

Eugowra NEWS

November 2013

A Lions Club project for the community we serve

VOL.17

Fun and Fashion at the Cup

The 2013 Canola Cup held on the October long weekend was once again a resounding success. A large crowd gathered on a spectacular spring day to watch excellent harness racing, catch up with family and friends and enjoy all the activities that the day had to offer. The fashions in the field competitions were hotly contested in all categories. A new section for Cutting Edge fashion drew a large field of very fashionable young ladies, Nelli Heinzl pictured below was the runner up in this section.

Grenfell trainer Robert Anderson was pleased to win Eugowra's Canola Cup with talented four year old Holy Camp Clive. Anderson lives only 75 kilometres from Eugowra and was excited to win the prestigious race for the first time. Holy Camp Clive is raced by Anderson's father Clive who unfortunately missed the victory. Anderson said "Dad is on a cruise at the moment going around the top end of Australia but I think he will be pretty happy with the result, I might have to send him away again next year!"

Congratulations to the hardworking members of the Harness Racing club for another wonderful events.



from the editor

The Canola Cup was another wonderful event for Eugowra. It certainly puts the town in the spotlight. Eugowra was looking lovely over the long weekend for all the visitors. It really is quite amazing what our small community can do. Well done Jodie and the Harness Racing Committee. We are already looking forward to next years Cup.

As we move quickly towards the end of the year its time to start thinking about Christmas holidays and the festive season. The Lions club will be hosting Carols by the Creek again this year. Jeanine Gibby is hard at work putting together an interesting cast of singers for the evening. I hope the community really gets behind this event and comes along to enjoy the evening.

This month we have a great selection of articles for you to read and enjoy. I was reflecting on the development of the News and really feel that gone are the days of having to search for content. Most months now I have a great choice of articles.

I know not everyone is a fan of Facebook but our Facebook page has taken the News to a new level and I think a new readership. We are approaching 300 likes on the page now which almost equals the number of copies of the News that we distribute each month and the page makes it all more interactive. We have been having a few issues with our webpage this month, hopefully it is working properly again by the time we go to print. If there is a technological genius in the community who would like to give us a hand with managing the webpage we would be most grateful.

The recent fires across NSW are an early reminder of the dangers inherent in the Australian climate. As I drove to work on Friday I heard on the news that someone had been arrested for starting fires on the Escort Way, hard to believe isn't it. Lets make this a fire safe season for Eugowra.



Deadline	Publication
22nd November	29th November

The Eugowra News Committee

Anne Heath, Chairperson and Editor

Anne Burns

Cassie Gates

Peter Heath

Bob Roach

Jodie Greenhalgh

Contributors this month

Jenny Anderson

Nina Hooper

Jessica Bray

Janet Noble

Claire Bray

CWA, Jenny Anderson

Nicole Brindle

St. Josephs School, Sarah de Lange

Alison Burgess

Barb Roach

Anne Burns

Kylie Reeves

Josh Driver

Belinda Edmonstone

Jodie Greenhalgh

Next Issue Deadline:

Friday 22nd November 2013

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

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



Follow us on facebook

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

November 2013

Mon

Tue

Wed

Thu

Fri

Sat

Sun

				1 Drs Manildra 9-1	2	3 Community Gar- dens
4 Drs. 9-5	5 Drs Manildra 9-1 Melbourne Cup	6 Drs. Closed	7 Drs. 9-4	8 Drs Manildra 9-1 CWA Meeting 12 noon	9 Clearing Sale	10
11 Drs. 9-5	12 Drs Manildra 9-1	13 Drs. 9-11 Craft on the Creek Mtg 10: AM	14 Drs. 9-4	15 Drs Manildra 9-1	16 Sesquicentenary Reenactment	17
18 Drs. 9-5	19 Drs Manildra 9-1	20 Drs. Closed	21 Drs. 9-4	22 Drs Manildra 9-1 Community Bus	23	24
25 Drs. 9-5	26 Drs Manildra 9-1	27 Drs. 9-11	28 Drs. 9-4	29 Drs Manildra 9-1 Graduation Mass	30	

Spring \$pecials

NOVEMBER/DECEMBER

 AIM Toothpaste 3 packs save \$1.50 \$3.50 ea	 GAVISCON 500ml save \$2.00 \$11.10 ea	 Combantrin Chocolate 24 squares save \$4.46 \$16.95 ea	 Huggie Fabric Softener save \$1.35 \$3.95 ea
 Moov Head Lice Shampoo save \$10.00 \$33.75 ea	 Krill Oil 1000mg save \$9.00 \$38.95 ea	 Hydralyte Ice Blocks 16 - 62.5ml save \$4.00 \$12.50 ea	 Jif Cream 375ml save .75c \$2.95 ea
 Vicks Vaporizer save \$24.00 \$69.95 ea	 Bedtime Bath Johnson & Johnson save \$3.00 \$10.95 ea	 Huggies Pull-Ups Size 2 8-15kg save \$1.00 \$12.95 ea	 Surf 500g Laundry Powder save .85c \$2.95 ea
 Temporary Hair Colour Spray save \$1.45 \$4.50 ea	 BYS Cosmetics Big Varities start from \$2.30 from \$2.50 ea	 Snugglers Nappies save \$10.00 \$28.50 ea	 Charcocaps Charcoal Capsules save \$5.00 \$12.10 ea
 Cancer Council Sunscreen save \$5.00 \$12.15 ea	 Ellgy Cream for cracked heels save \$3.00 \$9.95 ea	 Metamucil 528g save \$5.00 \$13.50 ea	 Zinc Cream save \$1.45 \$4.50 ea

Free Blister Pack - Are you taking more than one type of medication?

Blister Pack make it easy. Each dose is blister packed and marked with time and day it needs to be taken. You can trust Blister pack because it is packed by your pharmacist.

- See at a glance if medication has been taken.
- Check when your medication is due.
- No bulky bottles to carry around or store.
- Reduce the chance of error, overdose or under dose.
- Pack can be formatted weekly or monthly for your convenience.
- Simple to use for people of all ages.
- Clear instruction avoid confusion.
- Discreet and portable. Carry it with you anywhere.



Spree
Dishwashing
Liquid

save .50c
\$2.95
ea



St. Mary's PHARMACY

Caring for you and your family

54 Nanima Street, EUGOWRA After Hours 0459 031 315

open **6** days

TRADING
Monday to Friday
9am to 6pm
Saturday 9am - 3pm

Ph/Fax:

6859 2899

In This Issue

- | | |
|-----------------------------|--------------------------------|
| 7. Happy Gardener | 21. ECCC |
| 8. Caring for the Land | 22. Milestones |
| 10. St. Josephs School News | 24. Talk of the Town |
| 13. To the Editor | 27. Vintage Bikes in Town |
| 14. In the Kitchen | 28. Milestones. LHPA |
| 15. Pink and Bling | 29. Health Report |
| 16. View News | 30. Books for Babies |
| 16. Montana Bound | 32. Out n About in the Paddock |
| 17. CWA | 33. Community Gardeners |
| 18. Canola Cup | 34. Eugowra Memorial Pool |
| 20. Eugowra Public School | 35. Agronomy update |

EUGOWRA / ORANGE COMMUNITY BUS SERVICE



NEXT BUS:

22nd November

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**

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

Proud supporter
of the
Eugowra Lions Club

Get
above
your
TAX
problem...
Go see

**DAVID
Bigg**
Accountants

62 Gaskill Street,
Canowindra NSW 2806
Ph: (02) 6344 1606
Fax: (02) 6344 1951

**Canowindra
Pharmacy**
VICKI GRANT, B Pharm, M.P.S.



Cancer Council

Hats Now For Sale



BE SUN SOUND



Fax: 6344 1608

63 44 1204

79 Gaskill Street, Canowindra

**Distance Dispensing Service Available,
Daily Deliveries to Eugowra Newsagency**

Court Press

From Design to Delivery

Court Lane Forbes NSW 2871
Ph 6852 2564 • Fax 6852 4004
cpforbes@westserv.net.au



Why use Court Press?

- Knowledgeable and helpful staff
- PDF technology
- Digital & Offset printing
- Print from your email or disk
- We accept most file formats in Mac & PC
- Large range of paper
- Creative artwork & design
- Great range of stationery

Printers • Designers • Stationery Supplies

NANAMI



**LAVENDER
FARM**

Lavender Products, Soaps,
Lotions, Hand Cream & many more



Available by

- Mail or phone orders
- Selected markets and retail outlets
- Contact Janeen for Products or Mail Order Brochure

"Nanami", Eugowra NSW 2806
PH: 6859 2282 or FAX: 6859 2821



What weird, strange but often lovely weather we have been experiencing. Some rain would make things even better.

