

Eugowra NEWS

September 2012

A Lions Club project for the community we serve

VOL.16

Eugowra's Sporting Heroes

It has been a great few weeks for Eugowra's Bowlers and Rugby League Teams. While the majority of Australians settled down to a couple of weeks on the couch watching the Olympics these teams were out and about achieving fantastic results. The Eagles and the Geagles are both Minor Premiers.

After a narrow win 18/16, over Peak Hill on the 26th August the Eagles will now play in the Preliminary final at Eugowra on 9th September.

The Youth League Team has also made the semi finals and will play Molong at Peak Hill on 2nd September.

The Geagles, League Tag Team, have not been defeated all year. They will play Condobolin in the semi finals on 2nd September,

Meanwhile the Bowlers won the Zone Flag and went on to be runners up in the State Finals at Wagga.

For the full stories and more photos go to page 22.



from the editor

This month we celebrate the sporting achievements of our Rugby League Players and Bowlers. Both have had exceptional seasons. I would like to pay tribute to those behind the scenes who have kept these clubs going over the years. No easy feat in such a small community. A couple of years ago Eugowra didn't have one football team and this year we have three very successful teams. We wish them every success in the finals season.

A few weeks ago, when going to the Bowling club for a Lions Club meeting, we heard a lot of noise and cheering. I thought that they must have been watching the Olympic games. But no! A very enthusiastic small crowd were watching a presentation about the Bowling team in preparations to going to the State Finals.

We were right to be nervous about announcing the Eugowra News Website! No sooner had I sent the news to the printers than the hosting package all went wrong. However by midway through the month it was all back up and I hope we have no further disasters. There are a few exciting things about the website; it allows you to see the News in colour, we have galleries of additional photos and an archive of old editions. The other day I scanned the first ever edition of the News so you will be able to look and compare.

There is also a page for links, so, if any one wants to send us their website we can add this to the page, it all helps publicise your business or your event.

Hard to believe but its Show Time again and the Show Society has been working hard to put on a great Show for Eugowra. There are lots of new attractions. I hope the Pavilion will be well patronised and am only sorry that I am away working the week prior and wont be able to enter a Sponge Cake! I do plan on entering some rhubarb and my delicious Lemon Curd. How will you support the Show?

Enjoy the News,

Anne



The Eugowra News Committee

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Next Issue Deadline:

Friday 21st September 2012

**The News will be available on
28th September**

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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

Deadline

Publication

21st September

28th September

26th October

2nd November

23rd November

30th November

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

September 2012

Mon Tue Wed Thu Fri Sat Sun

					1	2
3 Drs. 9-5	4 Drs. Manildra 9-1	5 Lions Mtg Bowen Therapy Drs. 9-1	6 Drs. 9-4	7 Drs. Manildra 9-1	8 CWA Awareness Dinner	9 Rugby League Preliminary finals Eugowra
10 Drs. 9-5 CWA Mtg	11 Drs. Manildra 9-1	12 Drs. 9-1	13 Drs. 9-4	14 Drs. Manildra 9-1 Show Judging	15 Eugowra Show	16 Rugby League Grand Final Canowindra
17 Drs. 9-5	18 Drs. Manildra 9-1	19 Lions Mtg Drs. 9-1	20 Drs. 9-4	21 Drs. Manildra 9-1	22 Millinery Work- shop	23
24 Drs. 9-5	25 Drs. Manildra 9-1	26 Drs. 9-1	27 Drs. 9-4	28 Drs. Manildra 9-1 Community Bus	29	30

Show Time

The Eugowra Show Society Committee have been extremely busy making sure that the 2012 Eugowra Show will be one to remember. The kitchen has been refurbished and the old cattle shed rebuilt.

As well as the Demolition Derby and fireworks this year there will be a display of Motor bike skills presented by a group of talented local youngsters

No doubt the ring events will be hotly contested and provide great entertainment for the spectators. The show Jumping in 2011 was exceptional.

A new event this year will be the Ag Bike skills test, an opportunity for all those riders to test their skills against other competitors.

The year of the Farmer Road show will be a great attraction. Throughout 2012, nine road show vehicles have been on the road demonstrating why Australian Farmers are among the best and most efficient in the world.

With their Toyota Four Wheel Drives and Jayco trailers they are specially designed to entertain and educate rural and urban Australians. The exhibit includes interactive displays, a wealth of material and truckloads of fun activities for all ages.

The Roadshow crew have visited each and every state across the nation and experienced all that the Australian climate has to offer. Battling searing 40c degree days, bitter cold and sleet. I wonder what the September weather in Eugowra will be like?

The 2012 show will be opened by Philip Bruem AM. Forbes farmer and former Director and Deputy chairman of Dairy Farmers, Philip is a councillor of the RAS of NSW and a former member of its Board. He is an Honorary Fellow of the Royal Agricultural Society of the Commonwealth and an Inductee to the Australasian Agribusiness Cooperatives Hall of Honour. Awarded Membership of the Order of Australia for service to the Dairy Industry.

There will be a smaller chainsaw event, the usual Yard dog trial, Photo and art Competitions as well as cooking, vegetables and other Pavilion categories.

Who will be this years Showgirl?

Show Schedules are now available and will be delivered this week. Membership fees are due and can be paid at the Showground, as usual, in show week.



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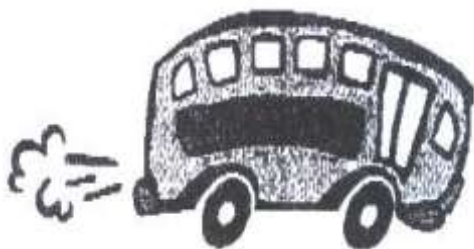
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Caring for the Land

With Nina Hooper



Hello Eugowra.

The canola is flowering and the show season has kicked off – ah it must be nearly Spring!

A nice time to sit back on the verandah and read the Eugowra news!

A few weeks ago I was lucky enough to snare myself a ticket to a great show in Sydney.

Sir David Attenborough has been a long time hero of mine - he is pretty much why I wanted to get into an environmental career.

After all those years of watching his documentaries and marveling at the wonders of the natural world, it was truly fantastic to be right there in the room with him, hearing about his marvelous life.

We all recall those shots of blue whales, gorillas in Rwanda and killer whales flinging seals.

Amazing stuff.

Imagine the time back when as a young keen zoologist, he first started at the BBC where they offered him a job in “a new thing called television – we don’t really think it will take off though”!

He is now 86 years old and related to us that he will shortly be heading off to Mozambique for some more work, and has also just produced a 3D film.

Really makes you feel you should get out a lot more doesn’t it??

Back in the real world there are some great things happening in Landcare.

As I type this we are a week out from a big Kids Teaching Kids conference to be held at Corinella Public School.

This conference is sponsored by the Lachlan CMA and Australia Post, with support from organizations such as Landcare and the Lake Cowal Conservation Centre.

At this event teams from eleven schools – from Hillston to Murringo, will come together to teach each other about the environment!

Using the theory that students learn best from their peers, the Kids teaching Kids approach is innovative, inspiring and exciting.

My colleagues and I are always blown away by the passion and creativity of the students.

Us big people who work in the environmental sphere tend to get caught up in acronyms and in general complicating the issue – so to see children deliver a pure, straight down the line environmental message is something we could all learn from.

Landcare week is coming up from the 3rd of September as well.

This always means some great local events, and the best way to keep informed of these is through the Parkes Landcare Facebook page.

If you haven’t had the chance to ‘friend’ us on Facebook, make sure you do so.

Our project officer Christie always keeps this very current – which is most of the battle with online type media – so you can be sure of getting up to the minute information.

Many of the Landcare networks are operating in the social media world, so it’s worth “friending” them as well.

Look out for Central Tablelands Landcare, Upper Lachlan Landcare and Lachlandcare (the Lachlans regional Landcare body) just to name a few.

Landcare in the Central West and both the Lachlan and the Central West Catchment Management Authorities have pages as well.

And finally this month a reminder that here at Central West Lachlan Landcare we have gear that is able to be borrowed and hired by Landcare members.

This includes a tree planter and a ripper as well as soil testing kits.

Our office is also available for hire if you need a meeting room.

For any of this just talk to Marg on 0268 624914.

Until next month, enjoy the show and the slightly warmer – albeit windy – weather!



Eugowra Public School

Hill Street, EUGOWRA NSW 2806

Phone: (02) 6859 2233

News

Participation Leads To Success

THANK YOU

The Eugowra Public School staff and students would like to extend our thanks to the Eugowra community for your sympathies and kind messages following the sad and sudden passing of our past Principal Mr Drady.

The children have spent time together documenting their treasured memories of Mr Drady in the years he spent at our school.

It was a sad time for all.

CONGRATULATIONS

Congratulations to Darcy Merchant on her individual success at the recent District PSSA Athletics Carnival.

Darcy came 1st in the 8 years girls 100m race. This win makes her eligible to compete in the Western Region PSSA competition to be held in Dubbo on the 31st August.



We also extend our congratulations to our Relay Team for their efforts at the District Carnival. They are also off the regional carnival to compete again as a team. Well done Travis Quartly, Darcy Merchant, Montana Bevan and Jake



FORBES READING DAY

The students have enjoyed participating in the Forbes Birth to Kinder Reading Day held on the 24th August.

The theme was "Champions Read" and the children were dressed as their favourite champion.

The focus of the day was the importance of reading. The K-2 students enjoyed a puppet show and the Primary students participated in book trivia.

HERITAGE STEAM TRAIN RIDE

On the 3rd of September the children will be treated to a unique opportunity to travel via steam train between Parkes and Forbes on the 'Heritage Express'. We are looking forward to this experience.

LEADERSHIP CONFERENCE

Last week Miss Carmel McMurray, our Principal, attended a leadership conference in Dubbo and did a presentation on being a new principal. It was a great chance to present to other principals in small schools and also to aspiring leaders. It was a wonderful opportunity to talk about Eugowra Public School and share some of the great things we are doing here.



