



Eugowra NEWS

October 2013

A Lions Club project for the community we serve

VOL.17

Centenary Celebrations

Great weather and a full program of exciting events drew a record crowd to Eugowra's Centenary Show on Saturday 14th of September. The big crowd enjoyed a full program of ring events, visiting the pavilions, watching the Australian Draught Horses in action and cheering on their favourites in the bush carnival events. Visitors to the show had an opportunity to witness the re-enactment of the Escort Rock gold robbery, this time in perfect weather conditions. As usual the demolition derby was a favourite with the crowd, even though it was a bit hard to see through the dust. This year the derby was won by Mathew Falconer of Parkes. The Show culminated with a spectacular display of fireworks.

President Kevin Townsend said that there was a record gate at this years show and he declared the show to have been an outstanding success. Kevin paid tribute to his hardworking committee and many other dedicated helpers. Five long standing members of the show committee received a special award on the day. Commemorative plaques for over fifty years of service were given to Tom Gransden, Viv McMillan, Dugald Wright, Bruce Noble and Tony Townsend.

The Show was opened by Agricultural Show Society president Tim O'Brien. Lydia Herbert handed over showgirl duties to this years winner Heidi Welsh.

See the show in pictures on pages 18 and 19.



from the editor

What a fabulous weekend Eugowra turned on for the Centenary Show and the Woodbridge Cup Grand Final. The weather was just perfect and the crowds turned out for both events. The only thing that didn't go according to plan was that Cargo defeated Eugowra in the footy!

I thought it was an excellent show this year with plenty of activities to keep people of all ages occupied. It seemed to me that the Equestrian Events were much better patronised this year as was the cattle pavilion. The Yard Dog Trials went beautifully in the new yards. One thing I noticed was that quite a few of the Eugowra Stalwarts doubled up on duty on the gate and the barbecue. This makes for a pretty long day, hopefully next year there will be a few more people to share the load. A big congratulations to Kevin Townsend and his team for putting on a great Show.

Eugowra was buzzing with excitement on Sunday for the Woodbridge Cup Grand Final. A huge crowd attended to watch a hard fought match. I've really enjoyed having a back page devoted to sports so I am on the look out for something to replace the footy. If you have any ideas please let me know. It doesn't have to be a Eugowra Sport, just have Eugowra locals participating.

After the Show and the Footy there is no time to settle into a rut its time to buy that special outfit and hat and head off to the Canola Cup. Once again the tireless Jodie Greenhalgh has organised a spectacular event. I think it will be even bigger than last year.

Its great to see that Jodie is a finalist in the Daroo awards for her business Jamace Designs and the Canola Cup. Filling our the application for these awards is quite a task, I'm glad Jodie took the time to do it as I think that she is the only Eugowra business or event represented this year.

I hope you are all enjoying the lovely spring weather and the spectacular scenery of Canola Crops in flower and green paddocks.

Enjoy the News,

Anne



Deadline	Publication
25th October	1st November
22nd November	29th November

The Eugowra News Committee

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Next Issue Deadline:

Friday 25th October 2013

**The News will be available on
1st November**

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the community.

**Please note: Views expressed by
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What's on this month including Doctors
Surgery hours Ph. 68592220

October 2013

Mon Tue Wed Thu Fri Sat Sun

	1 Drs Closed	2 Drs Closed	3 Drs Closed	4 Drs Closed	5	6
7 Canola Cup Drs Closed	8 Drs Manildra 9am-1pm	9 Drs Closed	10 Drs Open 9am-4pm	11 CWA AGM Drs Manildra 9am-1pm	12 Fire Brigade Mtg	13
14 Drs Open 9am-5pm	15 Drs Manildra 9am-1pm	16 Drs Open 9am-11am	17 Drs Open 9am-4pm	18 CWA Birthday Party Drs Manildra 9am-1pm	19	20
21 Drs Open 9am-5pm	22 Drs Manildra 9am-1pm	23 Drs Closed	24 Drs Open 9am-4pm	25 News Deadline Drs Manildra 9am-1pm	26	27
28 Drs Open 9am-5pm	29 Drs Manildra 9am-1pm	30 Drs Open 9am-11am	31 Fold up News Drs Open 9am-4pm			

DAROO BUSINESS AWARDS FINALISTS ANNOUNCED

Finalists for the 2013 Cabonne Daroo Business Awards have been announced following an overwhelming response from customers who voted for their favourite businesses.

Organisers have spent the past week counting more than 1000 votes to determine the four finalists in 13 categories.

Cabonne Council's Community Business Development Officer said the new popular vote format for the awards had been extremely successful.

"It's struck a chord with the community and the number of votes has exceeded our expectations," she said.

More than 80 businesses accepted nominations from the public which then cast its votes to determine the winners.

"We received just under 1000 individual voting forms, but many of those contained votes for several businesses in various categories," Ms Dunlop said.

"It was pleasing to see an even spread of votes across Cabonne and the outcome in many categories was very close."

Ms Dunlop said about one third of voters took advantage of the on-line voting facility.

"I'm sure we will continue to grow in coming years," she said.

In addition to the 13 categories for which businesses were nominated by customers and clients, there will be awards for the employee of the year, apprentice-trainee of the year and the coveted Best Business in Cabonne.

A \$3000 television advertising package on the WIN TV network awaits this year's outstanding business when the winners are announced at a gala dinner at Canowindra on Friday 1 November 2013.

Cabonne Mayor Ian Gosper said the Daroo Awards showcased the quality and diversity of business enterprises in the Cabonne area.

"The aim is to raise the profile of Cabonne companies and organisations that demonstrate a commitment to excellence in their area of service and business management," he said.

