



JULY 2016

VOL.35

A Lions Club project for the community we serve

DEBUTANTES OF EUGOWRA



2016 Debutantes of Eugowra;

Brittney Dukes, Sophie Welsh, Sophie Huckel, Anika Heinzl,
Maddy Vincent and Emmy Den.

Flower Girls: Ingrid Smith, Belle Moxey, Hayley Newell, Ada Duff,
Edna-May Skinner-Barnes, Jada Mongan, Kirbie Mongan, Isla Newell,
Macey Greenhalgh, Airlie D'Ombra.

from the editor

Greetings to fellow soggy residents,

How quickly does a season turn around? We are indeed very lucky to have had a small 'flood' through the Mandagery and surrounding creeks. Just what the country side needed. Winter may be cold and bleak, wet and wild, but its natures time to hibernate and prepare for the season ahead and it has its own beauty. Besides, what's better than a hearty stew cooking on the stove, a hot chocolate, nice roaring fire and a good book to read?



Our resident cook Anne Heath is under the weather so I have put in a family favourite - a Flemish beef casserole to warm the cockles of your heart on those cold evenings.

Interesting article about the amount of time our babies and children are looking at screens. Parents please take note, keep to the old adage of a 'little bit of everything.' I wonder if we are breeding a generation of people having to wear glasses for the rest of their life?

Looking forward to an Italian feast at the Central at the end of the month. Read about it on page 28.

Wanted; I am asking if someone has some spare time to continue on with my task of interviewing and presenting an article of local businesses and business people. Virginia and myself are pretty busy working and farming so if someone would like to take up the task of a page article each month that would be great. Its always interesting to hear of peoples lives and work in town and a bit of free advertising/promotion for your business.

Also, I would love someone to send me a footy report each month; Golden Eagles, Geagles as well. It would be nice to be able to keep up to date with our sportsmen and women and their efforts.

A couple of letters to the Editor this month in which I can see that people seem to be quick to offend or be offended. Come on Eugowra, don't lose your sense of humour, keep things in perspective and remember; none of us are perfect, we all have a crack in our butts.

Keep smiling and spread the good will again.

See you when the mud dries.

Sarah

Contributors this Month

- Kylie Reeves EPS
- Alison Gransden
- Judy Smith
- Frances Anderson
- Cassie Gates
- Sr Helen Sullivan
- Boom Boom la Bern
- Sarah de Lange SJS
- Elaine Cheney
- Nicole Brindle
- Maxine Vincent ECCC

Next Issue Deadline:

Friday 29th July

**The News will be available
on Friday 5th August**

Advertising and Editorial Material To

Sarah de Lange

Phone 68595253 ah

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**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**

To the Editor

Two Pushy Pieces in Little Red Cars!

It seems that they are everywhere!

Following Barb's piece in the June issue, in which she describes herself as the 'pushy piece in the little red car' (no doubt strongly endorsed by certain members of a local organisation), at least one more has been flushed out!

Barb has received a letter demanding an apology from somebody who thinks it refers to them. Its unfortunate that she forgot to sign her name, so we don't know who she is and therefore can't respond.

However, it does raise all kinds of possibilities. Just how many 'pushy pieces in little red cars' are there in our community?

Imagine - if we could get them all together a 'push' might become a 'shove' and wondrous things could be achieved for the town!

We need to hear from you all!

Bob Roach

Dear Editor,

I love Eugowra, I love its residents, its great sense of community, sense of humour and caring nature.

However, I feel like Eugowra residents are losing the plot.....

Lately I have been hearing of people attacking each other, verbally, physically, either face to face or more often than not on social media, spreading rumours, continuing mindless gossip, bitching about each other, causing each other grief, and sticking their heads into everybody else's business thinking that they have a right to make someone else's life miserable.

No doubt this behaviour is world wide, but maybe we can stop it at a local level. Everyone makes mistakes, forgive and forget...are you perfect?

Name supplied but withheld on request.

