happy Mother's day" to mothers everywhere.

"Happy gardening" Jenny



Caring for the Land

With Nina Hooper



Hello Eugowra.

A great start to the season isn't it, lets hope that it continues in the same vein!

I wonder if many of you have taken the chance to use the moisture and the warmish conditions to plant a few trees.

Remember the golden rule that the best trees to plant are the local natives.

Look around the landscape and grow what's there – this way you know that you will be giving the trees the best chance of survival, and not wasting your time.

It's also important to have your weed control completed way in advance – and we are talking starting at least the year before.

Your trees are like any crop, and weeds take moisture from your crop so must be managed.

Consider your spacings when planting as well – shrubs will be able to be planted more closely together, but trees less so.

About four metres between trees in a row and four metres between rows is a good rule of thumb for the Parkes and Forbes area.

Good ideas can be gained by talking to members of Landcare groups who have undertaken plantings – and there are plenty of these around.

In our area you can find people who have planted along streams and the river – these are called riparian plantings, people who have planted for windbreaks and people who have planted trees and shrubs for fodder.

You can find people who have used different planting methods – from direct seeding of tree seed to different types of tubestock.

There are also different theories on how to protect your trees – some people like milk carton guards, some plastic sleeves and some swear that the trees just need to be fenced off.

Some people don't plant but simply fence off a patch on the downwind side of an existing patch of bush so that they can take advantage of some natural regeneration.

That's the best thing about Landcare networks such as Central West Lachlan Landcare (Parkes), Mid Lachlan Landcare (based out of Cowra) and Central Tablelands Landcare (Orange).

You will not only find people who have the knowledge about these things, but you will find people who are willing to share!

Thrilling news too this month of a special guest for the Kids Teaching Kids conference to be held in June and hosted by Parkes East Public School.

Costa Georgiadis – the guru of Gardening Australia will be the keynote speaker at this conference.

The kids are sure to be inspired by his enthusiasm, we are really looking forward to being involved in this conference and would like to wish all of the local school students participating all the best as they prepare their presentations.

High schools should note that there will be a High School Kids Teaching Kids event held in September.

This conference will also have a sustainable agriculture theme, which is a topic that many of our schools will have no trouble with at all.

If your school isn't on the Kids Teaching Kids bandwagon, please encourage them to join in.

There are amazing benefits to be gained – in environmental and science knowledge, but also in leadership and confidence skills.

Contact Catie Guise at Local Land Services in Forbes on 0268517508 to learn more.

Until next month!



St Joseph's Primary School

PYE ST EUGOWRA NSW 2806

Phone: (02) 6859 2485 Fax: (02) 6859 2500

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Love and Truth Through Christ

Term one has come to an end and we thank the students for their hard work and friendship during the term and parents and the community for their support, particularly with our annual Street Stall.

Many thanks to all those who cooked and donated Easter eggs and helped with the street stall. Another successful fundraising event that will help the students for the remainder of the year.

**1st - Celeste Gavin, 2nd - Carly Welsh,
3rd - Larry Weekes**

Minor prizes went to - Lily Wallace, Brindle Family, Sophie Welsh, Luke Holland, Tess Herbert, Simon Holland, Robert Jones, Cullenward Family, Mark Mackerras (Alison Haynes brother), Bill Eppelstun, Virginia Townsend, L Crowe, Corey Tulloch, Alison Haynes, Janet Moxey, Peter Valentine, Charlie Philipzen, Michelle Perry, Lorraine Carty.

Katie Townsend and Carly Welsh selling raffle tickets.

Liz Adams purchasing some delicious cakes from Cassie Gates and Alison Haynes.



Infants children enjoying a treat from the Street Stall.



WELL DONE JORDAN!

Last term Jordan Moore supported by his family travelled to Bathurst to compete in the Diocesan Winter Trials in Rugby League. Jordan played 4 games as half back and impressed the team selectors with his talents.