Miss Carmel McMurray and
Mr David Lloyd,

ENROLMENTS 2013

Eugowra Public School is now taking enrolments for Kindergarten 2013.

If you have a child ready for school next year or are simply considering our school please contact us on 6859 2233 or call into the office at the school on Hill Street.

We would love to welcome you.





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Over 700 people are now following Eugowra Police on our eyewatch page. www.facebook.com/eugowrapolice. We are still looking for members who are willing to join the South Canobolas Neighbourhood Watch Group. For more information, contact me on burd1mil@police.nsw.gov.au

Fatal Collision Near Cowra occurred around 12pm on Saturday the 18th of August. A Toyota Rav 4 failed to negotiate a left-hand bend along the Lachlan Valley Way. The Toyota collided with a tree as a result. A 32 year old female and her 8 year old daughter was trapped for some time. Both were transported to Orange Hospital where the young girl died. The mother remained in hospital in a stable condition receiving treatment.

Arcade Machine Stolen sometime over the weekend of the 4th and 5th of August at the Fat Lamb Hotel. The machine is an old style coin operated table-top gaming machine. It's alleged that the machine was stolen from the pool room of the premises during trading hours. Anyone with information is asked to contact Eugowra Police 02 6859 2244 or Crime Stoppers 1800 333 000.

NSW Fair Trading is urging residents to hang up on scam phone calls. Residents within the Central West have fallen victim to many scams over the past months. The scammers tell consumers they are owed funds and in order to receive windfall, money is required to be deposited for administrative purposes. So if you receive a call asking for any type of

payment, hang up and contact the local office or branch of the organised the caller claimed to be associated with. Report all scams to SCAMwatch on www.scamwatch.gov.au

Cyber Safety Education. Young people communicate with their peers using social media they need to be aware that some communications are inappropriate such as sending provocative pictures. Young people should not send photos of themselves or others and don't forward them on if they are sent to you. Sending photos that are provocative can leave a young person at risk of embarrassment isolation and cyber bullying. All parents and young people should obtain further advice from the many websites available www.schoolatoz.nsw.edu.au/technology/technology-az

47 Year Old Forbes Man was charged by Lachlan Detectives on the 17th of August 2012. The man was charged with 7 counts of Common Assault, Use of an Offensive Weapon, Stalk Intimidate, 2 counts of Detain for an Advantage, Assault with Act of Indecency, 2 counts of Sexual Intercourse without Consent, 2 counts of Maliciously Inflict Grievous Bodily Harm and 2 counts of Assault Occasioning Actual Bodily Harm. These offences are alleged to have been committed on his 44 year old de-facto partner. It is alleged that these offences took place between 1992 and 2010.

Till next time, stay safe!

Senior Constable Miles Burden

APPLICATIONS INVITED FOR CABONNE COMMUNITY IMPROVEMENT GRANTS

Community groups in Cabonne have been invited to apply for Council grants to improve the "liveability" of their areas. Applications are open for the Council's Community Improvement Program grants, which are designed to provide an ongoing or sustainable benefit to Cabonne communities.

Cabonne Mayor Bob Dowling said the grants are provided on a 50:50 basis but communities could provide their half of the funding through voluntary labour or in-kind contributions.

CIP projects must be situated on Council-owned or controlled land and projects such as tree planting, street furniture, town beautifications, main street improvements and community recreation facilities will receive a higher priority. Lower priority will be given to fencing or roadworks or those projects that would be eligible for Department of Sport and Recreation grants.

"This is a great opportunity for our local communities and I would urge them to lodge applications," Cr Dowling said.

Applications close at 5pm on Friday 21 September 2012.

Further details about the grants and application forms can be obtained by contacting Cabonne Council's Technical Services Department on 6390 7100. Application forms can also be downloaded from Council's website www.cabonne.nsw.gov.au

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September Recipe



Gingerbread Pudding with lemon curd



For the lemon curd

2 lemons, zested and juiced
2 tsp cornflour
2 tsp cold water
2 large egg yolks
3 tbs butter
1/4 sour cream

Place a pot of water on the stove .

In a bowl that will sit comfortably on the pot, combine lemon zest, juice, water, cornflour, egg yolks, place on top of pot.

Slowly add butter as the mixture heats and thickens, remembering to scrape down the sides of the bowl regularly.

Once the mixture is the consistency of softly whipped cream, remove from heat, strain and fold in sour cream.

Place in fridge to cool.

For the gingerbread

2 cups flour
1/2 cup sugar
2 tsp ground ginger
1 tsp ground cinnamon
1/2 baking powder
1/2 tsp salt
1 cup golden syrup
1/2 cup butter
3/4 cup boiling water
1tbs grated fresh ginger
1 large egg

Pre heat oven to 160

Line a medium baking tray with paper. In a large bowl whisk flour, sugar, ground spices, baking powder and salt.

Combine golden syrup, butter and grated ginger, add boiling water and stir till butter melts.

Add the golden syrup mixture and egg, with flour mixture, and whisk until blended.

Pour into prepared baking tray and bake for 35 to 40 min or until a toothpick inserted in centre of gingerbread comes out clean.

Cool on a wire rack for 20min.

Cut into squares and serve with lemon curd

EUGOWRA NEWS UPDATE:

We're now online!

www.eugowranews.com.au

Our wonderful news can be accessed worldwide, so tell your friends. Previous editions can be downloaded.
Dial up and satellite users will need to be patient, as it does load slowly.

head on in

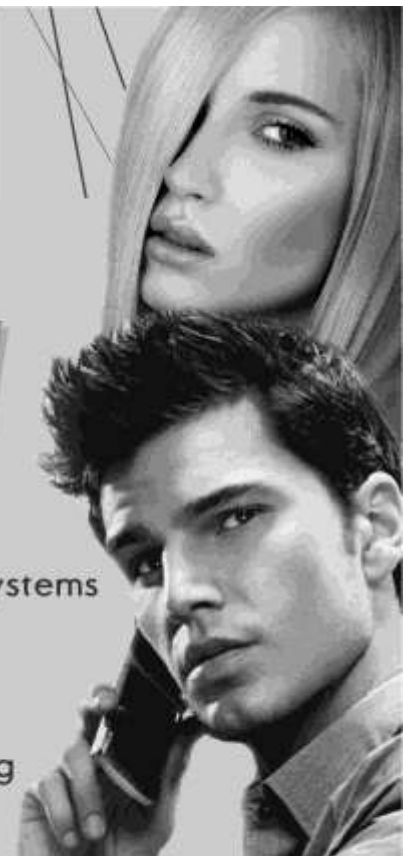
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News from Eugowra Community Children's Centre

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

Everyone has a story!

This month we have been documenting short learning stories that our Educators observe during the day. These will be sent home with the children for parents to see what their child is learning at ECCC and we would like their comments to further assist us. As Educators our role is to create supportive environments where children can ask questions, solve problems and engage in critical thinking.

We loved having Baby Adam at Preschool last week. Some of us even had a hold of him—so tiny and cute! Thank you Annette for bringing him into Preschool.

A Big Welcome to Miss Bec, our new Outside School Hours Care Educator. Our school kids are having a great time with you.

On the 9th of August we travelled by bus to Canowindra Preschool for an excursion to see the Travelling Zoo. We saw a Shingle Back Lizard, a Bearded Dragon and a Children's Python. We also had a play with our friends at Canowindra Preschool. Sienna was lucky enough to hold the python.



Elizabeth has a hold of baby Adam



Emotions - Hannah holds up the happy face and shows us her best smile



Sienna holding a Children's Python at Canowindra Preschool

**Welcome to
our newest
members:**



Ethan
Guess what he loves to play with the most?



Miss Bec
is our new OSHC Educator

EUGOWRA VIEW CLUB 2012



Guest speaker for the Eugowra Evening VIEW Club August dinner meeting was physiotherapist Nicole Brindle. Nicole gave a very interesting talk on cardiovascular problems, fitness, and how to achieve a better level of cardiovascular fitness by gradually increasing exercise and losing weight slowly- if you need to lose weight that is.

Elaine Cheney moved a vote of thanks on behalf of members and presented Nicole with a little gift.

Nicole and the District Nurse will be conducting a programme at the MPS commencing on Tuesday September 4 aimed towards slowly losing 5 kgs and exercise suitable for cardiovascular fitness.

Discussion took place on the four Resolutions to go to the 2012 Convention in September. Voting will take place for members at the September dinner meeting. Copies for the resolutions have been sent to members.

Eugowra Show is swiftly approaching and members will be required to take a turn in the kitchen/dining room on Show Day. The list has been passed around for donations of slices/ sandwiches etc. If you are unable to attend the September meeting please phone Andy and offer your support .

The matter of a 'Sister Club' has been raised and will be discussed in detail at a further meeting.

The next dinner meeting will be held on 3rd September please contact Andy by Friday Aug 31 re your attendance.



Swill feeding a danger to all

Written by Nik Cronin, Lachlan LHPA district vet

Swill feeding is the term used to describe the offering of food waste material to pigs. Once common to reduce the cost of feed, swill feeding of any meat or meat associated product is now banned in all states of Australia, including New South Wales. The reason for this is to eliminate the risk that a serious exotic animal disease may be introduced to Australia. Swill feeding caused the disastrous outbreak of Foot and Mouth Disease in the United Kingdom in 2000.

Many different organisms, such as the virus which causes Foot and Mouth Disease, can survive in meat even after it has been processed for human consumption. Pigs fed contaminated meat become infected with disease and then become a source of infection for other animals.

Although our quarantine laws are designed to prevent high risk animal products from being imported into Australia, there is always the chance that some may enter the country illegally. By not feeding swill to pigs we avoid the risk of an outbreak of one of these potentially devastating diseases.

The term swill describes obvious items such as animal carcasses, meat scraps, offal, blood and bones, but also any product that may have come into contact with meat during processing including cooking oils, many vegetables and fruit, and most bakery items.