In This Issue

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Dear Editor

Many little towns (like Gooloogong) have regular markets which enable cooks, recyclers, gardeners, arts & crafts people etc to sell their wares. At least 3 Eugowra people had stalls at the April Gooloogong markets. Why not have a Eugowra Market?

The Eugowra Market could be held along the roadsides of Byrnes Park (easily seen & more easily accessed than Apex Park , plenty of parking).

How often? 2 monthly - quarterly??...planned not to clash with other local markets at Gooloogong, Forbes, Parkes...

A working group would be desirable to organise & coordinate the market...(planning when & where, advertising, market site management, fee collection from stallholders, feedback & review etc etc).

Please feel free to pass on this proposal to anyone you think may be interested in supporting the Eugowra Market, either as an organiser, sponsor, stallholder or customer!

Barb Roach

WHAT'S ON THIS MONTH

JULY 2016

Dr Vicki Wymer 68 592 220 Eugowra

63645901 Manildra

Mon

Tue

Wed

Thu

Fri

Sat/Sun

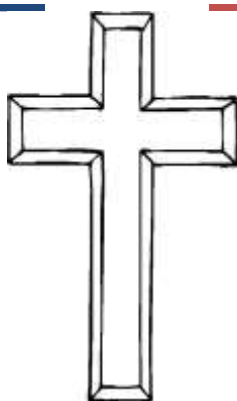
				1 Manildra 9-1pm	2/3
4 Eugowra 9-5pm	5 Manildra 9-1pm	6 Eugowra 9-11am	7 Eugowra 9-4pm	8 Manildra 9-1pm	9/10 Sunday Bowling Club AGM
11 Closed	12 Closed	13 Closed	14 Eugowra 9-4pm	15 Manildra 9-1pm	16/17
18 Eugowra 9-5pm	19 Manildra 9-1pm Term 3 school begins	20 Eugowra 9-11am	21 Eugowra 9-4pm	22 Manildra 9-1pm	23/24
25 Eugowra 9-5pm	26 Manildra 9-1pm	27	28 Eugowra 9-4pm	29	30/31

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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Friday 22nd July
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DEIDRE SLAVEN **6859 2414** OR

MARGOT BROWN **6392 3233**



Romy Tysoe-Taylor recently celebrated her 75th birthday with a surprise party at the Central Hotel. Thanks must be given to the gorgeous Sandi and staff who allowed and helped with the shenanigans. Janet Noble was also brilliant at keeping it under her hat and organizing guests and the cake.

Many people in Eugowra will know that Romy suffers disabilities from a past illness, but few will know that Romy is an artist with 8 years of study culminating with a Master of Arts degree from the prestigious College of Fine Arts at Sydney University. Despite her disabilities, Romy's creative spirit continues to flourish.

For her birthday Romy travelled to Sydney via bus and train to spend 3 days soaking in the Sydney Biennale and Vivid Art Festival. She especially loved visiting Roger Foley Fogg's wonderful exhibition at the Rocks where she got a giggle from seeing Boom Boom featured in one of the video installations. She loved Sheila Hickson's Biennale exhibition which blurs the line between art and craft, the Indigenous and Brett Whitley works at the Art Gallery of NSW. Romy also enjoyed a 'last night dinner' with her son, performance art poet T-Ruth, Kartini Ludwig who was the Program and Event manager for the Biennale, Dakota Fisher, an American video and music artist and Boom Boom.

One disappointment was that Romy couldn't get to the Tap Gallery exhibition of performances and paintings to remember Marilyn Monroe on what would have been Marilyn's 90th birthday. The gallery is upstairs and the lift wouldn't work which is now being addressed by Tap.

However Tap Gallery, which has been on the art scene in Sydney for almost 30 years has offered Romy a retrospective exhibition of her work. Lesley Dimmick, OAM and founder of Tap said she would be thrilled for the gallery to exhibit Romy's work.

It would be wonderful if some Eugowra residents could come to Sydney for the opening night of Romy's exhibition.

Details in the next Eugowra News.

In the mean time. Keep warm.

