



# Eugowra NEWS

MAY 2016

VOL.33

*A Lions Club project for the community we serve*

## WE REMEMBER

**ANZAC  
DAY**



**25th APRIL 2016**

**Commemorating the Centenary of  
the Western Front**



The sky was sparkling and the crowds gathered once again to pay their respects and remember all those who have served their country during times of war.

This year the Eugowra march was led over the bridge and to the Cenotaph by four Regular Cadet Officers from the Australian Defence Forces Academy;

Thomas Blackwood, (pictured) Mathew Humphries, Dwayne Russell and Harrison Dastega.

Thomas's speech can be read on page 6.

**LEST WE FORGET**

# from the editor

Greetings from the dust bowl of the Murga Valley.

The spider living in the rain gauge is still ensconced in his little Perspex house. Not that I wish ill health to a little spider, but I hope he gets flushed out soon!



And as for the roo's....well that's a different story.

Eugowra continues on with its annual events ~ the ANZAC March with a local representative; Corporal Thomas Blackwood with some ADFA friends who came to show their respect by marching with the community.

And this weekends activities; the Murals Weekend, the Car Show, food stalls and a general hive of activity. Always a lovely weekend to showcase talents and welcome visitors to this amazing little part of the world.

It is due to the thanks of our many volunteers in the community that all these events take place and make it what it is. Quite fitting that May is the month to celebrate and recognise the work of the often unseen workers who give up their time, skills and hard work for the benefit of others. So thank you to all our volunteer workers in and around Eugowra.

Until next month, be careful on the 'fur highway' as you drive around.

Sarah

## WHY BE A VOLUNTEER?

Its not for money, its not for fame.

Its not for any personal gain.

Its just for love of fellowman

Its just to lend a helping hand.

Its just to give a tithe of self.

That's something you cant buy with wealth.

Its not medals won with pride.

Its for that feeling deep inside.

Its that reward down in your heart.

Its that feeling that you've been a part.

Of helping others far and near,

That makes you be a Volunteer!

Author unknown



# Contributors this Month

Barbara Roach

Pauline Howell

Nicole Brindle

Kevin Howell

Wal Townsend, Kahila Townsend, Denise Taylor

Murals Committee

Anne Heath

John Godden

Lions Club

Alicia D'Ombra

Sarah de Lange

Janet Noble

Judy Smith

Thomas Blackwood

Alison Gransden

## Next Issue Deadline:

### Friday 20th May

### The News will be available on Friday 27th May

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

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throughout the community.**

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



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## To the Editor

Dear Madam Eugowra News,

Thanks to Frances Anderson (Letters EN, April 2016) for having the courage to out herself as a proud Farmer's Wife. I respect and admire Frances as someone who always stands up and speaks out for what she believes in, even though I may not always agree with her.

As the granddaughter of a Cane Farmer, and having worked intimately with women in farming partnerships in irrigation areas of NSW, the fact is that **for some women "a Farmer" is exactly how they see themselves**, and not only for Bank loan & Tax Return purposes! These women (like "Farmers Wives") drove tractors, headers and bins, did the Books, injected the cattle, bottle fed the lambs, birthed and reared the children, kept the house, ran a taxi service to and from town and worked off farm to bring in extra dollars to keep the farm afloat.

With Dairy Farmers, Bee Farmers, Poultry Farmers, Fish Farmers, Game Farmers, Deer Farmers, Share Farmers, Pit Street Farmers, Yabby Farmers, Rice Farmers, Lucerne Farmers, Turf Farmers, Plantation Farmers, Citrus Farmers, Nut Farmers, Subsistence Farmers, Sheep and Livestock Farmers, Cropping Farmers...the job description of "a Farmer" probably boils down to "owning, managing or working a farm", not necessarily someone who can drive and fix big farm machinery.

I respect a woman's right to call herself a Farmer or a Farmer's Wife. I just know that if I were doing all those things I'd be calling myself a Farmer!

However, the problem is, if the Farmer is a woman, what should we call her partner?

Barb Roach (Philosopher & Stirrer)

## In This Issue

Page

6-9	ANZAC DAY
10/11	Murals Weekend
12	CWA
13	Seasonal Kitchen
14	St Joseph's Primary
15	What's on at the Bowlo
16	Eugowra Pony Club
17	VIEW Club
23	A Little Bit of History
24	Health Report
25	Working Dogs / Childcare Workers
31	Yellow Belly Championship / Pigeon Holes
	Life's Milestones
32	Real Estate



### FOR WHOM THE BELL TOLLS.....

**The congregation of the local Uniting Church**, which was known in the days of its formation as the Welsh Memorial Presbyterian Church, and shared services with the Methodist congregation, will be conducting a special service on the morning of **Sunday 1st May at 10am**. The old bell tower has recently been rebuilt and the bell rehung.

This service will honour one of the Church's lifelong serving members and Elder the late Ernest Howell, who is pictured ringing the bell for the Church building centenary service. Ernest was so much part of our community and so much involved in Eugowra.