It is not only commercial piggeries that this law applies to – we all have a responsibility in this matter. If you have a pet pig do not feed it meat or meat associated product. If you work in the food industry make sure your food waste material is disposed of in an appropriate manner and is not made available as food for livestock. Councils and rural landholders need to ensure that rubbish dumps and tip sites are fenced off to prevent feral pigs accessing household waste.

The penalty for feeding swill to pigs can be up to \$11,000. However this is nothing compared to the economic devastation that the Australian agricultural industry would suffer if swill feeding was to cause an exotic disease outbreak.



COUNTRY WOMEN'S ASSOCIATION OF NSW

EUGOWRA BRANCH

August Meeting

The **Guest Speaker** was Peter Owens from Fieldforce Services in Orange who spoke about the Home Power Savings Program run by the NSW Government. The Home Power Savings Program provides trained energy experts who come to your home and provide advice on saving energy and a power savings kit to eligible NSW residents. Peter also showed us some of the free energy saving devices such as energy efficient light bulbs, water efficient showerhead, tap aerator, door snakes, door seal and stand-by saver power board that households receive under the program.

Meeting days, particularly **evening meetings** were discussed and members decided that the next meeting on 10 September will be the last evening meeting. Starting from the AGM on Friday 12 October, all meetings will be held on the 2nd Friday of the month commencing at 11.00am.

To celebrate **CWA Awareness Day** this year it was decided that members would invite their husbands and friends to join them for dinner at The Central Hotel on Saturday 8 September at 7.00pm for 7.30pm.

An invitation to join with Group members to lunch at the **Cowra Japanese Gardens** and view the Archibald paintings at the Cowra Art Gallery on 8 October will be considered at the next meeting.

Bronwyn Guest has very generously offered to hold a **Millinery Workshop** at the Rooms on Saturday 22 September. Bronwyn will prepare kits for interested members to make a fascinator and will show us how to make it. Members should advise Bronwyn at the next meeting of the colour and style they require and then bring a needle, thread, small scissors and enthusiasm on the day!

The next meeting will be Monday 10 September at 7.30pm.

Dates to Remember

8 Sept—CWA Awareness Day dinner at the Central Hotel

10 Sept—Next meeting

14-15 Sept—Eugowra Show

22 Sept—Millinery Workshop



International Day

The International Day, featuring Timor-Leste (East Timor), was held on Saturday 25 August at the Rooms. Vivian & Geoffrey Steventon from Peak Hill Christian Education spoke of their experiences of working for 14-16 days each year in the village of Weberek, six hours drive south of Dili. Vivian & Geoff, together with a team of volunteers, have been working with the local villagers since 2001 to improve their living conditions through practical projects such as the installation of a solar pump for clean water and education programs on health.

Lyn Suttty, Central Western Group International Officer, judged the school children's projects and commented on the very high standard of their work. The afternoon concluded with a delicious afternoon tea



L-R: Esther Hyde (International Officer), Vivian Steventon, Margaret Swift & Geoffrey Steventon

Right: Frances Anderson thanking Lyn Suttty who judged the children's entries.

Below right: Some of the children's winning projects.

Below left: Esther Hyde and Lyn Suttty displaying winning entries for Kindergarten and Yr 1.



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Betty Parker

Born 12 October 1922

Passed Away 28th April 2012

Norman, Geoffrey & Jill , along with
their respective families, would like to
take this opportunity to express our
appreciation for all the condolences
and best wishes extended to us at this
time.

Everyone is invited

to

The Grand Opening

of

"Craft on The Creek."

(In the old bake house, near the bridge.)

Please join us

on

Sunday 2nd Sept at 10.30am

for

Drinks and Nibbles.

Notes from the Happy Gardener



Hello Gardeners,

It is nice to be home again after our travels and there have been lots of jobs waiting for me in the garden but it is such a lovely time of the year as we see all the trees, shrubs and plants of all varieties bursting forth with their new and fresh life.

Plants in containers make really good garden features and can provide attractive and interesting focal points. There is a huge range of native plants which make fantastic and also unique pot specimens.

The chosen container must allow for very good drainage, as natives do not like wet feet. Ordinary potting mixes are quite ok for natives but ones with added fertiliser should be avoided. Some river sand can be added to the potting mix to allow it to drain more freely.

Give some thought to any one of the grass-like natives eg Dianella species, Grass trees, Lomandra species, some of the Banksias and Grevillea species are suitable for growing in pots and of course there are many more choices. Any one of which will make a pleasing impact.

If you haven't done your **pruning** yet, then it really is the time to do so.

Most deciduous trees are best pruned in winter as you are able to get a good and clear view of the tree's frame. Pruning is done mostly to shape the tree and clear congested areas to allow light and air to flow through the tree, also checking and removing any branches which maybe diseased or are rubbing which of course will in time cause harm to your plant.

In theory, roses should be pruned by the end of August, but it won't matter if you don't prune yours until this month.

Simply prune them back by about a half, taking out the oldest canes, clearing the middle of the plant, and cutting the canes on a slant just above an outward facing bud.

Roses are heavy feeders and need a feed of a good rose food after pruning, then add some compost, then in a couple of weeks mulch well to help contain moisture and suppress any weed germination.

Bulbs for summer It is time to think about these. Just to mention a few:-

Nerines, also known as spider lilies, bloom late summer and may continue into early autumn. They produce flowers which are clusters of narrow petals in pink or

white on long stems. Leave them to grow undisturbed in clumps in sun or semi shade.

Hippeastrums bear big trumpet-like flowers in a range of colours. The bulbs are generally quite large with a longish neck which needs to be planted just above soil level. They prefer to be planted in a sunny position but will tolerate part shade.

Gladioli is a famous flower. A corm which produces a beautiful spire of blooms in a large variety of colours and can grow to great height in the garden.

A single colour grown in clumps can provide a stunning impact.

Grow in full sun in good quality and free draining soil, about 10cm deep with spacings of also about 10cm.

Some things to do in September

Add gypsum to lawns and gardens where clay soil is a problem.

Pinch out the growing tips of sweet peas to promote side shoots to develop.

Plant onions and potatoes.

Feed citrus trees with a good quality citrus fertiliser. Check for sooty mould and scale. Spray with pest oil.

After camellias have finished flowering, prune lightly to maintain a good shrub shape.

Help everything in the garden get going after the cold winter by giving your plants a feed with a seaweed based fertiliser.

Cheerio for now and happy gardening, Jenny





Breathing Easy

With the recent discussion about the plain packaging legislation in the news I thought it might be a good time to learn or remember some of the reasons why it is better for your health not to smoke.

Smoking Tobacco is the single greatest cause of preventable death globally. Tobacco use leads most commonly to diseases affecting the heart and lungs, with smoking being a major risk factor for [heart attacks](#), [strokes](#), COPD, and [cancer](#) (particularly [lung cancer](#), [cancers of the larynx and mouth](#), and [pancreatic cancer](#)). It also causes peripheral vascular disease and high blood pressure. High blood pressure increases your risk factors for organ failure and diabetes.

Physiotherapy is often involved with the management of breathing conditions, the most common of these is COPD.

What Is COPD?

Chronic obstructive pulmonary disease is a progressive disease (including [emphysema](#), [chronic bronchitis](#) and long standing asthma) that makes it hard to breathe. "Progressive" means the disease gets worse over time.

Cigarette smoking is the leading cause of COPD. Most people who have COPD smoke, used to smoke or have been exposed to smoky environments. Long-term exposure to other lung irritants—such as air pollution, chemical fumes, or dust—also may contribute to COPD.

Why is it harder to breathe?

In a healthy lung you breathe in air (containing oxygen) in it travels through the lung passages to get to the alveoli which are the tiny air sacs. Your blood passes around the air sac and the oxygen moves from the sac into the blood and then travels around your body supplying your organs and muscles with the oxygen that they need to work. The air sac is also where your blood transfers the used oxygen (carbon dioxide) back into the lung and out of the body.

In COPD the transfer of oxygen to the blood supply and removal of carbon dioxide is decrease by

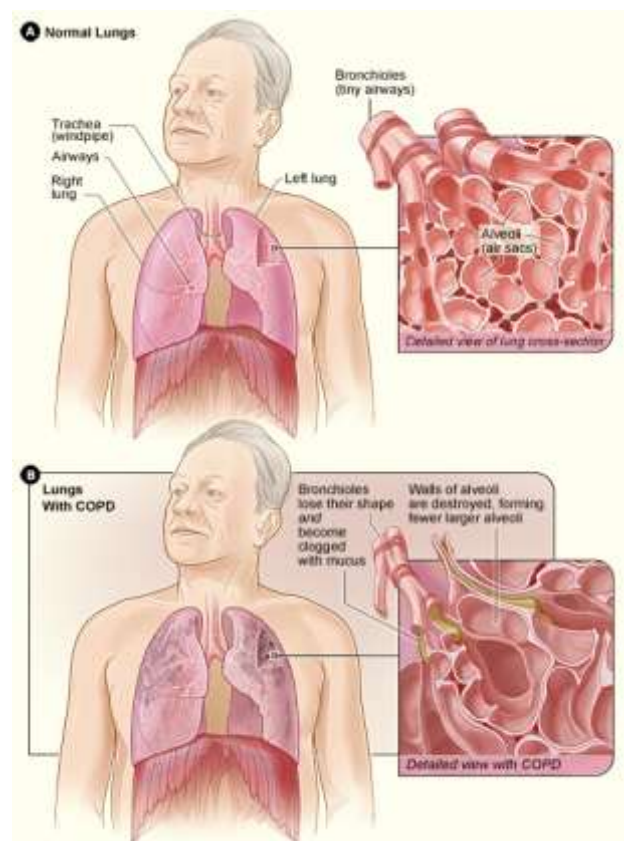
Mucus secretions in the air sac that block the passage Infections and chronic inflammation cause the cells in the lung tissue to produce more secretions.