Boom Boom



Romy at the Art Gallery of NSW. Photo by Kris Legget Art Gallery NSW

Australian Yellow Belly Championships

The 3rd round of the AYC was held at Lake Keepit Dam near Tamworth on 28th & 29th of May.

The windy rainy weather made fishing tough. The horrendous conditions and sudden drop in water temperature resulted in only 63 fish being caught by 46 teams over the 2 days.

Zach Gransden and Nathan Skeers came 25th with 1 fish. Mitch Skeers and teammate Brad Gardiner of Parkes took out 10th place with 2 fish.

Mitch and Brads placing has taken them to 2nd overall with Zach and Nathan dropping back from 1st to 3rd position.

The 4th round will be held at Copeton Dam on the long weekend in October. Copeton Dam is a major clay core and rock fill embankment dam situated across the Gwydir River upstream of Bingara near Inverell.

Good luck and good fishing boys.

Alison Gransden



Top Left

Zach Gransden with their only fish

Top Right

Nathan Skeers with his catch during the pre fish.

Mitch and Brad patiently waiting.....





Frances Anderson

COUNTRY WOMEN'S ASSOCIATION OF NSW

EUGOWRA BRANCH

Make Healthy Normal

The Guest Speaker for the June Meeting was Kerry Smith, the Health promotion Officer for Forbes. Kerry encouraged members to enjoy healthy eating and active living. Members were challenged to "Make Healthy Normal" as there are many benefits to be enjoyed from healthy behavioural changes. These changes can lead to an increase in the quality of life and a reduction in chronic diseases, such as heart disease and Type 2 diabetes.



Frances Anderson thanks Kerry Smith for the informative talk.

Mongolia

The CWA Country of Study for this year is Mongolia. Jennifer Jones gave a short presentation on life in Mongolia. The posters Jennifer made showed various aspects of life in a harsh climate.

Members will experience Mongolian cuisine at the Group International Day in Canowindra.

Bustle to Bias Brides

Yvonne Smalley and Frances Anderson joined Cowra CWA members for the Cavalcade presentation of Historic Bridal Gowns from 1880 to 1940. The gowns were amazing with the intricate beading and beautiful lace features. They heard the history of the original wearer and the social context of the times in which they lived. Items were carried amongst the audience, allowing them to examine the outstanding features of the garments.

Phillip Group held their first Material Aid day at the new Mascot Building. They packed 11 parcels and now need items for Emergency Packs, Material Aid, School Packs and Mother and Baby Packs. Other items needed are needles, elastic, buttons, cotton spools, scissors, zippers, cotton material and tape measures.

Group Patron

Orange resident, Mrs Gail Hayden was congratulated after she was elected as the new Patron for Central Western Group.

High Tea

Members are invited to join Molong CWA Members for a High Tea for their 90th Birthday. It will be held at the Molong Baptist Church on 27th August at 2.00 pm.

Grants

Applications are now open for the Helen May Grant to learn about handicrafts. New Members (less than 5 years) are able to apply for the Betty Wilson Grant to build leadership skills.

The next meeting of Eugowra Branch of CWA will be on Thursday 7th July at 6.00 pm.

Yvonne Smalley & Frances Anderson enjoyed catching up with former Eugowra resident; Jenny Anderson.



JULY 2016

kids page

Jokes

Why did the monkey put a piece of steak on his head?
- He thought he was a griller.

What do you get when you cross a duck with cheese?
- Cheese and quackers.

What lies in a pram and wobbles?
- A jelly baby.

Why was Cinderella such a poor football player?
- She kept running away from the ball.

Kids Craft!

Got a bathroom bin full of empty toilet rolls? Everyone has them, so lets get crafty! Make your own tribe of Monsters.



Find-a-word!

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

WINTER
NETBALL
ICE

SNOW
SOCCER
GLOVES

COLD
FOOTBALL
HOLIDAYS

Car Games!

With school holidays approaching there may be a few car trips where you need to amuse yourselves. Here's a fun game to pass the time.