Some days it seems like four seasons in one day.

I most likely don't need to say that the year is just simply flying through so fast but that is exactly what is happening. I heard someone say recently "it is already October but it feels like it should be only be March".

As usual there is much to be done in the garden before the really hot weather arrives.

Of course salads can be consumed all year around but we all know how nice it is to sit down to a lovely fresh salad when the temperature outside is very warm.

Growing salad greens is often not how to grow them but what to grow.

Leafy edibles come in a variety of types, shapes and colours. Some can be harvested all year round, if they are protected from extremes in the heat and cold.

Others such as lettuce grow best spring through to autumn.

It is wise to source slow bolting varieties of greens during the warmer months because the heat will cause them to quickly go up to head, flower and set seed. The leaves will then become too bitter to eat.

Salad greens are easy to grow and in general have a very short life cycle of weeks and not months, as their roots are really shallow, they need regular and thorough watering. During the warmer months they need to be given a good drink every day.

For a continual supply it is often most beneficial to their grower to sow only a few plants every couple of weeks, while the current crop is being eaten.

Salad greens can of course be grown in your vegie plot but they can also be grown amongst the flowers and perennials where they can enhance your gardens visual impact and also in pots which be placed in a spot close the kitchen door for convenient, quick and ready access.

Plenty of sunlight is required, plus a good, rich growing medium which has had plenty of aged organic compost dug through it will produce a good bounty.

If there is only one or two in your household, sometimes growing a whole punnet of seedlings can be a waste. (unless there is someone to share with) This is when growing just three or four seeds at a time is commendable. Simply sprinkle your seeds on the soil, cover very finely with a little growing medium, water gently. Germination should only take a few days.

Just a small few varieties of greens which you may like to try in your patch.

Mizuna originating from Japan, has a mild flavour

Baby spinach always useful and nutritious

Salad Burnet often used for decorative purposes

Rocket (also known arargula and rucola) has a peppery taste

Oak leaf lettuce (red and green)

Butter lettuce

A little bit of information about some of these greens.

Rocket is rich in vitamin A and C and also potassium and has lots of other nutrients, has virtually no calories, was once believed to have aphrodisiac qualities. It is now believed to be an excellent digestive and diuretic stimulant.

Lettuce belongs to the same family as the daisy and I have read that it is a taboo food for The Yazidi people of Northern Iraq.

Organic Tips

Plant some parsley with your tomatoes, as its aroma deters wasps and flies.

Milk spray for Black spot on roses- Mix equal parts of milk and water add a teaspoon or two of bicarbonate soda. Mix well. Spray every three days until the infestation disappears. Collect all the fallen leaves from the garden bed, burn or place in a plastic bag, seal and dispose of in the bin.

Roses which are regularly affected badly by Black spot are generally best removed but sometimes good feeding and adequate moisture will help some roses overcome the disease.

Check soil under any existing mulches on your garden beds to ensure that the soil has not set hard or is dry. If it is so, carefully fork around the plants, water well and reapply mulch.

Give flowering shrubs a light prune after they have finished their flush of blooms to keep tidy and promote fresh growth and vigour.

Until next month, "Happy Gardening" Jenny



Caring for the Land

With Nina Hooper



Hello Eugowra.

I find it very hard to believe that we are looking over the tip of October into November! Where has 2013 gone?

As I write this there are fires all through the Blue Mountains and in other parts of NSW and it looks like we might have a tough summer ahead.

Hats off to all of the fire-fighters – both paid and volunteer - it is a huge job and we all appreciate what they do so much.

It really brings home the need to be fire sensible – as most of us in the bush are – but sometimes we do need a little reminder don't we?

This month I wanted to tell you about the fact that the Lachlan Catchment Management Authority has some funding available for training and on ground works.

The Total Land Management program is focussing on skills development and planning as a step into projects on ground.

Stockplan workshops are on offer in conjunction with livestock expert Phil Graham at the DPI.

These workshops are practical and hands on and focus on giving landholders tools to assist in making those decisions about livestock as conditions dry out.

Once you complete one of the Stockplan courses you are then eligible to apply for funding to be able to construct your own droughtlot on farm.

Also available is funding for High Schools to be involved in learning about sustainable agriculture. Grants are available for things like improvements to ag plots, excursions and the purchase of soil or water test kits.

You can also participate in farm planning through the Lachlan CMA.

This farm planning is an online course being offered through Tocal Ag College.

You have to pay the course costs of \$285 up front, but on completion of the course you can claim it back from the Lachlan CMA. The CMA will also supply you with an aerial photo of your farm.

Also on offer is heavily subsidised training in Holistic Management – out of Cowra TAFE and with an Alan Savory accredited instructor, and training in Prograze that will be run out of Condobolin.

There is also a fund for water and wire projects on farm.

Melissa Henry is the project manager and can be contacted on 0263 851018.

Give her a call to find out more – and don't forget to check out the Lachlan CMA website at <http://www.lachlan.cma.nsw.gov.au/ourprojects/currenteoisandfunding.aspx>

In the Landcare world, our project officer Christie is in full on grants writing mode.

If you have a project in mind she is sure to have seen a fund that matches, so call the office and tell Christie your idea!

And finally this month a big HURRAH for one of Eugowra's own!

Margot Jolly (nee Bray) our great chairperson of Central West Lachlan Landcare – has been awarded the Central West Region Winner of the NSW Volunteer of the Year!

How fabulous for us and for Margot – and it should be noted that Landcare is just one of the causes that she volunteers for!

Proud of you Margot – and see you next month Eugowra – in the DECEMBER issue!



Carols by the Creek

Sunday 15th December

7PM

Come along and enjoy!

CHINESE RESTAURANT
OPEN WED - SUN
tel. 6859 2805

CHINESE SMORGASBORD
2nd & 4th Saturday
of the month
\$14.00/hd
Bookings advisable

OPEN 7 DAYS
Mon-Fri 3.30pm - close
Saturday 12pm - close
Sunday 11am - close

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

Hill Street, Eugowra NSW - (02) 6859 2315

SUPPORT | ENJOY | RELAX
New members & visitors are always welcome!

Bowlie News

The Eugowra Community Bowls and Recreation Club invites you to the 2013 Eugowra Small Business Combined Christmas Party!

The Club committee would like to invite small business operators and their staff to attend a collective Christmas party on the Saturday the 30th of November at 7 pm. We as a local community club recognize and value that of all the small businesses in Eugowra give to our great little town. Buffet dinner at \$14 per person and a free drink (beer, wine or soft drink) on arrival, just present the invitation which you will receive in the mail.

Please RSVP with numbers of people who would like to attend to Tim Cheney Ph 0409 107 816, or email timothycheney@bigpond.com.au, or you can message the club via our Facebook page, by Friday the 22nd of November.

The club will also be holding it Monster Christmas Market Night on Friday the 13th December. This year Christmas Market Night will have a distinctly LOCAL theme with as many of the prizes that the club can offer being sourced from local businesses. Keep the Friday night free and join in the fun at your local club!

A huge thankyou to those that helped out last weekend with the Triples Classic, sponsors, committee and players the weekend was a huge success with 30 bowlers that came from Parkes, Yeoval, Forbes and Eugowra with the winning team from The Parkes Railway!!

NOMINATIONS SOUGHT FOR CABONNE

AUSTRALIA DAY AWARDS

Nominations are now open for Citizen of the Year, Young Citizen of the Year and Community Group of the Year awards in the various towns and villages within Cabonne Shire, with the winners to be announced on Australia Day next year.

Cabonne Mayor Ian Gosper said this was a perfect opportunity to recognise the work of worthy volunteers within the community and urged as many people as possible to nominate someone who should be honoured.

Nomination forms will be available from Council's Molong, Cudal and Canowindra offices, as well as from Council's website. Forms will also be sent to all Australia Day Committees and schools within the Shire.

Nominations will close on Friday 29 November 2013.

Following the introduction of a three-year cycle for attendance by Cabonne's Australia Day ambassador and official party at Australia Day celebrations, the ambassador will visit Mullion Creek, Cargo and Canowindra.

However, council representatives will attend all award presentations in towns and villages not included in the official itinerary.