Loss of air sac tissue (decreased surface area). The damage to the air sacs can cause the tissue to be destroyed. This means that there is less blood passing around the air to collect the oxygen that your body needs

Air trapping in the sacs, this is when you breathe in and as you breathe out the airways which have been damaged collapse. In damaged airways rather than staying open like a hose pipe they are floppy like cooked tubes of pasta and they collapse before the air can get out. This means that when you breathe in on the next breath there is already "stale" air sitting in the way.

Tightening of the airways – bronchconstriction This is when the muscle in the lung pipes tightens up and restricts the air getting in and out.

Normal Lungs and Lungs With COPD



What can be done?

The earlier you start managing your COPD the better will be your outlook. If you can decrease the damage caused by repeated infections and exacerbations your lung will be in better shape. If you can stop the cause of your lung damage you can stop further deterioration of your lung tissue.

Management can include:

Techniques to clear secretions: this includes breathing exercises, positive pressure devices to help splint the airways open and sometimes postural drainage and percussion (what everyone refers to as bashing)

Medications to reduced inflammation and restriction: this includes preventers and relievers

Exercise to improve your muscle efficiency: the fitter your muscles are the less oxygen they need to function, this does not mean you need to be super fit. Moderate intensity walking is enough to make an improvement.

Positioning to support the airways during attacks:

During an attack it can be useful to splint your airways open by positioning your arms up and leaning forward. This reduces the load on your breathing muscles.

Relaxation techniques and anxiety management:

When you are having trouble breathing it is very frightening and this can cause the situation to get worse because you start to panic. The more knowledge you have about how to manage your condition the better you may cope when you are having an attack or exacerbation.

If you are concerned that you have COPD please discuss it with your doctor at your next visit. They can organise a breathing test to find out what your lung function is like.

If you would like assistance in managing your COPD please contact Physiotherapy at the MPS 68504000



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The Geagles 2012

What a Team, What a Season

The Geagles are the Minor Premiership Winners for 2012 and undefeated! We have girls from Eugowra, Forbes, Parkes and Cowra who make up the team and are all very excited and nervous to start the semi finals next weekend, The Team are confident in their skills and ability and have been training hard to get to where they are and look forward to a tough competition and staying positive and hope their hard work will pay off and they make it into the Grandfinal. The Geagles first semi final is next weekend and if they win they are straight through to the Grand final which will take place in Canowindra on Sunday the 16th September! If they loose they get a second shot at getting in .



Eugowra Geagles – Player Profiles 2012

Courtney Tildsley: (Captain) Cork is one hard girl to tag and always manages to make a break or pass off a try scoring ball. Cork shows great leadership skills and always gives encouragement and has been a great Captain over the last 3 years, this is Corks last year captaining the Geagles and the Team would like to wish her all the best for her future.

Ella Harris: This is Ella's first year with the Geagles and she is already a stand out player and a top try scorer. Ella is a fantastic play maker and often seen using her skills to pass off a try scoring pass or getting through the defence herself. She is the goal kicker for the Geagles and rarely misses. Ella never stops, and puts in 100% every single game.

Becky Welsh: This regular try scorer is one to watch with great dogging & stepping ability and speed. Bec

always gives it her all in attack and defence and is not afraid of giving helping hand and taking on leadership when needed.

Sarah Welsh: One of the quickest on the team, once she gets away no-one can catch her. You will always see her making amazing breaks and racing down the wing, scoring tries. She is an outstanding player and gives it her all every game.

Alex Baass: Alex is an amazing all-rounder, always zig zagging her way through the players and making breaks with her speed. She always manages to side step her way and break away through the defence's line and use her speed to shoot up the side line.

Mel Beer: Mel is one of our veterans and has proved again this year what fantastic player she is. Mel always try's her hardest and improves each year. Mel is always

making great tags & catching impossibly hard balls off the kick off that most of us stay away from. She is always in the right spot at the right time.

Lori Hutchings: Lori always puts in 110% and always has great runs. Lori is a great defender and a key member of the team. Growing up with 3 brothers who play footy has definitely shown through out the year , with her great ball skills, this girl knows how to throw the opposition off with her tricky dummies.

Claudia Lovett: Claudia is an outstanding player and one to watch. She has a fantastic eye for opening spaces and will often be seen sliding through the defences impossibly small gaps without getting tagged and running off to score a try. Once she is through there's no stopping her. She is also a brilliant catcher and often seen catching the high bombs we all avoid and impossibly hard grubbers.

Melissa Thompson: Mel has improved through-out the season and has shown us that she is a great all-rounder and often seen diving on a loose ball and saving it from the other team. Mel always plays hard and is a fantastic player, she also knows how to boot a ball.

Jane Simmons: Jane is our fitness freak and shows how committed she is at every training and every game by giving it 110% at all times. Jane will often be heard encouraging her team mates on the field and making powerful runs in attack and chasing down tags in defence. She always backs up her Team mates.

Kristy Murphy: Kristy always gives the team her heart & soul and has improved immensely in her second year with the team. Kristy is very competitive and loves good competition. She is always putting her body on line diving for tags & balls and try's her hardest every game and often seen making that try saving tag right before the bell.

Maddy Kosef: Mads is an outstanding player with a great eye for gaps, she is always looking for an opportunity to pass off the ball and set up a try and she is great at throwing a dummy to put off the defence. Maddy always put her all into every game.

Tara Jones: This has been Tara's first year with the Geagles. Tara is always there when you need her and always backs up her team mates when chasing down the opposition. Tara is always improving and is gaining confidence each game, her speed is something to watch as she won't be caught once she makes a break.

Mikala Mongan: Mikala may be small, but this girl can run! She is often seen (or not seen in most cases) weaving and ducking through the defence line and getting a runaway try. Once Mikky sticks her ears back, there's no catching her. This is Mikalas first year playing for the Geagles and has been an asset to the team.

Sarah Corcoran: Sarah is one of the youngest on the team, but shows maturity beyond her years. She always try's her hardest and is a great play maker. Sarah has improved through-out the season and has been a huge asset to the team.



Eugowra Eagles

Minor Premiers for 2012

The Eugowra Eagles celebrate their narrow win over Canowindra to take out the Minor Premiership.



This win over Canowindra capped off a very successful year for the Eugowra Rugby League Club. Coach Jarrod Wykamp has been very impressed with first grade. They had a tough game against Canowindra and only sealed their victory with a try in dying moment of the game.

President Alan Myers said that the "Club has had a really good year so far" He commented "It has been a tough time but we just keep moving on with business." President Alan also paid tribute to the many enthusiastic supporters who turn out to watch the games. He said "it is hard to win game without supporters."



State Finalists

The Eugowra Bowling Club recently competed in the State Finals at Wagga. Prior to this they had played in the Zone 5, Number 6 Pennants play offs at Grenfell Bowling Club. Eugowra played sides from Bathurst Magellan, Kemps Creek, Goulburn, Portland and Oberon. Finishing with 4 wins and a superior margin to win the Zone flag, and qualify to represent zone 5 in the last 16 teams in the State Finals at Wagga RSL Club 4th, 5th and 6th August.(see photo on the front page)

In the state finals at Wagga Eugowra played the highly fancied side from Dalmeny (South Coast) and defeated them 63/59. On Saturday afternoon Eugowra played

Toukley RSL (Central Coast) and gained a hard fought WIN 60/58. In the crunch game on Sunday to decide section winners Eugowra played Mayfield (Newcastle) and were unable to maintain their good form going down by 64/55. Finishing equal on wins with Mayfield, with a lesser margin to put Mayfield through to the semi-finals on the Sunday afternoon and finals on the Monday. A little disappointing but in reality for one of the smaller clubs in the state it was a wonderful effort and all should be pleased with their efforts.



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Eugowra Canola Cup Ready to Rumble



Eugowra Harness Racing Club is proud to announce that Lexus Of Parramatta will again sponsor the 2012 \$20,000 Canola Cup final.

The heats of the Canola Cup for CO class pacers will be run on Sunday 23rd of September. The meeting will be covered by the TAB for the first time and will be featured on Sky 2. The heats will carry \$3,000 prize money, up from \$1,500 last year.

The \$20,000 Lexus Of Parramatta Canola Cup final will be run on Monday the 1st of October and will be on Sky 1.

Club president Lex Crosby thanked Lexus Of Parramatta principal Rod Smith for once again lending his support to the meeting. Rod has a real passion for country harness racing and has been a long time supporter of the club. Rod, through his company Kriden Investments has also donated a trip for 2 to Queenstown New Zealand for a lucky racegoer.

The club is excited to announce that Mark McNamara will be a special guest and will call the meeting. Mark called many races at Eugowra before heading over the water to New Zealand and we are looking forward to once again hearing his dulcet tones calling the cup final.

The Eugowra Club is very excited with their brand new bar and canteen facility under construction. This will be opened on the Canola Cup final day by a representative from the NSW Coalition Government.

Other feature races on the day include the \$10,000 Pepper Tree Farm Don Tildsley Memorial for C5 and better class pacers to be run over 1700 meters. Pepper Tree Farm will hold their annual sale on Sunday 30th of September the day before the Canola Cup so it will be a chance for harness racing enthusiasts to make a long week end and travel to the Central west.

Thanks to Tabcorp Park Menangle \$7,000 heats of the Eugowra to Tabcorp Park Menangle series for C1-C3 pacers with a \$12,000 final to be conducted at Menangle will be run on final day.

Other races include; \$8,000 Canola Cup Gold Consolation, \$7,000 Canola Cup Silver Consolation, \$7,000 3CO and better and the \$7,000 C3-C5 Mick Rawsthorne Memorial.

Canola Cup day is not only the most spectacular pacing event on the calendar it is also the most prestigious social occasion of the year in the Eugowra district.