Animal A TO Z

The first person has to think of an animal, for example, 'horse'. The next player has to think of another animal starting with the last letter of the previous animal, for example 'elephant'. No animal can be repeated and if the next player can't think of anything they are immediately out of the game. The last player remaining wins, and deserves a treat at the next stop!

The same game can be played using different subjects too like; cities, countries, people's names and sports.



Eugowra Public School

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

News

Participation Leads To Success

Term 2 is nearly over, and what a busy time we have had. Back in May we had the Small Schools Athletics Carnival in Forbes with a number of our students successful in qualifying for the District Carnival to be held in Parkes in Term 3. They are; Jake Greenhalgh, Sanjay Buttle, Reece Matheson, Braith Pritchard, Nina Merchant, Makala Leonard, Chelsea Leonard, Macey Greenhalgh and Mitch McMahon.

Following on from the District cross country carnival in Forbes, four of our students qualified to run in the Area Cross country at Guerie. Jake Greenhalgh, Macey Greenhalgh, Sanjay Buttle and Reece Matheson all ran their best and did our school proud.

Chelsea Leonard and Alyssa Gibson represented Eugowra Public School at the CWA Public Speaking competition in Bathurst during this term. Both girls did really well and enjoyed the experience.

A selection of our students from years 3-6 have participated in the Lachlan Engagement Enrichment Program (LEEP). This is an initiative that the local partner primary schools and Forbes High School have developed to develop the capacity of students across our schools by providing new and challenging opportunities. This year the program has catered for the subject disciplines of Maths, Science and Drama. Our students returned from their days at the High School excited from their experiences.

Eugowra Public School Choir has participated in the Forbes Eisteddfod recently in the Small Schools Choir Section and the Primary Schools Choir Section. They were awarded a Highly Commended in the Small Schools and a certificate for their efforts in the Primary Schools.

We welcome a new permanent staff member to Eugowra Public School with the General Assistant position being accepted by Bill Norris. We welcome Bill to our school. We have already had the students willing to assist Bill at lunchtimes with some sanding and painting projects.

At the end of this term we farewell Ms Dalla Vecchia from the infants' class as she takes her maternity leave. We wish her and her husband all the best at this exciting time.

The Primary class conclude this term with their three day excursion to Canberra. Students visit Old Parliament House,

National Museum, War Memorial, Electoral Education Centre and Parliament House Tour and get to enjoy a roll play. In addition to the educational components students will enjoy a visit to the AIS, Flip Out and Go Karting.



Alyssa Gibson and Chelsea Leonard presenting their speeches. New GA, Bill Norris at work.



Athletics Carnival March Past





Eugowra Evening View Club

voice, interests and education of women

The June dinner meeting of the Eugowra Evening VIEW Club was held at the Central Hotel on Monday last, with prospective member Liz Adams welcomed as a guest.

As there was no guest speaker organised for the evening President, Therese Welsh, read several of the lists of facts (from obscure to more obvious) that members wrote about themselves at an earlier meeting this year. Everyone found out many fascinating things about members that they didn't know and had fun trying to work out who all these interesting people were.

The Street Stall which was held on Friday of last week was extremely successful and raised a considerable sum of money which will go to the Smith Family, towards various programs which they operate for children in need. Thank you to all those people who donated goods for sale and to everyone who supported the stall.

There was a large number of bags of clothing donated which were delivered to the Smith Family at Dubbo.

The winners of the competitions conducted on the day were displayed on the notice boards in the Supermarket and the Butchers and also placed on Facebook.

The Birthday Party is coming up and will be held as a luncheon at the Eugowra Community Bowls and Recreation Club on Saturday 16th July. Members are asked to take along a guest or two. Bookings are to be made with Kay on 0428 592 321. The theme for the party is 'Off to Rio' with everyone encouraged to wear bright colourful attire.

Included in the correspondence was a Research Report from The Smith Family about The Learning for Life program.

The Friday Facts of June 17th was an article about two students from Dubbo who have achieved outstanding success due partly to support provided by the Smith Family and the Learning for Life Program.

With the Eugowra Show fast approaching the catering for the Show was discussed and a committee was formed to take care of that.