Pauline Howell and family wish to invite everyone to this special morning and invite all to come along to the local Community Bowls and Recreation Club where Kenny will prepare a buffet luncheon (at a nominal charge) for those who would like to join them. Greg Howell's number 68514363.

Another community function over the weekend with the talented Mural painters brushing up on their skills, motor vehicles on show and market stalls in the township.

# WHAT'S ON THIS MONTH

# MAY 2016

Dr Vicki Wymer 68 592 220 Eugowra

63645901 Manildra

Mon

Tue

Wed

Thu

Fri

Sat/Sun

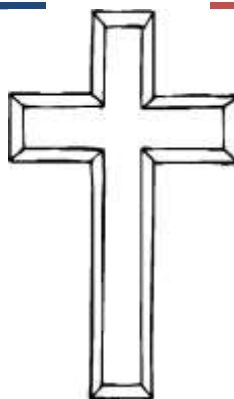
1 Eugowra 9-5pm	2 Manildra 9-1pm	4 Closed	5 Eugowra 9-4pm	6 Manildra 9-1pm Mothers Day Raffle @ the Bowlo	7/8 <b>Mother's Day</b>
9 Eugowra 9-5pm	10 Manildra 9-1pm	11 Eugowra 9-11am	12 Eugowra 9-4pm	13 Manildra 9-1pm	14/15
16 Eugowra 9-5pm	17 Manildra 9-1pm	18 Closed	19 Eugowra 9-4pm	20 Manildra 9-1pm	21/22
23 Eugowra 9-5pm	24 Manildra 9-1pm	25 Eugowra 9-11am	26 Eugowra 9-4pm	27	28/29
30 Eugowra 9-5pm	31 Manildra 9-1pm	June			

## 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



## 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

# Eugowra Church Services



# Sunnyside Gravel Supplies



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  - **ANY QUANTITY CAN BE ARRANGED**
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  - **TOP SOIL— DELIVERED IN TOWN AREA OR PICK UP**
  - **CONCRETE MIX 50/50 SAND BLUEMETAL MIX**
  - **STRAW FOR MULCH, BEDDING E.T.C.**

CONTACT: ALAN & MARIE NOBLE (02) 68592266

## 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:

Friday 27th May

Friday 24th June

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**

# ANZAC DAY

Good Morning, before I begin I would like to thank John Godden and the rest of the ANZAC Day committee for giving me the opportunity to speak to you all today.

Today marks a very special day of the year where we all take a moment to reflect upon those who have gone before us in the defence of Australia. Many of whom gave the ultimate sacrifice for this cause.

It was upon writing this speech that I really thought about what ANZAC Day means to me and why after 101 years we are all here together, honouring the men and women who served this nation.

For I believe ANZAC Day is a time to reflect and appreciate what all service personnel have done for this nation. From the Boer War to Gallipoli followed by the horrors of the Western Front. To the Whalers of the Light Horse, charging across the Sinai. The Rats of Tobruk, Greece, Milne Bay and Kokoda. The Battle of Britain and Bomber Command. Korea, Long Tan, Vietnam and more recent names such as Tarinkot and Kandahar.

For a small nation, Australia has always been in the thick of it. Always with a bias for action to help our allies in times of need. It's these actions which have defined Australia's identity on the world stage and it's this identity which makes use one of the most reputed countries in the world.

That reputation was not made by winning the Americas Cup or the Rugby World Cup or Gold Medals at the Olympics. It was forged on the worlds battlefields, in the air over war torn cities and thousands of miles out to sea. Where mate beside mate would fight for each other and the interests of Australia.

This ladies and gentlemen is why after 101 years we are all here. To say thank you and remember all that they have done.

From a young age I was always interested in the military. I remember my first ANZAC Day March in

Kindergarten, standing proudly with my school mates, not quite sure what I was doing there. In the years to come that interest would intensify and now I stand before you flanked by my comrades, proudly wearing the Khaki green of the Australian Regular Army.

It is an incredible feeling and very humbling to have the same Rising Sun and Slouch Hat as the thousands of men and women that have served before us.

Every time we wear our uniform we represent them and the reputation they made. We do not think lightly of this matter, for although we are only in the infancy of our careers; all Army, Air Force and Navy personnel strive to uphold the levels of service, courage, humility and utter professionalism that the ANZACs possessed and displayed in their actions.

So may we all guard and protect the actions and valour of all personnel that have served in the past and that are still serving in the present.

And if everyone could dedicate this day to them, in their own special way, then we will all still be standing here in another 101 years time.

Thank you

Cadet Officer Thomas Blackwood



Pictured with his family;

*Sisters Meghan and Kate, and parents; Carol and Graham Blackwood.*



# ANZAC DAY



**CORPORAL WILLIAM JOHN JULIUS  
4459 AIF FIRST BATTALION**

Grandpop fought on the Western Front,  
slipping on bones and skin and blood.  
German mortars dug graves in the mud;  
body lousy, their mate, he stood.

Grandpop grew cane on the Tweed, hard  
work dulled his pain and need.

