



September 2014

A Lions Club project for the community we serve

VOL.18

Father Chris Riley to Speak at Garden Party

The Eugowra Branch of CWA is hosting a day with Father Chris Riley AM, Founder and CEO of "Youth Off The Streets" on Saturday 20th September, from 10.30am.

The day will take place in the garden of Lorraine Carty's property "Clonelly" at Murga between Eugowra and Orange.

Father Chris will be the guest speaker on the day and his theme will be homeless youth.

In the forward of his book "Mean Streets, Kind Heart" Father Chris said "We've got to have the courage to demand greatness from our young people". (Full Story page 10)



from the editor

What a busy month September is shaping up to be in Eugowra. Football finals, The Show, CWA garden party to name the major events as well as all the usual community, social and educational events that keep the town ticking over. I am sure that many of you are going to be very busy and many are involved in all of these events. Lets hope we have perfect spring weather and really showcase our region for these events.

I have an amazing view out my window as I sit reluctantly inside on this beautiful day, the Canola is just gorgeous this year isn't it. I hope the yields are as good as the view!

Thanks Barbara Roach for your Talk of the Town this month, it is a bit of a call to arms I think. All of those people who moan about Councils, politicians etc. could maybe consider themselves a part of the problem if they are not prepared to do anything about it. I agree with Barbara that Eugowra needs representation on the council so that means that someone who is a Cabonne Shire resident and lives in Eugowra would need to stand at the next council election.

Congratulations to the Eugowra Golden Eagles on being the Minor Premiers in the Woodbridge Cup, I hope you do well in the finals.

Enjoy the News,

Anne



Deadline	Publication
26th September	3rd October
24th October	31st October
21st November	28th November

The Eugowra News Committee

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Next Issue Deadline:

Friday 26th of September 2014

The News will be available on

3rd October

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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

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What's on this month including Doctors

September 2014

Mon Tue Wed Thu Fri Sat Sun

1 Drs. 9-5	2 Drs. Manildra 9-1	3 Drs. 9-11	4 Drs. 9-4	5 Drs. Manildra 9-1	6	7
8 Drs. 9-5	9 Drs. Manildra 9-1	10 Drs. closed	11 Drs. 9-4	12 Drs. Manildra 9-1 Show	13 Show	14
15 Drs. 9-5	16 Drs. Manildra 9-1	17 Drs. 9-11	18 Drs. 9-4	19 Drs. Manildra 9-1 Tractor Trek	20 CWA Garden Party	21
22 Drs. 9-5	23 Drs. Manildra 9-1	24 Drs. Closed	25 Drs. 9-4	26 Drs. Manildra 9-1 News Deadline	27	28
29 Drs. 9-5	30 Drs. Manildra 9-1					



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IMPORTANT NEWS

Eugowra Pool Meeting AGM

to be held at the pool on the 28th September 2014
at 11am.

Family friendly meeting with a Free Sausage
Sizzle. All welcome.

The question to be addressed will be would you like
a community run pool with free access to all?

The catch? **WE NEED YOU !!!**

Volunteers to work as supervisors for week days
and a paid supervisor/ life guard on weekends.

All positions will be up for filling. Committee to be
formed on the day to take us into another
successful year.

So come and have a say and a vote to help keep
our pool not only surviving but growing as a
community project.

Please don't forget that without community input
and help it could endanger this important part of
our village.

Many thanks in advance. See ya there. Eugowra
War Memorial Pool.

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| | 31. Football News |

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September

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MARGOT BROWN 6392 3233

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session by contacting

Greg Howell 0427 592 771

Notes from the Happy Gardener



September heralds the beginning of Spring and that usually means rapid changes in the garden with new things to see, smell and admire.

Especially because of the beautiful recent rain everything is putting on a spurt of growth and that of course includes pest populations and weeds. So, pull up weeds or carefully spray with a suitable herbicide and squash pests as soon as you see them. Doing this, will be sure to cut down on hard labour later in the season.

As plants are entering this period of quick growth, feeding them should become a job near to the top of the list of things to do.

Clear any mulch from around the base of plants to apply fertilisers. Aged manure, blood and bone or commercial chook pellets are all ideal.

It is a good idea to use some slow release granular fertilisers around heavy feeding plants such as roses, fruit and citrus trees. Always apply fertilisers to moist soil and water in afterwards, replace the mulch and top up it as necessary.

The soil will start to warm up now, so plants will do well if grown during the next couple of months before the weather gets real hot but be sure to be mindful of keeping some cover ready in case of more frosts, of which we are quite likely to get a few before wintery conditions leave us altogether.

Lawns will also begin to green up again as the frosts subside, so be on the look out for Bindii and get rid of that before their prickly seeds form. If you are keen and the size of the lawn area is not too big, Bindii can be easily removed manually but a much easier alternative comes in a bottle. Some of these sprays one can safely spray on lawns and it will only kill broadleaf weeds. Always read and adhere to the directions on the package.

The time is right for spraying apple trees for codling moth and stone fruits for brown rot.

Spray citrus leaves for leaf minor and scale with white oil. Hang baits in fruit trees to monitor fruit fly.