EUGOWRA QUALITY MEATS
— PREMIUM BUTCHER & DELI —

AWARD WINNING SAUSAGES
COLD MEATS & SMALL GOODS
BBQ CHICKENS AVAILABLE WEDNESDAY & FRIDAY
BULK DEALS AVAILABLE
MAIL & PHONE ORDERS WELCOME
EFTPOS AVAILABLE
MOBILE COOL ROOM HIRE

NANIMA STREET EUGOWRA 02 6859 2372

LOCAL CUSTOMERS
FREE HOME DELIVERY

STEVE Wykamp

Lic No. 128169C



For all your...
**Bathroom or Kitchen Renovations,
Home Improvements and Repairs,
Tiling etc.**

Give Steve a call today

0427 700 696

33 Nanima Street, Eugowra NSW 2806

BRETT MYORS PLASTERING

0409 307 599

- Cottage
- Insurance Work
- Renovations
- Decorative Cornice
- Suspended Ceilings
- Insulation

Servicing the Central West

Call Brett Myors for
an obligation **FREE** quote today...



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

EXCURSIONS - CANBERRA & BATHURST

This term has started off with some great excursions. Canberra for the Primary Children and a day trip to the Dinosaur Museum at Bathurst for the Kinders - Year 3.

The Primary children have written some information about their overnight trip to the ACT.



PARLIAMENT HOUSE

"The Australian Parliament House has 4500 rooms and 2700 clocks. A lot of the design is based on Britain's Parliament House with an Australian touch. The flag is about the same

size as a double decker bus. Carmina Grey Granite from Eugowra is the most visible of all the building stones used in the house as it encloses the entire lengths of the two giant Curved Walls.

The colour of the Lower House represents the leaves on an Australian Gum Tree. This is where Politicians debate.

The colour of the Senate represents the blossoms on the Australian Gum Trees and is the only room in Australia that has a red exit sign."

The children also went to the National Library, National Museum and Art Gallery on Day 1. In the evening their activity was indoor Rock Climbing during which many of them overcame their fear of heights and had lots of fun. Day 2 was a trip to Questacon where the children could experience the thrill of a free fall and practical science lessons. The War Memorial was next where the reality of wars past and present brought home the devastation and issues that our soldiers have to face.

"The eternal flame represents all the people who have fought in wars. Red Poppies grew in the fields after World War 1 and are used to remember all those who have died in wars."

This is the tomb of the Unknown Soldier



AUSTRALIAN INSTITUTE OF SPORT

"The AIS was built in the early 1980's. It was built to improve Australian sport due to the poor performance in the 1976 Olympics. Ever since we have done a lot better. We saw the new swimming pool where the Olympians train. There is an underground tunnel where the coaches can watch the swimmers and their styles.

"We are the Champions!"

Did you know that the most weight ever lifted in the AIS is about 700kg by Patrick Johnson in a leg lift?

Did you know that Volleyballers can serve up to 130km/hr and are taller than Basketballers?"

BATHURST DINOSAUR MUSEUM

On Friday 25th October, the little ones travelled to Bathurst for the day to visit the Australian Fossil and Mineral Museum. They had a wonderful tour of the museum which is based on a private collection. Of course the best bits were the T Rex skeleton seen here with the children. After inspecting lots of fantastic fossils and skeletons the children headed over the Adventure Playground which has a Dinosaur theme to climb, run, jump and slide on all the equipment.



Until then we will be busy preparing for our end of year Concert. Please keep in your prayers all those affected by the bushfires.

Until then, God Bless and stay safe. St Joeys Staff and Students.

UPCOMING DATES TO NOTE;

- Graduation Mass Friday 29th November
- Annual Prize giving and Christmas Concert Thursday 12th December 7.00pm
- Last day of School Wednesday 18th Dec



HERB BEER

BUILDING
SERVICES

LIC NO. 83772C



HOME IMPROVEMENTS · REPAIRS
RENOVATIONS & ALTERATIONS
KITCHEN & BATHROOMS DESIGN & BUILD

*Local bloke servicing Eugowra
& district for over 35 years*

Mobile 0429 036 129 **Phone** 6859 2401
Fax 6859 2480 **Email** herb_debbie5@bigpond.com

- KIM LOWE -
INTERIORS

Dulux interior and exterior
colour consultations

Lighting plans and lights

Surface selections

Renovations of kitchen and
bathrooms in 3D

New house selections

Furniture and upholstery

Curtains and blinds

0417 392 239

fauxinc@optusnet.com.au
www.kimloweinteriors.com.au

- DESIGN TO BE DIFFERENT -

Are you thinking of upgrading your bathroom or kitchen?



Call Kim to discuss your next project

head on in

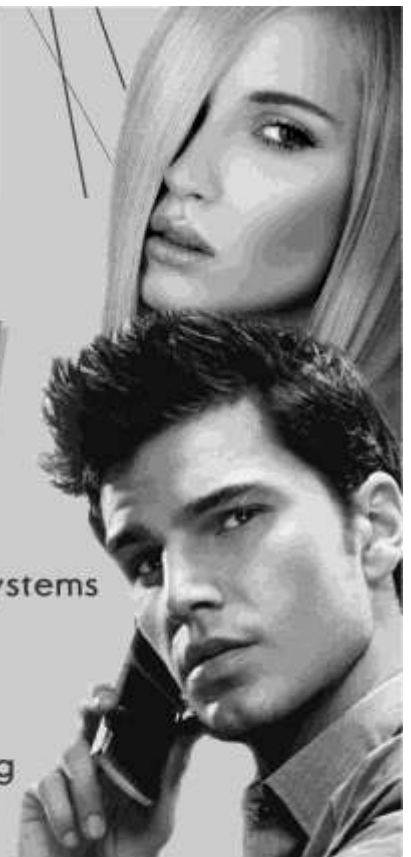
hair & beauty

BUY 2 Products, Receive the third FREE (Delorenzo products)

IN STOCK NOW, beautiful gift packs for XMAS!!

Starting from \$26, gift vouchers are also a great gift idea...

- Style Cuts
- Colours
- Perms
- Hair Straightening Systems
- Treatments
- Earpiercing
- Lash & Brow Tint
- Brow & Facial Waxing
- Spray Tans



Ph: 6859 2566



50 Nanima Street, EUGOWRA
OPEN 6 DAYS

To the Editor

The latest campaign by Cabonne Council to "Make Cabonne Communities Count" is more than a little bit offensive to me, and I suspect offensive to Eugowra.

How arrogant of Cabonne Council to imply that we in the Eugowra community do not/ cannot count, and then indicate its dictatorial intention to make us count!!!!

Just who does Cabonne Council think it is?

Cabonne Council needs to understand that for Eugowra, neither literacy nor numeracy is a problem Council needs to fix.

Not only does the Eugowra Community count, but as a matter of fact we in Eugowra have been counting for a very long time...

We have been counting the many years we've spent waiting for Council to actively lobby for the puzzle flat levee to be approved and built, so we can get rid of the ridiculous flood prone label stamped by bureaucrats over the entire town.

We have been counting the number of ratepayers' letters that have been written to Cabonne Council, only to be ignored.

We have counted the number of "community consultations" with Cabonne where we were told what will happen.

We have counted the number of Development Applications demanded by Cabonne in order to perform just about ANY community activity outside the boudoir.

We have counted the number of jobs being done around our community, by the community, for the community, without any assistance from Cabonne.

We have counted the number of times Cabonne staff have rushed out to Eugowra, to police, threaten or intimidate residents, compared to the number of occasions when staff came to Eugowra to assist ratepayers.

Recently we have counted the number of defensive and angry outbursts by Cabonne Councillors toward Eugowra residents who had the audacity to challenge ill-informed Council staff recommendations and Council decisions that have significantly harmed and disadvantaged Eugowra.

Yes, Eugowra is one Cabonne Community that has been counting on getting "the local government we want" not the one we've got, to which we definitely don't count!

21/10/2013

Barb Roach

Eugowra

IN THE KITCHEN WITH *Jessica & Ben*

November Recipe



BBQ Barramundi with a warm salad of quinoa, almonds and fresh herbs.



4 pieces of Barramundi. (Skin on)
Salt and pepper
Vegetable oil

Season and drizzle oil on barramundi

Salad

2 cups cooked quinoa (follow directions on back of pack)
Handful of roast shaved almond
50g rough chopped pitted black olives
1 cups blanched sugar snap peas
1 cup mixed fresh herbs (parsley, mint, basil) roughly chopped.