Cr Gosper said the organisers and Cabonne Council were delighted to be working with WIN TV and the other awards sponsors including Cabonne Orange Blayney Business Enterprise Centre, Newcrest Mining Group, First Choice Credit Union, MSM Milling, VERTO, Adloyalty, AusIndustry and Pulse HR.

Tickets for the awards dinner are on sale now at \$45 each and can be purchased on-line at www.business.cabonnecountry.com or by phone BEC on 6362 0448

CABONNE MAYOR, DEPUTY RE-ELECTED UNOPPOSED

Cabonne Mayor Ian Gosper and Deputy Mayor Lachie MacSmith were re-elected unopposed on Tuesday 17 September 2013 for their second terms in office.

Cr Gosper thanked his deputy, fellow councillors, General Manager Andrew Hopkins and senior staff for their support and help during the past 12 months.

"I will definitely calling on you for more assistance in the next 12 months," he said.

The Mayor praised the strong teamwork developed by councillors and staff and said he aimed to build on that in the coming year.



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In This Issue

4. Daroo Awards

Cabonne Mayor

7. CWA news

8. Caring for the Land

9. Community Garden

11. St. Josephs School News

12. Eugowra Public School News

14. In the Kitchen

15. Health Report

18 Show Pictures

22. Lions News

23. Eugowra Newsagency and Super-market

26. Talk of the Town

28. LHPA

32. Out n About

33. working Dogs

34. Agronomy Update

35. Mural News

36. Football Report

EUGOWRA / ORANGE COMMUNITY BUS SERVICE



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COUNTRY WOMEN'S ASSOCIATION OF NSW

EUGOWRA BRANCH

September Meeting

The Guest Speaker was Mr Viv McMillan who provided a most interesting commentary to accompany the DVD "Eugowra in the Fifties". The DVD was produced as a result of Andrew Barnes converting some old film footage of Eugowra to digital format and was premiered during the Murals Weekend. Viv explained the farming equipment and processes featured in the film and was able to identify many of the locals. Members chipped in with their recollections of the period and the people.



Dorothy Jones thanked Viv for sharing his knowledge and memories with members.

Congratulations to the Eugowra Show Society and everyone involved with the show on a great effort and an enjoyable and successful day. Special congratulations to all our members who contributed to the success of the show by exhibiting and helping in many ways.

Thank you to Shirley Heinzl, Janet Noble, Frances Anderson, Margaret Swift and Jeanette Norris for doing our turn on the Meals on Wheels roster.

A warm welcome to our newest member, Sandra Welch.

Eugowra Branch will celebrate its **85th birthday** with a lunch at Taste Canowindra on Friday 18 October at 12 noon for 12.30pm. Members who wish to attend need to RSVP to Margaret Swift (6859 2256) by 11 October.

The CWA will make up a table (or two) at the **Melbourne Cup Luncheon** at Eat Your Greens on 5 November.

The AGM and next meeting will be held on Friday 11 October at 11.00am. Please advise Margaret Swift (6859 2256) **by Thursday morning** if you require lunch.

Pictured right: Wendy Carey, Bruce Gregory, Lionel Carey and Max Swift hard at work

Recently, the Eugowra Branch was successful in receiving three grants which were used to make essential improvements to the kitchen in our CWA Rooms.

The grant from the Department of Families, Housing and Community Services and Indigenous Affairs was used to purchase kitchen utensils. It was wonderful to use many of these items, to add to the ambiance of the occasion, when we catered for the Showgirl Judging. Members of the community enjoyed using the crockery, while eating a delicious Moroccan meal, at the International Day Luncheon, held at St Josephs' Hall. Being able to use the correct utensils has made working in the kitchen safer and more enjoyable for members. Surplus crockery and cutlery were donated to the Showground.

The second grant, from the NSW Government Community Building Partnership Program, was used to renovate the kitchen, in order to comply with the new Health and Safety Regulations. CWA received approximately two thirds of the amount of the quote. After discussions with the builder, Steve Wykamp, members had to find a way to reduce costs and still be able to do the renovations. Members, their husbands, partners and friends worked extremely hard for many hours to strip the building of the internal lining. This saved costs, and Steve was able to supply and fit out the fantastic new kitchen on the revised budget.

The third grant, received from Northparkes Mine, will be used to help replace the noisy, inefficient air conditioners.

Applying for grants takes many hours of work and the Branch is very grateful to Frances Anderson, our cheerful and very hard-working Secretary, for her efforts and success in applying for these three grants. Members are extremely grateful for the improvements to our kitchen and community groups who use the CWA





Caring for the Land

With Nina Hooper



Hello Eugowra.

Wasn't it great to have such fantastic weather for the show season?

Doesn't happen many years does it?

And now the rain...what great timing!

Hope that things are looking great at your place and the feed is good and the crops are thriving!

We are also over the election shenanigans with new ministers in charge of the agriculture and environment portfolios, which will no doubt bring some new programs that will impact what we do in Landcare and natural resource management in general.

I'm intrigued to see what Tony Abbott's Green Army will be like and how that will be rolled out.

At the state level we are heading closer to the implementation of Local Land Services, the alignment of the Catchment Management Authorities, the Livestock Health and Pest Authority and sections of the Department of Primary Industries.

This organisation will commence in January next year and aims to deliver a range of services to landholders and rural communities in a more integrated way.

For Landcare these new developments bring uncertainty but also opportunity – if we play our cards right.

Roy Morgan research conducted recently found that 70% of people in Australia aged 14 and over have heard of Landcare.

I don't think you would find many organisations that would have that level of awareness in the community.

Obviously not all of this awareness translates into membership and action on ground – imagine if it did – we would have all of our environmental problems licked! – but it certainly is fabulous!

I think that the number of inspiring Landcare people out there is one of the main reasons that people in general are Landcare aware.

The recent NSW Landcare awards saw the recognition of some fabulous ordinary Landcarers, whom you could not fail to be inspired by.