There was a suggestion made that three movie days should be held each year as a social day for members. Dates suggested were in the Autumn, Winter and Spring.



Busy at the recent Street Stall;

Wendy Drady, Lynn Ellis, Maria Dawson, Therese Welsh, Irene Sharpe, Judy Smith and Sr Helen Sullivan

Eugowra Public School students; Jake Greenhalgh, Sanjay Buttle, Reece Matheson and Macey Greenhalgh after their Area District Cross Country.





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 2 is nearly over, winter is finally here and with a bang! Luckily our P & F have organised some lovely school winter coats that the children can wear – they look very smart and keep the kids warm on the playground, trips to and from home and at carnivals.

ATHLETICS – speaking of carnivals, due to the continued wet weather, we have not been able to hold either of the two athletics carnivals yet. EMMY (Eugowra, Manildra, Molong and Yeoval) has been cancelled twice and is now rescheduled for Term 3. Eugowra School athletics was also cancelled and is to be on in Term 3 also. Hopefully we will have dried out by then!

FIRST RECONCILIATION

On Thursday 23rd June, Year 1 students participated in their First Reconciliation with Fr Laurie, students and family. Sienna Ardis, Gaby & Zane Wren, Alana Haynes and Zaide Hodge enjoyed their special time talking with Fr Laurie. An important step in their faith journey, this Sacrament was celebrated on Sunday 26th June with the Parish Community.

END OF TERM ASSEMBLY

We celebrated some of the achievements for the term with our parents and friends on Thursday 23rd with an assembly and lunch. The School Captains; Charlie Philipzen and Baylie Tulloch hosted the assembly and Ty Jones gave the sports report; speaking about the

Eugowra Cross Country runners and the Netball skills they have been learning this term. Those students who travelled to Bathurst to speak at the CWA Public Speaking competitions said their speeches again; thank you to Luke Holland, Olivia Holland and Sienna Carver.

Mrs Eppelstun announced the winners of the Principal Awards for this term. They were;

Noah Colvin – Improvement in all areas

Keiley Whatman – Outstanding work in all areas

Lachlan Haynes - Consistent work in all areas

Music teacher Mrs Whatman explained the activities the children have been doing in music classes this term and Kinder – Year 2 demonstrated their delightful Stand up Sit Down song and dance, then the Primary children demonstrated a Celtic Square dance which everyone enjoyed, so much that the children invited parents and teachers to do another round with them.

After the assembly the children showed their parents the art work that they have on display in class and the younger children demonstrated a book that they had created on the iPads through Book Creator. Hot Dogs for lunch were supplied and enjoyed before everyone went to church for First Reconciliation.

Term 3 commences on Tuesday 19th July. Friday sport for Term 3 will be basketball which the children are looking forward too. We hope that everyone has a wonderful winter holiday and see you next term.

Until then, God Bless

St Joseph's Staff and Students.

The infants class listening intently to the CWA Speeches at Assembly.





Principal Award winners for Term 2:

Lachlan Haynes Yr 4 Keiley Whatman Yr 3 and Noah Colvin Yr 1.



At her First Reconciliation; Sienna Ardis placing her candle on the altar.



In his classroom, Ty Jones is showing his aunty; Emma Jones and great grandparents; Mr & Mrs Robb some of the work.

SCHOOL HOLIDAY RULES

“Sure, says Mum, you can watch TV and play on your iPad, so long as you have done these things first;”

- ◇ **Have breakfast**
- ◇ **Make your bed**
- ◇ **Brush your teeth**
- ◇ **Get dressed**
- ◇ **Brush your hair**
- ◇ **Clean your bedroom**
- ◇ **Tidy one other room in the house**
- ◇ **Do 20 mins of reading**
- ◇ **Do 20 mins of writing, drawing or colouring in**
- ◇ **Play outside for 30 mins**
- ◇ **Make or build something with Lego, blocks, craft**
- ◇ **Do two jobs for Mum or Dad ~ hang out the washing, get in firewood, mow the lawn, take out the rubbish.....**

**HAVE A GOOD HOLIDAY
EVERYONE!**



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This is slow cooked beef with garlic, onions and bacon in Belgian beer - .absolute bliss! However you must go to the grog shop first to secure the secret ingredient. BLACK BEER ...buy a few bottles and enjoy one with dinner. Suggest a nice Merlot or Cab Sav with this too!