Dressing

1/2 cup olive oil
1 lemon, juiced
3 tablespoons verjus
1 tsp. sugar
Salt and pepper
Wisk to combine, adjust seasoning.
It may need extra of something, just taste and add more if needed!

Heat BBQ till hot, seal barramundi skin down for around 4 minutes, turn it over and cook for a further 4 mins.
Take off the heat and cover, let rest for around 10 minutes.
For salad, combine all ingredients. Mix dressing though.
Serve with the barramundi.

eat your
greens
FUNCTION CENTRE

The perfect location to celebrate
Your inspection is welcome. Mobile catering also available.



eat your greens the escort way, eugowra nsw 2806

t 6859 2386

m 0428 592 354

e enquiries@eatyourgreens.com.au

www.eatyourgreens.com.au

PINK & BLING 2013

In August we had our fifth annual 'Pink & Bling' night, with 75 attending and making a \$1220 donation to Cancer council.

The guest speakers Kate & Camilla from Cancer council, Orange gave an informative talk on melanomas and what to look for, and how to prevent them developing by using sunscreen daily, and regular skin checks for changes in any moles, freckles or blemishes. The need to be vigilant and acknowledge any changes in your skin cannot be emphasised enough with one of the speakers telling the audience of her own personal experience.

The night as usual was full of surprises with a lot of the "girls" participating in the theme for this year- Best Onesie competition. Amanda Mongan was this years winner, in her ABBA outfit. She received a trophy as a memento as well as having her name engraved on the "Donna Jones-Memorial Trophy". Thanks to all who participated by coming in a onesie or their pink outfits as it "brings home", why were there to not only have fun but acknowledge that cancer can be a disease that still needs financial assistance to continue research into the causes & cures.

Thank you to our models, Liz, Jodie, Marg, Julie ,Kay & Kellie and Michelle & Lalla for once again giving us an idea on how to put outfits together, but also what is available at Somerset Lane, and in Eugowra what's more!!

Once again we had our auction of items with some bargains to be had. Thanks to Kerry O'Malley for once again being the model for the auction items.

This year we had an enormous amount in our "blind raffle" with those who were lucky enough to have their ticket drawn- could have the pick of the table. Prizes included- Dinner for two to the value of \$50 with a bottle of wine and accompanying glasses, gift vouchers of \$50-\$20 amounts, roses to mention just a few.

I'd like to thank those that donated to our cause-

The Central Hotel, Somerset Lane, The Lady Bushranger, Eugowra Butchery, Eugowra Supermarket & Newsagency, Head On In, St Mary's Pharmacy, Ladybird - Forbes, Harvey Norman, Deidre Slaven, Pat Slaven, Mary Jenkins, Kerry O'Malley, Pam Archer, Judy Smith, Pauline Howell, Marie Noble and to all whom I may have forgotten,

THANK YOU.

Ann Stenhouse- See you next year!!





Eugowra Evening View Club
voice, interests and education of women

The Eugowra Evening VIEW Club held their October dinner meeting at the Gentle Cow, which was a change from the usual venue at the Central Hotel.

Michael, assisted by Tilly, served us a tasty meal, was enjoyed by everyone- especially those who have two servings of dessert, which was Michael's specialty cheesecake and three of his homemade ice creams.

Montana Bound 2014

A group of 24 high school students are gearing up to visit Montana during next winter's school holidays. Local teens Sophie Welsh, Sophie Huckel, Regan Hughes, Milly Boland, Britney Dukes, and Kayla and Laura Tulloch are part of the ensemble.

The program began in 2003 and next year's group is the fourth one to travel overseas.

Fundraising efforts have started already. Money earned from the group will go toward bus transportation (including gifts for the Montana drivers), national park entry fees, and paying for a host family dinner. Students are billeted out to local families during their stay.

As in past years the students will visit Yellowstone National Park, Lewis and Clark Caverns, the old gold mining town of Virginia City, hike in the Crazy Mountains, and go whitewater rafting. Other adventures are also planned by their host families.

Students pay for their airfare, travel insurance, and have their own spending money.

To quote many former participants "Montana Bound is an adventure of a lifetime".

The group's next fundraiser will be a carwash in December. More information on the carwash will be published later. Please call coordinator, Jeanine Gibby, for questions or concerns.

Somerset Lane

BOUTIQUE

*For the latest in Women's Fashion
from Casual to After 5
and Accessories*

OPEN 5 DAYS

Wednesday to Friday 9am - 5pm

Saturday & Sunday 10am - 4pm

**EVERYTHING
YOU NEED UNDER
THE ONE ROOF**



Takeaway, Coffee, Giftware & Jewellery

Come for a drive and
browse through our
selection of homewares
& gifts or enjoy a home cooked
meal or a coffee & slice while
you soak up the atmosphere of
our early 1900's Store...

Nanima Street, EUGOWRA

Ph: (02) 6859 2231 or

(02) 6859 2900



On Friday 11th October, the AGM of Eugowra CWA was held.

Mrs Elaine Cheney was invited to take the chair for the election of the Office Bearers for the coming year.

Shirley Heinzl was invited to again take the prestigious position of Patron, also Pauline Howell will be invited to resume this position.

Margaret Swift was returned unopposed to the position of President, as was Frances Anderson as Secretary and Wendy Carey as Treasurer.

Vice Presidents are Janet Noble, Kay Jones, Dorothy Jones.

International Officer is Esther Hyde and Dorothy Jones as her assistant.

Cultural officer is Kay Jones, Frances Anderson has again taken the position of Agricultural officer and Noela Lane is again in charge of Handicrafts.

Janet Noble and Shirley Heinzl will take care of Books for Babies.

Group Councillors are again Margaret Swift and Wendy Carey, with Janet Noble, Kay Jones, Frances Anderson and Dorothy Jones as Reserve Group Councillors.

Rhonda Yell will be asked to be the Auditor.

Publicity officer is Jenny Anderson.

Janet Noble is again taking care of information for new member's and bookings for the branch rooms.

Membership fees for 2014 were due last month. The cost is \$44 per year or \$119 for three years.

The Group AGM was held on 30th October at Woodstock and State President Mrs Tanya Cameron opened the meeting.

Councillors Margaret Swift, Wendy Carey, Delegates Kay Jones, Frances Anderson and Reserve Delegates Janet Noble and Dorothy Jones represented Eugowra.

Margaret, Frances and Janet recently represented Eugowra branch to help Cudal CWA members celebrate the 80th birthday of their branch.

Eugowra branch celebrated it's 85th birthday with a luncheon at "Taste Canowindra".

An enjoyable time was had by all attending.



Left to right: Back row Kylie Godden, Kay Jones, Jenny Anderson, Joan McMillian, Margaret Swift, Frances Anderson, Wendy Carey, Dorothy Jones.

Front row: Sister Helen, Wendy Drady, Janet Noble, Yvonne Smalley, Shirley Heinzl, Jeanette Norris.

Following on from a motion passed at the State AGM, signatures are being gathered to ask the Federal Government to ban the sale of energy drinks to people under the age of 18 years.

Correspondence has been received from CWA head office in reference to the sale of 11 Greenknowe Avenue and the relocation of the Residential Club, asking members to write to advise the Property Sub committee of their preferences.

The next meeting will be on 8th November at the later starting time of 12 noon, due to the Hospital Auxiliary street stall.

Please RSVP to Margaret Swift Ph 68592256 for lunch.

CANOLA CUP DAY 2013

After some ordinary weather in the days leading up to cup day we all breathed a sigh of relief when the morning dawned with bright sunshine and no wind. After a lot of work in the preceding days by an ever growing band of helpers and with the grounds looking magnificent the scene was set for a great day of racing and entertainment.

A fantastic crowd was in attendance and although not breaking last years' record gate it was only slightly lower. The off track entertainment was greatly enjoyed by the big crowd and the racing first class with the cup taken out by a near local in the Grenfell owned and trained Holy Camp Clive. Clive is named after his owner Clive Anderson and was trained and driven by his son Robert.

Trainers were very impressed with the new stables which were erected in the sheep pavilion. Thanks to Bill Hayes and Ben Greenhalgh for designing and overseeing their building and the many hard working supporters who put them together. Special thanks to Show Society president Kevin Townsend and his committee for the support in the planning and implementation of this project, also your many hours of time spent in helping with the construction is very much appreciated by our club.