At one end of the scale we have 86 year old Eric Hurn from Crookwell, who won the individual Landcarer award.

This retired lamb and potato farmer has been landcaring for years and he and his supporters were absolutely thrilled for him to be recognised in this way.

He has planted trees galore, been an active member of his network and hosted many school visits to involve local school children in Landcare.

He is the living epitome of that wonderful quote that goes

“A society grows great when old men plant trees whose shade they know they will never sit in”.

At the other end Corinella Public School was awarded a highly commended in the Education category.

This tiny school, located west of Forbes, has just eight students but they have undertaken a mighty environmental effort.

They have attended most Eco Days and all Kids Teaching kids events – even being invited to present at the International KTK Conference in Melbourne!

But the important thing mostly is that they make an environmental effort every day with their work on land near their school in the Corinella Dreaming Project, which they also blog about by the way!

It is so reassuring to see that we have young people with an environmental ethic already ingrained that will shape their lives well into the future.

Eric Hurn would be very proud.

Until next month.



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Community Gardeners Update



The school garden progresses well in spite of the birds, with the children already reaping the rewards; having made some spinach dip. The children are so enthusiastic and rewarding to work with.

We will hold our monthly Pioneer/Apex Park & Nanima Street gardening day on Sunday 29.9.13 rather than the usual 1st Sunday of the Month which falls on the October long weekend, conflicting with many other plans, and the Canola cup weekend. As a result of this change of routine, the gardens will be at their best for the influx of people the following weekend.

The weather is beautiful now, and we once again have moisture in the ground so it will be a joy to be outside in the company of friends. It is not all work and no play as we enjoy a coffee mid-morning and a BYO BBQ/picnic lunch at the conclusion, and of course the more people that show up, the easier it is for everyone!

Bring along any surplus plants, and or cuttings, that you might swap or share as it is the right time of year to be outside in the garden!

Some of you may have noticed the lettuces & spinach interspersed throughout the gardens. These were surplus volunteer plants, put to good use and anyone interested may help themselves. Please don't let them go to waste!

Look forward to seeing you all there Sunday 29 – 9.00 till 12.00, or whatever times you can manage.

Ali

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Love and Truth Through Christ

END OF TERM 3

As with life these days, the days are rushing by and we are all ready to take a 2 week break from School. These past few weeks with the local shows and sporting finals have been very busy, but successful and a lot of fun!

CENTENARY SHOW REPORT

What a wonderful show day Eugowra had. Fantastic weather, lots of people and great displays of the talents of Eugowra. Well done to all the organisers and workers and all who contributed to the success. It was lovely to see so many entries in the pavilion sections and many winning entries.

Congratulations firstly to ex students; Heidi Welsh on being nominated Miss Eugowra Showgirl for 2013, Sophie Welsh for her success as Miss Eugowra Teenage Showgirl, Matilda Den for most successful Junior Exhibitor and current Bailey Cullenward for his Master Stockman award. Well done to all our horse riders; Katie Townsend, Chelsea Colvin, Luke & Olivia Holland.

The School Scarecrow display looked great and well done to both schools on their efforts.



Commiserations to the Golden Eagles on their narrow loss to Cargo but well done on a great season.



Many thanks to our parents and friends who helped out with the catering for the Show lunch on Friday and helped run the Canteen at the Football on Sunday. The weather was perfect and then it rained...

END OF TERM ASSEMBLY

On Tuesday 17th September, we held our end of Term Assembly at Joeys, celebrating the work we had achieved during the term. Certificates were awarded to all those who participated in the following University of NSW Assessments;

Katie Townsend, Charlie Philipzen, Annalise Gavin and Ryan Huckel. Well done children.

Principals' Awards were presented to;

Chelsea Colvin: For excellent school work & for working and playing well with others

Eve Moore: For kindness to others.

Charlie Philipzen: For kindness to the younger children

Annalise Gavin: For trying hard in all her class work.

Jim Riley: For being helpful and polite.

Thank you to Mr Wilf Norris who came to present a beautiful book to the School Library. The book *Last of the Original Farmers* is a great testimony to Wilf and his life on the land with his famous horses. It will be treasured and well read by many generations to come.

Thank you to Mrs Coady who has been teaching the children some great songs that they performed at our assembly.

The Primary students presented some of their stories; Letters home from Antarctica and the story of The Coat. These stories were based on books they have been studying this term; The Coat and Sophie Scott goes South.

Those children ready for Kindergarten in 2014 are invited to the St Joseph's:

KINDERGARTEN ORIENTATION



NOVEMBER 2013

Friday 1st 9.00-12.00

Friday 8th 9.00-12.00

Friday 15th 9.00-12.00

Friday 22nd 9.00 - 3.00pm

Please contact the school if you would like more information.

School returns on Tuesday 8th October and we look forward to the last School Term of the year. Until then have a safe and happy holiday and may God Bless you.

St Joseph's Staff and students



Eugowra Public School

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

News

Participation Leads To Success

Forbes Reading Day at the end of August was a great success and enjoyed by all the students. The theme was "read across the universe" and students dressed in this theme or as their favourite book character. Infants' students were treated to a performance by Barry Peters, while the primary years participated in Book Trivia with all events focusing on the fun of reading. The children looked great in their fancy dress costumes.



The Community vegetable garden is looking fantastic with the produce bouncing out of the ground after the lovely rain. Please feel free to come and have a look at the gardens and maybe even sample some of the vegetables.

Pictured harvesting the vegetables are Clare, Amelia, Alyssa, Lauren and Anastacia



The students enjoyed harvesting, preparing and eating the spinach from the vegetable garden as part of Fruit and Veg Month making spinach dip and spinach and cheese pastries. During the month the students also participated in apple-bobbing, making apple slinkies and whipping up fruit smoothies –which were delicious and enjoyed by all.