The population of Eugowra will triple on Monday October 1 for the fourteen running of the Canola Cup family picnic day. Organizers are expecting between 1,500 and 2,000 people to flock to the sleepy hamlet in Central NSW for a day of harness racing, partying, slick fashion and entertainment. Dad, mum and the whole family will be catered for when Eugowra Showground Paceway comes alive from 12pm for a spectacular day of fanfare.

Back by popular demand is the Canola Cup VIP Lawn Marquee, located along the parade ring with a wonderful view of the track and its surroundings. Includes champagne on arrival, cheese platter, sumptuous 2 course meal catered by Eat Your Greens function centre, Bar and Sky channel facilities for just \$55 per person. Why not organise a group of friends or family and book a table (Numbers are limited). For bookings go to www.trybooking/BUXR or phone Jodie on 0427 592481.

During the carnival of activities for the final, race goers will find a family picnic day atmosphere including a Fashion Parade supported by the Little Black Dress (Parkes), Fashions on the field for the best dressed lady, junior and gents (prizes valued at over \$1,000), Live Band - music supplied by the very popular Ragged Edge (Dubbo), Free Jumping Castle, inflatable Bouncing Pony races, Pooka's Magical Fun Show and twisting balloon sculptures, Pony rides, Sand-art, Face Painting, Spray Tattoos, Snow Cones, Fairy Floss, Coffee Van and Mr Whippy's Ice-cream van. Among the host of attractions will be the Travealy horse drawn carriage from Cowra giving all gusts an opportunity to ride in their eight seater horse drawn carriage.

All amenities will be on course. Local and interstate bookmakers will be operating, on course TAB van, plus a fully operational bar and canteen.

Tent sites are available, phone 02 68592525 or 0427 592481.

The Eugowra Club is most grateful to all its sponsors and everyone in the district is looking forward to an exciting day's racing and the many other activities on offer. The gate for the final will open at 11.30am.

The Eugowra club is most grateful to all its sponsors and invites everyone to come to our district for the long weekend and enjoy with us the many on course activities on offer. First race is scheduled for 12 noon.



EUGOWRA HARNESS RACING CLUB

Carnival Of Cups & Family Picnic Day

MONDAY, OCTOBER 1 at 12 noon

Eugowra Showground, Noble Street

Featuring: Lexus Of Parramatta \$20,000 Canola Cup

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Wilf & Horses Celebrate 50 Years of Public Life

At the sesquicentenary re-enactment of the Escort Rock Gold Robbery held recently in Eugowra, Wilf Norris' draught horses were once again taking part, driven by his son Bill Norris and Warwick Pearsall. This event has marked 50 years of Wilf's horses taking part in public life.



It is remarkably fitting that it all began back in 1962 when Wilf was asked by the Eugowra Escort Rock Centenary Re-enactment committee to take part with his horses and wagon.

Wilf didn't have to be asked twice, he says "I always wanted to do something like this with my horses and after taking part in the holdup at Eugowra Rocks my phone began to ring with requests for film work, centenary shows, weddings, street parades and centenaries".

"Horses have always been in my life and in 1962 after working with them for twenty years growing wheat, sinking dams, ploughing out rabbits and pulling logs, my life with the horses turned around to a different kind of work, and my horses began to travel".

Wilf and his horses participated in centenary parades at Eugowra for the Central School, Convent School, Hay's Sawmill, and Railway Station. He travelled to Peak Hill for the Convent School Centenary and West Wyalong for the Convent School Centenary where the Bishop, Priests, Nuns, and school children all rode in horse drawn vehicles.

Wilf's family of eight children were all horse riders and would often be seen helping out with the horses during



public appearances, except for eldest daughter Wendy who was a bit timid of horses but loved to ride on the wagon. Wilf said she was a good bike rider and would ride her bike up and down the hills on the family farm "Inglevale", happier to be on wheels rather than a horse's back. Wilf's wife Pat was also a very good horsewoman who saw it as part of her job to teach her kids how to ride a horse.

Wilf's three sons Laurie, Bill and Thomas all grew up to be capable horsemen and still ride and drive horses today. His daughters Janet, Patricia, Annette and Julie all rode when younger, and Julie being the youngest was a huge help to Wilf with the horses during her teenage years. Julie still rides today, and along with Janet, was involved with horses during their children's Pony Club years.

While working with Wilf on the TV mini-series "The Last Outlaw", Wilf's eldest son, Laurie, accepted an offer to work as a Horse Wrangler on the movie set of "The Man From Snowy River". The experience and skills Laurie had gained from growing up working alongside Wilf with horse teams was quite rare and from there Laurie went on to train the coach horses for the TV show "Five Mile Creek". In the 1970's draught horse prices started to boom and knowing that he would definitely need more horses in the future, in 1973, Wilf travelled to the Sydney Royal Easter Show to purchase a Clydesdale stallion. He purchased "Oaks Scottish Flash", better known as "Charlie" and brought him home to "Inglevale". Charlie sired many good foals including the great "Boko" who pulled a world record weight at the Eugowra Show in 1981.

In 1974, Wilf was successful in gaining employment as Farm Manager at the Lachlan Vintage Village Forbes where he worked for eleven years. This gave him the opportunity to send all his children to the Marist Brothers College while working in a job he loved. Wilf ran a small farm at the Village while carrying out demonstrations for the tourists with his horses throughout each day.

Wilf says, "During this time me and the horses gained a lot of experience with the public and met a lot of people from all around the world. I also met people who were interested in draught horses which made me very happy".

It was while promoting the Lachlan Vintage Village that Wilf's horses were given their first truck ride. A trip was planned to take a wagon and eight horses to Sydney. As his horses had never been trucked before, Wilf was anxious about the trip and trusting only one man he asked Wally Townsend to do the job. Wally was happy to oblige and much to Wilf's relief delivered the horses safely to Sydney where they were met by the Mounted Police who were to escort them down George Street.



Wilf who was still feeling pretty anxious at this time said, "When I seen the Mounted Police there waiting for us, I gave a huge sigh of relief, I was so pleased they were there to be our outriders. My horses had never been to the big smoke and even though they had been prepared it was still an unknown experience for them". Wilf needn't have worried, the trip down George Street and onto Hyde Park went off without a hitch. "A lot of people stopped and stared at us that day, a sight they had never seen in the middle of Sydney before", Wilf said. At Hyde Park Wilf's horse Boko took on 8 Royal Navy Sailors in a Tug-O-War.



While at the village Wilf dressed in top hat and tails, harnessed up his two grey horses to a restored vintage carriage and drove the Prime Minister from the railway station in Forbes to the Lachlan Vintage Village for the grand opening. Another proud moment was the time Australia's Governor General; Sir Rodin Cutler was a passenger.

Over the years Wilf said he and his horses have worked on many film sets. "Films I have worked on with my horses are: "Sunstuck", the movie titled "1915", the TV Mini Series "The Last Outlaw" and the ABC series "Peach's Explorers". In later years I have worked on the film "On Our Selection", "The Dish", and the reality TV show, "Outback House".

Wilf has worked with many well know actors including Harry Secombe, John Mellion, Maggie Fitzgibbons, Bill Hunter, Lorraine Bayley, John Grey, Leo McHern, Geoffrey Rush, Joan Sutherland, Noah Taylor, Jack Thompson, John Jarret and Steve Bisley. He has taught horse skills to many of these actors and enjoyed teaching Bill Hunter to drive three horses in a horse drawn binder cutting hay.

Wilf travelled with his horses to Canberra where they took part in the Canberra Centenary show. He also travelled to Gulgong for eight years to take part in the town's annual parade and festivities. He gave coach rides, driving the Cobb & Co coach and took part in a hold up demonstration.

With an 11 horse team and a wagon loaded with wool bales, Wilf re-enacted the story behind the famous painting titled "The Black Soil Plains" making the trip from Warren to Dubbo.

The annual Australia Day Parade at Forbes was another regular gig Wilf took part in for around 30 years, with his team pulling a wagon of chaff as the Walkers Ag n Vet float.

Wilf started the Golden Plough competition which ran for 33 years throughout the central west of NSW. He was a loyal member of the Western Branch of the Australian Draught Horse Society and travelled to other districts in NSW and interstate to compete in ploughing competitions. He won the Australian National Ploughing championship held in Victoria and with his extensive knowledge of Australian Draught Horses, Wilf travelled regularly as a judge and Classifier for the society.

In 1981 he organised a Draught Horse Pulling competition at the Eugowra Show which ran every year for 26 years and was a great success. Wilf competed in many other draught horse pulls and his horse Boko won the Australian Pulling Championship at Moss Vale in 1982.

In 2005 Wilf and his mate John Marshall harnessed up 8 draught horses and entered the tractor pull at the Eugowra Show, where they competed against a 1949 Fordson Major tractor. Wilf is proud to say they were the winners hands down and he has the trophy to prove it.

Wilf's team was once again featured in the Escort Rock Robbery re-enactment celebrations held at Eugowra in 1992, and again in 2005 when actor Jack Thompson and crew filmed a documentary about the robbery which is displayed at the Australian History Museum in Canberra.

Wilf enjoys his work with horses and is very proud of the Australian Draughts that he has bred over the years saying, "I have struck a lot of knockers over the years, however they have been outnumbered by the many people I have met who love horses and appreciate what I do, which makes it all worth it. I still get people come up to me wherever I go to thank me for keeping our history alive".

50 years of mixing horses with the public and Wilf is also very proud that he has never had a serious accident. "This is because I work my horses every day", he says. "You can't take a horse out in public if they are fresh, you must work them every day"!

Congratulations Wilf on 70 years of working with draught horses this year! Thank you for sharing your horses and horsemanship with the public for the past 50 years! Thank you for the enjoyment you have provided for many of us. As a local identity once said "There will only ever be one Wilf Norris", but we sincerely hope that with your guidance your sons will continue the tradition for many years to come.