Our committee is always looking to make the day more special and many people have commented on how the Canola growing along the straight added to the colour of the day. I must thank Alan Noble for sowing and fertilising the crop. It is a bit like getting the roses at Flemington race course to bloom on Melbourne Cup day, it's all in the timing (and weather) . Listening to the feedback you have done well Alan, thank you.

Once again the Eugowra community has put on an event which has endeared the town to people from all over Australia. For weeks leading up to the Cup and weeks after the name Eugowra has figured on TV, radio, newspapers and although I am not up to scratch on social media I am told by those who are, it has gone viral. (I don't know if that is the right word but it sounds good).

One leading owner said "the Canola Cup meeting is the best meeting of the Carnival of Cups by far, it has something magical about it". We should all be very proud of what Eugowra has achieved, I am.

I have mentioned a couple of names for special thanks earlier but now I want to give special thanks to the many other helpers who work with us to make this day so successful. Some put in many long hours, some not so

many hours but all do their bit and without you all it could not be done. The many people who give their time to man the gate, work in the bar and canteen while others are enjoying the day thank you.

Thank you to all our sponsors large and small, we could not do it without you.

Thanks once again to our secretary Jodie Greenhalgh. I know I say it every year but I will say it again, Eugowra is lucky to have you.

Thank you

Lex Crosby

President Eugowra Harness Racing Club







Eugowra Public School

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

News

Participation Leads To Success

Students have settled back into Term 4 for a busy final term to the year. We have welcomed our Kinder start students into our school and look forward to having them visit each Wednesday morning for the remainder of the year. Sophie Gibson, Benjamin McMahon and Reese Matheson enjoyed participating in games and classroom activities with the students in the K-2 classroom. Eugowra Public School would like to extend an invitation to parents and children who are considering becoming part of our school community in 2014, to contact the Principal, Mrs Carmel Doyle; Infants Teacher, Ms Sonia Dalla Vecchia or 2014 Infants Teacher, Miss Cath Adams on 6859 2233.

At the conclusion to Term 3, the students enjoyed an excursion to the Cowra Japanese Gardens Cherry Blossom Festival where they participated in a number of Japanese inspired activities including Calligraphy, Origami and Kite Flying as well as enjoying exploring the beautiful gardens.



New activities have been added to the playground for recess and lunch breaks for the students. This has created a lot of interest, creativity and imaginative play for the children in all stages. The students have been enjoying dress-ups, art and craft activities and large wooden blocks as new activities.

From the 21st to the 25th October we celebrated Grandparents Week with a number of activities to include any grandparents who were able to make it throughout the week. We hosted a picnic with the students and our visitors, we had library time, sport time and classroom visits during the week some students also visited Willawa

and read to some of the residents. We would like to thank our 'grandparents' for making the time to visit our school and interact with our students.





News from Eugowra Community Children's Centre

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

Spring is here!



Alana turns 5



Sheridan, Aideo & Alana planting beans in the preschool garden



Philo turns 4



Miss Ashlee & kids playing ring a rosie



Teddy bears picnic



Kathryn & Reece with their baby guinea pigs



Sienna and Memphis

HOME LOAN SALE

**LIMITED
TIME
ONLY!**



**Special introductory variable rate
discounted for the first 12 months
off our already low rates.**

✓ No monthly or annual fees ✓ FREE and UNLIMITED redraw ✓ Make extra repayments without penalty

Apply today! Visit 45 Broad St, Eugowra.
Call us on 6859 2718 or go online reliance.com.au

RELIANCE
CREDIT UNION

you first. always.

Minimum \$100,000 of new borrowings. Lending criteria apply together with fees, charges, terms and conditions.
Reliance Credit Union is a division of Maritime, Mining & Power Credit Union Ltd ABN 11 087 650 315 AFSL/Australian Credit Licence 240399

A PLACE TO STAY



Comfy & homely country B&B

Self-contained cottage

Sleeps 5 in 2 bedrooms

Breakfast supplied

Modest tariff

Friendly hosts

2km west of Eugowra

5km from eat your greens

Phone **6859 2243**
www.eugowra.aus.net

BnBs

BnB



Creekside
 FARMHOUSE

"Galwary" 1004 Amaroo Way Eugowra NSW
 Phone: 0414 283 027

www.creeksidefarmhouse.com.au



Accommodation

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



*The Ultimate...
 Country Experience*



Soak up the sophisticated, relaxed atmosphere and experience
 rural peace five minutes drive from Central West town of Eugowra.
 The Seldom Seen Guest House is situated in a bush setting high in
 the garden adjacent to the pool and tennis court overlooking the
 famous architecturally designed 'Kiembah' homestead.

- Accommodation for 4 people
- Also available is the original homestead,
 ideal for a family, 1 double with 4 single bunks



Hugh & Lyn Ellis
 'Kiembah', Kiembah Lane, EUGOWRA NSW 2806
 Phone: 02 6859 2926
 Email: hugh.ellis@bigpond.com



Gentle Cow
 CAFE

Open 7 days

Coffee
 Homemade pies
 Morning and Afternoon Tea

Weekend Lunch Special
 Soup with hot bread roll
 Small pie with mash and peas
 Coffee/tea and cake
All for \$12

PHONE 6859 2657

Talk Town

As the great, great grandson of John Maguire, locally he is mostly known for his cowboy hat, and his knowledge, interest and involvement in bushranger history. But Jeff Freeman is also a talented quiet achiever, who from his home in Eugowra runs a unique business making bespoke saddle trees, bits, spurs and silver engraving with skill and passion that translates into worldwide sales.

I asked Jeff why he came to Eugowra to set up a business.

"I was the Night Manager of the busy Lawson Hotel in the Blue Mountains for five years, and retired from this in 2000. We wanted a change of lifestyle, plus a bit of land. I had horses up there, and during the day used to make saddle trees. I wanted a better place to try my horses that were spending a lot of time just standing around in the mud."

So Jeff and Priscilla moved to the outskirts of Eugowra and set up a saddle tree making business in an old shed. They certainly were a long way away from the rain and mud in the Blue Mountains when Priscilla home alone, sheltered under a wet doona with their dogs as the 2001 Eugowra fire roared around them. Once it had passed, Priscilla managed to hose down the spot fires in the shed and around the house, saving their home and the business. Not so lucky were they in November 2011 when the old shed went up in flames overnight, destroying valuable tools and patterns and sorely testing their resolve to go on. "The fire set us back a long time. But we got a nice new shed out of it" Jeff added with a relieved smile.

How did Jeff get into making saddle trees?

"At the age of fourteen I started work for Fourright, a saddle tree company in Canterbury Sydney, and when the company blacksmith retired, I took on the blacksmithing. I never finished school, which I regret, because with my natural good looks and charm I could have been a brain surgeon" he added wryly. "I never got a ticket but got Trade Acceptance as a blacksmith because of my experience."

On the day of my visit, 2nd October, Jeff was working on a gullet – a piece of metal used to strengthen the pommel (front arch) of a saddle tree. The gullet keeps the pommel off the horse's back. While we talked, Jeff poked the metal deep into the hot coals of the forge, and when it was glowing red hot, pulled it out with tongs, and hammered it on a huge anvil with a deafening "clang, clang, clang", metal scale flying off in all directions as the gullet gradually took shape. This heating and hammering process was repeated many times until the desired shape was achieved, whereupon it was allowed to cool, and another was pushed into the forge, starting the process all over again.

What is a saddle tree?

"Just the frame of the saddle" he said. "I can make about 5 or six trees each week, and the demand is about ten per week! Everything I make is ordered; I can't keep a stock"

Jeff explained that once the tree is completed, it is sent off to a saddle maker who adds the padding and leather flaps, straps and buckles and other hardware, thereby finishing the saddle.

"Being the last left in Australia doing the traditional stock saddle timber and steel trees, I supply nearly every good saddle-maker in the country", he added.

I asked the value of a finished stock saddle.

"They're the most expensive saddles: \$4000 to \$15000 now - worth more than the horses" he added. "Stock saddles are used for general riding, stock work and horse breaking. They were developed from the old English saddle. When the "Man from Snowy River" came out we got a lot of interest from the Americans. I now send saddle trees direct to USA and New Zealand saddle makers as well as to distributors and saddle-makers across Australia."

How have you found living in Eugowra?

"I really like the locality, its handy; I can get around to camp drafts and sell from my mobile shop"

When did you get into Silver Work?