Cane fruits such as Blueberries and Raspberries with their qualities of processing good nutrients have come into vogue and it is now the time to grow these in a well prepared bed.

They can be left to scramble but they are best tied to some kind of trellis. This will make the fruit more assessable for picking.

Living Mulch Plants

Some plants have attributes such as growing thickly and suppressing weed growth (saving labour), helping to keep the soil beneath them cool and also providing good colour.

These are two such plants, worthy of a place in any garden are:

Verbenas an easy care plant which add brightness and cheer to any area of your garden as it makes for a good hanging pot plant or ground cover. Once it gets its roots established it will make a good show with very minimal fuss.

It comes in many colours which can look very striking in a massed display. It strikes new roots as it lays on the soil which provides more plants to grow in other parts of the garden.

Ajuga is a very hardy ground cover with attractive evergreen, bronzy-green shades of foliage that will grow quickly to become a fairly thick mat of rounded leaves. Spikes of blue flowers are produced from the thicket of foliage, through which weeds find it hard to find their way. It is not fussy about soil type and will do very well in shaded areas. There are number of varieties available. All have very similar qualities.

Natives prove themselves time and again, both in drought and good seasons and a few well known species which perform really well in this area are of course **the Bottlebrush** which will be budding up. Always an attraction which brings the bird life into the garden.

Alyogyne huegelii which is a Hibiscus with lovely purple blooms that are born with a kind of twist. The branches can be brittle and tend to break easily if grown in windy areas therefore it does best when given protection. Not known for longevity but all the same a pretty shrub.

Grass Trees can make for good interest and have very frugal water requirements.

Kangaroo Paws of a variety of heights and colours are always a good addition with few requirements once established.

Leptospernums or Tea Tree is a nice shrub which puts on a robust display. A number of varieties are available in both form and flower colour.

All of these plants except for the Grass Trees respond well to regular light pruning to promote bushiness.

Hope to see many of you at the CWA Garden Party at "Clonelly" at Murga on 20th September.

"Happy gardening" Jenny



St Joseph's Primary School

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Love and Truth Through Christ

FIRST RECONCILIATION

Well done to Thomas Brindle, Olivia Holland, Ty Jones, Lachlan Haynes, Celeste Gavin, Sienna Carver and Eve Moore who all made their First Reconciliation with Fr Laurie on Thursday afternoon 24th July. Their friends Ash, Bailey, Angus and Kirbie supported them by participating in the Reconciliation process.

FIRST HOLY COMMUNION

Congratulations to Olivia Holland, Ty Jones and Thomas Brindle who made their First Holy Communion on Sunday 27th July. After the service family and friends gathered for a cuppa and a piece of the celebration cake.

CONFIRMATION

Thank you to all our parents, grandparents, friends and parishioners who joined us in the celebration of the Sacrament of Confirmation on Sunday 17th August with Bishop Michael and Fr Laurie. It was a lovely service. Congratulations to Belle, Dena, Annalise and Cameron Thornberry (from Cudal) who made this important Sacrament of Confirmation.



EUGOWRA SCHOOLS ATHLETICS CARNIVAL

It was a beautiful day last Friday for our Combined Sports Carnival with the Public School. No wet weather or blizzard conditions but lovely sunshine. Congratulations to all of our children for their wonderful behavior and great sportsmanship on the day. Well done to all those children who "had a go" on the day, running, jumping and playing ball games. Blue team was the overall winner but there was only a few points separating all 3 teams - a fabulous effort.

St Joeys age winners for the day were:

Sub Junior Girls Champion: Celeste Gavin

Runner up : Chelsea Colvin

Sub Junior Boys Runner up : Luke Holland

Junior Girls Runner up: Olivia Holland

Senior Girls Runner up: Belle Wallace

Senior Boys Champion: Riley Whatman

Runner up: Liam Heinzel

BOOK WEEK

St Joeys celebrated Book Week on Thursday 21st August. The theme for this years Book week was Connect to Reading, Reading to Connect. St Joseph's children celebrated with a Book Fair, colouring in competition and a Book Character Parade.

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Wednesday 10th & 17th September 2014



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A Day with Father Chris Riley AM

The Eugowra Branch of CWA is hosting a day with Father Chris Riley AM, Founder and CEO of "Youth Off The Streets" on Saturday 20th September, from 10.30am.

The day will take place in the garden of Lorraine Carty's property "Clonelly" at Murga between Eugowra and Orange.

Father Chris will be the guest speaker on the day and his theme will be homeless youth.

In the forward of his book "Mean Streets, Kind Heart" Father Chris said "We've got to have the courage to demand greatness from our young people".

In 1989, the then Human Rights Commissioner released a report which revealed that up to 25,000 Australian children, some as young as 12 years of age, were homeless.

Many of these children had fled from adults who were abusing them physically, sexually and emotionally and were now living on the streets, behind shopping centres, in the bush, under bridges and in clothing bins.

Homeless children lack the opportunity to speak for themselves. Weighed down by their disadvantages, they are deprived of self esteem, motivation and often hope.