TERM 2 CROSS COUNTRY RUNNING

The Diocesan Cross Country at Coolah will be held on Monday May 5th. Riley and Angus Whatman, Charlie Philipzen and Olivia Holland have entered into this so we hope they have been running up and down their drive ways on the holidays to get fit! Good luck and safe travels to these children. The Eugowra Schools Cross Country will be held on Friday 16th May at 2.00pm at the Showground. Ages 8,9,& 10 yr old run 2kms, 11, 12 & 13yr old run 3kms.

ANZAC DAY



Thank you to all the children and families who attended the ANZAC Day march. The children marched beautifully and looked very smart. Thank you to Belle Wallace and Darcy Merchant for playing the drums. *Pictured is Max Gates learning the ropes of raising the flag with Mr Wally Townsend.*

BUSY TERM TWO

We hope everyone had a lovely relaxing holiday because the calendar in May is very full. Life Education Van, Thursday 1st, Year 6 students will be attending Christian Living Camp at Lake Burrendong from 6-8th, Sacramental meeting Thursday 8th, NAPLAN 13-15th, School photos will be on Thursday 15th, Simultaneous Story time 22nd, and our big trip to Sydney to see the Lion King will be on Wednesday 28th!

So, click in your seat belts and hang on!
Until then God Bless and keep safe.
St Joseph's students and Staff.



On Friday 11th April, Eugowra CWA enjoyed the pleasure of having 4 guest speakers at their monthly meeting.

Therese Welsh talked about the Eugowra Evening View Club. View means voice, interests and education of women.

The Club meets on the first Monday of the month for a dinner meeting at the Central Hotel.

At present the club is supporting three students financially and socially under the Learning for Life Program and surplus funds from fundraising are donated to the Smith Family.

Shirley Heinzl and Kerry O'Malley spoke about the work of the Eugowra Hospital Auxiliary which was established in 1948 for the betterment of the residents by raising funds for equipment for the hospital and now MPS.



Street stalls in May and November are now the main fundraisers, but past activities included Hospital balls.

There are 22 members who meet on the 3rd Friday of the month at 2.00pm in the CWA rooms. New (and younger) members are needed.

Max Swift told the meeting about the EPPA which is an incorporated body of 12 -14 members. Meetings are held on the 2nd Tuesday of the month at 7.30pm at the CWA rooms.



It functions with four sub-committees; Murals, RTC, Museum and Garden.

The EPPA owns the RTC building, runs the Post Office and Museum, organises the Murals and liaises with Council.

It wishes to finalise the levee banks at Puzzle Creek Flat, clean out Mandagery Creek and improve drainage in the village.

Max would like to see some new (and younger) members attending meetings.



Kay Jones thanked each of the guest speakers for their informative talks and presented them with a thank gift.

After luncheon the meeting commenced.

A quote for painting the kitchen was accepted and work will commence very soon.

President Margaret thanked those people who helped with the recent working bee at the Rooms.

Margaret Swift and Frances Anderson will make the Anzac wreath and Margaret and Shirley Heinzl will lay it.

Painting of the Murals will on Thursday 8th May to 11th May. Arrangements for provision of morning and afternoon teas are well in hand but members who have not already committed their assistance are asked to consider volunteering their time and providing cakes/slices. Your assistance will very much appreciated. Please contact Frances if you would be able to put your name on the roster.

Arrangements are progressing well for the Garden Party in September in Lorraine Carty's lovely garden at Murga.

Members please take note.

The next meeting will be on the 3rd May starting at 10.00am followed by a Red Cross Afternoon Tea at 2.30pm in the CWA rooms to celebrate 100 years of Red Cross service in Australia.

Please bring a plate of food to share.



Jarrold Morrison and Tara Weekes celebrated their engagement with a party at The Oxford in Bathurst on the first of March, the party was attended by family and friends near and far, they will be getting married in October.

Pictured below are Kathy and Peter Morrison, Jarrold Morrison, Tara, Greg and Kay Weekes and the happy couple.



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Guest speaker for Eugowra Evening VIEW dinner meeting was 'The Happy Gardener' Jenny Anderson.