With his beautiful girls and wife Gladys  
Irene, he moved to Sydney as Depression  
came.

Grandpop was kept from an awful secret,  
breast cancer, till too late for treatment  
My mother dressed the fungating wound,  
Grandma's hands were still and smooth

New Guinea, and Grandpop fought again  
in the blackened jungle and steaming rain  
A smocked white vest a souvenir, he gave  
my mother who wore for years.

Grandpop lived till 81. His heart just  
stopped, his work was done.

He'd often spoken of God, and love, and  
how he yearned for heaven, above all  
else,

Where he would meet his Gladys, perfect  
again, and mates who'd fallen in the rain.

Grandpop, I will always remember you.

**Lest we forget**

*Barb Roach April 2016*



**CORPORAL WALTER HENRY  
TOWNSEND**

**75th Anniversary of the  
RATS of TOBRUK**

On the weekend of the 9th/10th April 2016,  
myself and members of my family met at  
Canberra for the service to be held on  
Sunday 10th April to commemorate the  
siege of Tobruk by the Allied forces in  
1941.

As my father was a member of A Squadron  
6th Division Cavalry we went to join his  
mates in memory of him and the other  
fallen members of the 6th Division.

We met at the Canberra War Memorial on  
Saturday and went in to lay poppies on the  
Wall of Remembrance. We were then  
invited by a young lady to lay a wreath at  
the closing ceremony held at 5pm every  
day. Lance and Suzanne Wheeldon's son,  
Michael happened to see us and organised  
4 wreaths to be laid by myself, our three  
daughters and 4 grandchildren.

Thanks go to Michael and the young lady  
for their kindness and help to experience  
something we will never forget. I urge  
anyone who goes to the War Memorial in  
Canberra to stop and see the closing  
ceremony as it is such a wonderful  
experience.

*Wal Townsend.*

*Rats of Tobruk cont.*





Thank you to the Australian War Memorial for making this moment possible and to all the staff who were so helpful and supportive. Special thanks to Michael Wheeldon, your care and attention touched our hearts and made the last post ceremony on the 9th April 2016 a very special occasion for the descendants of Corporal Walter Henry Townsend.

### **Lest We Forget**

*Denise Townsend*

\*\*\*\*\*

On this weekend I got to experience one of the most memorable events a person will keep in their heart and mind for ever. My Great Grandfather; Walter Henry Townsend lost his life as a hero in Tobruk. Myself and my family attended the closing ceremony and we were lucky enough to have the privilege to do the laying of the wreaths in honour of our great grandfather, in love and support of our Pa and every man and woman who have dedicated their lives for our country. This experience will be held dear to my heart and my family. And to my Pa for every story, every photo, every memory you share will be cherished. I feel like I have met my Great Grandfather one hundred times through you.

*Kahlia Townsend.*



ANZAC DAY EUGOWRA Wal Townsend

*Elaine Cheney & John Godden*





28th, 29th, 30th & 1st  
May

## THE MURALS WEEKEND

Once again our wonderful committee has organised artists, signwriters, paint, canvas, meals and accommodation for the weekend.

Come down and see them at work outside Danny's Supermarket. Eugowra's history again comes alive with depictions of Eugowra Granite, The Fatty and Quick Shearing and Australia's first Saint - Mary MacKillop and the St Joseph's School in 1882.

Thank you to our visiting artists who have given up their weekends to come out and enjoy the fresh air and hospitality of Eugowra. May we all make them feel very welcome.

PATRICK SMITH - BLIGH PARK

CHERYL MCLEAN & DAVE CARDWELL - NORMANHURST NSW

EMMA WARD - WYONGAH NSW

BRIAN STRINGER & JILL STRINGER - KEMPSEY NSW

LES QUICK - ORANGE

SHARON FENSOM - THUDDUNGRA NSW

GREG CHANDLER & FRANCIE FINN - MATHOURA NSW

JOHN ELLIOT - VALLA NSW

ROSS BOORER - MARYLANDS NSW BOORER

MARSHALL DUNN & FRAN IFOULD - BRAIDWOOD

BOHIE PALECEK - ADELAIDE

CHRISTINE HOLMES - PARKES NSW

CAROL HARTIN - ORANGE NSW

BRIAN PETTY - COWRA NSW

PETER FISHLOCK & SHERRY FISHLOCK - WILBERFORCE NSW

BJ GRAHAM & CASSANDRA GRAHAM - WETHERILL PARK NSW

LINDA COWAN - FORBES NSW

PETER CROSSMAN & MICHELLE CROSSMAN PYREE NSW

LEILA CONSTABLE & KARREN HUNT - PORTLAND NSW

JON LAM & JEANETTE RANKIN - VICTORIA

ADAM LIVINGSTONE - CURTAIN ACT

RAY & MARLENE COSIER - LONDONDERRY NSW



Thank you to our local  
artists and supporters.