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Love and Truth Through Christ

SEPTEMBER NEWS

Term 3 is up and running and although we have had lots of sad news this term, everyone is pulling together and supporting each other. Remember; 'Prayer is our greatest weapon'. We keep in our prayers Mrs Eppelstun's family, Mr Larry Weekes and Mrs Drady and all those who are adjusting to the loss of a loved one.

Please keep Mrs Rosemary, Kevin and Katie in your prayers and thoughts - as they help look after Jacob who received a serious injury last weekend. We hope he is back home soon.

Thank you everyone for helping raise over \$60 for the Jeans for Genes day a much needed and worthy cause for the children of today and tomorrow.

DIO ATHLETICS

Congratulations to the PP5 relay team of Lachie Herbert, April Harvey, Brodie Adams and Jake McCarthy who came in 2nd in their race in the Diocesan Athletics on a very cold Friday in Bathurst recently. This has qualified them to compete at the Catholic Primary Schools Athletics on Friday 7th September in Newcastle. They are busy training and practicing their baton changing. Good Luck team! Brodie Adams also competed in his 13yr age race in Bathurst coming a credible 4th in the final. Well done Brodie!



CHAMPIONS READ!

Thank you to Mrs Dowd our Librarian for organising a wonderful Book Fair on Wednesday 22nd August.

All the children were champions as they dressed up in their favourite book character and talked about their chosen book.

Parents and Grandparents were invited to come to look

at and purchase books at the fair with their children. Thank you to the following families for donating a book to the School Library: Ryan Huckel, Hayley Valentine, Celeste & Annalise Gavin, Thomas Brindle, Lachlan Herbert, Brodie Adams and Kirbie Mongan.

The day was finished with a sausage sizzle, book character parade, colouring competition and games for all the children.

Well done to all the children for getting into the spirit of Champion Reading and our Champion Book Fair.



COMMITMENT MASS SATURDAY 25th August

Congratulations to the following children who attended the Commitment Mass in preparation for the upcoming Sacraments this year; *First Reconciliation: Macky Den, Haydan McCarthy, Charlie Philipzen, Daniel & Michael Martin, First Holy Communion: Max Gates, Jordan Moore, Lily Wallace, Jim Riley, Michael Martin. Confirmation: Maddison Vincent, Brodie Adams, Lachie Herbert, April Harvey, Natasha Valentine, Katie Townsend, Jake McCarthy and Ryan Huckel.*

As part of this preparation comes the commitment from them and their parents to embrace this faith journey and participate fully in the process.

The dates for these Sacraments are;

First Reconciliation: Thursday 6th September

First Holy Communion: Saturday 10th November

Confirmation: Saturday 27th October

Until then we will be busy getting ready for the Eugowra Show and our excursions to Sydney and Dubbo.

God Bless you all.

Joeys Staff and Students.

The “Rosebank” Story

INFORMATION FOR THESE ARTICLES WAS OBTAINED FROM “ROSEBANK” DAYBOOKS, CASHBOOK, SHEARING BOOKS AND ADDITIONAL INFORMATION FROM MY FATHER, NEIL GRAHAM McMILLAN (1875-1949). I COMMENCED THIS IN 2005.

Carrying on from my last article, the system of share farming on “landra” worked like this: Mr. Greene provided the land ready for the plough, all of the seed to be planted and 2/3 of the fertilisers used, while the farmer provided the labour and equipment to do the job. The crop was shared equally between the two but as an incentive, Mr. Greene gave back to the farmer everything produced above 20 bushels to the acre. Mr. Greene allowed the farmer to keep all of the production in poor years when yields were less than 5 bushels an acre.

It was with this scenario that the boys - Neil, Andy and William, decided to give share farming at “landra” a go. I have not seen any records of how the venture turned out but a few things Dad told me were that in their time at “landra” forty sharefarmers planted 18,000 acres. The boys used two 10 horse teams. For travelling to and from “landra” a sulky and or a buggy and pair would take one day to go from “Rosebank” to Greenethorpe via the Kangarooobies. Camping was the order of the day, as structures were not allowed on “landra.” The horses were allowed to be grassed free of charge on “landra” between farming operations (fallowing/sowing/harvesting) if required.

History has shown that a large number of its sharefarmers over the years have purchased portions of “landra” since Mr Greene’s death in 1911 and his family eventually returned to the old country. Today the “landra” mansion and approximately 3000 acres is all that remains of the original holding. The town of Greenethorpe was established on part of “landra” and my father’s name is on the petition for a post office at Greenethorpe in 1908.

Things must have been moving along nicely for the family at “Rosebank” by the early 1900s because in 1909 the family purchased a McLaren steam tractor for £950. The agents for the sale were Gibson and Battle from Sydney. The tractor was used for clearing, farming and transporting produce to market. To this end, Robert purchased 4 wagon wheels plus two axles from Bennett’s coach works of St Mary’s and set about making a wagon to become known as “Braveheart.”

The project took 2 years to conclude as a spare time venture. Although Robert was self-taught, both in blacksmithing and carpentry, his achievement in building this wagon is exemplary in workmanship. “Braveheart”

was all constructed in the blacksmith’s shop at “Rosebank” in the years 1909-1911. Of the time, it was a massive construction and photos I have of it carrying different loads of produce and supplies bears out its magnificence. The family called this wagon the “pearl of the fleet.”

In 1913 a record load of wheat was taken to Forbes Railway on 3 wagons in series, drawn by the McLaren steam tractor. The distance was 21 miles (33 km) in one day. The brothers reported that “the old black mare never turned a hair.” The road train was headed by “Braveheart,” the second wagon was “Resurrection” and bringing up the rear was “Westcott.” The load comprised 542 bags and had a combined weight of 56 tons, 15 hundred weight (cwt) and 2 quarters (qr.). A photo of this record load was sent all over the world on the front cover of the sales catalogue of the tractor maker, J&H McLaren, Midlands Engine Works, of Leeds, UK.

In a previous article, I mentioned that sales of chaff from “Rosebank” were made in 1896 but in fact, as gleaned from the farm’s day books, chaff was cut as early as November 1882. At that time, straw was selling at £3-15 per ton and hay at £6/ton. In 1911 a much larger chaff cutter was acquired which needed 7 men, paid 8s/day, to work it successfully. Chaff bags cost 6-7 per dozen. By 1913 large consignments were sent by rail from Forbes to at least 3 agents in Sydney. On 16th February 1913, 525 bags of chaff weighing 20 ton 11 cwt was trucked to Messers. Dent and Perry of Sydney, with another significant consignment of approximately 40 ton going to a Mr T. P. Clark over the next 5 days.

2 bullock wagons returning empty to Forbes sometimes called at “Rosebank” looking for freight and were paid 17-6d per ton delivered to rail in Forbes. Charles Marsh, a neighbour across the creek from “Rosebank,” would also line up for cartage with his bullock wagon. Marsh is also mentioned at hay carting time at “Rosebank” with his team.

From my father Neil, I have gleaned the information regarding the division of “Rosebank.” My Grandfather, Archibald, prior to his death in 1902 had drawn up a plan of blocks and numbered them accordingly, taking into consideration the locality and quality of each, in respect of water availability and soil quality. The top several

blocks were restricted to about 300 acres each, and the lesser blocks to a top of 540 acres. These were living areas in that era but by half a century on, that was hardly the case.

The two trustees of the "Rosebank" estate were Godfrey and Neil and so, on the 6th September, 1913, a meeting of the McMillan family was held at "Rosebank," for the purpose of balloting for the land and horses. The trustees presented a plan of the subdivision which was unanimously agreed to by all present. 13 members were entitled to partake in the ballot. One brother, Andrew, was in New Zealand at the time but his proxy at the meeting, brother in-law, George, was attending his interests.

There was a ladies and gentleman's agreement in the family that if any party anticipated selling their block of ground that they would offer it to other family members first. My observation is that this happened quite freely initially but was not carried forward in the next generation. At the meeting, there were quite a number of motions presented and passed prior to the ballot being conducted, with a feature that all motions were passed unanimously. Several of these motions were:

1. All members of the family were to pay to Mother (Mary McMillan) an annuity during her life.
2. The homestead block was to always provide a home for mother.
3. Blocks 1 & 2, which included the homestead, were excluded from the ballot and transferred to spinster sisters, Mary and Catherine, together with a horse "Hindoo," for their sole use.
3. The trustees were to destroy rabbits on the estate until the transfers were executed.
4. A number of motions regarding the horses were presented and finally,
5. Mr J.T. Noble, an agent, was appointed to value the horses.

Two boxes were provided for conducting the ballot. One contained draw numbers and one had the land lot numbers placed inside. Firstly, each family member drew a number which determined the place, in descending numerical order, that person would take in the subsequent draw to select the blocks of land.

One of the previous motions also allowed any balloter to exchange or sell their lot with another member, prior to settlement with the trustees of the estate. Today, in 2012, only one original balloted block remains in the ownership of a family descendant.

The following extract from the Adelaide Advertiser newspaper, was printed in the issue of Wednesday 20th

November, 1912, titled – *"Ploughing by night" - Forbes District Experiment.*

'Something absolutely novel in the way of farming operations is at present taking place at the "Rosebank" estate, Eugowra, in the Forbes district. The estate, which is the property of Messrs. McMillan brothers, has the reputation of being one of the best cultivated dry farms in the state. Last week, a new departure was begun. This was ploughing by night, and already this is meeting with considerable success. Messrs Neil and Vivian McMillan have had two powerful acetylene headlights attached to their traction engine, and this enables work to be carried on when other people are asleep.

The engine draws two, six-furrowed stump jumping ploughs, the only one of its kind which has ever been carried on in Australia and farmers in this state will be certain to observe the experiment with considerable interest.'

Within four years of this article being written, young Private Vivian Ernest McMillan, then 23 years of age, wrote home to his brother, Neil, from his battalion on the Western Front, that he wished he could be back at home on the plough once again. His wish did not come true. Viv became the second casualty in the McMillan family to lose his life to the war in Europe when he fell at Bois Grenier, France, in June 1916.