To conclude the Fruit and Veg theme the students dressed in their favourite fruit & veg colours and participated in Fruit and Veg Trivia. In addition to this the children gained sponsorship and participated in Jump Rope for Heart with skipping activities raising a very nice \$385 for the Heart Foundation and staying fit in the process.

"Kinder Start"

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 attend our Kindergarten Orientation Days.

Children will be involved in class activities and experience the fun of our school environment. Children will need to bring a packed recess. Teachers can walk any Pre-school students back to the Pre-school if this is required.

If you have any enquiries please don't hesitate to contact the Principal, Miss Carmel McMurray; Infants Teacher, Ms Sonia Dalla Vecchia or 2014 Infants Teacher, Miss Cath Adams on 6859 2233.

The sessions will be held from 9.00am to 1.00pm on the following dates;

October 16th, 23rd, 30th, November 6th, 13th, 20th, 27th, December 4th, 11th (Including a Parent Information Session 12.15 – 1pm).

Tennis

Eugowra Public School grounds have a tennis court available for use by our community. If you would like to use the courts, please contact the school to arrange the key. During the holiday period the key and a sign out book will be available at the Eugowra Post Office / RTC.

If you or your family are interested in a tennis social competition, please complete one of the surveys that have been placed at locations around Eugowra such as the Post Office and Supermarket or contact the school office, ph 6859 2233.



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October Recipe



Pea and Broad Bean Hummus, with Goats Cheese and Sourdough.



Ingredients

300g frozen peas
300g frozen broad beans (defrosted, and podded)
4 tablespoons olive oil
2 garlic cloves (roasted in the oven. Just wrap in foil with a dash of olive oil and roast for 40 mins on 18 degrees or until soft)
2 lemons, zested
2 tablespoons natural yoghurt

Method

Boil peas and broad beans for 3 mins, drain and rinse with cold water.

Blend up peas, roast garlic, olive oil, lemon zest and yoghurt. Season well with salt and pepper.

100g goats cheese (if you are not a fan of goats cheese, you can substitute with Persian or plain marinated fetta)
Loaf of sourdough or Turkish bread.(sliced and toasted)

Spread goats cheese or fetta across toasted bread, the dollop pea hummus onto that. Drizzle with olive oil and cracked pepper.

If you are wanting more of a meal serve with steamed asparagus and poached eggs.

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Eugowra Health Report

EUGOWRA MULTI-PURPOSE HEALTH SERVICE

Core Stability in Children

Why is it important?

Have you ever seen a 6 month old baby trying to play with a toy and they keep dropping the toy because they are spending lots of energy and concentration on trying to stay upright.

This is normal in a 6 month old – they are learning and developing the muscles that need to support them while they learn to do other activities. Eventually they will sit with a straight back and enjoy concentrating on the toy and develop their hand and brain function.

If a child does not develop normal core stability as they grow it limits their ability to perform and perfect normal tasks with their arms and legs, as they are still spending all their energy and concentration on keeping themselves upright as opposed to paying attention to the task.

They also fail to develop full integration of their reflexes or primitive movement patterns. A common example of this in adults is when you reach to change the volume on the radio and you turn the steering wheel in the same direction. If you have full integration of your reflexes you would not turn the steering wheel. While this is a common example and doesn't overly interfere with most people's abilities - if reflexes are persistent they can interfere with schooling, sport and leisure activities.

What might you notice about a child with undeveloped core stability?

These children will present in a variety of ways. They might be clumsy and have difficulty doing activities which to the rest of us are not complex. They will look "different" when they kick a ball. They may bend their whole body to kick the ball rather than bend at the hip.



They may have trouble balancing on one leg as their core muscles are not supporting their pelvis and abdominal area - this impacts all activities that require standing on one leg – walking on a balance beam, going up and down stairs, walking on uneven surfaces, kicking a ball.



Their handwriting might be messy and slow. Their arm and shoulder strength will be decreased. They will struggle to do a handstand or pull themselves up a rope.

They will often have tight muscles such as hamstrings and calf's. They rely on the tightness to give them some stability but it also limits their range and ability to do activities.

What are some of the long term impacts?

These children will frequently have difficulty in school, sport and socially. This impacts on their intellectual, emotional and psychological development. This person will not reach the potential that they have.

They may initially cope at school in the younger years but once the work becomes more challenging their ability to focus and concentrate is limited because they tire from holding themselves up.

They will avoid sport as they find it difficult. They then miss out on skill and co-ordination development. They frequently suffer self-esteem issues in relation to this.

Long term we suspect that failure to develop core strength results in increased injuries and persistent pain such as back pain. Using the moving muscles as stabilising muscles for years causes increased load on the joints and fatigue in the muscles.

How can we help?

Improving core stability in children is FUN.

The main aim of treatment is to provide them with exercises that are disguised as fun, interesting activities. Children must be motivated by fun and interest as it is difficult for them to understand why an "exercise" that is boring is good for them (Adults struggle with this as well).

We start out with simple games and balancing activities that progress to increase their strength and co-ordination. The aim is to get them to balance on something like a balance board, ball, moving surface while they eventually do something with their arms or legs.

Often the therapy is a gradual introduction to tasks that other children do – by breaking down the task into achievable parts it gives them confidence and success. The task is then gradually made more complex and they are more motivated to try new tasks.

Therapy is also about making them practice tasks and skills that they may have avoided.



New MPS Committee

At the recent meeting of the Multi Purpose Service Health Advisory Council a new executive was elected. Congratulations go to the new Chair Ray Agustin and the Secretary David Hyde. Other Members on the Advisory Council are Jacko Barnes, Jeanette Lockwood, Sally Mongan and Janet Noble. Frances Anderson was the previous secretary and now has completed her two year term.