"I started making spurs for bronc work, then made bits and when I had my heart attack, started making things that were a bit easier on me. The silverwork and silver engraving then became a bit of a passion – I went to America for training. I now make belt buckles; ranch style belt buckles with brands on them, engraved penknives, earrings, bangles, pendants with stone settings..."

Jeff says he has taught six people silverwork, with one progressing to be "better than me. She's a professional engraver now" he said.

Reminiscing about his youth, Jeff tells me he "used to be a bronc rider, riding under the name of Buck Toff. He started this when he was about fifteen and quit at twenty five. Eugowra locals would probably know his bronco-riding mate "Gummer" (Don McKenna), whom Jeff says was the better rider. Jeff adds "I did the bronco riding for the fun of it". I'm left thinking they both did well to survive this amazing experience!

Asked about the future, Jeff expressed the wish that someone would take over the saddle tree business. I've taught two or three different people in the past three months, hoping they'll take over. But they don't go on with it", he said. "Making saddle trees is now classified as a cottage industry; there are only a few of us doing it now". He added with irony, "During the First World War it was a protected industry!"

It's certainly a very physical job, evidenced by Jeff's big strong shoulders (due to all that hammering!). And with skills required in both blacksmithing and woodworking, it's a big ask in today's world for anyone to take on such a job.

Jeff would like to spend more time on his current passion: silver engraving and setting stones. "And I need to learn how to use a computer to help me with the design work" he said.

He would also like to write a book, "a more sympathetic book about McGuire's life". He continued,

"Edgar Penzig was proven wrong on some of his writings about McGuire and the bushrangers, but he never retracted before he died."

For an ex-bronc rider who spends his days bashing metal with a hammer, writing a sympathetic book about an ancestor seems a bit incongruous.

A quizzical look from me and with a wicked grin he declares, "I started in business with \$100, and I'll stay in business till I get my money back!"

Jeff can be found in his new shed at Mid West Saddle Trees, 8246 The Escort Way, Eugowra; and can be contacted by email at saddletrees@bigpond.com, landline phone on 0268592759, and mobile

0429 636 724.



EUGOWRA NEWSAGENCY & SUPERMARKET

For all your...

- Milk • Bread • Fruit • Vegetables • Meat • Lollies • Chips • Drinks • Newspapers
- Magazine • Lotto • Stationary • Cards • Toys • Photocopying • Laminating
- Gardening & Hardware • Craft Supplies • Chemist Lines • Pies
- Southsea Seafood EVERY Thursday at 8.30am
- PLUS HEAPS MORE



Trading Hours

Monday to Friday 6am - 5.30pm
Saturday: 6am - 12pm Sunday: 6.30am - 12pm
Public Holidays 7am - 11am



Daniel, Diane & our Friendly Staff

32 Broad Street,
Eugowra NSW 2806

Ph: (02) 6859 2420 | Fax: (02) 6859 2420

Bowen Therapy

*Bowen Therapy is Gentle, Safe and
Effective Pain Relief*

Safe – Now being successfully used of 50 years,
on newborn through all age groups to the very elderly.

Gentle, with no manipulative forces or pressures
being used.

Improving – Physical, emotional and mental stress levels

Improving joint mobility;

Circulatory systems - blood and lymphatic:

Assimilation of nutrients;

Elimination of toxins and waste products.

Eugowra	Forbes
Wednesday C. W. A. rooms	24 Spring Street

Appointments are required for each session by contacting
Greg Howell 0427 592 771

— THE LODGE — EMPORIUM

BARRACK ST EUGOWRA

TAKE A WALK THROUGH THE PAST

Books – local swap, come in and browse
through our selection, no cost

Recycled bits and pieces

Retro goods including vintage garments

Collectables

See Phil or Cath
6366 8865 0429 668 865

**OPEN EVERY SUNDAY &
PUBLIC HOLIDAYS
10AM - 4PM**

Bikes in Town

Thursday 3rd October some 140 veteran motorcycle buffs were in Eugowra with their pioneering pre-1920 machines for the ninth Annual National Veteran's Bike Rally.

Held every two years in a different state, the 2013 Rally has attracted entries from throughout Australia.

Besides the popular brand of Harley Davidson, the more rare Thor, Yale, Indian and Henderson were represented, along with the long forgotten Australian-made bike brands such as Maldon, Precision, Peerless and GCS.

The Rally took riders around the Parkes Shire including the CSIRO Radio-Telescope (Monday), Trundle (Tuesday), Forbes (Wednesday), Canowindra via Eugowra (Thursday) including a mid-morning visit to St Joseph's School, and Yeoval via Baldry (Friday).

The relatively flat country is ideal for the low-powered veteran motorcycles, many of which have no clutch or gears!

On Sunday the 37th Annual Antique Motorcycle Rally was in Eugowra. There was a short run (150 kilometres) or a long run (200 kilometres) after morning tea at Eugowra Bowling Club.



Beware of the humble lead battery...

A few weeks ago I was called out to investigate mortalities in young cattle. One animal was found dead several weeks earlier but 3 had been found dead in the preceding 2 days out of only a small mob of 22. They had been in the same paddock for around 6 weeks and the owner could recall that he had some unexplained stock losses in this paddock a couple of years ago. This type of history may or may not be significant, but in this particular case it was. It turned out that the tissue from one of the deceased animals we sent away confirmed elevated lead levels and that the cattle had died from lead poisoning.

Lead is one of the more common causes of livestock poisonings on farm and is of concern not only for the loss of production in affected livestock but also because of the serious residue implications in livestock products.

There are many potential sources of lead on farm but the most common and the culprit in this case was the old lead acid battery. After the producer in this case was notified he noticed an area of the paddock where he could see the cattle had been milling and found the battery remnants.

Battery cases become brittle with time and cattle with their generally inquisitive nature, especially young cattle can quite easily disturb them to access the lead and lead salts that they contain. Other common sources of lead include lead based paints on farm buildings or other structures (cattle can and will lick the paint from these), ash from fires left after burning old wooden painted materials, linoleum and sump oil.

It is also important to remember that these lead products also pose a risk to people, especially young children.

Lead poisoning in livestock can express itself in several ways. Animals that consume large amounts of lead may simply be found dead such as in this case. However if a lesser amount is consumed animals may show neurological signs with inappetance, aimless wandering or circling, depression, blindness or 'star gazing', 'head pressing' and inco-ordination potentially progressing to coma and death.

Treatment of animals that are clinically affected by lead is rarely successful, and stock that have been exposed and found to have low blood lead levels will need to have slaughter restrictions placed in order that they do not contaminate our food chain. For these reasons prevention is by far the best cure. Old batteries in particular should be removed off farm to an approved recycling facility for safe disposal. Clean up old rubbish sites around the farm or at least fence the areas off from stock access. Avoid running stock around farm and machinery sheds and even old houses. Beware when grazing new country, especially with younger cattle, particularly when there is rubbish laying about.

If you have any questions about lead poisoning or other potential sources of lead on your farm please contact your local District Veterinarian.



On the 19th October a surprise 90th birthday party was held at "The Lady Bushranger" for Jane Harmston. Aunty Joan has been a well respected and loved resident of Eugowra for over 45 years. Her family travelled from the Central Coast of NSW, Hervey Bay & Toowoomba in Qld, along with her friends from Eugowra for the celebration and to acknowledge her milestone.

Aunty Joan was definitely surprised and enjoyed celebrating her birthday surrounded by her family and friends. Congratulations Aunty Joan best wishes and love from your relatives on the Central Coast.





Eugowra Health Report

EUGOWRA MULTI-PURPOSE HEALTH SERVICE

Men's health – do we really need to make a special effort??

You might see a few newly developing moustaches around in November. Movember is on again to raise funds and awareness about Men's health.

Is there really a problem with Men's health?

The unfortunate answer is YES.

Male deaths outnumber female deaths in every age group apart from the over-65 years, and only because so many men die before reaching retirement. Compared to women, men visit the doctor less frequently, have shorter visits and only attend when their illness is in its later stages.

There have been lots of reasons speculated about why this happens and it is probably a combination of factors that result in the reduced lifespan of males – by no means am I suggesting that men are the weaker sex or that you as an individual male will not have a long life but on average when you look across all men in all countries the trend remains.

Hormones –The influence of testosterone is often attributed to men being more competitive, aggressive and risk taking which puts them in harm's way more often. They consistently consume more tobacco, alcohol and drugs, which makes them sicker later on.