# Eugowra Car & Bike Show

Proudly presented by the Lions Club  
Eugowra Branch



**Sunday 1<sup>st</sup> May 2016**

Eugowra Memorial Park  
Cnr North & Cooper Streets

**Entrants from 9:00am - \$10 entry fee**  
**Public from 10:00am - gold coin donation**  
**Judging 11am**

**In conjunction with the  
Eugowra Murals  
Weekend**

*Classic Car*

**Swap Meet**

**ENTRY FORMS AVAILABLE ON  
OUR FACEBOOK PAGE**

**12 Awards up for grabs**

**Food Stalls**

**Jumping Castle for the kids**

**Lucky Gate  
Prize**

Or contact

John 0400 339 250 | Neil 0429 239 918

Email: eugowralionsclub@gmail.com





Janet Noble

## COUNTRY WOMEN'S ASSOCIATION OF NSW

## EUGOWRA BRANCH

The next meeting of Eugowra Branch will be on Thursday 12th May at 6pm. Margaret, Wendy and Frances will report on State AGM held at Cowra. They will be able to tell us about our new Executive Officer Danica Leys and about the Official Opening of the State Office at Mascot.

Danica Leys was a former NSW Farmers Policy Director and founder of social media movement ChatOz. Coffee & slice will be served afterwards.

Unfortunately our visit to Ellie Hetherington's nursery had to be postponed to a later date due to unforeseen circumstances.

Members please read CWA Strategic Plan for 2016 - 2018 in the April issue of "The Country Woman", we will discuss it at our next meeting.

Thank you to Jim Malloy for repairs to our rooms. It is very much appreciated. A big thanks to George for donation of pumpkins, we will be serving pumpkin soup at Mural week-end.

Our International day will be held on 24th August.

Had anyone been to Mongolia? We would be very pleased to hear from them. We need ideas for best decorated table at Group Mongolian luncheon at Canowindra. Any enquiries to Dorothy Jones our International Officer. Ph 68592691.

The Balloon Glow evening was very successful this year, good sales and no mud!

Eve Hayes will be arranging our wreath for ANZAC Day. Hope to see a good turn up on the day.

### Annual Education Grants

There are 11 grants given by CWA to children in NSW, if you are interested in applying for a grant please contact me, on 6859 2457. Applications open 1st August and close on 30th September. Several Eugowra children have benefited from these grants in the past.

### Movie Night

The Byng Emu Swamp CWA are hosting the movie premiere of, Florence Foster Jenkins, starring Meryl Streep, commencing at 7pm Friday 6 May 2016 in the Odeon 5 Cinema, 43 William St Orange, as a fundraiser.

Cost is \$25 a ticket, which includes a light supper before the movie. Tickets can be purchased prior to the night by contacting: bescwa@gmail.com or Sue on 0418 620949 or Ellen 0418 262334.

Please support this event, which will raise funds for the CWA's community work.

### Vale Mrs Keill OAM.

Mrs Keill passed away on 7th April and her funeral was on Friday 15th April. She had served as General Secretary at CWA Head Office from 1973 to 2002 and had also been a member of Eastern Suburbs Branch.

Since retirement thirteen years ago she was an active member of the Branch, Past Branch President, Councillor to Phillip Group, Group Publicity and Vice President. She ran a tight ship but with a wonderful sense of humour and compassion.



*Official Opening CWA State Office*



*Margaret Swift thanks Romy Taylor on her recent talk at the CWA meetings.*



## THE ~ SEASONAL KITCHEN ~

### Silver beet and Chickpea Curry

Sadly there is not much to pick in our garden at the moment but the other day I bought a huge bunch of silver beet for just 99 cents! This curry is tasty and healthy too!

#### Ingredients

1 large bunch of Silver beet, chopped, including the stalks

1 cup of mushrooms, chopped

2 brown onions, chopped

3 cloves of garlic, crushed

Chilli to your taste, I used a red and a green Jalapeno which I do have growing at the moment!

1 tin of tomatoes

1 tin of chick peas, drained

2 cups chicken or vegetable stock

1 tablespoon of grated ginger

1 tbsp on turmeric

1 tsp each of cumin and coriander

250 g of haloumi, the second mouse cheese company in Orange makes an amazing haloumi

Fresh coriander to garnish



#### Method

Heat olive oil in a large saucepan or casserole, add onions, fry for a couple of minutes then add chili, ginger and spices, cook until fragrant, a minute or so, then add in the mushrooms and silver beet stalks, stir for a few minutes before adding in the stock and tomatoes, cook for about ten minutes.

Then add the finely chopped silver beet leaves and chick peas, cook a further five minutes or so, until the vegetables are cooked to your liking, add salt if needed, and the juice of a lemon.

Chop the haloumi into cubes and add it to the curry just before serving.

Serve with rice and garnish with coriander



# St Joseph's Primary School

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

*Love and Truth Through Christ*

## APRIL NEWS

By now the children and staff will be back at school, having enjoyed a lovely autumn break with their friends and family. Thank you to the children for marching on ANZAC day with the Eugowra community.

Term One finished on a high note with lots of unique experiences.

## DUBBO ZOO SNOOZE

On Thursday 31st the whole school headed to Dubbo to visit St Laurence's School, Aladdin's Cave Bottle Tree & House and then to the Zoo for a sleep over.