Jenny was a very informative speaker giving expert knowledge on all forms of gardening from flowers, shrubs, fruit and citrus trees, shade and coloured leaf trees for all size gardens. Members were very appreciative on good advice given for different types of pest control and other garden problems.

Jenny very generously gave out envelopes containing pink hollyhock seeds – all we need to do now is to get them to grow.

Lyn Ellis presented a small gift and a vote of thanks to Jenny on behalf of members for her very well received talk.

Members have been invited to an afternoon tea for Red Cross at the CWA rooms at 2-30pm on May 2nd.

The May dinner meeting will be held at the Central Hotel at 6-30pm for 7-00pm on Monday May 5th. Please RSVP to Kay Jones by Friday May 2nd. Guest speaker will be Kellieanne Sackey who will speak of her travels to South America.

New members and guests are welcome – just phone Kay on 6859 2321 for catering.



Thumbs up to Mick Welsh

How pleasing it is to see a business in Eugowra kept neat and tidy and with a well kept garden.

Hopefully more businesses will try and compete with him.

Janet Noble



MAY RECIPE



Mexican Rice Pudding with Caramelised Bananas



INGREDIENTS

7 cups of water
1 cup long grain rice
1 cinnamon stick
1 can evaporated milk
1 can condensed milk
1 cup full cream milk
3/4 cup golden raisins
ground cinnamon for dusting
1 banana-peeled, sliced and dusted in sugar
1 tsp butter

METHOD

Place water, rice and the cinnamon stick in a medium sized heavy based saucepan.

Bring to the boil uncovered until the rice is tender (20 mins) Strain liquid, and discard cinnamon.

Return rice to saucepan, and add evaporated milk, condensed milk and full cream milk.

Cook over medium heat, until boiled. Reduce to low and continue cooking, always stirring. For roughly 20 mins or until thick. Add raisins. Set aside off heat.

Heat butter gently in fry pan, add sliced banana. Cook both sides until golden and caramelized.

Place rice pudding in bowls. dust with cinnamon and serve banana on top.

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CHALK IT UP!

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**Rudy Kistler travels around the world, what should
he chalk up in Eugowra?**

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can join in to make it look awesome!

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ART EXHIBITION

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All Enquiries to Cathy Eppelstun - 0427 610 400, Esther Hyde - 0427 349 978 or 6859 2368, Cassie Gates - 0412 889 339



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Sunday May 11



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 - FACE PAINTING • SAND ART • OFF THE WALL ART EXHIBITION
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2014

Mother's Day Lunch

BY THE MANDAGERY

Sunday 11th May 2014
12noon - 4pm

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Hugh & Lyn Ellis
 'Kiembah', Kiembah Lane, EUGOWRA NSW 2806
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PHONE 6859 2657



Working Dogs 🐾

Kay and Kevin Howell set off for South Australia on the 14th of April stopping at Yass to compete in the Yass Yard Dog Championship. They were successful in Winning with Karana Sami and coming equal 2nd with Karana Abba II. They continued on next day stopping for the night at Bendigo then continuing on to Lucindale in South Australia where we competed in the Australian Yard Dog Championship. Luck didn't go their way they came 6th in the Maiden class with a young dog and got one dog into the Open Championship semi final but failed to make the final. Greg Walton won the Novice class with a young dog that we bred. Next day they moved on to Tailem Bend in South Australia to compete in the National Kelpie Utility Trial Championship. They came 4th in the Novice Class and came 4th and equal first in the National Championship and had to have a run off and lost the run off finishing second with our Champion dog Abba II he has won this trial on two other occasions. This particular Trial is held in a different state each year and next year will be held in Tasmania.