Ingredients

1 kg beef chuck steak, cut into 2" x 1/2"-thick slices

Salt and freshly ground black pepper, to taste

1/4 cup flour

4 tbsp. unsalted butter

4 slices bacon, finely chopped

6 cloves garlic, finely chopped

3 medium onions, thinly sliced lengthwise

2 cups Belgian-style ale, like Abbey Ale, black beer

1 cup beef stock

2 tbsp. dark brown sugar

2 tbsp. apple cider vinegar

3 sprigs thyme

3 sprigs parsley

2 sprigs tarragon

1 bay leaf



Method

Season beef with salt and pepper in a bowl; add flour and toss to coat. Heat 2 tbsp. butter in a 6-qt. Dutch oven over medium-high heat. Working in batches, add beef; cook, turning, until browned, about 8 minutes. Transfer to a plate; set aside.

Add bacon; cook until its fat renders, about 8 minutes. Add remaining butter, garlic, and onions; cook until caramelized, about 30 minutes. Add half the beer; cook, scraping bottom of pot, until slightly reduced, about 4 minutes. Return beef to pot with remaining beer, stock, sugar, vinegar, thyme, parsley, tarragon, bay leaf, and salt and pepper; boil. Reduce heat to medium-low; cook, covered, until beef is tender, about 2 hours. Serve with fluffy mashed potato, green beans, and hot bread.

The Story of;

Maria Joseph

Back in 2013 I was privileged to talk to the CWA ladies about my PNG experience. At that time I was very concerned about a two-and-a-half year old girl, called Maria Joseph.

Many of you have asked me about 'my little girl' and I would like to share this story with the wider community of Eugowra, too.

Maria Joseph's story is an extremely sad one. Her parents died when she was very young and the little girl was entrusted to her uncle, who severely mistreated her. Then an elderly woman tried to look after Maria Joseph however due to her age, poor health and having leprosy was unable to care for her. By now Maria Joseph was in very poor health and severely malnourished. This caring, elderly lady then gave Maria Joseph to the Sisters, in Vanimo.

Now I enter into the story!

I had been in Vanimo, PNG and the sisters knew me and they asked if I could get help here, in Australia for Maria Joseph. By this time she had developed Rickets. Her tiny legs had stopped growing and she was unable to walk, in great pain and she was in need of major surgery. We truly believed that was impossible as well as the after-care in PNG.

An Australian friend of mine, Marg Vella took up the challenge with me, and we tried every avenue to get Maria Joseph to Australia for the operation. Because it was not Life threatening and for other political reasons, Australia would not allow Maria Joseph to come here for an operation.

This meant that Maria Joseph had to be operated on in PNG! My friend Marg, who had never been to a Third World country, jumped on a plane for PNG, (I was extremely concerned about her and rightly so!!) Thank God Marg found a priest who was a surgeon, and did all the ground work to get Maria Joseph from the Coast to the High Lands for the operation. These are all major miracles because nothing is simple in PNG.

Six weeks ago Maria Joseph was operated on and is now in plaster. We are hoping and praying that our Maria Joseph will be able to walk and enjoy life without pain.

Thank you all for your concern about 'my little girl'. I know there are thousands of children in great need but at least we have been able to reach out to one; Maria Joseph.

Love and God bless, Helen Sullivan rsj





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- Wears a big hat
- Has big boots
- Has a big voice
- Has a big contact list
- Has a big phone bill
- Has big accounts
- Big fuel bill
- Works big days and big nights
- Big handshake
- Has a big smile

A LITTLE BIT OF HISTORY



Elaine Cheney

From old 'Canowindra Star and Eugowra News.'