The children were amazing and had a fantastic time. They had some great close up experiences with lots of different animals and the gibbons kept most of them up all night with their constant calling! They hired bikes for the following day to explore at their own leisure and no doubt slept well that night! The zoo staff complemented the children on their wonderful behaviour over the two days. Thank you to all the parents that came and joined in the fun and thank you to Anne Burns for the great photos.

## NEW STAFF MEMBER

This term we welcome a new staff member; Ms Emily Allegri as Teacher's Aide. Some of you may already know Emily as she is a dance teacher at Kristen Woods Dance school. She will replace Miss Carly who will be off for two terms on Maternity Leave. Welcome to Emily and best wishes to Carly and her partner Mitchell.

## POLLIE PEDLARS

Politicians, Mr Tony Abbot, Angus Taylor and Josh Friedenberga along with about 30 other bike riders from all walks of life stopped into St Joseph's for morning tea on their 1000kms ride from Canberra. Raising money for Carers Australia, School Captain Charlie Philipzen was able to present Mr Abbot with a donation from the school. Sr Helen impressed the riders with

some wonderful home made scones that she whipped up for them.



*Mackay & Charlie with Mrs Epp presenting a donation to Tony Abbot, Carers Australia.*



## KEILEY & CRAZY HAIR DAY

*Philo & Cooper donating some money for Keiley's cancer cause.*

Thank you to all our children and staff for their wonderful crazy hair colours, styles and wigs on the last day and their generous donations to help Keiley raise money for cancer. During the holidays, Keiley will be having her long locks cut to be used to make wigs for those who have lost their hair during Chemotherapy.

Thank you to St Joseph's Manildra School for joining in on the Crazy Hair fundraising.

**TERM 2** starts with the CWA Public Speaking competition on Thursday 28th, Eugowra Schools Cross Country on Friday 29th for 8 years and older. In Week Two, Year 6 students will be heading to their Christian Living Camp and Years 3 & 5 will be doing their NAPLAN testing in Week 3. Another busy and entertaining term coming up!

Until next time God Bless

St Joseph's Staff & Students.





**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. 0859 2805

**RESTAURANT HOURS**  
Wednesday - 5pm to close  
Thursday - 5pm to close  
Kilwinchilly only  
Friday - 5pm to close  
Saturday - 12pm to close  
Sunday - 12pm to close

**DISCOUNTED HOURS**  
Wednesday - 5pm to close  
Thursday - 5pm to close  
Friday - 5pm to close  
Saturday - 12pm to close  
Sunday - 12pm to close

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

## MAY WHAT'S ON AT YOUR CLUB?

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



**AVALIND**  
photography

Contact: Kim Storey  
Mobile: 0467315172  
Email: [info@avalindphotography.com.au](mailto:info@avalindphotography.com.au)

Find us on facebook:  
[www.facebook.com/avalindphotography](http://www.facebook.com/avalindphotography)

# EUGOWRA PONY CLUB



Hello readers!

With the end of daylight saving, we welcome the cooler weather, which means out come the rugs, the afternoon rides get shorter and our ponies get fluffy.

Our enthusiastic riders have been very busy over the last few weeks with Olivia Holland representing Eugowra Pony Club at the Orange Show riding 'Prince'. Chelsea Colvin and 'Moon Fairy' travelled out to Bedgerebong to compete at their Sporting Day.

Our last rally day was held on Sunday 3rd April, where we had 16 riders attend. We divided into groups so everyone's needs were accommodated. It was a busy day with our riders getting the chance try a bit of jumping and barrels, as well our usual riding.

Congratulations to Isla & Pippa Combe, Chelsea Colvin and Olivia Holland for completing the requirements of the E grade Certificate and receiving their patches. Well done!

Our next rally day will be held on the 8th May.



*Isla, Pippa, Olivia and Chelsea with their E  
Grad certificates and Patches.*



*Olivia and Prince at the Orange Show*



*Chelsea and Moon Fairy at Bedgerebong Show*



Eugowra Evening VIEW Club members held their monthly dinner meeting at the Central Hotel with Jacko Barnes, a volunteer officer with the Eugowra Ambulance for 33 years, as the guest speaker.

Jacko explained that there are another two volunteer officers with Eugowra, but they would really like more, so if you are interested just call Jacko on 6859 2933. He gave an overview of what the role entails saying that in addition to accidents it involves all types of medical emergencies such as asthma attacks, heart attacks etc.

CPR was also briefly discussed including the new hands only CPR. Jacko's role also involves working in remote areas with aboriginal people. He said some years are very busy with up to 75 call outs and just recently has been very busy. Jacko very proudly talks of the five local volunteers who are now paramedics.

Diane Agustin thanked Jacko on behalf of members and gave him a small gift in appreciation.

The fashion parade at Blue Illusion was a great success with funds raised to go towards our Learning for Life students and other Smith Family projects. Thank you to the models Irene, Therese, Esther and Andy who all did a wonderful job.

The History Day held at Diane Agustin's was very successful with the updating of the history books.