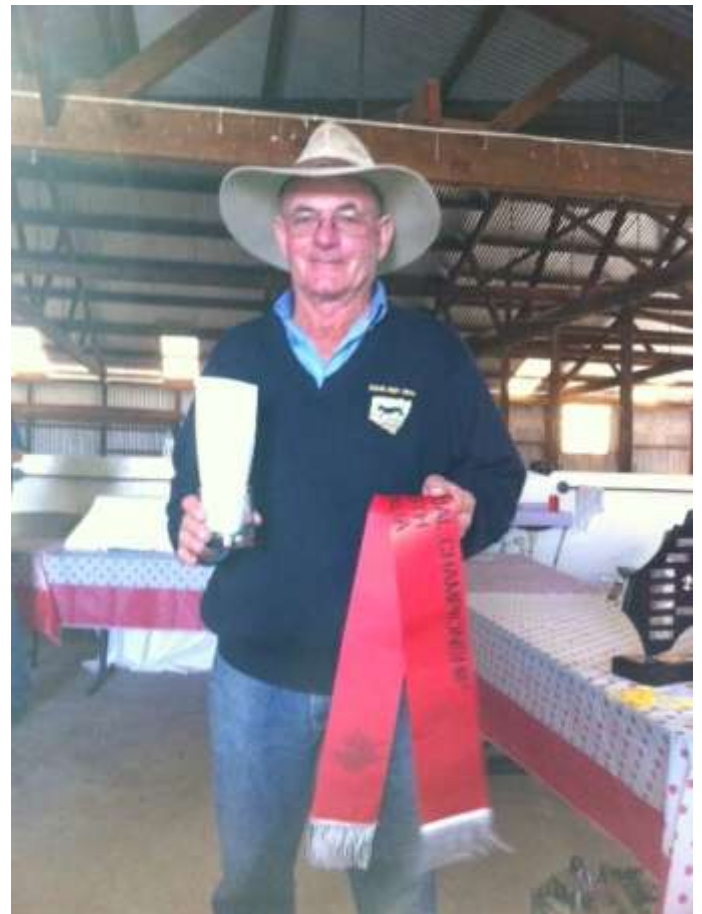
Eugowra local dog club will be conducting a Utility Trial at the show ground the same weekend as the Mural Weekend 9th, 10th and 11th of May with the current National Kelpie Champion and three previous National Champions competing on the Sunday. The trial will be judged by Greg Prince from Dubbo who has won many National Titles and represented Australia against New Zealand a number of times in three sheep trialling events. The first day 9th will be for the beginners class and this is for those who have not won anything and would like to start into trialling so if you are interested contact Kevin or Kay on 6859 2311 for an entry form and we will give you all the help and encouragement to have a go and you will only be competing with people in the same situation as yourself. This will be followed by the Novice Class and then on to the Open Class with finals being held on the Sunday afternoon. Catering will be provided by the Eugowra Pony Club on all three days.

There will also be horse and buggy rides available from town centre up to the show ground and around town. We would like to ask anyone who would like to help with the running of dog trials in Eugowra to make contact as we can do with all the help we can get. We would like to thank the Pengilly family for providing the sheep for the Trial, without their help we could not conduct a trial.

Also we would like to thank all of those who have provided sponsorship for our trial without your help we could not hold a trial. Hope to see you there.

Stop Press

Rumour has it there will be a very exciting and dramatic exhibition as part of this event, make sure you are in town at 1:30 on Saturday 10th of May to witness it.



Gooloogong Eskey Ball



SATURDAY 21ST JUNE, 2014

DOORS OPEN: 6pm
CANEPES from 7pm
Gooloogong Log Cabin,
Main St, Gooloogong

\$50 PER PERSON

Cost includes
2 Course Dinner catered
by Eat Your Greens, Entry
& Entertainment

ENTERTAINMENT:

Lead up band
LAWSON SHIRE & main
act UNDER THE COVERS

TRAVEL: Return buses available from Forbes, Cowra, Canowindra, Eugowra & Grenfell

FOR BOOKINGS:

www.trybooking.com/80937

DRESS: Black tie with a touch of bright!

BYO: Alcohol/Drinks • Strictly an over 18's event

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Eugowra Health Report

EUGOWRA MULTI-PURPOSE HEALTH SERVICE

Preparing for Winter sports Preventing knee and hamstring injuries.

The weather is cooling down and we are now running around and enjoying playing winter sports.

I am frequently asked about what are the “right” stretches or exercises to do before playing.