24 July 1903 Lachlan Bridge. The first pile of the Lachlan bridge at Gooloogong, for which Dr Ross MP fought for many years past, and who, by the way, has promptly deserted the only Government who seriously contemplated the granting of this great boon to our district, was driven on Thursday last. Mr G D Light, who superintended the construction of the Waddell Bridge will perform a like office in construction of that at Gooloogong.

14 August 1903 Notice. Notice is hereby given that a Branch office of This Paper having been established at Eugowra, Mr Fred M Mitchell, Chemist of that township, has been appointed to full and entire control of such Branch. James Cook. Proprietor Canowindra News.

3 November 1903 A sensational Escape. Two miners at Eurow Copper Mines in the Eugowra district, had a remarkable escape from a terrible death. They descended to repair an old shaft, and a landslip began near the surface. The hands immediately began to haul their comrades up and in the course of the ascent they were nearly knocked back by falling earth. Just as they reached the surface about 40 tons of earth fell into the shaft.

27 November 1903 Eugowra mining. Mr J E O'Brien, of Sydney, one of the principal parties interested in the copper mine was in Eugowra from Saturday till Monday to choose a site for erecting a furnace to treat the ore on the ground. This will employ a fair number of hands and should be another reason why the railway should be extended.

4 October 1918 Forbes Advocate. "The following verses are from the pen of Private Frank Wyatt, who was formally teacher at Eulimore (1912/13) in the Eugowra district. Private Wyatt was killed in action in France 11 August 1918."

Summer in Flanders.

Summer comes to Flanders now, sunny days and scented air.
Happy birds in bush and bough, sing in rapture, free from care.
But to us these many years, summer comes with blood and tears.
Winding lanes and hedges tall, meadows rich with flowers anod,++++
Gentle rains refreshing all. Grazing beast and swelling pod.
But the trenches, grim and long, thunder forth their murder song.
Sunsets pass in fiery dress. Dawns show cool in virgin white.
Beauty seeks her truth to press, firmly on our blinded sight.
But the stars all whisper low, "See the crosses – how they grow!"

Over many years 'Dorothy Dix' Newspaper columns were keenly followed, with people, including the love-lorn and frustrated, seeking solutions to what they felt were such overwhelming problems.

Newcastle Sun 28 January 1944. **Dear Dorothy Dix.** I am torn between two girls. One is lovely to look at and intelligent, a good mixer and popular. She fascinates me, and I am very fond of her. The other is intelligent and pleasant, and could manage a man's home and rear his children to perfection. I admire her very much. Which shall I marry? – "Undecided." **Reply** – If you don't know which of these girls you prefer, how can you expect a perfect stranger to decide for you? *Dorothy Dix.*

Newcastle Sun. 25 September 1953 **Dear Dorothy Dix.** As the wife of a minister I have a problem. One of our Sunday school teachers, a married woman, is infatuated with my husband. Her husband is aware of this, and has created an unhappy atmosphere in her home. My husband is friendly, but doesn't like the situation. We are getting desperate, as parishioners have noticed it, and he thinks he had better resign. **Reply:** This sort of thing happens to many men in public positions. If this silly woman pursues your husband to the stage where others in the parish are aware of it, she will get a hot time from the women parishioners and will be despised. I think, if it gets very obvious, you will be justified in consulting her husband and asking him to take a hand. It would be most unfitting for your husband to leave the parish through her, and might lead to a whispering scandal against him. *Dorothy Dix.*



Physiotherapist Nicole Brindle

Eugowra Health Report

EUGOWRA MULTI-PURPOSE HEALTH SERVICE

SCREEN TIME – how much is too much?

What is screen time?

Screen time is the time you spend watching TV or DVDs, using the computer, playing video or hand-held computer games, and using a mobile phone.



What does the Australian Government recommend?

Not much is the simple answer. Children under two should steer clear of the screen altogether. Children aged 2 - 5 years should have no more than an hour a day. Children aged 5 -18 years should have no more than two hours.

A wide range of activities is important for children's development. These activities include active physical play, creative and imaginative play, hands-on fun, and anything that involves relationships and interactions with real people.