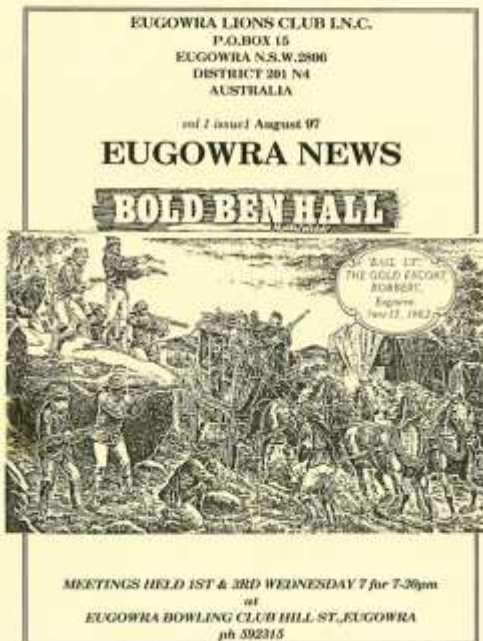
Over the years, "Rosebank" management was renowned for trying ideas. T. L. Bray told me that, as a youth, after a windstorm had passed through the district, he was quite often sent by his father, TH (Boss) Bray, to inspect the phone line from "Vychan" to "Rosebank," since a telephone exchange was located at "Rosebank." One day, to his surprise, he came across a flock of ostriches on "Rosebank" and this was a sight he never forgot.

The ostriches were the property of William (Bill) McMillan. In the early 1900s, Bill spent time in South Africa and decided to try ostrich farming in Australia after having this experience. Ostrich feathers were widely used in hat making and became a notable addition to the uniform of the Light Horse Brigade.

This article brings to a close my series of recollections and records of one of Eugowra's pioneering families and I wish to thank the readership for your interest in these articles.

Fifteen Years of Eugowra News

It has been fifteen years since the first Eugowra News was published. The first edition was a combination of some typed pages, some handwritten pages and a lot of cut and paste to pull together what was going on in our wonderful part of the world. We thought you would like to see some of our past editions, so over the next few months we will show you how far things have come.



"views expressed by contributors are not the responsibility of the Eugowra Lions Club, as a non political and sectarian religion association".

EUGOWRA NEWS Editorial

Readers,
We are hoping to reach out to the community of Eugowra with the idea of this news medium. We hope that this could become a helpful way in which you can be informed of local events, schools, council, organizations, health, news paper we are looking towards a more informed community. With this simple would like the community to take part in this project by contributing. Your say in Eugowra News, where these items can be printed. Though time and resources are limited to us at the moment, we are asking that all articles to be printed ready for photocopying, that is type on a A4 size paper, if possible to save time. But if this is unavailing to you then just send the articles along and in due time it will be published. Anyone can contribute an interesting article so just have a go!

The following places for contributors to leave their articles are:
EUGOWRA NEWSAGENCY
POST OFFICE EUGOWRA
They can be sent to EUGOWRA NEWS C/O J. Norton St. Eugowra 2806.
The EUGOWRA NEWS will be free and be printed so there should be 350 copies, if you know of someone who is not receiving a copy please tell a Lions member.

To help pay the cost of printing and postage there will be advertising in amongst the articles, we are approaching local businesses in Eugowra to place ads in the newspaper. By supporting your local shop keeper you are doing your bit for our community. To our local businesses, if your business is not in the paper, please contact Ray Davidson for advertising information and support our community.

There are many topics that can be important to us in Eugowra, we would like to cover a broad subject matter in each issue, covering right through the age and gender, giving interesting articles for you to read. We are at the early beginnings of this newspaper, so please, if you feel you would like to write as a comment please forward the item for next month's issue.

Photos can be used to make or show certain points and are very welcome. However, coloured photos are not as good as black and white to copy. But this will not stop us trying to add more interest to the "EUGOWRA NEWS".

THE MAJOR TOPIC CONCERNING COUNCIL WAS THE MOVEMENT OF THE PROPOSED MOVEMENT BE MEETING FACILITIES OUT OF COUNCIL'S ORANGE OFFICE TO HOLDING.
ON THE SURFACE THIS APPEARS A SENSIBLE MOVE. BUT UNFORTUNATELY THERE ARE NO SUITABLE MEETING VENUES AVAILABLE IN HOLDING.

TO EXPLAIN THIS SITUATION, WE HAVE TO GO BACK 20 YEARS WHEN COUNCILING COUNCIL WAS FORMED BY AN ALLOCATION OF THREE COUNCILS, THREE BODIES AT CUDAL, CANBERRA BODIES IN ORANGE AND HOLDING COUNCIL. AT THAT TIME THE COUNCIL DECIDED THAT THE MEETING ROOM AT THE ORANGE OFFICE BE LEFT AS THE MEETING ROOM FOR THE COUNCIL AND AS THE WORK FORCE AT THE OFFICE AT CUDAL (ENGINEERING) AND HOLDING (ADMINISTRATION) GROUP, THESE MEETING ROOMS WERE DIVIDED INTO STAFF OFFICES.

THE OFFICES ARE OLD, BUT STILL SUITE ADEQUATE FOR COUNCIL NEEDS. THEY HAVE THE NECESSARY COMPUTERS, COPIERS, PHONES ETC IN WHICH TO CONDUCT A COUNCIL MEETING, AT NO REAL COST TO OUR RATEPAYERS, EXCEPT FOR THE MAINTENANCE OF THE BUILDING.

THERE IS NO PROBLEM HOLDING OUR COMMITTEE MEETINGS AT VARIOUS LOCATIONS AROUND COUNCIL, OUR NEXT COMMITTEE MEETINGS ARE LISTED FOR CANBERRA, BUT THE MAIN MONTHLY MEETING OF COUNCIL HAS TO BE WHERE COUNCIL HAS A LINK UP WITH THEIR COMPUTERS, SO AS TO HAVE AVAILABLE ALL RELATIVE INFORMATION TO COUNCIL BEFORE A DECISION IS MADE ON ANY PARTICULAR SUBJECT. A DECISION WAS ALREADY RESOLVED NOT TO MOVE FROM THE ORANGE OFFICE AND SPEND RATEPAYERS' MONIES CONVERTING A HALL IN HOLDING TO OUR MAIN MEETING ROOM. THE COST THAT WAS PRESENTED TO COUNCIL FOR CONVERTING THIS HALL WAS APPROX. \$30,000. OTHER ESTIMATES PUT THESE COSTS OF BRINGING THIS HALL UP TO ACCEPTABLE LEVEL AT 3 TIMES THAT FIGURE.

NOW COUNCIL IS Faced WITH ANOTHER MOTION, COUNCIL MOVEMENT OF COUNCIL MEETINGS, THIS TIME TO COMPLY WITH THE RECOMMENDATIONS OF THE 1993/94 BOUNDARIES COMMISSION. THESE RECOMMENDATIONS STATE

CRYPTIC CROSSWORD

PUZZLE 21

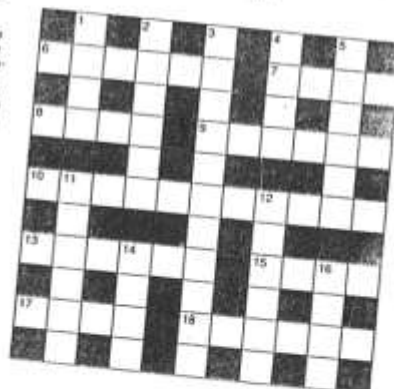
Brush-style or cryptic crosswords are a great challenge for all crossword fans. To solve them, remember each clue contains the regular definition as well as a play on words. The number in parentheses is the length of the answer word or words.

ACROSS

6. Race the engine, add some power, and make over (6)
7. Red rice is stirred thoroughly (4)
8. Men, you listen! This offers you choices (4)
9. Places to settle down or toss about (6)
10. Westerners cross in the middle - Cam's wine gets thrown around (3,8)
13. Tent at first was in Georgia when Americans marched (6)
15. Hoist up the middle man (4)
17. Club for one twoboda (4)
18. Ability to put Capone in shelter (6)

DOWN

1. The two of us are and have been (4)
2. Virginia College and University first marketed a machine to remove the dirt (6)
3. Foolishly I export a map that's not quite correct (11)
4. Find nothing in bronze racks (4)
5. Hark! It's unusually silent! (6)
11. One who flees from a revolutionary regime (6)
12. Ferocious fight to fit in with Nat (6)
14. Acquire \$1000 and fly (4)
16. Is unable to change direction (4)



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By Anne Burns

Something foremost in most lamb producers' minds is how to lift production and consequently improve farm profitability. With this in mind some local producers convened a meeting, the aim being to gauge interest in forming a producers group in the district. The spokes person is Chris Marr from Gooloogong. Many regions within NSW and other states have local producer groups. In the Wellington area they have WAG "Wellington Agricultural Group" and then Victoria DPI has an entire department that will help set up and co-ordinate local area farm groups.

These local producer groups act as a wonderful opportunity for networking, learning from others and experts, and as they say "you should never stop learning". So with that in mind we talked to Chris and Forbes DPI's Livestock Officer, Megan Rogers about the concept of a local lamb producers group and what is planned.

Eugowra News: For those that do not know you well Chris can you tell us a bit about yourself and the business you are involved in?

Chris: I live at Gooloogong with my partner Emma Gosper and am the Stud Principal of Gererdan Poll Dorsets. I sit on the Board of Directors and am the current Federal President of the Poll Dorset Association. I am also a committee member on the NSW Dorset Show at Cowra and the Australasian Dorset Show and the annual sale held at Bendigo. I have travelled extensively around Australia muscle scanning sheep for Stockscan and obviously take a very particular interest in the lamb/sheep industry.