For some time now the evidence has been mounting about what should be done before you exercise or play a game of sport.

DO NOT stretch before running on the field.

Do build up to the type of activities that you will be doing on the field . This means if you are going to be running, jumping, changing direction in your game then this is what you need to do to prepare.

Warm up the muscles – make sure the blood is flowing in your muscles before you go out to play.

WHEN is it OK to stretch?

Stretching is something that you can do before you relax. I ask my patients to stretch everyday as a routine – not as a quick thing they do just before they run on the field.

Stretching actually activates a reflex in the muscle to get it to relax so this is the opposite of what you want to do before you want to make some explosive movements with your muscles.

What warm up exercises should I do?

No one has yet been able to discover how to prevent contact injuries but lots of research has gone into developing warm up programs to prevent non-contact injuries that can happen in sport.

Rather than reinvent the wheel I recommend that you look at some of the warm up programs already developed and tested to see what suits your activity. Most of the work has been done around soccer but it is relevant to most games.

One of the most well-known programs is the FIFA 11+ with proven results of:

37% fewer training injuries,

29% fewer playing injuries and

50% fewer major injuries

It is a 20 minute warm-up that includes running, strength, plyometrics and balance exercises.

It is recommended that it is done at least twice a week and prior to playing.

If you have internet access I recommend at look – you can download the manual and posters to use – its all free.

<http://f-marc.com/11plus/home/>

<http://f-marc.com/11plus/manual/>

This is the first 8 minutes

Another well respected program is the Santa Monica PEP program

<http://smsmf.org/smsf-programs/pep-program>

This prevention program consists of a warm-up, stretching, strengthening, plyometrics, and sport specific agilities to address potential deficits in the strength and coordination of the stabilizing muscles around the knee joint.

It is also very good and has alternative exercises if you have injury etc.

If you have actually had a hamstring injury then you need to rebuild/rehab your hamstring before you return to play.

I really recommend this site

http://www.ausport.gov.au/sportscoachmag/sports_sciences/

[a_systematic_approach_to_hamstring_prevention_and_rehabilitation_part_1](http://www.ausport.gov.au/sportscoachmag/sports_sciences/a_systematic_approach_to_hamstring_prevention_and_rehabilitation_part_1)

They recommend

Exercises not to do after a hamstring injury

Hamstring curl - regardless of the position of the body

Roman chair hamstring/gluteal raise

kneeling Russian hamstring exercise

Swiss ball bridging exercises.

These exercises are contraindicated because of the non-functional position of the body and the fact that they all work the hamstrings at one joint. These exercises are often used because you can 'feel the burn' during execution. That is a poor reason to choose an exercise. The burn is felt because the hamstring is at a mechanical

disadvantage.

Contraindicated training modalities

- Treadmill sprinting – treadmill sprinting and overground sprinting are different activities.
- Overspeed sprinting with elastic tubing
- Backward sprinting (running) – this has assumed almost mythological status as a hamstring strengthening and preventive exercise. EMG studies have shown that during backward running the hamstrings are essentially silent; they are along for the ride.
- Butt kicks

Birth Notice

Henry Edward Hanson RILEY

Born: 28/3/2014

Weight: 4315kg

Parents: Paula Hanson and David Riley

Sibling: Grace Anne Hanson Riley (14 months)

Maternal Grandparents: Rob and Trudy Hanson from Dubbo

Paternal Grandparents: Tom and Verna Riley from Eugowra

Great Grandparents: Sylvia Riley from Harrington Grove (Sydney) and Noel Langford from Eugowra



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Remarketing and Refocusing of the Emporium

When Kath Boyan saw the Eugowra Masonic Lodge for sale – she decided that she had to own it. “It’s a great building” said Kath who happened to spot it when she was working as a nurse at the Eugowra Hospital.

“The features are fantastic. The previous owners had plans in place to turn ‘the Lodge’ into a home – but I decided that it would be a perfect to place my years of ‘collectables’ and open up a shop. I could see at the time that Eugowra needed more attractions to stop the number of cars travelling through town. And to highlight the wonderful, friendly town - that is Eugowra”.