The Committee would like anyone interested in health issues affecting Eugowra residents to apply to become a member of the Advisory Council. It is a short term commitment of two years and there is much to be learnt as we are now in our District Medicare Local.

Frances felt she gained an insight into the health system by being a member of the Advisory Committee. Members were invited to the many courses organised by Western NSW Local Health District. These included various topics from Men's Health to Pole Walking. During the past two years the Advisory Council was successful in securing the services of the Women's Health Nurse to the MPS. Members of the Council contacted relatives of the Servicemen who were named on the plaques from the Memorial Hospital and organised for the plaques to be re-dedicated. Members have helped co-ordinate the new 'Stephanie Alexander' School garden. High on the agenda at present is the Critical Care Camera being organised for the MPS. David Hyde has been investigating the technical requirements for this service.



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Eugowra Lions News

It's been another busy and productive month for the Eugowra Lions Club. Anne and Peter Heath welcomed Lions, their families and friends to a barbecue at their home on the eighth of September. Special guest at this event was the First Vice District governor Ian Warren. Ian was accompanied by his wife Marilyn, they travelled from Bathurst to meet with the Eugowra Lions.

On the twelfth of September the Lions Club assisted the Lachlan Schools district in providing a picnic for all hearing impaired and deaf students at Memorial Park in Eugowra. Lions manned the barbecue and made a donation to enable every student and their family to have a sausage sandwich, drink and ice cream. This event was attended by about fifty people who had a most enjoyable day. Thanks to Peter Heath, Bob Roach, Bruce Gregory and Sandra Welch for organising the barbecue.

Congratulations to Kevin Townsend and his committee for a fantastic Centenary Show. As usual the Lions club looked after the gate and we were pleased to see that it was a record gate taking. A big thank you to members, their families and friends who participated and were on the gates from seven in the morning until half past six.

As the end of the year approaches we are now getting ready for the Christmas Carols in the park. This year it will be on the fifteenth of December so put that date in your diaries. Jeanine Gibby is once again organising the singing. I believe she is looking for people who might like to sing in the choir on the night, so if you would like to join in give Jeanine a call. Any ideas you might have for ways of improving this event are most welcome. Just give president Peter Heath a call.

We will be folding up the News as usual on the last Thursday of the month at the Central. Feel free to come and lend a hand.



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Newsletter

Hello everyone!!! It seems there is at least one other person in Eugowra that feels the same as I do regarding shopping locally. After reading the article in last month's newsletter titled Eugowra Our Town Our Community I thought well done & how true!!! Congratulations on a very well written article.

First up Danny has asked me to put a notice in here in regards to the Eugowra Rural Fire Service town brigade meeting which is to be held on Saturday 12th October 2013 at 2pm at the fire station. Anyone interested in joining the town brigade please feel free to come along to the meeting.

Now down to shop business! Last time I wrote my article for the newsletter I mentioned a monthly competition that we are having which is open to anyone who spends \$50 or more in the shop not including cigarettes or lotto & scratchie products. So now I would like to congratulate our first & second month's winners. The winner for the first month was Dora Gilmore. Congratulations Dora, who won a sandwich press. Commiserations to Karleigh who desperately wanted to win that prize. Our winner for the second month was Ronda Yell. Ronda won a lovely decorative garden lantern. This month's prize is a garden pack to be made up by Jemma & valued at \$20.00 & will be drawn on September 30th.

New in shop this month we have assorted gluten free nougat bars. These bars are gluten free, cholesterol free and lactose free and come in three varieties. These are Vanilla Soft, Vanilla Crunchy and Cherry Soft. We also have a new fudge called Yesteryear Fudge which is a creamy caramel flavour. We have also received a new shipment from Fix-A-Tap. In this order there are things like:- tap tool kits in different sizes, tap reseaters, water connectors, tap handle & nut pullers, deburring tools, vandal-proof brass garden taps & lots of other interesting stuff. Johnny Dukes you need to come & check this stuff out!! Although Julie might not agree with me!! We are also now dealing with another company called "Scrooz". This company is all about nuts & bolts & stuff like that, & we have just received our first order from them. But where to put the new items is the issue. Once the front room is finished we should have a little bit more room in the shop.

On a rather different note, some of you may have noticed that we have installed surveillance cameras throughout the shop. We have installed 5 with another 3 to go. This is the reason we have moved the big shelf at the back of the counter area where we used to keep the papers for townspeople. We now only have room to keep papers for people who live out of town. We rarely run out of papers now, the exception being when newspapers print a story of interest & as we never know in advance what is being printed we have no way of trying to get more papers in. Unfortunately this happened last Monday, but as I have explained in previous newsletters, we have no control over how many papers are allocated to us. We do apologise for running out but as I said we never know in advance what is being printed, so we had no way of catering for the demand for papers last Monday.

Anyway I think that is enough from me this time, so until next time don't forget to shop local.

Diane

Carol Blackwood presents Lydia Herbert with a thank you gift at the recent VIEW Club meeting



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Talk Town

It's not often you find a horse-riding boatie running a café on dry land, five hours from the coast, while recuperating from major hip surgery - but there's one in Eugowra!

Since opening early in May this year, The Gentle Cow Café, located at 41 Broad Street, opposite the Eugowra Supermarket, has enjoyed excellent patronage, mostly from locals, with lots of repeat custom.

On 9th September I asked proprietor Michael Hanly why he came to Eugowra and opened up a Café... "I came here to recuperate from a major hip operation....then I saw the premises where the Mandagery Art Studio used to be, and thought it would make a good café", he said.

Michael Hanly (spelled "Hanly", the Irish way) as far as he knows is not related to the Hanleys of Forbes, even though he says he "came from a family of school teachers from Loch Forbes in Ireland! But I do have enough relations in Eugowra to drown a battleship" he added.