Eugowra News: In May you convened a public meeting of lamb producers in the local area, what was your objective?

Chris: My main objective was to ascertain what producers really consider important in the current lamb market, and to also bring a group of like minded people together to network and discuss what is it that's affecting profit margins, how can we improve what we do, and why it is we do things the way we do?

We also forget that there are a lot of people who don't use a computer and therefore can't access a lot of the information that is available via the internet. Getting people together allows us all to share information, learn

from each other and bounce ideas off one another.

Eugowra News: I know Victorian Lamb producers are working hard to drive the performance of their business. Do you perceive there is gap in the development of the industry in central western region?

Chris: I don't believe there is a gap, but I believe they have a better communication system. That was one of the main objectives to starting a producer group – to ensure people are in the loop with what's happening in the industry.

I think there are a lot of producers in the Central region doing a brilliant job by embracing technology and doing what they do best-producing a quality article. Lamb production is no longer a mugs game, it is profit driven and professional and those that are doing it properly are reaping the rewards, those that are lacklustre in their approach will not benefit.

Eugowra News: What was the reaction to your invitation and of those that attended?

Chris: We had a mixed reaction to the concept; some people thought it was a great idea and others thought it would be a waste of time and didn't attend. I thought it went off very well and would like to see it continue. After speaking with the majority of people in the weeks after the meeting everyone seemed to have found out something that they didn't know before the meeting, so to me that's a successful outcome.

It's hard to co-ordinate what we are trying to achieve because everyone has a different approach to the way things should be done so it is going to be a trial and error approach until we get a majority to give a direction on which way we go.

We were very fortunate to have Ashley White and Megan Rogers join us and provide valuable information on developments in the technical aspects of production and they also would like to see the further development of a producer group as they gain grass roots information from us which can't be easily gained from where they sit.

Eugowra News: What do you see as the next step?

Chris: There are quite a few similar groups established throughout NSW and Victoria, as the groups grow and become stronger in their direction more doors will open in regards to guest speakers and the quality of information being presented. There is also funding available at present for several projects and I would like to think that into the future we would be able to increase our group's numbers, become more focused in direction, meet regularly and put our hand up for some funding.

Eugowra News also talked to DPI's Megan Rogers to gain some additional insights into the concept of a local producers group. This is what Megan had to say.

Eugowra News: What benefits do you see for producers in forming a regional sheep and lamb producers group?

Megan: We all know that there is lots of intellectual capital on farm, and we all like to learn by participating in, a hands on and practical sense. Local groups, no matter how formal, are very valuable opportunities to learn from each other in a practical and relaxed setting. Groups also offer the opportunity to 'look over the fence' and see how other locals may be doing something that you can see makes a difference to their operation, and hence try it out on your own operation. Similarly, groups can also offer a chance for individuals to share less positive experiences and discuss what may not have worked and why.

Eugowra News: What advantages do you see in a more detailed understanding of industry best practice and CRC or similar research findings?

Megan: It's all about running a business to make more profit. That is, increasing productivity, minimising costs, improving efficiency, working on getting it all working right, with the outcomes in mind. What we are aiming to promote is to manage three main components, and best management is a combination of genetics, grazing management and animal health. Best practices have been developed with much research and on farm research and demonstration. With current constraints in livestock production, it's critical that we are continually seeking to make improvement to the way we operate, so as to stay ahead of the rising costs and other impediments to profit.

Eugowra News: How do producers access research findings and modelling done by the DPI now?

Megan: It's always a challenge to facilitate adoption of new research findings and information on farm. We have to keep finding new ways to improve our management. Sometimes we are able to demonstrate such findings on farm, at the practical level.

A lot of this information is readily available on our website, but we all like to see things for ourselves and in a real life (farm) context. This is the strength of some of the new initiatives NSW DPI is delivering to our clients.

Eugowra News: What do you see done in other states that we in NaSW could pick up on as producers?

Megan: In other states, there has been a focus on producer groups to improve lamb and ewe survival. NSW DPI provides a program for groups of producers to improve their breeding ewe management and the number of lambs weaned. Top Lamb Crop (TLC) is available to groups of producers to undertake this program in your local area. Contact Megan Rogers, NSW DPI 68501905 to register your interest.

Eugowra News: DPI provides some excellent programmes in Prograze, Healthy Soils and 5 Easy Steps. How are these programmes delivered to producers now

and how would a producers group help in deliver these services?

Megan: There is much value to be gained by all parties in working closely with an established group, no matter how formal the group is. The opportunity for us as providers of these programs is that to be guided by those attending events is hugely beneficial in ensuring needs of group participants is met, whilst transferring of the research that is most applicable to the group members in the format that best suits those in attendance.

In light of the idea you never stop learning, Nigel Kiren from Kiren Poll at Yeoval is bringing Dr Jason Trompf up from Victoria to put on a free one day workshop September 5 of his programme "Lifetime Ewe Management ". This one day workshop is a great opportunity to hear a Jason, who has completed outstanding research, developing best practice and benchmarking indicators for lamb producers to raise more lambs and thus increase profits. Jason will also be speaking about how to leverage producer groups. Check out www.kirenpoll.com.au for more information.

Anyone interested in being part of a district producers group can contact Chris on 0437 192 599.

The last word this month should go to Megan, her comment "it is critical that we seek to make improvements in the way we operate" is very relevant in today's ever changing and challenging world.

DPI Livestock Officer Megan Rogers photo: The Land





Summer irrigated cropping options

With water abundant in catchments, river levels steady and an increase in summer crop prices, there is renewed interest into irrigated summer cropping options around the districts.

Sorghums (both grain and forage), Maize and Soybeans are a few that have been mentioned as potential summer options with their prices starting to increase as the season's start grows near.

If thinking about these options there are a few considerations that need to be addressed before starting up the tractor and planter.

Paddock selection – did the paddock go under water in the last floods? Does the paddock require preparation from a flood damaged pasture? Does ripping or soil amendments need to occur/ applied? Have soil tests been conducted to assess nutrient levels.

Fertilizer options – As suggested in the above point soil testing will provide a 'base' nutrient level to assist in the design of a nutrient budget for the crop.

Weed pressures – An assessment of weeds in the paddock would be a good start in deciding what chemicals may be required for weed control pre sowing. Also, pre-emergent options should be discussed and organized for the summer crop of choice.

Water requirements – Although self explanatory, you need to know how much water may be required to achieve full yield potentials of the summer crop. By knowing this, water budgets and estimated water timings can be designed and implemented to achieve intended yield goals.

Be mindful when commencing Spring/Summer pasture and fallow sprays this season.

Spring/summer fallow and pasture spraying will soon be the next job on growers minds as the temperatures start to increase and growth of weeds such as thistles and other broadleaves will start to accelerate in both situations.

With many 'susceptible' crops around the district such as Canola, taking care when applying such products as 2,4-D and other hormone sprays will be very important over the coming months. I know I sound like a broken record but spray damage to crops is still a big concern for all

growers in all parts of the district and wider NSW. Here are some points that should be considered this season before spraying along with the usual weather conditions considerations that is with any spraying applications;

Nozzle selection – With most of the sprays done over winter Fine/medium sprays have been suitably used. With the change in chemistry and conditions, nozzles need to be changed to the appropriate types not only to reduce drift risk but also by law (by law products that contain 2,4-D cannot be applied using less than COARSE nozzles)

Boom heights – Increasing boom heights from 50cm to 70cm has the potential to increase the amount of chemical left in the air by 4 times and 10 times when boom height is 1 metre. Care needs to be taken when setting up the boom when susceptible crops are potentially growing in nearby paddocks (even Roundup can drift a long way off target if conditions are right!).

Travel speeds – An increased travel speed will also increase the amount of chemical left in the air. As a guide, it is suggested that speeds above 16-18km should be avoided unless measures such as proper nozzles and boom height controls have been set up on the boom to assist in keeping within spraying guidelines.





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AGED SELF CARE UNITS

SURVEY IN THIS EDITION

Inside this issue you will find a survey form from the Self Care Unit Committee.

It would be most helpful if it could be filled in and returned before **30th September, 2012** to the box in the supermarket or posted to The Secretary, Self Care Units, PO Box 66, Eugowra 2806.

The Survey is important to gauge the need for more Units in Eugowra. The Committee would like to thank those organisations which have written letters in support of more units. We would also like to encourage as many residents as possible to write personal letters (to above address), stating the need for units in Eugowra. We need as much support as possible so we can build a strong case when we seek funding assistance from various organisations.

Thanking the Community in anticipation,

The Aged Self Care Unit Committee



2 | 2 | 0

8 North Street EUGOWRA

\$65,000

- 2 bedroom period home
- Close to schools and CBD, walking distance to all amenities
- Lounge, dining and separate kitchen
- Raised floor throughout, above previous flood levels



2 | 1 | 1

119 Pye Street EUGOWRA

\$100,000

- 2 bedroom + 2 sleepouts
- Ducted Reverse Cycle Air Conditioning
- Large well fenced block close to town



2 | 1 | 1

12 Oberon Street EUGOWRA

\$115,000

- 2 bedroom home + separate transportable office
- Large shed that has been converted into living quarters
- Huge block with rear lane access, and shed off lane
- Two separate titles. Huge potential!



3 | 2 | 1

Lot 8,9 Sharp Street EUGOWRA

\$150,000

- 3 generous bedrooms
- Large light filled kitchen/dining area
- Over 1/2 acre, elevated block
- Double garage
- Currently rented for \$180 p.w



8250 Escort Way EUGOWRA

\$60,000

- 1 hectare block, tranquil location
- Ideal lifestyle block, well fenced
- Spectacular views of the Eugowra Hills



2 | 1 | 2

"Rebel Lodge" Pye Street EUGOWRA

\$265,000

- 2 Bedroom home + double carport
- Well fenced 17 acres, walking distance to town
- 2 bores + rainwater tank, silo
- Town water connected
- Property has been subdivided (see contract)