Without help, they are very often unable to cope, with many turning to drugs, crime or prostitution in their efforts to survive.

If there is no one there to care, to pick them up, dust them down and give them a new chance at life, they are more than likely to be lost forever.

Over the ensuing years, Father Chris has been and still is that person who has worked so hard and tirelessly to provide homes, help and hope for some of the many who have hit troubled periods in their lives.

He emphasises all that is positive about his charges lives, he concentrates on their strengths and talents and encourages them to take up the challenge of starting afresh.

There are times when he becomes a hard taskmaster but underlying this is his insistence on hope, kindness and understanding.

His success stories are legendary. Many broken, damaged girls and boys (often many who have been convicted of terrible crimes) have managed to completely turn around their lives.

They have gone back to school, college, found jobs and gone on to have their own families.

With Father Chris's help and kindness they have learned, to love, trust and know what it like to be loved.

Of course, there have been some people who have not managed to turn their lives around, and that has been heartbreaking, especially for Father Chris.

Father Chris Riley AM, through his work with the lost children and young people of Australia, with his dedication and commitment to their cause is an inspiration to all caring Australians. His efforts give and have given many a second chance of survival, of renewal, of hope and a brighter future.

But this event can only take place because of Lorraine Carty's generosity in allowing the Eugowra Branch of CWA the use of her lovely garden, which is a delight to behold, with its many garden rooms, trees, shrubs and blooms. The house and garden is set in an area of undulating country, where one can view in the distance, the enchanting vistas of the ranges which surround the property.

As well as enjoying morning tea and lunch at this really nice venue, guests will be entertained by music, singing, a fashion parade by *Somerset Lane* of Eugowra, an exhibition of paintings by Sampa Bhakta, ceramics by Sally Armstrong, a variety of stalls and much more.

Father Chris's books will be on sale and he will be happy to sign them.

Lorraine's property "Clonelly" is 241 Reedy Creek Road, Murga. Reedy Creek Road is 19kms from Eugowra on The Escort Way and 24kms from Cudal. "Clonelly" is just 2.4kms along Reedy Creek Road on the left. It will be well sign posted.

Entry for the day is \$20 which includes morning tea and lunch. For catering purposes we need to have definite numbers by the 13th September and they can contact Lorraine (68595261), Wendy (68595221) or me (68592605) Pre-bookings are essential.

In addition to providing a great day for people to catch up with friends and enjoy themselves, the Eugowra Branch, with your help will be supporting "Youth Off The Streets".

We do hope many of you will join us on the 20th September Jenny Anderson

Publicity Officer Eugowra CWA



News from Eugowra Community Children's Centre

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

Welcome Williwa!

Last month we made a mistake with our thank you's...the Lions Club was even more generous than the \$500 we mentioned, it was in fact a very generous donation of \$1000. Thank you so much for your support.



The children enjoy a visit from the Williwa Residents



Welcome back Noah Colvin



Welcome to Sharlara Jackson on her 1st day & 2nd birthday



Isla's 5th birthday



Miss Ashlee reading Isla's book "The Big Fuzzy" at group time



Levi, Memphis, Axxell and Indi enjoying quiet time in home corner

IN THE KITCHEN WITH *Jessica & Ben*

September Recipe



Chocolate Three Milks Pudding



Ingredients

220g castor sugar
4 eggs, separated
2 extra egg whites
1 tsp. vanilla paste
250g plain flour
65g cocoa powder.
1 tsp. baking powder
185mls milk
310mls condensed milk
200ml evaporated milk
200ml thickened cream
Blue berries/ strawberries/raspberries to serve.

Method

Pre heat oven to 170 degrees
Grease a square cake tin. 20 x 20 cm

Using an electric beater, beat sugar, 4 yolks and vanilla together until pale.

Sift together flour, cocoa and baking powder in a separate bowl, set aside.

Fold milk and flour mix into yolk mixture.

Place 6 whites in an electric mixer and whisk until stiff peaks. Working in 3 batches fold whites into yolk mixture gently until combined.

Pour mixture into prepared tin, bake for 25 mins or until an inserted skewer comes out clean.

Once baked, remove from oven and with a skewer make holes all over the cake. Combine the condensed milk, evaporated milk and cream in a jug. Slowly pour mixture over cake, stopping to let the mixture be absorbed into the cake.

Cut and serve with fresh berries!

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2014 SHOWGIRL COMPETITION

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Miss Eugowra Showgirl in
this years Eugowra Show
on **Friday 12th &**
Saturday 13th September 2014

The Showgirl Competition enables
you to make new friendships, build
your professional networks and
enjoy the experience of a lifetime!



Please contact
Janice Myors 68592516 | 0428 290 642

Show Time Is Nearly Here...

Friday 12th & Saturday 13th September 2014

Planning & preparation is well under way for The 101st Eugowra Show with a program full of entertainment and attractions.