Why did you call your café The Gentle Cow?

"I named it after a gentle cow I once knew, that used to follow me around the paddock while I was watching my granddaughter ride her horse. This cow had never been a poddy calf but was tame enough to come and rest her head on me. In her lifetime she had 14 heifers out of 18 calves"

(I'm thinking she may also have been a tired cow!)

Asked about his hobbies and what he did in his spare time, Michael assured me he had no spare time, and then waxed lyrical about his past interests. He had just sold 4 boats including a pram dinghy and a heron and had previously owned big cats (catamarans). Once an accomplished horseman, today he enjoys keeping ponies for his grandkids.

But his real passion is the Gentle Cow where he does his cooking and enjoys serving his customers. Michael lets me into a secret - thirty years ago he ran the Hyde Park Café behind Museum Railway Station in Sydney, and did this very successfully for 18 months. So he comes into The Gentle Cow with some experience!

I asked Michael about The Gentle Cow Café custom.

"At 4am in the morning I raise my finger to test the air temperature so I can try to predict the pie demand" He then admitted that he "absolutely can't pick it".

The most popular items sold at The Gentle Cow are Michael's home made pies and coffee, with Michael also proudly exclaiming that his "cheesecake just walks out the door"

A recent coup for Michael is that the recipe for his famous pies will soon be taken to Laos and USA by a Eugowra local, "so she can teach them what a pie should taste like" he said. I asked what he'd do if the lady came back and opened a pie shop in opposition. He wryly replied "there's one ingredient in my pies that I didn't tell her about..."

Michael agreed that putting a sign and flags out front had made a huge difference in stopping the passing traffic and bringing in the customers. He added that the RBT that had set up outside the Café one day while successfully stopping the passing traffic, also managed to scare all the customers away. "No one came into the Café!" he said. "Finally I just had to pack up, shut the door and go home".

While business has been slow over the past five weekends, through the week Michael has appreciated the consistent support from Eugowra residents. "Some days eight or nine little old ladies each buy a pie and take it home, or sit down for coffee and cheesecake. I also get truckies, caravanners and odds and sods from the passing trade" he said.

Almost on cue, in came two gentlemen who sat down for pies and coffee. They told us they were surveying the route between Sydney and Renmark via Parkes and Broken Hill for THE BIG ONE, the famous London to Sydney (now the Sydney to London) car rally being held in April next year, and had stopped at The Gentle Cow Café for lunch and to admire the murals. They told us it cost \$55,000 to enter the rally, so with a local contender unlikely, Eugowra will just have to cheer on all the cars as they come through the town on 12th April 2014!

Did you have any assistance from Government to start up your business?

Michael immediately became animated telling me how he had huge trouble getting an ABN from the Tax Office, and this held up the whole process of starting his business. He explained how the electricity and telephone people refused to connect to the commercial premises unless he had an ABN. This is despite the fact that an ABN is not required unless \$75000 worth of business is transacted!

Once he finally got his ABN though, he was chuffed to discover that the two people who arranged for his power and phone to be connected had both been born in Eugowra! It's a small world, indeed!

Asked about future plans for the Café, Michael rattled off a list starting with "a mural on the western wall, 8 feet high and 16 feet long, depicting a gentle cow being milked, a child leading a pony, and an information board on the story of the dairy industry, including the fact that up until the second world war there were 41 licensed milking establishments within a stone's throw of the Café".

He also plans to introduce his special hamburger, and have a home made ice cream selection available over summer.

I was fortunate to taste-test the first batch of ice cream which he had whipped up the previous day. It was a smooth vanilla flavour. Even though I thought it tasted delicious, Michael insisted that "the recipe is still under development".

Michael opens his Café at 5am until about 4pm. He plans to extend the hours over summer from 5am to 5pm, and says he'll then have to close one day a week for a rest (probably Wednesday or Thursday).

"I'm a pretty positive person by nature, a happy little chappie – I'll either sink or swim... but I prefer to swim!" he said.



Michael can be contacted at the Cafe on 6859 2657, or on his mobile 0439 582 605



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Leptospirosis in Cattle Herds

Kasia Hunter, Lachlan LHPA District Veterinarian (Condobolin)

Leptospirosis is still diagnosed in cattle within the Lachlan Livestock Health and Pest Authority (LHPA), most often as a result of infertility and/or abortion investigations in breeding herds.

Producers are urged to be on the lookout for this highly infectious bacterial disease, especially because Leptospirosis is transmissible to humans. In fact, Leptospirosis can cause severe disease in both livestock and humans, which can sometimes even be fatal.

Leptospirosis or 'Lepto' is a contagious disease caused by bacteria called *Leptospira*. These bacteria are found worldwide with over 200 different strains in existence.

In Australia there are two strains of *Leptospira* that are most commonly diagnosed in cattle, *Leptospira hardjo* and *Pomona* and both strains also infect other mammals, such as pigs, horses, rodents and wild animals.

When an animal is infected with Lepto, the bacteria colonise the kidneys and in females, they also colonise the reproductive tract. Infected animals can carry the bacteria for prolonged periods and will shed bacteria in their urine and in the fluids of aborted offspring, contaminating the environment and potentially exposing other animals to infection.

Many infected animals will show no symptoms, these apparently healthy 'carriers' can be a source of infection for livestock as well as for humans.

In adult cattle the most common symptoms of Leptospirosis are: fever, abortions or stillbirths, drop in milk production, and mastitis (infection of the mammary glands) with abnormal clotting or discolouration of the milk.

Leptospirosis can also affect calves resulting in fever, jaundice and reddish-brown discolouration of urine, hence the name 'red water' which is often given to this disease.

Leptospira bacteria can survive for prolonged periods in wet environments such as water bodies, wet soil, mud and moist vegetation, therefore, the bacteria can easily be spread throughout the environment. Consequently, it is not uncommon to have outbreaks of Leptospirosis following rain or flood events.