In her 7th year of ownership of the Lodge – Kath has certainly been able to fill the rooms of the building with her collectibles of all kinds of shapes, sizes, colours and with history attached.

“I’m currently remarketing and refocussing the business” said Kath as she helped to move her ‘gems’ around the inside of the building – send some back to her home in Molong – and bring in the ‘new’.

“We have people stopping all of the time – mainly travellers and people from throughout Cabonne Country and Parkes and Forbes – who love taking a wander and finding the perfect ‘gem’ to take home.

Joining Kath is another collector of all things old and new,

historical and fun. Rozzi Smith of Molong is a keen collector of 2nd hand and collectible books. “I really like coming to Eugowra – the people are really friendly and love to pop in and see ‘what’s new’”.

“I have a range of good quality second-hand popular books – anything from James Patterson, Patricia Cornwell and other great writers of mystery and crime to the romance of Nora Roberts and the beauty of a good English read in Maeve Binchy.

“I’m still filling the Lodge with some amazing ‘old historical’ books from authors of the 1800’s and early 1900’s – and I have a great range of war books from long ago to recent times”.

You name it – Rozzi has it – if she doesn’t – she will find a copy for the discerning reader.

Pop on into Kath’s Eugowra Lodge – Barrack Street – above the tree-lined banks of the beautiful Mandagery Creek. Enjoy sifting through the books – access everything from Depression Glass, Fur Coats, fantastic retro clothing, old suitcases, jewellery, furniture, rocking horses, old kitchenware...and more!

Something to sell? Kath and Rozzi will probably be interested.

MOTHER'S DAY WEEKEND 'PAMPER' SPECIAL

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Facial \$25
Mini Makeover
\$20

Saturday & Sunday
10 a.m. to 4 p.m.

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(on entering Eugowra, turn right towards Forbes/Parkes, travel over the bridge, turn 1st left)



COLLECTABLES AND OLD BOOKS



Wander through everything
old and unique at Kath's
Eugowra Emporium in the
old Masonic Lodge building

(c 1920's) on the banks of the
Mandagery Creek, Eugowra

*Furniture bargains, gift
ideas, unique bits'n' pieces,
45 and 75 records, old
wirelesses, fur coats, retro
gear.*

Open Sundays 10 a.m. to
4 p.m.



(on entering Eugowra, turn right towards Forbes/Parkes, travel over the bridge, turn 1st left)



Mother's Day 'Pampering'

As a special gift to local and district mums, nans, great-grans, aunties, neighbours and just for you – we've decided to hold a women's 'pampering' weekend at the Lodge.

Bring your special woman (of any age) to the Lodge where we will have special beauty consultants on hand to offer life changing mini-makeovers and very special facials.

Let us try the latest in fashion colours to bring out that extra glow of beauty which every woman has. Be surprised at the inner beauty of that special woman which can easily surface with the stroke of a new colour – and just in time for the winter months where we need to bring more colour to the surface of our skin.

Not forgetting the wonderful feel of facials – using a new skin care which helps to cleanse those long hot dry summer cells and leave them behind as we head towards a new winter glow.

Skin is special – colour is special – looking beautiful is special – your 'mum' is very special – you are very special. Let us 'pamper' you.

Appointments are necessary – times are available on Saturday 10th and Sunday 11th May from 10.00 a.m. to 4.00 p.m. or later. Book in with Narelle on 63669145. Gift Vouchers available.

Sheep farming in Montana

Eugowra locals had a chance to see how sheep farming is practiced in Montana when Jeanine Gibby showed the "Sweetgrass" documentary on the fifth of April. The general opinion was that it is much easier to farm sheep in Eugowra.

Due to popular demand another showing of the film "Sweetgrass" will be held on Friday, May 23 at the Bowling Club starting at 8 p.m. The film, about sheepherding in the mountains of Montana, was first shown on April 5 as a fund raiser for the Montana Bound group. The May 23 evening will be free. A huge thank you to those who came to the April event.

Come have a drink at the Bowling Club, eat a nice Chinese meal, and see a free showing of 'Sweetgrass'...Friday, May 23.



EXHIBITION OF DRAFT 2014/2015 INTEGRATED PLANNING AND REPORTING

Council wishes to advise that its draft 2014/2015 Integrated Planning and Reporting will be available for public inspection and comment from 7 May 2014 until 5.00pm on 4 June 2014.

The documents contain full details of:

1. Community Strategic Plan – Cabonne 2025
2. Delivery Program 2013/14 to 2016/17
3. Draft operational plan 2014 – 2015
 - Part 1 The activities
 - Part 2 – The Financials including Fees and Charges
4. Draft Resource Plans
 - H R Workforce Plan
 - Asset Management Plan
 - Long Term Financial Plan
5. Draft 2014/15 budget

Copies of the Documents can be inspected at Council's Molong, Cudal and Canowindra Offices; Canowindra, Manildra & Molong Libraries; Cumnock, Eugowra & Yeoval Post Offices, Cargo General Store, the Business Enterprise Centre Orange or on Council's website www.cabonne.nsw.gov.au.

A comment sheet is provided with the Draft Integrated Planning and Reporting documents and any comments should be may be mailed to the address below, emailed to council@cabonne.nsw.gov.au or left at Council Offices by 5pm on 4 June 2014.

A L Hopkins
General Manager

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By Anne Burns

Val McGrath and John Dwyer are a couple who have travelled and worked extensively around Australia, working with aboriginal and under privileged children from The Kimberly's to Townsville, then from Brewarrina to Bathurst Island off the coast of Darwin. They decided to retire and settle in Eugowra –"roughly" half way between John's family in Queensland and Val's family in Canberra. (I think Val got the better deal!) They moved to Old Greylands on The Escort Way ten years ago and set about turning the house and garden into the charming place it is today. Old Greylands is 150 acres and was a grazing portion of a property owned by the Niven family. Val and John have undertaken a large tree planting project which completes a natural corridor from Nangar National Park to the Mandagery Creek.

Eugowra News: Why did you decide to plant trees on Old Greylands?

In 2007 we responded to an advertisement in The Forbes Advocate seeking people interested in the Box Gum Grassy Woodlands Project. This project is Federally funded and designed to protect and enhance our environmental assets. We are keen gardeners so we thought we would try our gardening skills on a broader scale and do our bit for the environment at the same time. Once we applied, the farm was evaluated and it met all the criteria. In 2009 our application was successful and 9.5ha was approved for the project. In 2010 we were invited to apply for a further 25ha, which was also approved.

Eugowra News: What are some of the criteria that need to be met?

There needs to be remnant vegetation – in our case yellow and white box and native grasses too. We must plant 20 trees and 50 shrubs per hectare – all indigenous

to the area. These include yellow and white box, Blakely's red gum, acacias (wattles), hop bush and bursaria, which all have high wildlife value as bird habitats. Monitoring sites are established to determine if there have been increases in quantity and variety of birds and reptiles. Annual requirements include planting, tree maintenance, weeding and reporting annually on the progress of the project. No firewood can be taken from the area.

Eugowra News: What planting techniques do you find most successful?

We started by digging each hole by hand, but some of the country is quite rocky and it was heavy going. Now we spray for weeds and get Tony Toohey in with his vibrating ripper. It does a great job and gets the trees off to a good start. Our trees come from OzPlants Nursery in Cowra and they also contract plant the trees. We plant approximately 300 trees at a time so if they need watering it is manageable.

Eugowra News: I noticed a "For Sale" sign on Old Greylands - are you leaving?

Yes, we are moving to Canberra due to health reasons. We are honouring our contract with the Box Gum Grassy Woodlands Project. It is a shame to be leaving just as our hard work is coming to fruition, but the new owners will have the option to continue with the project or perhaps venture into something different, like olives or alpacas.