Is this realistic or achievable in our technological world?

Not for most of us!

Australian Children's technology researcher and psychologist Dr. Kristy Goodwin suggests that our prescriptive screen guidelines are not helpful, not grounded in research and not really realistic. A lot of children reach this threshold exposure at school. The guidelines are so easily exceeded Parents aren't adopting them, are giving up and not applying their normal good parenting to management of screen time.

The screen time recommendations that are currently in place were developed with the television and is no longer realistic for most of us. It does not take into account the type of interaction the child is having with the screen. Is it active/passive? Is the screen a tool or a toy?

As the research is still being gathered we don't know what affect screen-time is having on the developing brains of children – it could be good and bad!

What effect did television have on your developing brain?

Why are screens so attractive to children (& adults)?

Dopamine

When we use technology there are structural and functional changes in the brain. The neurotransmitter dopamine is associated with the 'pleasure system' of the brain. It provides feelings of enjoyment and motivates us to do, or continue doing particular activities. When young children use screens, it's highly likely (although not proven at this point in time) that their reward pathways in their brain are activated.



State of flow

When children are engrossed in a screen based activity (a video game, watching an intriguing part of a movie, or crafting something special in Minecraft), especially if they're expending a significant amount of mental effort, they often enter the state of flow. This is where time seems to stand still and they are *completely* immersed in what they're doing.

State of insufficiency

The online world is infinite. And so we never really feel like we're 'done'.

Brain is primed for novelty

The prefrontal cortex, which is the part of the brain responsible for managing our impulses and some of our other higher-order thinking skills has a novelty bias. This means that it is wired for novelty and the online world offers an endless supply of sensory seductions that cater to this novelty.

What causes the techno tantrum?

Taking away all this wonderful chemical stimulation and novelty causes the brain to fight back and the resulting meltdown. Adults feel it too but are able to control their reaction/feelings (hopefully).

Children will have different thresholds for controlling this behaviour. Setting agreed limits before they start playing and setting a timer can be helpful.

Is all screen time the same?

In the past all screens were lumped into one banner. There is a difference between TV, tablets and consoles. There is a qualitatively different experience between screens.

Interactive devices can be very beneficial in educational learning. Better results can be achieved with active learning using technology compared to the passive learning of the "pre iPad" generation. Learning is better when children are actively involved with their learning. This is when the technology is a tool not a toy. This has a different effect on the brain compared to playing Minecraft.

We need to be worrying about what the children are doing with the screen as much as how long they are on it. Distinguish when the technology is a tool and when it is a toy.

So what do we do?

The American association of paediatrics has recently revised their guidelines on children and screen time. It is a bit more helpful than just setting a time restriction.

- **Media is just another environment.** Children do the same things they have always done, only virtually. Like any environment, media can have positive and negative effects.
- **Parenting has not changed.** The same parenting rules apply to your children's real and virtual environments. Play with them. Set limits; kids need and expect them. Teach kindness. Be involved. Know their friends and where they are going with them.
- **Role modelling is critical.** Limit your own media use, and model online etiquette. Attentive parenting requires face time away from screens.
- **We learn from each other.** Neuroscience research shows that very young children learn best via two-way communication. "Talk time" between caregiver and child remains critical for language development. Passive video presentations do not lead to language learning in infants and young toddlers.
- **Content matters.** The quality of content is more important than the platform or time spent with media.
- **Co-engagement counts.** Family participation with media facilitates social interactions and learning.
- Play a video game with your kids. Your perspective influences how your children understand their media experience. For infants and toddlers, co-viewing is essential.
- **Playtime is important.** Unstructured playtime stimulates creativity. Prioritize daily unplugged playtime, especially for the very young.
- **Set limits.** [Tech](#) use, like all other activities, should have reasonable limits. Does your child's technology use help or hinder participation in other activities? Set the boundaries before the use of the device.
- **Create tech-free zones.** Preserve family mealtime. Recharge devices overnight outside your child's bedroom. These actions encourage family time, healthier eating habits and healthier sleep.
- **Kids will be kids.** