

Eugowra NEWS

September 2016

VOL.37

A Lions Club project for the community we serve

MOVEMENT AT THE SHOWGROUND



There was
movement at the
showground for the
word had got
around that Kevin
and his backhoe
were somewhere on
the ground,

They've moved the
old bar, swinging in
the air,

n' put it down to rest for the dogs n ponies to share.
You see the men have been busy as spring bees, designing 'n liftin 'n
plumbin 'n pourin a cement slab or two,
With some engineering and some welding, there's now a shower for
the cows and a tie up rail too.
There's a even new dunny near the bar, so those folk up that end don't
have to walk too far.
**So come 'n see our 2016 Showground, it looks a real treat, all nice
n' green n neat.**

EUGOWRA SHOW SATURDAY 17TH SEPTEMBER

from the editor

The sounds of spring are in the air. the canola is developing its beautiful yellow flowers and everything is emerging from its winter sleep.

And its Showtime! The time when all of Eugowra is a buzz with activities at the grounds, stewards are drumming up business and chasing the schedule, the community groups are preparing and ordering their food for catering, the cooks are looking up favourite recipes, the gardeners tending their plants and the farmers preparing their livestock and crop selections. And of course the excited children are painting and crafting for displays and saving their pocket money for show day.

Enjoy reading about the changes at the Showground and the activities planned for the 17th Sept and we look forward to the day. May it be a beautiful spring day, with lots of fun for everyone.

On page 12 I have included an extract from a brochure put out by the SES about flooding (God forbid) in Eugowra. With the sub soil moisture profile full, it might be significant if we get any more rain or storms. It's interesting to note who and what are affected at each height reading. For the full brochure go online to the SES website and search for Eugowra Flood safe guide. Or ask our SES Captain Greg Agustin for a copy. Hopefully we won't need it!

In the mean time, enjoy the beginnings of Spring and keep your wheels on the ground. (not half buried!)

Until next month, cheers, Sarah



Who's had that sinking feeling?

Contributors this Month

Anne Heath

Kylie Reeves (EPS)

Judith Smith

Janet Noble

Nicole Brindle

Barb Roach

Tony Toohey

Elaine Cheney

Cassie Gates

Sarah de Lange (SJS)

Anne Stenhouse

Kevin Townsend

Next Issue Deadline:

Friday 23rd September

**The News will be available
on Friday 29th September**

Advertising and Editorial Material To

Sarah de Lange

Phone 68595253 ah

editor@eugowranews.com.au

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

**420 copies printed and distributed
throughout the community.**

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



Online at www.eugowranews.com.au

Follow us on facebook

To the Editor

Having watched the ads about Ancestry and TV programs about "Where Do You Come From?" my curiosity has been rekindled about my own family history. As a kid my peers in primary school called me an Indian. Hospital staff would launch into Italian, expecting me to understand and answer them in language. It was usually because of my swarthy olive skin.

Looking into one side of the family tree I see some of my ancestors came from St Kitts, an island in the Caribbean, where they had established the first Sugar Cane Plantations. These plantations, like the cotton plantations in America, used African slave labour.

According to my Aunt, the family came to Australia from St Kitts, bringing sticks of cane with them, and set up the first sugar plantings in Australia around the Tweed River, NSW. The family survives there today.

With the St Kitts connection I asked myself – did the dark olive skin / swarthy complexion come from some south African genes accidentally mixed into the English family line?!!!!

Whenever I look at family photos, and Wendy Whitley, who is a distant relative of mine, I can see the same complexion and family look about her. Indeed, we share the same ancestors who came from St Kitts.

Recently while volunteering at the Eugowra Museum I met Rebecca (Bec) Shepherd from Condobolin. Her ancestry is Aboriginal and she is researching the families in the Eugowra area who have Aboriginal ancestry. She told me some of the family names and sent me information about the Aboriginal Reserves and Camp sites in 1910.

Eugowra's Aboriginal camp at that time was described as being one mile out of Eugowra. Bec said it was out along the Waungan Road.

Having spent some time with Robert Ellis (senior), who had a fantastic collection of Aboriginal artefacts, I developed a fascination for the culture and history of our First Australians. I am sure there are many wonderful local stories to yet be told and amazing and important family

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achievements yet to be revealed, shared and recorded as part of our Australian history.

Do you have Aboriginal ancestry? What is your family story? Please share it so the history of Aboriginal people of the Eugowra area can be recorded and complete. Rebecca Shepherd can be contacted by email: condowag@gmail.com

Barb Roach

WHAT'S ON THIS MONTH

September 2016

Dr Vicki Wymer 68 592 220 Eugowra

63645901 Manildra

Mon

Tue

Wed

Thu

Fri

Sat/Sun

			1 Eugowra 9-4 Spring!	2 Manildra 9-1	3/4 Fathers Day
5 Eugowra 9-5	6 Manildra 9-1	7 Closed	8 Eugowra 9-4	9 Manildra 9-1	10/11
12 Eugowra 9-5	13 Manildra 9-1	14 Eugowra 9-11	15 Eugowra 9-4	16 Manildra 9-1 Showtime!	17/18
19 Eugowra 9-5	20 Manildra 9-1	21 Closed	22 Eugowra 9-4	23 Manildra 9-1	24/25
26 Eugowra 9-5	27 Manildra 9-1	28 Eugowra 9-11	29 Eugowra 9-4	30 Manildra 9-1	1/2 Long Weekend

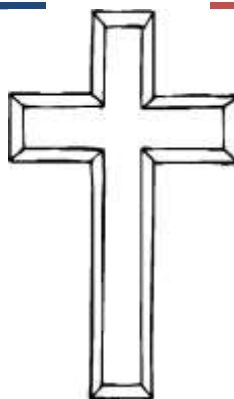
School Holidays

St Mathews Anglican

1st, 2nd, 4th Sunday 4.00pm, 3rd Sunday 8.00am,
5th Sundays share with Uniting Church at 2.30pm

Rev. Jono Williams 63 441643

Other times: Local Lay Preacher Elaine Cheney
68 592820



St John the Baptist Catholic

Mass: 2nd, 4th, 5th Sundays 6.00pm

Fr Laurie Beath 63 42139

Liturgy of the Word: 1st, 3rd Sundays 8.30am

Mavis Cross 68 592240

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CONTACT: ALAN & MARIE NOBLE (02) 68592266

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Is funded to help support people who are frail aged or younger people with disabilities, who are assessed as needing help with tasks of everyday living.