Leptospirosis can have a significant economic impact on cattle producers, due to decreased calving percentages and reduced productivity in cows, not to mention the potential debilitating impact if a farmer, family member or farm worker becomes infected with the disease.

It is strongly recommended to vaccinate your cattle to protect them from infection with Leptospirosis.

Several vaccine products are available which provide protection against Lepto either separately or as a 7-in-1 vaccine which also protects against the Clostridial diseases. These vaccines must be given annually for ongoing protection from this disease.

Spring provides ideal conditions for the spread of footrot

By Belinda Edmonstone, district veterinarian, Lachlan LHPA

The warm condition and moisture in pasture paddocks has resulted in a number of lame sheep around the district. In most incidences, the lameness is due to foot abscess or foot scald and generally these lameness issues will settle down as paddocks dry out.

However, the mob may need foot bathing in zinc sulphate if severely lame. It is important to remember these are also ideal condition for the spread of virulent footrot.

Footrot is a highly contagious disease affecting all classes of sheep and goats, causing a significant impact on production. The disease causes underrunning between the hard and soft tissue of the feet resulting in severe lameness in usually more than one foot.

This condition is still regulated in New South Wales, therefore, producers are legally required to notify the Livestock Health and Pest Authority (LHPA) if they suspect they have a problem.

Fortunately, the very successful Strategic Footrot Program in NSW has drastically reduced the incidence of virulent footrot, but producers still need to be aware of this disease particularly when purchasing stock.

When buying sheep, it is important to remember to request a Sheep Health Statement with the footrot section and declaration filled out.

When the sheep arrive inspect them thoroughly as they come off the truck for any signs of lameness. These sheep should then be quarantined in a paddock well away from other sheep, ideally until they have been through a spread period (when conditions are wet and warm enough for the spread of footrot if it is present).

If any lameness is seen, the mob needs to be closely examined by an expert before any treatment is administered.

Treatment can mask the signs of footrot.

If you were to introduce footrot through the purchasing of new sheep, it is a lot easier to eradicate if the disease has been contained in the recently introduced mob.

In the case of rams, this involves some forward planning. Purchase your rams well in advance, so they can be quarantined for a period.

Remember goats are also affected by virulent footrot, so the same applies to this species as it does to sheep.



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By Anne Burns

“Graincorp to close Trajere silo”. this was the announcement made by Graincorp Regional Manager Wayne Earl to a stunned audience of local growers.

A large group of growers attended a meeting, called to discuss what may happen to our local silo site only to be told straight up that the site would be closed. Fronting the meeting of growers was Graincorp representatives, Wayne Earl, Central Regional Manager, Brett Hornby Operations Manager and Steve Collins Grain Marketer with the meeting hosted by Silo Committee Chairman, Tony Townsend.

Wayne Earl said that based on historical harvest records the financial decision had been made to close the Trajere site, so that Graincorp could focus on sites that show a more upward trend, like Nyrang Creek. He said the decision had been based on analysis of grain flows, efficiencies at the site and the ability to move the grain by rail, which is the preferred transport method of customers.

It came out at the meeting that the minimum tonnage needed to keep Trajere open would be 10,000 tonne, with just under 5000 tonne delivered to the silo last year. Some of the issues growers raised were hours of operation, no B Double access, the price for grain offered at Trajere is often lower than say Red Bend at Forbes (which is on a rail line). While the truck turnaround time and segregation options are better at Trajere. After so many dry years, then a couple of very wet years with a previous harvest also ruined with late frost, this 2013 harvest appears on track to be an excellent year. As one grower suggested, not the best year for Graincorp to decide to close the local silo. When asked how much wheat was being grown in the district in 2013, Graincorp representatives could not put a figure on it.

The Silo Committee has always had an excellent working relationship with Graincorp, usually with phone calls between the two parties to discuss the upcoming harvest and growers needs, this year that did not happen. Bruce Noble said.

One of the major complaints about Trajere was the hours of operation, the comparison with Nyrang Creek Silo was very stark. Nyrang Creek in previous years has been managed by a contractor, Dan Simmons who appeared to be much more flexible with the hours he kept the silo receiving wheat. Earlier this year, after a death at another Graincorp site and taking into consideration workplace safety issues the company made the decision to not renew contracts with contractors. Consequently only Graincorp staff will work at Graincorp sites. As one grower said it is only two weeks of the year, surely the company could be more flexible with the hours they received wheat.

Local growers asked the Graincorp representatives to “Give us an opportunity to prove that we can deliver wheat to Trajere in the tonnage required”. Growers also asked Graincorp to consult the Silo Committee before they make these drastic decisions.

One of the local silo's showing an upward trend is Nyrang Creek. One of the reasons it is trending up is the Qatar Government owned agriculture business Hassad Agriculture has a property “Gindurra” 8,516ha in the Canowindra area. Hassad delivered wheat to Nyrang Creek last year using the facility to store the wheat prior to loading it into containers and shipping it off.

ABC rural radio journalist Skye Manson made the trip from Dubbo for the meeting and took the time to interview Graincorp Regional Manager Wayne Earl after the meeting.

By the end of the meeting Wayne Earl said he would consider reviewing the decision but he needs to know how much wheat was growing in the district that could be received at the Trajere site.

Pat Anderson thanked the Graincorp representatives for making the time to come to the meeting, though the lack of consultation was not appreciated by growers. Pat made the point that the Graincorp company do a lot of community service work and financial assistance to local organisations but the greatest community service they could do is provide a “service” to the local community by keeping Trajere open. Pat said “We will have to buy bigger trucks or pay more for cartage because Graincorp can't or won't provide a service by keeping these local sites open”. Wayne Earl was thanked for still considering to keep the Trajere site open.