Eugowra News: The Eugowra Community will be sorry to lose you. You have created a little oasis at Old Greylands and you will be leaving a lasting legacy with your tree project. Your house, garden and farm are a credit to you and we wish you well with your sale and pending move to Canberra.



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- GADAIR VACCINATED
- SHORN FEBRUARY 2014

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4 1 5

11 Oberon Street EUGOWRA

PRICE REDUCTION \$ 260,000

- 4 bedrooms, close to schools, shops & all the attractions of the lovely town of Eugowra.
- Large open plan living / dining area adjacent to the kitchen.
- Ducted evap A/C, wood heater, gas heating.
- Fantastic entertainment area runs the full length of the home to the rear, paved floor and screened for year round comfort.
- Bore, rainwater tank, 2 garden sheds, double garage/workshop with carport in the back yard as well as a generous single carport adjacent to the home.



3 2 1

22-23 Evelyn Street EUGOWRA

\$ 265,000

- 3 Bedrooms, refurbished, fresh paint, new floorcoverings, wood fire & split system A/C
- Open Plan living/dining/family area, screened entertainment area to the rear of the home.
- Double block, two separate titles, set on one acre within walking distance to town
- Huge shed/workshop on second block
- Town water and reliable equipped bore
- Owner willing to split and sell separately



3 2 4

14 Strom Lane EUGOWRA

\$285,000

- Well presented spacious home, open plan living/ dining room that is awash with natural light, well appointed kitchen, and a separate formal lounge room.
- 3 bedrooms, all very generous in size, main with walk in robe and ensuite.
- Large bathroom with double shower and huge spa bath.
- Brand new decking on all verandahs offer a great out door entertaining space over looking the easy care gardens which feature a fully equipped bore, double garage, and large workshop with concrete floor, garden shed and carport.
- Situated on a one acre parcel of land that offers a quiet rural aspect.



3 1 2

28 Pye Street EUGOWRA

\$199,000

- Tastefully renovated home is beautifully presented and has plenty to offer its new owner.
- 3 generous bedrooms, all with built ins, and a brand new bathroom.
- Spacious lounge/dining area featuring polished timber floors and an open fireplace and split system A/c. The family room is situated to the rear of the home and offers access to the well fenced back yard featuring established lawns and gardens.
- The home is situated on a huge 1543 sqm block, and has a double lock up garage and rain water tank.



3 1 2

"Throndale" Escort Way EUGOWRA

\$295,000

- Neat and tidy 3 bedroom home set on 8.5 acres.
- Home boasts a modern eat in kitchen, lounge room, office and an enclosed verendah.
- Evaporative A/c, gas heating.
- Double lock up garage & two garden sheds. Large machinery shed with concrete floor.
- Property features include two permanent springs, town water and a large rainwater tank with all paddocks well fenced. Located on Eugowra's out skirts this property is very unique and well worth your inspection.

Golden EUGOWRA Eagles

FOOTBALL UPDATE

The Eugowra Golden Eagles are looking forward to a competitive 2014 season. The committee of John Park, Mathew Brown, Jane Simmons, Ashlee Newell and Bobby Wykamp would like to thank our many sponsors that make it possible for the club to run.

The Geagles are this year being coached by Jake Eppelstun and Bobby Wykamp the team is made up of a mixture of players some with a few years experience playing tag and for some it's their first year.

The team are having heaps of fun and improving every week.

First Grade are co-coached by Todd Jayett and Luke Clarke and are largely local boys, following is a report from the coaches .

Well Eugowra took on Gooloogong on Sunday who actually started the game with 12 players before team mates showed up to join them. It was a slow start for the Eagles who took the undermanned Gooloogong boys for granted and that attitude saw them losing at the break 18 -16, after the haltime break the boys stuck to the game plan and rolled forward completing their sets which brought them a lot of points. Matt Sayers was great in attack scoring a few tries, Luke Barnes was also great on the right edge, Matty Park went forward all day, Tex Timmins was in great form also, was good to see young Jordi Hartwig have a great game and cross the white line for a try. The whole team had a great 2nd half and saw the Golden Eagles run away victors 58-24.