Whilst some favourites will return, some new attractions and competitions have been added to the show program. Some of the attractions include:

- Draught Horse Log Snig Contest
- Dog Jump Challenge
- Farmers Challenge
- Truck Show & Shine
- Yard Dog Trials
- Six Bar Horse Jump
- Tractor Pull
- Demolition Derby and Fireworks

As part of Saturday's Live Entertainment & Displays, the Official Opening of the Show will include the announcement of the Miss Eugowra Showgirl along with Miss Teenager, Miss Junior Showgirl, Miss Tiny Tot & Master Stockman.

Why not try your hand at one of the Art, Craft, Photography or Cooking classes which are open to all ages? All details including new and revised sections are detailed in the 2014 Show Schedule.

The 2014 Show Schedule is available from the Eugowra Newsagency & Supermarket from Wednesday 27th August. The schedule lists all judging classes and sections along with hints, tips & guidelines to assist entrants with their exhibits.

Membership of the Eugowra Show Society Inc. is also now available as either Single or Family. The cost of membership remains at \$10 for Single and \$20 for Family. Membership of the Eugowra Show Society Inc. includes free admission to the grounds during the Show and free entry in all classes, except where specified to the contrary.

Membership forms are also available from the Eugowra Newsagency & Supermarket or from the Show Secretary by email secretary@eugowrashow.com.au

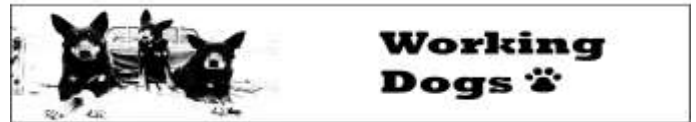
The 2014 Show has continued to be well supported and sponsored by our wider community therefore we encourage all to attend and support your local show.

The Eugowra Show Committee looks forward to seeing you at the Eugowra Show on Friday 12th & Saturday 13th of September.

For further information, please contact the Eugowra Show Secretary, Sean Haynes

Phone: 0407 884 718

Email: secretary@eugowrashow.com.au



Well the permanent set of sheep yards at The Eugowra Showground are coming along very well in readiness for the next Yard Trial which will be held in conjunction with the Eugowra Show on Saturday 13th September 2014 commencing at 7-30 a.m.

The Novice Trial will start at 7-30 on the Saturday morning with the judges talk ,Nick Ray of Taralga followed by the Encourage and Junior event at lunchtime and then the Open event being judged by Steve Weyman of Cowra , a big Thank You to these two gentleman.

We would like to once again like to give the Pengilly Family a big Thank You for the loan of their sheep and truck for this event without their generosity we would not be able to hold this event.

Also we would like to thank all the sponsors ,once again without their generous donations we would not be able to conduct this trial .Thank You.

The Entries are coming nicely for the trial and should prove to be a very entertaining day for the show goers.

The men have been working very hard erecting a platform (it simulates the loading of a truck or a shearing shed), concreting the platform and erecting the wonderful Mural of the Australian Working Kelpie which was painted by Ross Borge of Newcastle , a job well done by him .

We would like to thank the helpers for all their hard work ,Garry and Warwick Pearsall, Kevin Townsend ,Keith Wood ,Noel Hocking ,Brad Hazell, Grant Howell and Kevin Howell a job well done ,and anyone else who may have been involved.

The holding yards at the back of the yards are yet to be erected ,but hope to make a start on them in the near future.

We will also be erecting a shed on site for the timekeeper to work from it is kindly being donated by Greg Walton of Mulgoa.



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TRIVIA NIGHT A GREAT SUCCESS

The Trivia Night, conducted by the RTC committee, which was held at the Eugowra Community Bowls and Recreation Club last Saturday, was a great success both financially and socially.

There were over 80 people present for the Trivia night which Tim Cheney compared superbly and everyone had a happy and fun night with lots of laughs and good company.

The funds raised will go towards the ongoing maintenance of the RTC building which is owned by the Eugowra community and houses the Reliance Credit Union, the Post Office, Centrelink Agency etc. Following last year's Trivia night the plan was to paint the bank chambers, but as there was not sufficient funds we had to wait until the event this year and now there are enough funds at hand to carry out the work.

Winners on the night were the VIEW Club table, followed closely by the Barflies, the CWA 2 and the EPPA.

Thanks to everyone who attended and also to all those who supported the competitions. Details of all the winners are on the noticeboard in the Supermarket/Newsagency.



Happy Birthday

to

Leanne Jones and Trudy Welsh



Eugowra Evening View Club

voice, interests and education of women

Members of the Eugowra Evening VIEW Club enjoyed listening to guest speakers Sophie Welsh and Britney Dukes at their August dinner meeting.

The two local ladies were members of a group of 20 other students who had travelled to Big Timber in Montana.

They talked about their food and culture, that they had gone white water rafting and visited Yellowstone National Park where they saw the Old Faithful Geyser and many of the North American wild animals including bear, elk, deer and squirrels.

VIEW member Andy Langfield moved a vote of thanks to Sophie and Britney on behalf of members for their interesting talk on their recent trip to Montana.

Guest speaker for the September dinner meeting will be Alicia Ross of Orange.

Members are reminded that for all Eugowra Evening VIEW Birthday luncheons/dinners and also for the Christmas function that it will be assumed they will be attending and they are to advise if they are not.

A decision will be made at the September meeting on the date and place for this year's Christmas function.

President Therese advised that there will be special Prayers for Peace Day at the St Joseph's Community Hall on September 4 with everyone invited to attend.

There were a number of invitations received by the secretary and read at the committee meeting this week. Two of these- an invitation to Parkes Evening VIEW luncheon and Parkes Day VIEW luncheon need an RSVP prior to Eugowra's next meeting. If you are interested please phone secretary Wendy for details.

RSVP date for September dinner meeting is Friday August 29.



Talk Town

With Barbara Roach

Eugowra is in the grip of Swine flu.

I know its swine flu because I've been wallowing in it for over a week. We should have listened to Orwell's warning about those pigs.

Barnes Lane. Anyone wishing to check the effectiveness of their vehicle's suspension should take a drive down Barnes Lane. It may also provide fresh inspiration for Craft on the Creekers who do patchwork.

The RTC Quiz night was great fun, even though our table obviously didn't win because we were short 2 sets of brains.

Council News: By not consulting with the Eugowra ratepayers (as they said they had) and by making recommendations to Councillors based on personal bias, Cabonne staff dug Cabonne Council into a deep dark place where Eugowra ratepayers were ignored, criticised and abused for over a year.

But finally, Eugowra was listened to. On Tuesday 19th August 2014, the majority of Cabonne Councillors supported a recommendation that "the area of land located east and west of Nanima Street Eugowra, zoned IN2 Light Industry by Cabonne Local Environmental Plan 2012, be rezoned RU5 Village"



*Andrew Dent outside his cottage in Nanima Street. This area of Eugowra is now earmarked for return to **village zoning** following a year long community campaign that began with Andrew's petition to Council.*

The recent change of heart and attitude by the majority of Councillors didn't come about easily. It was the result of over twelve months of hard lobbying by a number of locals, working hand in hand with The Eugowra Promotion & Progress Association. It took letters, phone calls, meetings with staff, and even more meetings with Councillors, emails, submissions to Council meetings, newspaper articles, complaints, petitions, and submissions to NSW Government Ministers.

Mayor Ian Gosper finally put the case for the Eugowra residents. During debate, Councillor Davison wanted to know the ramifications. But Councillor Hayes ventured the opinion that if rezoning was what the Eugowra residents wanted, then they should have it. What a refreshing view from one representing the people who voted for him!

Councillors Durkin, Nash and Culverson voted against it. Councillor Nash expressed the opinion that Eugowra representatives had been rude to Council, and should accept that Council knows what's best for Eugowra. Councillor Culverson expressed concern about the cost. Councillor Durkin just voted against it.

What can WE learn from this experience?

Eugowra just can't afford to be lazy. We need to be forever vigilant: to constantly check what Cabonne Council is doing; what's being recommended by staff as "good for us". Council's Business Papers and Meeting minutes are available on line to download from Council's Website. Yes, they are full of bureaucratic padding, but with patience and perseverance you can find "interesting" recommendations made by staff. Here's a link:- <http://docs.cabonne.nsw.gov.au/public/publications>

Never, ever, ever, ever give up! Mahatma Ghandi described the process he endured: "First they ignore you, then they laugh at you, then they fight you, then you win". It takes resilience and perseverance. Fortunately Eugowra has it in spades. AND it's not over yet....the Nanima Street rezoning has yet to happen. And it's a job Council staff have been dead set against doing.

We need at least one Eugowra person to stand and get elected onto Council to represent Eugowra's interests. Experience suggests letters, emails, service requests sent to Council rarely if ever reach the ears of Councillors. Cr. Kevin Walker from Canowindra and Cr. Geoff Dean from Cudal were nominated by Cabonne Council to represent Eugowra. We last saw Cr Geoff Dean on polling day. Cr Kevin Walker has attended The Eugowra Progress Association meetings and supported its actions, but over recent months has been unable to attend. We need **local** representatives on Council who know Eugowra, and have Eugowra's interests at heart.

We need representatives who vigorously question recommendations based on "opinions" of Council staff.

Councillors were voted for by us. They are there to stand up for us, not to mindlessly nod approval to staff recommendations.

All Cabonne Councillors are accessible to us and can be contacted directly about any Council issue of concern, especially if Council staff have been unhelpful or ignored requests.

A thank-you to Councillors who finally supported the Eugowra rezoning would be appropriate too! Contact

 <p>Mayor Ian Gosper 6366 8375</p>	 <p>Deputy Mayor Lachie MacSmith 6364 2210</p>	 <p>Cllr Kevin Walker 0428 441 241</p>	 <p>Cllr Geoff Dean 0427 642 047</p>
 <p>Cllr Anthony Durkin 0419 492 977</p>	 <p>Cllr Sharon Wilcox 6365 8427</p>	 <p>Cllr Janelle Culverson 6365 8442</p>	 <p>Cllr Marlene Nash 6364 5044</p>
 <p>Cllr Greg Treavers 0400 145 102</p>	 <p>Cllr Graham Smith 6367 7221</p>	 <p>Cllr Michael Hayes 0418 627 655</p>	 <p>Cllr Ian Davison 6365 2233</p>

New Prostate Cancer Specialist Nurse announced for Health District

Western NSW Local Health District is pleased to announce the appointment of Jodie Stewart as its new Prostate Cancer Specialist Nurse.

Jodie will join 13 other new nursing recruits throughout Australia who are part of the Prostate Cancer Specialist Nursing Service, a Prostate Cancer Foundation of Australia (PCFA) initiative which has now been enhanced through funding support by the Federal Government.

Jodie will be based at Orange Health Service, and will provide support to patients, families and their carers throughout the western area, including Dubbo and Bathurst.

Western NSW LHD Director of Allied Health Richard Cheney said the new specialist nurse position will be an asset to the Health District, its prostate cancer patients and their families.

"We are very fortunate to have been successful in our application to the PCFA for funding for this position, as our District has a higher average of prostate cancer diagnosis than the rest of NSW," Mr Cheney said.

"To be able to give patients and their families the opportunity to receive the specialised support and care they need without having to travel to Sydney is very important".



A Prostate Cancer Specialist Nurse is an experienced registered nurse who has received additional training to make them an expert nurse in prostate cancer care.

Jodie worked as an oncology nurse in Sydney for a number of years before relocating to Millthorpe with her young family three years ago, taking up a position at Central West Cancer Services at Orange Hospital. She has worked in outpatient departments administering chemotherapy, has district nursing experience in rural Victoria, and has been involved in oncology clinical trials in Sydney.

Over the next few months, Jodie will be consulting with managers, doctors and nurses across the Health District to find out what services are currently available in order to ensure the services provided by the Prostate Cancer Specialist Nurse meets the needs of men with prostate cancer and their carers.

She is looking forward to meeting and supporting patients across the District once this important preliminary work is completed.

"Jodie will be working with a clear-cut structure to ensure patients receive the same level of care, no matter where they live," said Mr Cheney.

"She will be working closely with doctors and others involved in the care of our prostate cancer patients, providing ongoing contact and support in both the hospital and in the community during and after treatment."

This multi-disciplinary, integrated model of care is an approach the Health District is focusing on as part of its Strategic Health Services Plan (2013-16).

Both public and private patients can access the Prostate Cancer Specialist Nursing Service.

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Eugowra Lions News

Busy time for Lions

Its a very busy time at the moment for the Lions Club. Last Sunday we had a Social BBQ at Tony Tooheys place which was well attended by member and visitors. It was also pleasing to have our Zones 2nd Vice District Governor Roger Thomas join us. Then Thursday saw our usual happy group gather at the Central for a dinner meeting and the folding of the Eugowra News. Tuesday 9th we will be helping the Parkes Hearing Team with a BBQ in Memorial Park. This is a day when all the children from the surrounding area get together for a day of activity in the park with the lunch donated by the Lions club. Saturday 13th is Show Day when we man the two gates at the show. This is a big day for the club as it takes all our member and some help from people who also volunteer their time to help us out. Then Friday 19th will see us hosting the Tractor Trek for a BBQ lunch at the sports ground. With over 27 tractors and 100 support people, this should be a good day to come down and show your support to this worthy charity.

Members or Volunteers Needed.

The Lions Club is a club serving the community of Eugowra and over the years we have managed to keep our club going but as our members retire from active service we are always needing people to come forward and take their place so that the club can continue to grow and serve the community. If any person is interested in giving some of their time they are always welcome to come along and join us. If interested please contact a Lions member for more information.

New Editor Needed

Due to Anne's resigning as Editor of the news at the end of the year we are requiring a new editor to keep the news going next year. The news has been going for 18 years with quite a few different editors and it would be good to have some person or persons to continue this rewarding role. Please give this position some thought and feel free to talk to the Lions club for more information.

Central West tractor drivers start testing engines

More than **27** tractors and associated drivers are making final engineering checks on their tractors in preparation for the 2014 Camp Quality Tractor Trek. The 2014 trek will run from Thursday 18th of September to Saturday 20th

September. The trek will be stopping in Eugowra at the Sports Ground for lunch on Friday 19 September at 12 o'clock after staying Forbes overnight on Thursday 18 September. Mr Peter Heath , Secretary of the Eugowra Lions Club urges the people of Eugowra to come to the Sports Ground to have a look at the tractors which vary from a 1948 David Brown to more modern day Tractors. Mr Heath said that cancer knows no boundaries and there are 9 Families and 18 children being assisted by Camp Quality in the Eugowra and surrounding areas.

Tickets will be on sale for the giant Tractor Trek Raffle and Tractor Trek hats and Teddy bears will be on sale. The Eugowra Lions Club and other community groups are assisting with lunch for the 105 people in the Tractor Trek team

Camp Quality is the children's family cancer charity. Our purpose is to create a better life for every child living with cancer in Australia. The services we provide for children living with cancer and their families help them build optimism and resilience. <http://www.campquality.org.au>





At the August meeting of the Eugowra Branch of CWA, members were joined by Dr Melissa Gregg and Emma Shenanek, who are travelling around to a number of CWA branches researching the history of CWA.



Agricultural and Environment Seminar.

Frances Anderson gave an interesting account of her experiences and observations when she attended a two day seminar in the Forbes/Condobolin area recently.

Frances, along with people from Sydney and Canberra went to the Forbes Trotting Club to view the improvements to which Bankstown Trotting Club donated funds towards costs. From there, they went to Forbes Livestock Exchange where a sale of sheep was taking place. then over to Condobolin Research Station where they were shown cropping research and trials.

The wheat silos at Red Bend proved to be very interesting. The cost to build just one silo cost \$8,000,000 and one temporary storage pad costs \$1,500,000 to erect.

They then travelled on to Woolerina on The Escort Way at Forbes where clothing is manufactured out of woollen fabrics.

Members are reminded that membership fees are due by the September meeting. Cost is \$45.

International Day

On Thursday 7th August, our branch hosted International Day, with Botswana, being the country of study for 2014.

Guests came from Grenfell, Bedgerebong, Forbes, Canowindra, Cudal, Nashdale, Borenore, Eugowra and students and teachers from both of Eugowra's school.

The students were treated to a morning tea of cup cakes and drinks before assembling in St Joseph's school hall, where Branch President Margaret Swift welcomed all in attendance.

Students from the two schools entertained us with some beautifully presented items of singing and recital.

International Officer, Ester Hyde introduced guest speaker, Elizabeth Akhiwu, who originates from Botswana and resides in Grenfell.

Elizabeth kept the audience very engrossed as she gave a very interesting and informative address to the gathering.

With the use of photos, Elizabeth explained in clear detail of how Botswana is a land locked country and its beautiful unspoiled country and wonderful wild life.



Presentations of prizes were then awarded to the competition winners.

Judge of the students project work, Mrs Gail Hayden, commented on the excellent standard of the student's work, which gave her a hard job of choosing winning entries.

Students and teachers are to be congratulated on the standard of work and behaviour of all of the children.

After the students returned to their respective schools, members and visiting guests sat down to enjoy a very nice luncheon of Botswana style food and fellowship.

Reminder Garden Party

20th September from 10.30am in the garden of Lorraine Carty's property "Clonelly"

Guest Father Chris Riley AM, Founder and CEO of "Youth Off The Streets"

Cost \$20 includes morning tea and lunch **RSVP** by 13th September to Lorraine (68595261) Wendy (68595221) or Jenny (68592605)

There will be many attractions for your entertainment and to support a very worthy cause.

Welcome

It was nice to be able to welcome Ruth and Jacki (two people who are new to Eugowra) to our meeting.

We hope you join us again soon.

Members are reminded to bring items to the next meeting, (preserves, jams etc) suitable to include in a hamper of goodies for Father Chris.

Due to the Eugowra Show being on our usual meeting date, the next meeting of Eugowra CWA will be **on Thursday, 4th September** at 11am at the rooms.

If you require lunch, please ring Margaret on 68592256.

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Times: 2.00-3.00 pm & 6.30-7.30 pm
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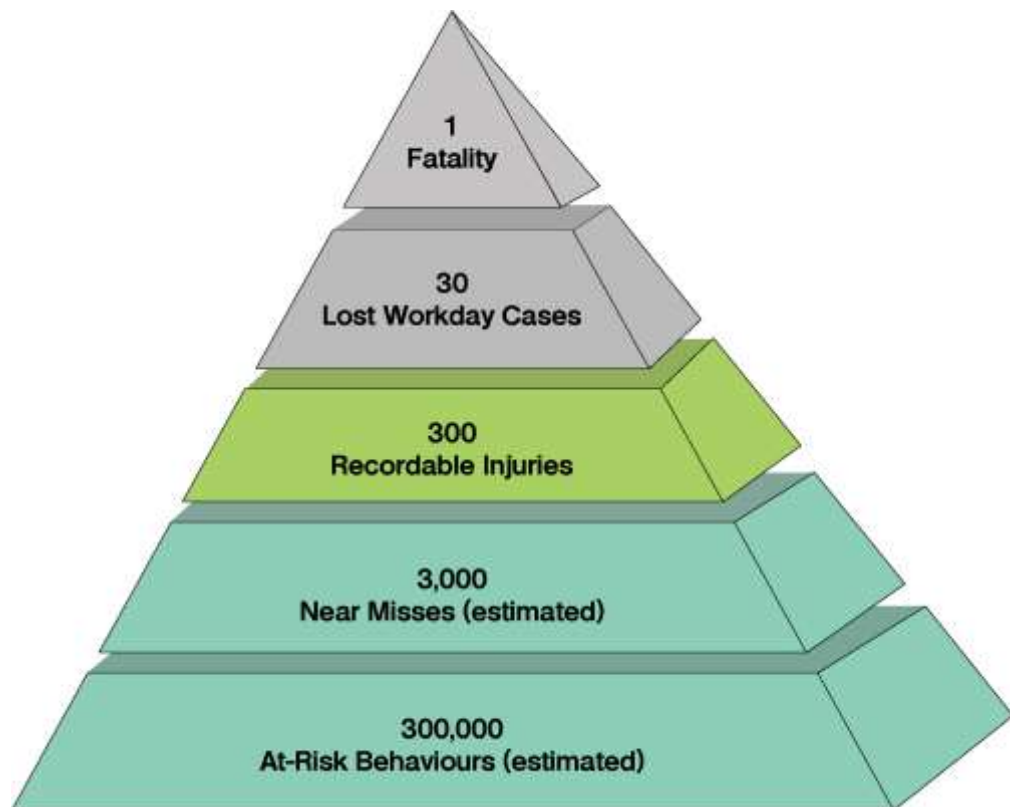
Eugowra Health Report

EUGOWRA MULTI-PURPOSE HEALTH SERVICE

Risky Business

I have recently had a couple of patients who have reported feeling very embarrassed about doing something “silly” or “risky” and having an accident as a result of this. They have had to explain how they injured themselves to their family and friends and this has made them feel embarrassed. It occasionally happens that patients will even make up stories about how they injured themselves and later will reveal the real events. This is not strange this is being human.

I do not encourage risky behaviour but I thought it was important to remind everyone that we all do risky things and at times we get caught. This triangle has been developed to show how often people undertake risky behaviours and what the average outcomes are. This has been researched using workplaces.



This does not mean that you can do 299,999 at risk behaviours before you will die.

What this shows is that we all too often make risky decision or undertake risky behaviours. We do this because we think that nothing bad is going to happen to us. Accidents only happen to other people.

What does this triangle mean?

At risk behaviours – this can be as simple as looking at your mobile phone or radio while you are driving. It might only be for a couple of seconds. We know that people do this all the time and from our experience and the research we know that the majority of the time nothing happens.

Near misses – this time when you looked at the mobile /radio as you turned your head you unknowingly turned the wheel as well and you started to go off the road and then quickly correct. Or when you looked up an animal was on the road and you had to adjust quickly to miss it. It gave you a scare but you probably won't even mention it to anyone or even think that you could have had a serious injury.

Recordable injuries/property damage - Unfortunately you didn't correct quickly enough and you damaged your car and hurt yourself in the impact but not enough to stop you working/functioning. This may actually make you think about the risky behaviour or you might just think how unlucky you were that the animal/gravel was there at that time.

Lost workday cases/serious injuries - Unfortunately the injury you sustained was a broken bone, head or neck/back injury which will require lots treatment and lots of time away from the activities that you love to do. The impact on you, your family and community is significant and long lasting.

Fatality - The injury was immediately fatal or the complications of the injury were overwhelming- you have died. The loss for your family and community is catastrophic.

This example is to show that the same seemingly small at risk behaviour can result in terrible outcomes for some and go by unnoticed for the rest of us. It also shows that it is not just due to bad luck.

I often hear people make a comment like “what are the chances” that the sequence of events that happened would happen. This is your answer.

In our workplaces and homes you can think of lots of seemingly small at risk behaviours that you do. You can work through the same triangle and know that someone somewhere will be seriously injured or killed by completing that same simple behaviour.

Some other examples are

- Walking over a cord or rug (trip hazard),
- Walking carrying object not able to see where you are going.
- Pulling a cord out of the wall when the power is still on
- Working with unguarded machinery / machinery needing repairs
- Walking on a roof to clean the gutters
- Leaving chemicals in unsecured/unlabelled containers in the shed/cupboard

So when someone is hurt through what might be considered their own risky behaviour, remember that you too have probably done something risky today.

The important thing is to limit as much as possible the risky behaviours that you partake in and to learn from the near misses to make changes so you can decrease the odds in your favour.



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To celebrate another great season The club will be holding there presentation night as a Esky Ball at the Eugowra Showground on Saturday October 11th from 6:30pm.

The theme is Black and Gold/Yellow Semi formal attire. Nibbles and Meals are provided ."Red Neck Crazy" will be providing entertainment.

Full time score in the semi final on 24th Eugowra 12, Cargo 20. Eugowra now plays Canowindra to see who will play Cargo in the Grand Final.



Minor Premiers

The Eugowra Golden Eagles are coming to the end of another successful season.

The Geagles have gained in strength throughout the season with strong performances by all players the girls finished the season in third place on the Woodbridge Cup ladder and are strongly contending the finals. It has been great to see young local girls Sophie Welsh, Britney Dukes and Emmy Den joining the Geagles this season.

The Juniors have struggled for numbers most of the season however it is promising for the club to have Aaron Wykamp, Travis Woodbridge, Jake Hutchings, Jack Healey and Bryce Park all local boys playing in the side and thanks to the Red Bend boarder boys for supporting the club. The team has played some entertaining games which the crowd has enjoyed.

First Grade have played solidly all season and have finished the season as minor premiers. It has been a very close competition and the boys are looking good for the final series. The full side is back from injury and are keen to entertain the crowd. In a reprise of last years Grand Final Eugowra will play Cargo on 24th of August at Eugowra. This promises to be an exciting game with a big crowd expected to cheer on the local team.