Chromosomes – Male DNA may wear out quicker and leads to breakdown in cells which results in earlier disease development.

Size – Men are in general bigger – some studies suggest that the larger individuals within a species tend on average to have shorter lives.

Social & Cultural differences - There are behavioural differences between men and women. Some of which might be cultural. Men are less likely to discuss their health concerns with their peers. Men are less likely to encourage their peers to get a concern checked by a doctor or follow up that it has improved/worsened.

The stresses of being a guy – Since the industrial revolution the role of men and their work has generally required them to spend more time away from the family/

community unit. The evolving industrial landscape continues to change and present threats to self-esteem, family relationships and relaxation.

Top 10 causes of premature death in men

According to data collected by the Australian Bureau of Statistics in 2008, the leading causes of death for Australian men include, in order from first to last: Ischaemic heart disease

Trachea and lung cancer

Strokes

Chronic lower respiratory diseases

Prostate cancer

Dementia and Alzheimer's disease

Colon and rectum cancer

Blood and lymph cancer, including leukaemia

Diabetes

Suicide.

WHAT CAN WE DO?

Movember is about raising the awareness of men's health problems so let's all do that.

Ask all the men you know if they have visited their doctor in the last 12 months to have a checkup.

Have they followed up any health worries or concerns .

Encourage and congratulate attempts at weight loss, reduced alcohol and cigarette consumption.

Encourage cardiovascular exercise.

Talk to boys and young men about having fun but thinking about the risks.

Encourage knowledge about male specific conditions such as prostate cancer.

Hug the men you love and remind them you would like them to stay around.

SESQUICENTENARY OF THE 'RAID ON GOIMBLA'

Saturday 16th November

Witness the re-enactment of the 'Raid on Goimbla' (which took place on November 19 1863) at the Eugowra Showground.

Gates will open at 7pm. Entry \$10 adults with children under 16 free.

The Lions Club will have a BBQ and drinks available from 7pm.

Entertainment will start at 7.30pm in the Pavilion. School children will be performing.

Jason & Chloe Roweth of 'Collector' fame will be the special entertainers for the evening performing songs and music from the colonial era.

'The Lachlan Living History' group will carry out the re-enactment of the Raid on Goimbla at twilight.

All ages are invited to dress in period costume. You could win a prize.

On November 19, it will be 150 years since the bushranger gang of Ben Hall, Johnny Gilbert and John O'Meally raided the 'Goimbla' property of the Campbell family, setting the barn alight and creating a night of horror for the family. During the night of gunfire, O'Meally was shot dead and then buried on the property, only to be exhumed some days later by his father, and then re-buried, as local history has recorded, near the Lachlan River at Gooloogong.

Descendants and members of the Campbell family will be gathering for a reunion and will be participating in our evening's events.



For more information contact Judy Smith 6859 2218, Elaine Cheney 6859 2820 or Ray Agustin 6859 2571 of the Eugowra Historical and Bushranger Centre - Sponsored by Eugowra EPPA



"Books For Babies" a Eugowra CWA Project.

In March 2005 Eugowra Branch of the Country Women's Association was officially launched "Books for Babies" by Rhonda Brain, Principal of Parkes Primary School.

Since then we have given a book plus information on why it is so important to read to your children (written by member and former special needs teacher Cathy Cleary) to every baby born in Eugowra.

Bayley Jade Tullock was the first baby to receive a book in November 2004.

Does reading aloud make a difference? This is what author of "One Sunny Day" has to say. The answer is Yes Yes Yes! Reading is an important skill that's needs to be developed in children. It is a necessary part of surviving to-day's society and a wonderful tool to get the most out of life.

Reading stories gives children a greater insight and a deeper understanding of others through identification with individual characters and their plights. It allows then to try new experiences and test new ideas. It enhances knowledge, imagination, memory and attention span.

"Raising a reader " Significantly increases a child's potential for both academic and general success.

How does reading aloud to my child help them to read?

As you read aloud to your child he/she will begin storing all kinds of information in the brain about words, context sentences, grammar, syntax (arrangement of words in a sentence, showing their connection and relation) and language.

Although they may be too young to actively use this information, it will be stored ready for use at a later date. It is never too early to start reading to your child. Reading aloud should be started at birth and should consist of no less the ten minutes per day.

More in Eugowra News next month. Janet Noble Books for Babies Officer.



AugerMate *the easy auger mover*

Mark 2 model

- New improved design
- Powder coated finish
- Designed for larger and longer augers
- Heavier duty lifting device
- More robust construction



For further details contact;
D & L Wright
Ph. 02 6859 2282 Fax. 02 6859 2821
Email. nanami@skymesh.com.au

Rhino Linings®

Utes Boats Trailers Flooring

YOUR LOCAL
RHINO LININGS
DEALER IS:

Rhino Linings
Eugowra
Ray Dickens

PH: 0409 592 526



- Available in many colours
- Sprays on up to 6mm thick (or any desired thickness)
- Slip Resistant surface keeps loads in place
- Prevents Rust & Corrosion
- Outperforms all drop-in liners

THERE'S TOUGH & THERE'S RHINO TUFF
 **Rhino Linings®**
PREMIUM PROTECTION

Sunnyside **Gravel Supplies**



QUARRY DA 95/144

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

CONTACT: ALAN & MARIE NOBLE (02) 68592266



By Anne Burns

As you may have heard the new Chairperson of the NSW Farmers Canowindra District Council is Eugowra based primary producer Kevin Welsh. Congratulations must also go to Gooloogong Stud Principal, Victoria Patterson, who was elected as Treasurer and Eugowra's Frances Anderson who will continue her role as Secretary.

The Canowindra District Council is comprised of the Canowindra, Cranbury, Eugowra and Gooloogong branches, each representing proud communities of members. This allows for strong representation for the region as Frances outlines, "Our District Council is able to send five delegates to the NSW Farmers Annual Conference, and we have a very capable and passionate Regional Service Manager, Alix McFarland, to directly support members in our region"

With around four meetings a year, Kevin said being involved with NSW Farmers was not too big an ask of a primary producers time, and with so many aspects of farming under greater scrutiny it is "good insurance" to be a member of the organisation, creating a stronger farming community and a clearer voice for the region.

Kevin pointed out "while overall farmer numbers are reducing we still need a voice in the public arena. We need to have some representation exclusively looking out for farmer's interests. New legislation is regularly being put forward, we as farmers need to be both informed and our views represented. We need to be pro-active instead of re-active."

In his capacity as Canowindra District Council Chair Kevin is keen to encourage young farmers to network and enjoy the benefits available to them. This is off to a flying start as in June this year 50 farmers enjoyed a networking dinner at the Eugowra Bowling Club.

Kevin is also quick to highlight how impressed he has been with the NSW Farmers wide range of professional staff across so many diverse areas of expertise, from President Fiona Simson, to the local team.

This professionalism shows through in their response to the challenges facing members "You only have to go online and read the weekly Farm Post newsletter to see the number of issues NSW Farmers are engaged with at any one time", Frances said.

"One of the ongoing challenges today is a disconnect between those communities that produce food and fibre and those who consume our products" Frances said. NSW Farmers is working to overcome this in many ways including introducing a food and fibre strand to the school curriculum.

Another initiative from NSW Farmers are the new "Growing the Best" farm gate signs. "I believe Australian farmers are among the most efficient in the world. City consumers need to understand where their food comes from Australia or overseas. By installing a NSW Farmers "Growing the Best" farm gate sign, you can promote our district as a vibrant and engaged farming district and it shows we are proud to be farmers and proud of what we produce." Kevin said.

To ensure it is able to represent the interests of the community NSW Farmers has continued to look at how to make this most accessible as Frances Anderson points out "The organisation recognised the cost of membership was a problem for some and has now introduced a new flat fee structure. There are now different types of memberships, and these are tailored to individual farmer's needs."

Kevin hopes his time as the Canowindra District Chair will be of benefit to the region, the organisation, and ultimately all his fellow primary producers. Join Kevin and show your support by placing a "Growing the Best" sign on your front gate. Contact Frances Anderson for details.

As a postscript to last month's reporting on the closure of Graincorp's Trajere silo.

Graincorp have had a change of heart and have agreed to OPEN Trajere this harvest. Running on a skeleton staff to start with, Graincorp will put on additional staff as demand requires. One additional benefit for Trajere is Manildra Mills will use the D150 to store Canola this harvest. Deliveries will come from growers contracted to Manildra Mills and this means an estimated 7,000 to 8,000 tonnes of Canola will come into Trajere from all over NSW.