For more information contact
Cabonne Home & Community
Care Service

6344 1199

Or



1300 369 738



** **FOOD SERVICES** offer a range of food-related options

** **NEIGHBOUR AID** offers a variety of assistance options

EUGOWRA / ORANGE COMMUNITY BUS SERVICE



NEXT BUS:

Friday 23rd September
Friday 28th October

Bus leaves Central Hotel 8.45am
Returns to Eugowra at 3.30pm

COST

ADULT: **\$6.60**

SCHOOL AGE CHILDREN: **\$2.20**

PRESCHOOL AGE CHILDREN: **FREE**
(PRICES INCLUDE GST)

FOR MORE INFORMATION OR BOOKINGS CALL:
DEIDRE SLAVEN **6859 2414** OR
MARGOT BROWN **6392 3233**



There's been some big moves at the Showground. The last few months have seen a hive of activity at in preparation for the 2016 show and beyond. President Tony Toohey, Groundsman Kevin Townsend and committee members and with the cooperation of the Harness Racing Committee have been working hard engineering the new layout at the Showground laying cement, putting in pipes and moving the odd building around.

Tony Toohey has praised Groundsman Kevin Townsend and his endless hours spent improving the grounds and working on the projects in the last few months. The old bar has been relocated to near the Working Dog trial yards to be used as an office and administration block. A wash bay for the show cattle has been constructed with a parade ring and tie up rails. This was put together with the design work of Emily le Mesurier and Kevin Townsend.

Importantly the Show Society have added another amenities block on the far side of the new bar area and a small canteen to be used during the show and a change room for the jockeys at the Canola Cup. 'It's all designed to link all the areas at the Showground and be user friendly for all. It not only benefits the Show itself but the Canola Cup which is another huge event in the Eugowra events calendar', said Tony Toohey.

This year's show will be opened by Lucy Brennan, Media Advisor for The Hon. Niall Blair NSW Minister for Primary Industries, Land and Water. Lucy grew up in the Southern Highlands is a young person with energy and passion for the future of agriculture and its role in Australia's regional and national prosperity. Judges for the Showgirl dinner on the Friday 15th with Lucy Brennan are Brian and Kerry Doyle and our Chief Steward Janet Moxey is working hard preparing the showgirls for this event.

Well known local, 'Slippery' Ward is our commentator for the show events, always very entertaining and informative and Hugh Ellis has been appointed Events Director organising some great activities for the children; egg and spoon, sack and three legged races. For the more grown up folk, there is the Bush Events and Farmers Challenge.

Commentator Geoff Bullock will be hosting the Dog High jump with over \$1000 prize money. There will be 2 categories; one for the Small Dogs and then an Open section for the working dogs and larger breeds.

Tony Toohey has requested that all Stewards be present for the last meeting before the Show on Monday 5th September at 7.30pm in the Committee rooms.

2016 Show Highlights include;

- Show Girl Competition
(Contact Janet Moxey 043885113)
- Trots (3 races)
- Ute Show & Shine Competition (Street / BnS / Chicks / Feral / Tradies / 4 x 4 and Grand champion Ute. Also best Ford / Holden / other) Entries of vehicles to be at the Show Grounds by 10am for judging to commence at 11am sharp. Contact; Leah 0410355388
- Barrel Races - Bikes and Utes
- Dog High Jump (Prize money over \$1000) Small & Open categories)
- Junior Judging (ASC Lydia Herbert & Brendan Mansbridge)
- Bush & Novelty events
- Draught Horses
- Demolition Derby & Fireworks!

SEE YOU AT THE SHOW!

SATURDAY 17th SEPTEMBER





Movement at the Show Ground



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email: eugowra@agnvet.com.au



Janet Noble

COUNTRY WOMEN'S ASSOCIATION OF NSW

EUGOWRA BRANCH

The next meeting of Eugowra Branch of CWA will be held on Thursday 9th September at 6pm in the rooms.

The October meeting is the AGM, all positions will be made vacant and we are hoping for some new faces at the helm.

Young Mums! You are invited to a "Sweets & Coffee Night" at CWA rooms on Thursday 13th October 7.30pm. More information next month.

For the November meeting we will travel to Parkes to Can-assist Nursery with lunch at "Bella's".

At the last meeting we were taken on a trip to Cape York and Thursday Island through a Power Point Presentation given by Janet.

The CWA members had a table at the Trivia night for the Rural Transaction Centre and thoroughly enjoyed themselves.

The International Day on 24th August featuring Mongolia was very successful. The guest speaker was Bernadette La Bern

The projects, posters and flags done by the school children were of a very high standard. First prize in each section go on to be judged at Group conference. Over the page the winners from both schools are listed.

The Street stall held in August went well. Thank you to all who participated. The winner of the hamper was Wally Townsend. 2nd prize was Eve Hayes. In the 100 club (1) 1st Andy Langfield, 2nd Emily Ross, 3rd Joy Anthes. In the second 100 club, 1st Mark Bray. 2nd Margaret Gransden and 3rd Kerry O'Malley.

Congratulations to Wendy Carey and Margaret Swift on election to the Field Days committee. Wendy is wanting recipes using Blueberries (CWA primary product) for the book they are printing for the Field Days. Wendy is also on the Public Speaking Committee for Group.

The Eugowra Branch will be catering for Melbourne Cup luncheon to be held at the Bowling Club.

Shirley Heinzel and Janet gave out "Books for Babies" to Katrina Noble for baby Elsie and Carly Welsh for her son Chase.

Recently Janet and Dorothy went to Molong Branch's 90th Birthday celebrations.

There is a cookery and demonstration day at Canowindra CWA rooms 10th September RSVP

Frances 68592202.

State positions are also available for Cultural, Handicraft and Show Catering. Some Eugowra Members have been on Show catering and have had an enjoyable time.

Eugowra Branch will have a stall at the Country Fair at Byrnes park on Sunday 16 October.

DID YOU KNOW?

The CWA of NSW gave \$277,874 to the Salvation Army for their Drug Mobility Van, \$6000 to PARTY (Rural & Remote Prevention of Alcohol & Risk related Trauma in Youth). CWA NSW President Tanya Cameron presents the cheque to Salvation Army's Gerard Byrne



Happy baby Elsie Noble with mum Katrina and their new book from Books for Babies.



From the International Day , guest speaker Boom Boom la Bern spoke about her time in Dharamshala in Tibet in 1996 after the Soviets left. With 3 other Australians she went to Mongolia, where she set up a "Soup" kitchen, she also instructed villagers on cooking and changing their diets. Boom Boom only spent one month in Mongolia, but the kitchen is still functioning.

Raffle winners on the day were ;

1st Joan McMillan

2nd Lorraine Carty as well as numerous lucky door prizes being won.

The students were presented with their certificates and Prize money. The first place getters from each category will go on to be judged at district.

Kindergarten Flag

1st Adam Valentine EPS Isla Combe SJS

2nd Ava Rosser EPS, Caden Wykamp SJS

Year 1 Colouring in competition

1st Billy Jones EPS, Isla Newell SJS

2nd Hayley Newell EPS, Cooper Gates SJS,
HC Peyton McKenna EPS

Year 2 Poster

1st Ella Rosser EPS, Veena Badesra SJS

2nd Sophie Gibson EPS, Alana Haynes SJS,
HC Sienna Ardis SJS

Year 3 Poster

1st Hannah Williams EPS, Elizabeth Brindle SJS

2nd Clare Williams EPS, Keiley Whatman SJS
HC Chelsea Colvin SJS

Year 4 Poster

1st Alec Maclean EPS, Kirbie Mongan SJS

2nd Sanjay Buttle EPS, Lachlan Haynes SJS
HC Celeste Gavin SJS

Year 5 Project

1st Olivia Connell EPS, Thomas Brindle SJS

2nd Makala Leonard EPS, Angus Whatman SJS
HC Nina Merchant EPS

Year 6 Travel Brochure

1st Haydan McCarthy EPS, Charlie Philipzen SJS

2nd Bailie Peisley EPS, Baylie Tulloch SJS

HC Ty Jones SJS

Craft Year 3/4

1st Eve Moore SJS, 2nd Lachlan Haynes SJS

HC Alana Haynes SJS

Craft Years 5/6

1st Macky Den SJS, 2nd Olivia Holland SJS

HC Bailey Cullenward SJS

Power Point Presentation

1st Eugowra Public School



Public school students with their presentation on Mongolia and the winners with their Certificates.



St Joseph's students enjoying their cupcakes at morning tea.





St Joseph's Primary School

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

Love and Truth Through Christ

Term three is over half way and we are enjoying the first signs of warmer weather. During August we wore our Jeans for Genes day, finished our English, Maths and Religion Assessments through the University of NSW, enjoyed the Reading Hour one evening and celebrated the future of Science in our world.

SCIENCE WEEK

On Wednesday 17th the whole school travelled to Manildra, where St Joseph's was hosting a Science day. This autonomous technology is embracing our everyday lives from pool cleaners to robotic vacuum cleaners. Robotics into the future was put together by Robot fan and teacher; Adam Freeman and all the children enjoyed learning more about robots from Bee-bots, Edison's and EV3's. The basic idea is about understanding how programing works on different levels which the children picked up very quickly as they do!

The children are to be congratulated on their behaviour and manners and we all had a wonderful day learning about the future of science.

CWA COUNTRY OF STUDY MONGOLIA

This year the students found it very interesting to study the country of Mongolia with its varied landscape and culture. All the students completed their projects of flags, colouring in, craft items, posters, advertisements and brochures which were judged by Mrs Lynn Ellis and displayed by the CWA ladies on Wednesday 24th August. Congratulations to all the students on their success.

END OF TERM ASSEMBLY

On Friday 9th September we invite parents, grandparents and friends to join us for a short assembly with awards and afternoon tea and 1.15pm. Afterwards the children will be playing basketball with their coach; Grant Cole. **Infants from 1.45pm - 2.15pm and Primary children from 2.15 - 3pm.** Its great to see the children progressing in their ball skills and enjoying this competitive sport.

ORIENTATION

We warmly invite any children in the district to join us for St Joseph's Kindergarten Orientation starting in Term 4.

Orientation is great way to help your child feel more

comfortable with the big adventure of starting school, making new friends, knowing their way around school and enjoying some activities. Please contact the school for further information.

SR HELEN

Please keep Sr Helen Sullivan in your prayers as she recovers from her knee surgery in Bathurst. Hopefully she will be back home soon and feeling much better.

FIRST EUCHARIST

Some of our children are preparing for their First Eucharist which will be celebrated on Sunday 11th September at 5pm Mass with Fr Laurie. This will also be the Enrolment for the Confirmation Candidates. Please keep these children in your prayers as they prepare for these important sacraments. All are welcome to join us for Mass and supper afterwards.

Lucy Philipzen, Isla Combe, Caden Wykamp and Cooper Gates with their Bee Bot Robots.



Baylie Tulloch and Sienna Carver ready for basketball.

Enjoy the upcoming Show and all the fun associated with it. Our P & F will be catering for the Show Judges Luncheon on the Friday and some of our students competing in the horse events. Good luck! Until next Term, God Bless
 St Joseph's Staff & Students





Love & Truth Through Christ

St Joseph's Catholic School EUGOWRA

St Joseph's staff and students are all very proud of the school's tradition and history and their students achievements at all levels. We look forward to an exciting future in educating the children of the Eugowra district.
St Joseph's Primary; A small school with a big heart.



NOW TAKING ENROLMENTS FOR 2017

*Contact Cathy Eppelstun
02 68592485*

2016 Kindergarten Orientation Dates:

- *Friday 21st October 9am – 12.15*
- *Friday 28th October 9am – 12.15*
- *Friday 4th November 9am – 12.15*
- *Friday 11th November 9am – 3.10*



Protecting yourself
from a flood

Location: Flooding along the main street in
November 2005



Eugowra

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CABONNE COUNCIL 02 639232

BUREAU OF METEOROLOGY WEBSITE
www.bom.gov.au

What happens in Eugowra Floods?

Key heights in metres at the Eugowra Town Bridge Gauge

M	
11.26	Extreme Flood Event
10.01	April 1950 peak flood height 215 properties affected
9.9	August 1990 peak flood height. More than 40 houses and 20 businesses are affected by above floor flooding
9.75	Houses in the area between North Street, Broad Street and the creek are flooded
9.70	Mandagery Creek further breaks its eastern bank in Eugowra at Apex Park. Gre-villia Street is the first street affected
9.5	All non -raised houses in low lying areas on the western side of Mandagery Creek are likely to be inundated. Eugowra - Orange Road closed at Long Gully Creek Bridge and at the lagoon near the old golf club
9.45	November 2005 peak flood height. 15 houses and 9 businesses flooded above floor level, 30 houses and 3 businesses experience yard flooding
9.00	Major flood warning height. Roads closed at this height include Mackeys Creek Road, Reedy Creek Road at O'Neil's Bridge, Mur-ga
8.85	Main shopping area on the north side of Broad street is flooded
8.70	Critical height when the Eugowra town bridge is closed. The run ups to the bridge close on each side and Mandagery Creek breaks its western bank near the intersec-tion of Hill and North Streets and at the eastern and western ends of Barrack Street. Flooding occurs in North, Cooper, Camp, Cheshier and Barrack Streets soon after. Residents in East Eugowra need to evacuate before this height is reached if they wish to access West Eugowra , Forbes, Parkes etc. Otherwise the Showground is available as an Evacuation Centre.
8.00	Minor Flood Warning height. Carmen Bridge (Yells Road) closed at this height

Eugowra Girl Lara Ireland has been recognised in the World of Fashion.

Lara and her family had a traumatic start to the area as on arrival to Eugowra when their house burnt down, losing all their possessions.

Lara whose parents live on a farm at "Willandra" Eugowra has been invited to showcase a 12 look collection this September 16-25 at Vancouver Canada and at San Francisco.

With a innate reflective and exploratory approach to design, Lara uses this outlet to incite a thoughtful reflection into our own habits as a modern day consumer.

Featuring collections that are intimately handmade and artisanal at the very heart. With an attitude for ethical design, Lara markedly sets her philosophy around the basis of "cradle to cradle" design—recycling materials and eliminating the impact on wastage and environmental conservation.

Lara graduated with honours after four intensive years studying Fashion and Textile design at the University of Technology Sydney (UTS).

Her collection Artifice (Fashion that is made from the thrown away) is Fabrication 100% repurposed plastic bags.

Her graduate collection explored the tension between luxury and waste in the modern consumer culture. This highly textile focused collection investigates the tactile qualities of the humble plastic bag as a symbol of excess and pollution, and explores the subversion of discarded material into something of unexpected desirability and value. Fusing modern technique and innovative design, with iconic woven patterns, the collection is a powerful comparison of both the new and old world, the wanted and the undesirable, the luxurious and the unpleasant.

In the Arts of Fashion foundation competition Lara was placed in the top 50 in the world(among only 2 others from Australia) the winner to be announced this October in San Francisco.

Lara's website www.lara-ireland.com

Instagram @lara.j.ireland

Like all young people who have been studying for years she needs some help financially, if you would like to help her you can go to www.gofundme.com/2gsdxpgc or contact her at home 68592966 Mob 0438 575 623



Lara & her mother Linda Ireland.



Eugowra Public School

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

News

Participation Leads To Success

Term 3 is disappearing fast! As always the students are being kept inspired and motivated with their learning with many activities and experiences to enhance their schooling at Eugowra Public School.

Students have been very hard at work preparing their items for the CWA Country of Study, Mongolia. Their hard work was acknowledged at the recent CWA International Day awards ceremony shared with St Joseph's students.

We have begun 'Options' groups on Friday afternoons, in preparation for the Eugowra Show. Students are working on a variety of pavilion entries from cooking to art and craft and jewellery making. We thank our volunteers for assisting with these projects.

Following on from the District Athletics Carnival, we have some of our students heading off to the Western Area Carnival. Congratulations to Jake Greenhalgh for qualifying for individual events as well as our Small School Relay Team with Sanjay Buttle, Mitchell McMahon and Nina Merchant.

A number of our year 4, 5 and 6 students have attended the Forbes High School Lachlan Enrichment and Engagement Program (LEEP) extending their experiences in the subjects of Mathematics, Science and Drama. This program is designed to challenge and stimulate the young minds of our students.

Students have been recognised for their good behaviour recently when they received their whole school reward in week 5. Those students who qualified for this reward were treated to a mini disco with drink and lollies. Students enjoyed this event.

We would like to extend our congratulations to Ms Dalla Vecchia and her husband on the birth of a beautiful baby girl, May. Ms D and May surprised the students with a recent visit to the school.

Kindergarten Enrolments

We are now taking enrolments for Kindergarten 2017. If you have a child ready to start school in 2017 or know of someone that does, please contact the school office on 6859 2233 for enrolment and transition information.

Kindergarten Orientation

Kindergarten Orientation dates have been set, and we welcome any new students wanting to attend our Orientation. If you know of any soon to be Kindergarten students wanting to possibly attend, please refer their parents/carers on to the school for further information.

*Area Athletes; Small School Relay Team
Mitchell, Sanjay, Jake and Nina.*



Congratulations to Sonia Della Vecchia (and her husband) on the recent birth of May. Ms D made a visit to the Public school recently to show off her beautiful daughter.





EUGOWRA PUBLIC SCHOOL

"KINDER START"

ORIENTATION DAYS

We would like to extend an invitation to parents and children who are considering becoming part of our school community in 2017, to attend our Kindergarten Orientation Days.

Come and visit our school - Term 3, 1pm Friday 16th September 2016, and join in fruit and veg trivia and on Friday 23rd September 2016 for fruit and veg taste testing and Better Buddy activities.

- Monday 17th of October - 9am - 1:00pm
- Monday 24th of October - 9am - 1:00pm
- Monday 31st of October - 9am - 1:00pm
- Monday 7th of November - 9am - 1:00pm
- Monday 14th of November - 9am - 1:00pm
- Monday 21st of November > 9am - 1:00pm
(Including a Parent Information Session from 12:30 - 1pm)



Children will be involved in class activities and experience the fun of our school environment.
Children will need to bring a packed recess.

If you have any enquiries or concerns please don't hesitate to contact the Relieving Principal (for Terms 3 & 4) Mrs Welsh or current Infants Teacher, Miss Hodge on 6859 2233.





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NEW TRADING HOURS

Sunday-CLOSED

Monday-CLOSED

Tuesday-9am-8pm

Wednesday-9am-8pm

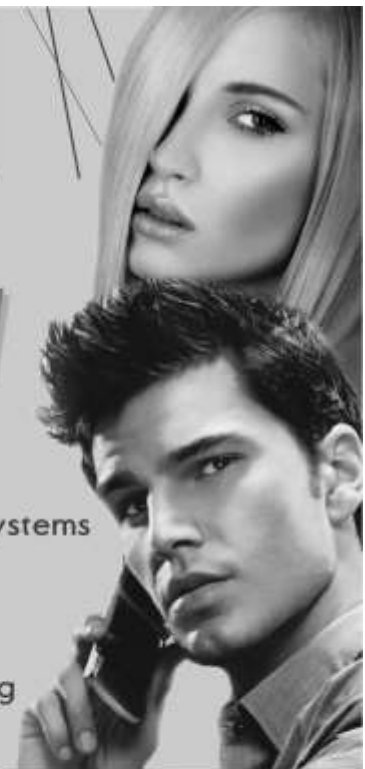
Thursday-9am-8pm

Friday-9am-5.30pm

Saturday-9am-2pm

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OPEN 6 DAYS



Eugowra Evening View Club

voice, interests and education of women

The Eugowra Evening VIEW Club members held their monthly meeting at the Central Hotel on Monday last with Di Garner as their guest speaker. Hostess for the evening, Karen Clarke, welcomed Di and introduced her to members. (Pictured right)

Di, who is an Art teacher, spoke of her life as a teacher after she had attended National Art School, saying that she had a passion for art and more so for teaching. Di did say that she was probably influenced by the fact that her father was an artist, made a living from his art, and that she had grown up with art.

Giving students the knowledge and the skills and allowing them to make mistakes gives them the confidence to go and become proficient with their art work. Members found Di's talk very interesting and no doubt were more knowledgeable about art at the end of her talk. Karen presented Di with a small gift and thanked her on behalf of members.

Considerable time was spent discussing arrangements for the Eugowra Show Day catering.

Thanks were extended to the birthday committee for the great job they did with the organising of the club's birthday party/luncheon in July.

The NHO1 Zone Conference will be held at the Astro Dish Motor Inn Parkes on Saturday 3rd September from 10-00am to 3-00pm. Please RSVP to Wendy before August 26th.

Walk with VIEW will take place on the following Monday 5th September starting from the Parkes Services Club at 9-45am. Morning tea will follow at member's own expense.

Parkes Day VIEW will hold their 47th birthday celebrations on 6th September with the RSVP date the 2nd September. Members are invited to wear their best party hat.

Arrangements are being made for a movie and dinner evening to be held in Forbes in early November.



Several members of Eugowra VIEW joined a table of Forbes locals at Forbes VIEW Trivia evening last Friday and came in second.

Next dinner meeting will be held on 19th September with the guest speaker to be Claire Wilson who is a student/teacher.

JOKE TIME

In the making of the new movie Thor Ragnarok, Chris Hemsworth was feeling very happy with himself and full of pride when from his horse he raised his arm and cried;

I'm THOR, I'm THOR!



To which the horse replied;

"You forgot your thaddle, thilly"



THE ~ SEASONAL KITCHEN ~

Orange Poppy Seed Cake

It's been a great citrus season at our place; all the fruit is juicy and tasty. This recipe is an oldie but a goodie, I hadn't used it for ages but Sally recently whipped one up to take for a work morning tea and reminded me how delicious it is.



Ingredients

- 220 g of softened butter
- 220 g of caster sugar
- 4 eggs (eggs are plentiful at our place at the moment too)
- 1 tsp vanilla
- 1 tbsp. orange zest
- 90 g poppy seeds
- 240 g plain flour
- 15 g baking powder
- 120 ml milk

And for the syrup

- $\frac{3}{4}$ cup sugar
- 1 cup of orange juice



Method

Cream butter until light and pale, add eggs one at a time and beat until mixed in well. Stir in the vanilla, orange zest and poppy seeds until well combined.

Sift in flour and baking powder and fold into cake batter then fold in the milk until all ingredients are well combined.

Pour batter into a 22 cm round cake tin that is greased and lined and bake in 175 degree oven for 40-45 minutes.

While the cake is cooking make the orange syrup by heating the orange juice and sugar together over medium heat until the sugar is dissolved.

When the cake is cooked pierce all over with a skewer and drizzle with half the syrup. Cool in the tin.

Serve slices of the cake with some of the remaining syrup and yogurt or cream.

Enjoy.

September

kids page

Jokes

How do you make a tissue dance?
- You put a little boogie in it.

What do you call cheese that's not yours?
- Nacho cheese!

Why do bananas have to put on sunscreen before
they go to the beach?
- Because they might peel!

What did the mushroom say to the fungus?
- You're a fun guy [fungi].

Kids Craft!

Create your own treasure chest! Here is a fun way for kids to store their collections. Fold a strip of paper the same width of your box and corsetina the pages. Glue the first and last piece to the inside of the box's lid and bottom. Your collection could be of all sorts of things like; rocks, bugs, shells, coins, photo's or cut-outs from magazines.



Find-a-word!

N	I	C	U	O	L	N	B	R	T
R	K	O	D	I	V	I	N	G	F
T	C	L	G	L	O	A	E	S	E
R	A	D	N	K	E	T	B	F	N
I	N	S	O	C	C	H	R	O	C
A	O	C	E	Y	N	L	I	O	I
T	E	A	R	C	H	E	R	Y	N
H	I	U	F	L	R	T	E	J	G
L	N	W	I	I	T	I	R	U	V
O	G	S	C	N	A	C	R	D	N
N	S	N	E	G	B	S	L	O	S
G	Y	M	N	A	S	T	I	C	S

ARCHERY
ATHLETICS
CANOEING

CYCLING
GYMNASTICS
DIVING

JUDO
FENCING
TRIATHLON

Microwave Playdough

INGREDIENTS

½ cup Salt
1 cup Flour
2 Tbsp Cream of Tartar
1 Tbsp Oil
1 cup Water
Food colouring

METHOD

Mix ingredients together and add a few drops of your favourite food colouring. Cook in microwave on medium for 2 minutes. Give mixture a good stir and cook again on medium for a further 2 minutes. Allow to cool till warm then knead on a floured surface for a short time. Store in an airtight container in the fridge.



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Eugowra News is delivered (11 editions per year) to residences in Eugowra township and environs. Advertising is cheap (per issue):

\$50 - full page

\$25 - half page

\$15 - quarter page

\$ 8 - eighth page

\$ 5 - pigeon hole ad - limited space for brief notices only.

Please advise of email address so your invoice can be sent electronically.

During the winter months, Lions can supply a limited amount of firewood, delivered as a 1 Tonne ute load within 5km of Eugowra, for \$140.

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(c 1920's) on the banks of the Mandagery Creek, Eugowra

Furniture bargains, gift ideas, unique bits'n' pieces, 45 and 75 records, old wirelesses, fur coats, retro gear.

Open Sundays 10 a.m. to 4 p.m.



(on entering Eugowra, turn right towards Forbes/Parkes, travel over the bridge, turn 1st left)

A LITTLE BIT OF HISTORY

Elaine Cheney



The talented pencil work of Mrs Edith Clements of Eugoura Station recorded the earliest known illustrations of this area. This appears to be a view from the back of the homestead shortly after Mrs Clements arrived here in the early 1870s.



However, after almost forty years on the station, the financial authorities ordered the Clements family's removal from the property. The discoloured sketch shows the homestead in the distance. It was not built until almost the time of the marriage of Hanbury Clements and Edith Blacket, the daughter of Colonial Architect, Edmond T Blacket.

The Argus Melbourne Thursday 29th March 1888.

NEW SOUTH WALES PASTORAL PROPERTY

Richard Gibson and Co. (with Clements and McCarthy, Bathurst) have received instructions from the mortgagee to SELL by AUCTION at Menzies' Hotel, Melbourne, on Tuesday, 17th April (1888) at 3.p.m.,

THE EUGOURA STATION,

Together with 7,000 well bred sheep (more or less), 300 cattle (some of which are fit for market), 24 horses. This choice property is situated 24 miles from Forbes, and 54 miles from Orange, and contains 20,143 acres leasehold 23,817 occupation license. 1,010 acres freehold. 2,562 acres conditional purchase.

47,532 acres total. It is fenced and subdivided into several paddocks, and has a good homestead, shearing sheds, and all necessary outbuildings. It is permanently watered by the Eugoura and other creeks, also by tanks and dams. It is good fattening, sound, healthy country.

It is believed that the Station then passed into the hands of Mr Ben Robinson who held other large properties in the Lachlan River area. Ben Robinson died, aged 53, suddenly in 1890. Eugowra Station was again offered for sale with 18,000 sheep that year, but was passed in. Large numbers of Robinson's livestock were driven from one property to another. It is recorded, along with other stock movements, that in October 5,000 mixed sheep travelled from Forbes to Eugowra, in November 7,000 sheep left The Island (towards Condobolin) for Eugowra and 4,000 ewes left Eugowra in December of that year to go to the Robinson property at The Island.

The property later was purchased by Mr George Welford. In February 1892 a fire destroyed the station's woolshed, near the cemetery.

Newspaper Molong Argus in December 1906 includes a glowing report on the successful dairy on Eugowra Station with eight milking bails, tramline carrying system from the milking sheds, at that time producing 150 gallons of milk per day, with a 130 gallon hand-pump separator and butter being made to be coached into Forbes, to be sent to Sydney by train. Believed the next owners were Conroy and Doyle. When the property was later purchased by Mr Lou Mallick the dairy and associated pig farming operations and Lucerne growing were carried on most successfully.

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- GIVEAWAY'S & ENTERTAINMENT GALORE



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EUGOWRA COMMUNITY BOWLS & RECREATION CLUB



SEPTEMBER	
Friday 2nd	Fathers Day Raffle & Market Night
Sunday 4th	Old Bowls Day
Friday 30th	Market Raffle, Members Draw & Barrel Draw
OCTOBER	
Saturday 8th	Ladies Cocktail Afternoon
Friday 28th	Scary Skippy Halloween Night (Kids) & Market Night Raffle, Members Draw & Barrel Draw
Sat/Sun 29/30	Eugowra Triples Tournament
NOVEMBER	
Tuesday 1st	Melbourne Cup Day
Friday 11th	Remembrance Day Commemorative Evening
Sunday 20th	3 Bowls Pairs Day
25th Friday	Market Night Raffle, Members Draw & Barrel Draw
DECEMBER	
Friday 9th	Mega Christmas Raffle
Saturday 17th	Local Business End of Year Party. Last Market Night Raffle, Members Draw and Barrel Draw for the Year

A NIGHT OF TRIVIA FOR THE RTC

A successful evening was held last Saturday for a fundraising evening for the maintenance of the Rural Transaction Centre ~ without this Eugowra would not have a Post Office or bank facilities.

Thanks to Judy Smith for organising the evening; sourcing some tricky and intriguing questions to get everyone's brain ticking. Hosted by the charming Tim Cheney and helpers Ray Agustin, Bob Roach and Judy were flat out marking and scoring.

Congratulations to the winners Table 2 (closely contested all the way along by Table 1) Kevin Welsh, Kay Jones, Shane Jones, Di Agustin, David and Esther Hyde, Wendy Drady, Andy Langfield who won the evening with a top score. Congratulations to the winners at the other end of the spectrum; The Geagles Table who received a consolation prize. Photos on page 27.



Physiotherapist Nicole Brindle

Eugowra Health Report

EUGOWRA MULTI-PURPOSE HEALTH SERVICE

PET POWER – is it real?

Many people will tell you how much they enjoy their pet. How they feel happier and healthier as a result of the connection with their pet. A friend of mine recently went to an extraordinary effort to get their new pet (and me being a non-pet person felt compelled to find out why) - are pets really that good for us?



The research on human-animal interactions has been growing over the last 20 years and appears to back up the beneficial power that pets have on their owners. Not only are pets good for us emotionally and socially but they do have impact on our physical health as well. The research indicates that healthy people are more likely to have pets. They visit the doctor less often, have more fun, and feel more secure than people who don't have pets.

Mood Boosters

Like any enjoyable activity, playing with a pet can elevate mood-boosting levels of serotonin and dopamine. Contact with animals can immediately increase levels of oxytocin, the feel-good hormone that lights up the brain's pleasure centers.

When performing a stressful task, people suffer less stress when their pets are with them than when a spouse, family member, or close friend is, according to a 2002 study at State University of New York at Buffalo. A pet's calming influence even works better at controlling high blood pressure than the most frequently used prescription drugs.

Personal Trainers

Dog owners who regularly walk their dogs are more active and less likely to be overweight than those who don't own or walk a dog. All pet owners have to exert some physical activity to care for animals, and are often up and active to be near, play, and cuddle with them.

Social Butterflies

Your animal friends can help you make human friends. Multiple studies have shown that walking with a dog in public leads to more conversations. Why? People assume that pet-owners are kind and approachable. But animals' social skills include more than easing introductions. Some of the social support we get from humans we get from animals, too. Despite the perception that single people will have pets to keep them company - dog and cat ownership is much more common in married couples and families with children than in single-person homes. Animals are an extension of our natural social support system, not a replacement for it.

Pain Killers

Animal-assisted therapy (a.k.a. animal visits) is quickly becoming an accepted means of pain management in hospitals. People who use pet therapy while recovering from surgery need less than half of the pain medication than those who do not use it, according to a study from Loyola University. Meanwhile, patients—and even their vital signs—report significant improvements in pain, mood, and other distress measures after a therapy animal visit.

Heart Healers

Pets are more than heartwarming. They also reduce the risk of cardiovascular disease and heart attack by lowering systolic blood pressure, plasma cholesterol, and triglyceride levels. And those pet owners who do suffer from heart attacks have higher rates of survival than non-pet owners. A year after suffering a heart attack, regardless of its severity, dog owners are significantly more likely to still be alive than those who do not own dogs. While many of the cardiovascular benefits can be attributed to the mere presence of an animal, the increase in physical activity among pet owners is also linked to improved heart function.

Health Monitors

Animals can sense changes we can't even sense in ourselves. That's why more and more animals are being trained to monitor their owners' health through programs like Dogs4Diabetics. One-third of pets living with people with diabetes—including dogs, cats, rabbits, and even birds—exhibit

dramatic behavioral changes when their owners' blood glucose levels drop. And after just three weeks of training, dogs can detect breast and lung cancer up to 97% of the time, according to a study published in the journal Integrative Cancer Therapies. Animals can also sense the oncoming of epileptic seizures, and service animals are able to warn their owners to sit or lie down before the onset of the seizure.

Immune Strengtheners

Pet ownership is nature's immunotherapy. Children from households with pets attend school three weeks more per year than those who don't have pets. And the more pet's children have, the fewer allergies they develop in adulthood. They are also less likely to have eczema, and have higher levels of some immune system chemicals, pointing to a stronger overall immune system. By curbing stress—and reducing the levels of harmful chemicals like cortisol and norepinephrine—pets further strengthen immunity throughout life.

Child Therapists

Animal interactions are hugely beneficial to the development of children—especially those with developmental challenges and Attention Deficit Hyperactivity Disorder—pets help to focus their attention, teach them about interactions and reading emotions. Children that are involved in looking after pets gain a sense of responsibility and an understanding of what it takes to care for an animal and this helps them to treat others around them with the same sense of care.

The presence of a pet dog during routine physical examination of pre-school aged children was found to reduce heart rate and behavioural distress, indicating the potential for companion animals to provide support to children in stressful situations.

A study of school children showed that pet owners were not only more popular with their classmates, but seemed to be more empathetic as well.

Self-esteem has been shown by researchers to be higher in children and adolescents who have a pet. A study of German teenagers found, feelings of loneliness, restlessness, boredom, despair, depression and futility did not arise so often in dog owners, while this group also thought life was more fun, and had a more positive outlook on life.

RTC TRIVIA NIGHT



*Quiz Mistress;
Judy Smith*

Table 2 winners



*The Geagle
team.*

Walk in Health Centre



Health
Western NSW
Local Health District

Eugowra Walk In Health CentreWHAT IS IT????

Following on from community consultation meetings in February this year. It was agreed at the meeting that the main business of the MPS is residential aged care, palliative care, respite and community care and the treatment of minor ailments and injuries.

A Walk in Health Centre is a service provided for people with minor illnesses and injuries. A nurse assesses and provides treatment in consultation with a doctor if required

The Walk in Health Centre will be open seven days a week, 24hours a day.

At the 2016 Eugowra show there will be a stand and display of the services that the MPS providers as well as staff and members of the Health council to assist you with any question you may have.

REMEMBER :-

Calling an Ambulance

The emergency number in Australia is Triple Zero (000). Dialling Triple Zero (000) is the quickest way to get the right help from the NSW Ambulance in a medical emergency.



For all medical emergencies dial Triple Zero (000) immediately and ask for Ambulance

CALLING TRIPLE ZERO (000)

- Calls to Triple Zero (000) are free and can be made 24 hours a day, seven days a week from any landline, pay phone or mobile phone.
- When calling Triple Zero (000), a Telstra operator will ask which service you require – police, fire or ambulance.
- Ask for AMBULANCE.
- You will be connected to an ambulance control centre.
- The call taker will ask you a standard set of questions to help us organise the most appropriate service as quickly as possible.
- Stay calm. Speak slowly and clearly.

QUESTIONS ASKED BY THE CALL TAKER

- What is the exact address of the emergency?
- What is the phone number you are calling from?
- What is the problem, tell me exactly what happened?
- How old is s/he?
- Is s/he conscious?
- Is s/he breathing?

Answering these questions to the best of your ability ensures we have the most accurate information about the patient's condition and can assess the situation quickly.

WHAT HAPPENS NEXT

- Do not hang up
- The call taker may ask you additional questions and can also provide further assistance and/or medical advice depending on the emergency.

- If you have a life-threatening injury or illness, paramedics will be sent immediately.
- If you require medical assistance but do not have a life-threatening injury or illness, paramedics will be sent as soon possible.
- If you do not require onsite medical assistance, your call may be transferred to a registered nurse who can provide you with over-the-phone advice and direct you to alternate healthcare providers.

Remember ambulances are available for saving lives and are not taxis. Calling an ambulance for non urgent conditions could cost someone their life.

TIPS FOR CALLING TRIPLE ZERO (000)

- It is important to teach children how to call Triple Zero (000) as well as their name, address and phone number.
- If calling from a house, unit, flat or business address, ensure that the building number is clearly visible from the street.
- If you are in a hard to find location have someone wait outside the building/location to wave the ambulance down or leave the front light on at night.
- If you live in a rural area or an area difficult to find, remember landmarks such as 'yellow house with blue picket fence' for example.
- Make it a habit to note street names of places you frequent such as shops, schools, parks, restaurants, clubs and sporting grounds. This could assist you to give more detailed information.
- If travelling on a motorway or on a rural road, identify the direction you are travelling and the last exit or town you passed through.

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Tank bottom fill kits



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Eugowra Fuel Card Facility

17 Oberon Street Eugowra NSW 2806

Unleaded Petrol + Diesel | BP Card + Eftpos facility
Open 6:30am to 7:30pm

For all your fuel + lubes

1300 4 LOWES



Her Smile



Always remember....those who
we love don't go away,

they walk beside us everyday,
unseen, unheard, but always
near....

Still loved, still missed, forever
dear.

Brodie, Liz, Rick, Ponnie, Kristie,
Rachael and their families.

Tracy Adams

19.11.1979 ~ 27.9.2003

'Smiley'



The Pigeonholes

Short Messages, For Sale, Wanted

Wanted to buy down or injured stock.

Contact : Kevin Howell. 02 68592311.

KIDS !

Don't forget to bring your favourite pet to
the Show and even take him (or her) in
the Grand Parade.

EUGOWRA SELF CARE UNITS

A unit has become vacant in the Self Care Facility
in Evelyn Street, Eugowra.

The unit consists of one bedroom, bathroom,
kitchen, living room, laundry, reverse cycle
air conditioner, car port and front and rear
verandas. It is conveniently located near the
centre of town.

Interested parties are welcome to apply.

Phone Hugh Ellis 68592926 Mob 0407936991

EUREKA PLANTS

Rose Sale

Saturday 3rd September
8am - 3pm



Roses from \$5



1166 Fish Fossil Dr, Nyrang Creek
6344 3180

Ray White
Eugowra

Brendon Allegri

0416 930197

brendon.allegri@raywhite.com



19 Pye Street \$180,000



This lovely 2 bedroom home is walking distance to everything in the beautiful town of Eugowra. Lovely period features, including original lead light windows, spacious rooms, high ceilings plus a modern bathroom and kitchen that looks out over a generous deck that spans the width of the home. A well established garden, advanced trees and shrubs, single lock up garage plus carport are some of the many features.

Call Brendon Allegri 0416 930 197

EUGOWRA COMMUNITY MONTHLY MEETINGS

VIEW CLUB1st Monday of the Month Committee Meet at Central Hotel 6.30pm3rd Monday of the Month Dinner Meeting at Central Hotel 6.30pm
SHOW SOCIETY2nd Monday of the Month 7.30pm at committee rooms Mon 5th September ****
EPPA2nd Tuesday of the Month
HOSPITAL AUXILLARY3rd Friday of the Month
LIONS CLUBLast Thursday of the month at the Central 5.00pm (after folding the Newsletter)
BOWLING CLUB2nd Monday of the month

**WANTED - NEW LISTINGS !! Phone Michelle on 02 68 52 3134 or
0414 815 479 for a free market appraisal**



11 BROAD STREET EUGOWRA \$250,000

- 4 Bedrooms, main with W/I robe
- Formal Lounge with exposed timber ceiling
- Modern kitchen and formal dining
- Wood heater and Evap A/c
- Carport & covered outdoor area
- Shed/workshop set on an acre of land



10 GREVILLEA AVE EUGOWRA \$ 195,000

- 3 bedrooms, main with built-ins
- Renovated bathroom with soaker tub
- Open plan kitchen/dining/lounge plus family room
- Wood heater and ducted evap A/c



Lot 582 ICELY STREET EUGOWRA \$ 60,000

- 4,472sqm block hidden in quiet valley
- Colourbond shed with concrete floor
- Rainwater Tank
- Advanced trees

Real Estate Agents | Auctioneers | Property Managers | Business Brokers

Principal - Michael J. Robinson | License No. 108113 | ABN 89 149 832 432

123 Lachlan Street Forbes NSW 2871 | Phone: (02) 6852 3134 | Email: realty@ref.com.au | Web: www.ref.com.au