Reminder about the VIEW Club Street Stall and Clothing Collection which is to be held on Friday 17<sup>th</sup> June near the RTC and the birthday party which will be held on Sunday 17<sup>th</sup> July.

The next dinner meeting will be held on May 16<sup>th</sup> with the guest speaker to be Jeanie Fordham.



*Therese Welsh presents new member; Di Garner with her membership badge.*



*VIEW Models at the Blue Illusion recently.*





# WINTER WONDERLAND

**SATURDAY, 28TH MAY 2016**

DOORS OPEN 6.30PM

**TICKETS \$35pp** (AVAILABLE @ HEAD ON IN)

DEBS PRESENTED AT 7PM

**ENTERTAINMENT** HOUSE OF TRIBES

SPECTATORS WELCOME \$10 @ THE DOOR

LUCKY DOOR PRIZE AND RAFFLE

**DEBUTANTES:**

Anika Heinzel  
Sophie Welsh  
Sophie Huckel  
Britney Dukes  
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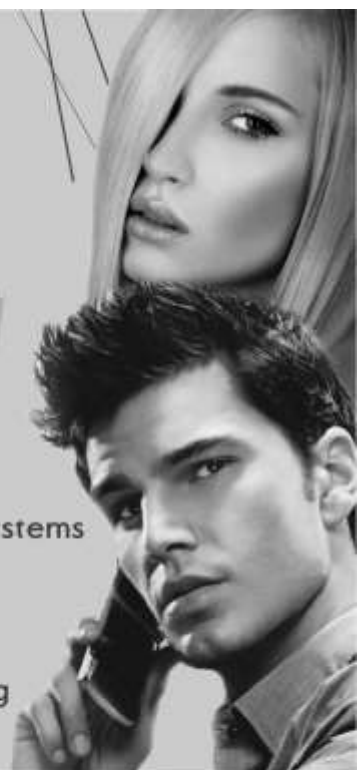
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**Sunday 1st May  
 10am @ the  
 Uniting Church.**



**A Special Service to honour  
 Ernest Howell  
 with the dedication of the  
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 Everyone most welcome.**

**LUNCHEON**  
 By Kenny  
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 Numbers appreciated Contact :  
 Greg Howell 68514363  
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# A LITTLE BIT OF HISTORY



Elaine Cheney

**TALES PEOPLE TELL.      Forbes Advocate 1 March 1928.      BILLY HUGHES.**

Writing of his early days as a Labour organizer, Mr. W. M. Hughes (ex-Prime Minister) tells in this month's issue of 'Life'.

One very hot day I was riding from **Forbes to Eugowra**. It was one of those kind of days which opens ominously — when you can see the air dancing with the heat before eight o'clock in the morning and by about two in the afternoon the skies are like red-hot brass and it feels 150 in the shade. In fact, it is over 112 and you would give all you ever hoped to possess or an ice-cream soda, or anything else cold sucked through a straw. In these days of motor cars, the journey from Forbes to Eugowra is just nothing. You wave your hand to your friends, step on the gas, and before you realise you have started you find yourself on the outskirts of the stately city of Eugowra.

But when one had to make the journey on horseback it was different; so different indeed that, when after hours of exposure to the sun, I stopped before a notice nailed to a great dead tree with its gaunt grey arm hanging with ghastly significance over the road way, I swayed in the saddle, sick and dazed with the heat, and the horse was in no better case.

With eyes that seemed afire, I read these words: "What to do in case of heat apoplexy: Place the patient in the shade, loosen his collar and apply ice to the nape of the neck." "Lay him in the shade!" "Ice on the back of his neck!" I don't know that I am more given to bursts of homicidal mania than other men, but I confess that as I read this fatuous notice — the burning sun pouring down upon my devoted head, every cell in my body sizzled with the heat; the poor horse, dejected, covered with sweat and the caked red dust of the district; no shade as far as the eye could reach that would have served as a camping place for an ant — and read about "laying the patient in the shade and applying ice to the back of his neck," when there was no ice within thirty miles — I felt I would barter all my hopes of future greatness to hang the double-dyed idiot who wrote that notice on the limbs of the old dead tree where this nerve shattering notice would be the last sight upon which his glazing eyes would rest. Alas! Poetic justice is a counsel of perfection in this world. But as I stared with bloodshot eyes at this asinine notice, my brain on fire, my lips dry and parched, my tongue turned to leather; I felt that unless one could contrive to find some cool shade and get a drink without delay, the great crusade for the generation of the world would collapse like a pricked bladder.

A mile or two down the road I came to a clearing in which stood a quite new bark humpy, out of the door of which, as the mare's feet crunched the gravel, came a woman. I suppose I must have looked as sick as I felt for without more ado she asked me in, and showed me where I could water and feed the mare.

**Ben Hall's Aunt ?** The house was clean, and delightfully cool, the tea, with fresh milk, a thing as rare as a white crow in the back country then — ambrosial nectar. In a little while I was my own man again. We began to talk; she asked me where I came from and what I was doing. I told her and under the stimulating influence of the tea, I gave her a private screening of the "Downfall of Dives and Triumph of Right." She was much impressed and insisted upon being enrolled and having paid her money became the first member of the Eugowra Labour League — which had not as yet emerged from the womb of time.