Silo Chairman, Tony Townsend said "He had received notification from Cabonne Council that an application had been submitted to Council to upgrade the approach to Trajere for B-Double access. This DA would go before the Cabonne Transport Committee at the November meeting".

Some good news and what appears to be a turn-around from the previous decision taken by Graincorp.

Tony said, "The future of Trajere silo is in local growers' hands" or in my words... use it or lose it!

NSW Farmers District Chair
Kevin Welsh with wife Therese
and daughters Heidi and Sophie



Community Gardeners Update



The school garden progresses well and boasts a new watering system and timer for most efficient water usage. David & Ester Hyde have involved the children in planting potatoes, additional to those seasonal vegetables & herbs already growing.

We will be holding our monthly Pioneer/Apex Park & Nanima Street gardening day on the usual 1st Sunday of the Month: in this instance 3 November.

We worked an additional day during the past month at Pioneer Park, composting & mulching existing gardens to prepare them for the long hot summer months ahead. Ron also put in a new watering system for the roses, for ease of management, and there has been some levelling of the grassed area.

The weather is warming up so we will continue with weeding & mulching moving on to the Nanima Street gardens.

Bring along any surplus plants, and or cuttings, that you might swap or share although it may be a little late in the season.

Some of you may have noticed some herbs interspersed throughout the gardens at Pioneer Park – Thyme, Oregano, Tarragon, Parsley, Mint, Rosemary & Lavender. The Chilli, and Pineapple Sage, are struggling, but the Strawberries look like they are away. Give them time to become established and help yourselves! You may even water some of the beds in passing if they look a little parched!

Gardening days usually involve a mid-morning coffee/cool drink, and a BYO BBQ/picnic lunch at conclusion, and of course the more people that show up, the more fun we have and the easier it is for everyone!

Look forward to seeing you all there Sunday 3 November – 9.00 till 12.00, or whatever time you can manage.

Ali B

If you would like to be included on our emailing list, please email me at alison.burges@yahoo.com.au

(now that I am back from the Philippines, & have reset my email!!)



AGnVET Services

1st Choice for all your Rural Requirements

- Specialist Agronomy Advice
- Agricultural Chemicals ■ Livestock Health & Nutrition ■ Fertiliser
- Seed ■ Seed Cleaning & Grading ■ Pet Food & Accessories ■ Fencing supplies
- Washing powder & Laundry needs ■ Water supply equipment ■ Cement
- Gardening equipment ■ Farm Hardware
- Water - supply equipment

LARGE enough to have what you want – SMALL enough to care

7 Noble St, EUGOWRA 2806
ph. 0268 592208 - fax 02 6859 2487
email: eugowra@agnvet.com.au



Eugowra War Memorial Swimming Pool

Hello everyone as the warmer weather is rolling in it is that time of year again to get the pool up and running. This year we have some new members on our committee, we would like to welcome: Zoe Hodson President, Tom Anson Vice President, Carol Monohan Treasurer, Karleigh Ford Secretary, Michealla Herbert Publicity and Emma Herridge youth officer.

It is with great excitement to say the pool will be open this season and a huge thank you to everyone who attended the committee meeting. The next committee meeting will be held next Tuesday night at the Central 6pm for a 6:30pm start all welcome.

We look forward to seeing you all at the pool this season

Eugowra Pool Committee

For all your...

- Hay & Grain Transport ● General Freight
- Agricultural Machinery ● Fertilizer Cartage
- Tipping Trailer ● Taut Liner
- Drop Deck Trailer with ramps and extendable trailer

DAILY TO SYDNEY - SYDNEY DEPOT AVAILABLE

MOB: 0428 443 912
02 6859 5259

AGRONOMY UPDATE

Stored grain – Control of insects

With harvest creeping up on everyone in the district it is the best time to consider storage options of this year's grains oilseeds and pulses.

Damage by insects in stored grain can cost the industry and the grower hundreds of thousands of dollars due to unsellable grain which then has to be disposed of usually at a loss if at all salvageable, due to the insects either reducing the grain to dust or sending the grain moldy because of the released heat and moisture by the insects as they feed.

The key to clean storage of grains is simple, "Start clean, stay clean".

An inspection of silos prior to filling is the first step in achieving this. By making sure all old grain has been fully removed from the silo and that all seals are in good condition and pre-treating surfaces with chemical, will ensure that there is no pre-contamination in the silo.

Also keep in mind that all machinery that is used for harvest from the header to the field bins should have been fully cleaned down and rid of any grain prior to harvesting to avoid picking up any other insects.

Treatment of grain as it is being filled into the silos also helps in long term prevention of insect infestation. There are a few options for this but the key to these working is to apply as soon as possible before infestation occurs.

Here are some options that can be used in this situation:
Treatment of clean, harvested grain

Reldan Plus (500g/L chlorpyrifos-methyl + 30g/L s-methoprene)

IGR grain pack (30g/L s-methoprene + 1000g/L fenitrothion)

Rizacon S (300g/L s-methoprene)

Fenitrothion (1000g/L fenitrothion)

All of these options have varying degrees of protections from 1 month through to 9 months.

With the exception of fenitrothion applied alone, the period is generally 3-9 months protection depending on rates applied.

If infestation has occurred in already stored grain, then a knockdown treatment will need to be applied prior to sale or movement. There are two ways of doing this, either treating the grain as it is being out-loaded or treated in the silo.

Some products for this include; Fumitoxin (330g/kg phosphine), Diclorvos (1140g/L diclorvos).

These products have anywhere between 7-28 day withholding periods before grain can be either sold or used for feed purposes on farm. Keep in mind that after treatments with these products a grain protectant described above will still need to be applied for prolonged protection due to these only being knockdown chemicals.

For more information please feel free to contact myself or the staff at Eugowra AgNVet and we can help you with any questions that you may have.



TONY TOOHEY Contracting SERVICES

- ALL TYPES OF TRENCHING
 - Telephone Cable & Lead-in
 - Pit & Conduit
 - Power Cable
 - Water Pipes
- VIBRATORY PLOW for direct bury of Cable, Pipe & Tree Establishment
- UNDERGROUND CABLE & STEEL PIPE LOCATIONS
- 9 TONNE BEAVER TAIL TRUCK TRANSPORT
- CAR TRAILER HIRE - 2 TONNE




Mob: 0428 417 826

PO Box 4, Eugowra






Email: AJTC@bigpond.com



ANTIQUES, COLLECTABLES & FARM EQUIPMENT

“SPRINGTHORPE” Parkes Road, EUGOWRA

Property SOLD by Landmark Harcourts Forbes

Saturday, 9th November 2013 - 10am



Antiques & Collectables – Victorian Mahogany Chiffonier with front drawer & carved back; antique pine gentlemen's chest with swing mirror; antique oak drop leaf gate table with barley twist legs; Oak lady's roll top Desk with 4 drawers; Grandmothers Chair; Bridge Chairs; Large number of antique collectable Rabbit Trap ornaments;

Farm Plant & Equipment – Toyota single cab tray back Utility; Ute Sheep Crate; Portable Ute Tank - 1000 litre; Cube Silo; Fordson Major Tractor; Ripper; Blade; Carryall; Fence Posts; Wire Rolls; Workshop & Garden Tools.

Household – Upright Freezer (as new); Fridge; Outdoor tables & chairs; Swinging seat; Folding bed; Bar fridges; Cupboards; Round kitchen Table & 4 chairs; Double Sofa Bed; Towel racks; Single bed; Lounge chairs; Chest of drawers; Nest of tables; Wicker table; Pouf; Wicker chair; Bookcases; Lounge (2 seat) with matching upholstered Chairs; Occasional tables; TV stand; Dressing table; Blanket boxes; Towel racks; Foot stool; Heaters; Fans & much more on the day.

Full List & Photos on www.landmarkharcourts.com.au

Catering – BBQ & Refreshments provided by the Eugowra Lions Club.

Terms – Cash or Cheque strictly on the day. Id Required for Registration. No GST on Vendors items.

Directions – From Parkes take the Eugowra Rd (Cowra Rd), approx. 30km Springthorpe Lane is on the right. On the Forbes – Eugowra Rd 5km west of Eugowra & 31km east of Forbes turn north on the Parkes Rd & 4km on the left.

Contact - Landmark FORBES 02 6852 1466 Ainslie Toole 0407 946 838