At the time of going to press, no final decision had been made by Graincorp on the future of Trajere.



David Herbert, Alan Noble, Lachlan Noble and Geoff Parker at the Trajere Silo Meeting and to the right; Hugh Ellis, Pat Anderson, Mark Heinzl and Graham Quartly



Working Dogs 🐾

A total of sixty two dogs competed in the Yard Dog Trials at the Eugowra Show. The weather was kind and the sheep were excellent. The Committee would like to thank all the competitors, judges and helpers.

Results:

Encourage class; 1st David Herbert and Penny, 2nd Carl Rogge and Scout and 3rd Andrew Walter and Kiera.

Novice Class; 1st Greg Walter and Karana Jed, 2nd Jenny Cox and Pearl and 3rd Brad Taylor and Milo.

Open class; 1st Kevin Howell and Karana Rambo, 2nd Kevin Howell and Karana Abba and third Kevin Howell and Karana Ripper.

A good day for Kevin Howell and his dogs.





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AGnVET Services are now conducting faecal egg counts for all livestock in store.

AGnVET Services are currently offering a new service. We are now conducting our faecal egg counts in store. This means we can offer same day results, as well as implement an effective drench program to suit your situation, if it is required. Faecal egg counts (FEC's) are the most accurate tool to identify worm burdens in your livestock and should be conducted prior to drenching to determine whether drenching is actually necessary. They are also a good device to ensure that the drench you are using on your property is effective, by monitoring your stock with a follow up test. As the excellent seasonal conditions continue now is the ideal time to get your stock tested and eliminate any existing worm burdens before rotating stock to clean pastures. For more information please contact your local AGnVET Services branch or Beth at the Forbes branch on 68521333.

Late Stripe Rust Protection – Repeat from Last month!

As everyone is aware with the free moisture around this season and later sown crops, stripe rust is a real potential for getting going this season. Although it is important to control stripe rust to prevent potential yield loss from damage to the leaves, there are still some simple guidelines all growers should consider before rushing out and applying fungicides. These include;

Susceptible varieties (S-MS) should definitely have a stripe rust package designed for preventing the background amounts of stripe rust flaring and damaging green leaf area. Most of these varieties that were planted early should have had a rust spray applied in the optimum control window (GS32-39) to protect the 3 leaves below flag.

Check growth stages in crops. By doing this, you can work out both optimum timing of the application and also determine how many application may be required due to the already exposed leaf area. All fungicides only translocate along already emerged leaf area not new leaf area that has emerged post a fungicide application..

DO NOT apply fungicides to MR-R varieties. There is no evidence that spraying MR varieties for stripe rust will result in any return on input cost. These varieties utilise adult plant resistance (APR) to protect green leaf area from increasing infections within the canopy by senescing (kill) infected areas of leaf to prevent pustules from producing more spores to infect new leaf.



2014 Eugowra Mural Weekend Planning



Plans for next years Mural Weekend, in May 2014, are already under way. The last meeting saw a committee established with various responsibilities. This allows the workload to be spread out between many people instead of only just a few. With the weather warming up, the paints will be out again in the next few months, to complete the two murals yet to be finished from this years event.

Next year will see a few new events join the Mother's Day Lunch and Car Show on the weekend. We will tell more when plans have been finalised, but be warned it will be a big weekend in town!

Expressions of interest are being sought for those people in town, who wish to have murals adorning their building walls. Those who wish to join in are asked to financially assist with the materials needed to complete the mural.

It is a great opportunity to tell some of the wonderful stories from our town's past, as well as celebrate some of our local people. If you are interested please contact the secretary Jayne McMillan on 6859 2354. The deadline for those people who wish to express an interest is prior to the next meeting on October 21, as Development Applications will need to be lodged with Council by January.

The existing Murals are definitely working in attracting people to stop in Eugowra and have a look around our wonderful little town.

Major network upgrade to benefit Eugowra

Local Essential Energy crews will be kept busy over the next 12 months as they work to deliver a major electricity network upgrade east of Eugowra that will ensure a more reliable and sustainable power supply for the rural community.

Over the course of the project, crews will replace more than 15 kilometres of ageing copper powerline along the Canowindra/Eugowra Road from Namami Lane to Evelyn Street in Eugowra. The high voltage powerline will be upgraded with stronger, high capacity aluminium cable.

Regional manager South Eastern, Phillip Green, said this project was one of the largest network upgrades happening across the region this year.

"The powerline along Eugowra Road plays an important role in the distribution and security of the electricity supply throughout the rural areas east of Eugowra," Phillip said.

"This upgrade is the key to ensuring we can continue to meet current and future power demands across the district."

The project also includes the replacement of 38 power poles and 100 cross-arms and associated equipment.

To help minimise the impact of the work on the community, where possible, Essential Energy will utilise line teams who are trained to work safely on the network while it is energised.

"Additional crews from the Orange Depot will also be on-hand to help the team from Canowindra complete the project," Phillip said.

Essential Energy is advising residents that some planned power supply interruptions will be necessary to allow crews to work safely on the network.

"All customers affected by the scheduled power supply interruptions will be notified in advance," Phillipsaid.

Weather permitting, Essential Energy expects to complete the upgrade by June 2014.

"We would like to thank the local community for its patience while we work to deliver a safe, reliable and

sustainable electricity supply to our customers," Phillip said.



Golden EUGOWRA Eagles

FOOTBALL UPDATE

The Eugowra Golden Eagles hosted the Woodbridge Cup Grand Final with a huge crowd in attendance for the main game against Cargo. The game was its usual physically aggressive and hard fought to the final bell. Cargo going out winners 22-12. Presentation night for the club will be held this Saturday night starting at 6:30 pm at Eat Your Greens Function Centre.