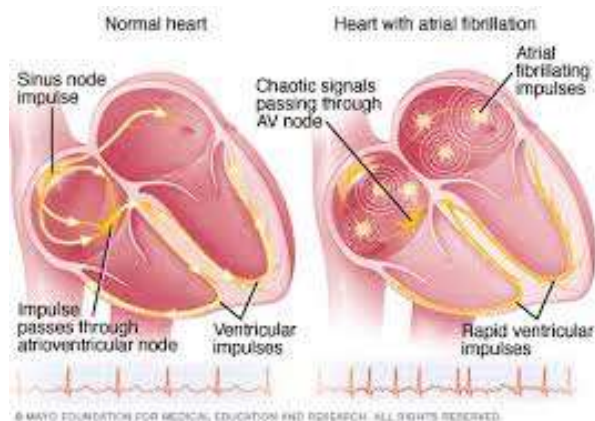
About five o'clock I re-saddled the horse and set out for Eugowra, which I reached without further adventure. Happening to mention the incident to the landlady of the hotel at which I stayed that night, she asked me the name of my hostess and convert, and when she heard it became very excited, jumped from her chair, and ran off to find her husband, calling out for the benefit of all and sundry that Ben Hall's Aunt — or it may have been his niece — had joined the Labour League! And I had no further difficulty in Eugowra, where I found Mr. Hall's relatives as thick as autumn leaves in Vallambrossa, and clinging together like bees in a swarm, were held in great respect by the rest of the inhabitants. But to get back to where I started from. I was talking about the romance of old mining towns when I turned down Bushranger's Lane, and stopped for a few minutes to drink a dish of tea with Ben Hall's aunt — or niece.



## ATRIAL FIBRILLATION

### 'Be Still My Beating Heart'

Atrial fibrillation (AF) occurs if rapid, disorganized electrical signals cause the heart's two upper chambers—called the atria, to fibrillate. The term "fibrillate" means to contract very fast and irregularly.



In AF, blood pools in the atria. The longer blood sits in one place the more likely it is to form into a clot.

People who have AF may not feel symptoms. However, even when AF isn't noticed, it can increase the risk of stroke. In some people, AF can cause chest pain or heart failure, especially if the heart rhythm is very rapid.

AF may happen rarely or every now and then, or it may become an ongoing or long-term heart problem that lasts for years.

It can affect adults of any age, but it is more common as people get older. In the over 65 year old age group, it affects about 10% of people.

### What causes Atrial Fibrillation?

The cause of AF is not fully understood and men and women are equally susceptible to the disease. However, it is noted that AF is more likely to occur in patients who have other heart conditions, such as:

- High blood pressure
- Coronary artery disease
- Mitral heart valve disease (caused by rheumatic heart disease, valve problems at birth, or infection)
- Congenital heart disease (abnormality of the heart since birth)
- Lung cancer and chest infections

### What Are The Symptoms of AF?

Some AF patients do not experience symptoms, and the AF is only discovered at a routine medical examination or after a health problem. However, for those who do, the most common symptoms are:

- Palpitations (or awareness of the heartbeat), which may be rapid
- Tiredness
- Shortness of breath
- Dizziness
- Chest pain

### What are the risks of AF?

The main risk associated with AF is stroke. AF in people over 65 is the leading cause of stroke.

Clots can form in the atria when the blood is not pushed completely out of the chamber because of the fluttering contractions. These clots can break off and travel anywhere in the body, but most worryingly, they can travel to the brain and cause a stroke.

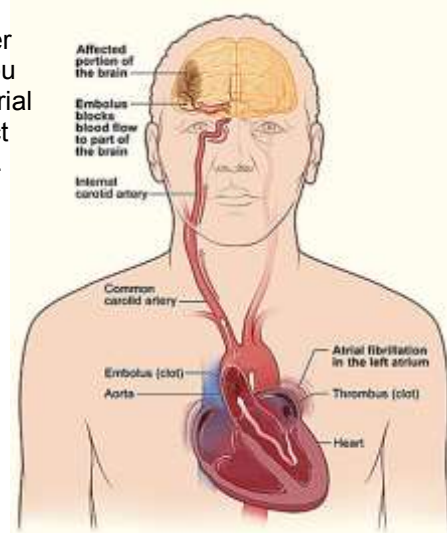
The management for some patients with AF to avoid stroke is to be on an anticoagulant such as warfarin. This medication thins the blood and reduces the clot formation.

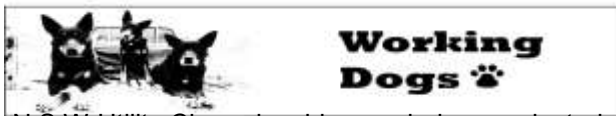
### Heart Failure

Having an uncontrolled heart rate for long periods of time (weeks or months) can damage the heart and you should check with your doctor that your heart rate is controlled adequately.

In extreme cases, often when the rate is very fast or when it happens in a damaged heart, AF can cause heart failure, which means that the heart becomes weak, as a result of the rapid rhythm. As the heart weakens, blood flows back into the lungs and affects the normal breathing pattern.

If you need further information or you think you have atrial fibrillation contact your local Doctor.





N.S.W Utility Championships are being conducted on 29, 30th April & 1st May at the Eugowra Showground. The event will commence at 8.00 am on Friday beginning with Nursery and continuing with the Novice and Open over the three days.

Judge for the week-end will be Mr Ian Evans from Deniliquin. Come along and see some of Australia's top Working Dogs and Handlers including the current National Kelpie Champion Karana Ripper owned and worked by your local man Kevin Howell.

Competitors will be travelling from all over the State including Nyngan, Gundagai, Penrith, Gulgong, Harden, Boorowa to name a few. We would like to give a big thank you to all the sponsors who without their generous donations this event would not be able to go ahead.

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2015 Utility Trials Eugowra

## How to Identify a Child Care Worker

- They know that glitter is the Herpes of craft supplies - you can never get rid of it.
- Goes home with the sounds of 'Johnny what a beautiful painting' ringing in their ears.
- Has a list of names they will never name their own child.
- Always has playdough and paint stuck under their fingernails
- Has a big pile of kids drawings and paintings that they just cant throw out - just too cute.
- Has the patience of a saint dealing with 15 young children at once.
- Knows not to have late nights at the club because young children and hangovers just don't work.
- Sings and acts out 'We're going on a bear hunt' around the campfire with adult friends.
- Knows that the wheels on the bus do go round and round and round and round and round.....



The plight of a local possum who mistook a power pole for a tree!

Despite a hot head Mr Possum lived to find a real tree to move in.







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\$15.00 Snitty & Middy of Beer/Soft Drink

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Playing - starts 7.00pm

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6.30pm - 9pm

SUNDAY

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## 2016 AUSTRALIAN YELLOWBELLY CHAMPIONSHIPS.

The 2<sup>nd</sup> round of the AYC was held at Burrinjuck Dam on 23<sup>rd</sup> and 24<sup>th</sup> of April.

Zac Gransden and Nathan Skeers, affectionately known as the 'Happy Hookers' finished in 6<sup>th</sup> position.

Zac and Nathan had a full limit of 12 fish for 5298mm.

Nathans brother Mitch and team mate Brad Gardiner of Parkes 'Jigheads' finished 9<sup>th</sup> with a full limit of fish for 5173mm.

628mm separated the top 10.

Zach and Nathan remain in 1<sup>st</sup> place overall with 194 of a possible 200 points.

The 3<sup>rd</sup> round is at Keepit Dam near Tamworth on 21<sup>st</sup> and 22<sup>nd</sup> of May .

Alison Gransden



*Nathan Skeers*



*Zac Gransden*



## The Pigeonholes

Short Messages, For Sale, Wanted

Wanted to buy down or injured stock.

**Contact : Kevin Howell. 02 68592311.**

### ~THANK YOU~

to those who attended the funeral of Jack Kirby in Eugowra recently, and for the many floral tributes and cards. It is much appreciated.

Iris Kirby & Robert Kirby



### Thumbs Up!

To Tom Blackwood and his fellow ADFA cadets for making our ANZAC commemorations extra special and inspiring.



### Thumbs Up!

To the Eugowra Garden Committee for continued hard work to make our town beautiful. Always clean and green and a pretty place for people to pull up and enjoy.



## LIFE'S MILESTONES



Congratulations to Cameron Harvey who recently turned 18yrs. Cameron pictured with parents, Tony & Chris and sisters April and Laura celebrated with family and friends at a bonfire night on the ANZAC long weekend. Cameron is a keen motocross rider and is finishing Year 12 at Red Bend Catholic College. The following day after a recovery breakfast Cameron and his friends enjoyed a motorbike riding day around the farm.

SOLD



"Throndale" EUGOWRA

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3 West 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.



### 56 Oberon Street EUGOWRA \$255,000 neg

- Neat tidy 3 bedroom home, new kitchen with stainless steel appliances
- Spacious lounge and separate dining room
- Home has been freshly painted, new floor coverings, ceiling fans in all bedrooms, reverse cycle a/c, covered paved entertainment area.
- 6 rubber lined brick stables, tack/harness area, stable area is 80ft x 30ft with under cover tie ups and is council approved.
- Other features- concrete wash bay, 40ft X 30ft shed, 2 x garden sheds, spell yard established trees and gardens with rear and side access to back yard.



### 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.



### 32 Nanima Street EUGOWRA \$145,000

- Double brick 2 bedroom home offers lots of period and charm
- Sunroom/potential 3rd bedroom is fully lined and sits to the rear of the home.
- Lounge is open to the dine-in kitchen and features high ceilings.
- Rear lane access offers off street parking and a well fenced yard.
- Well established cottage garden features advanced trees and shrubs

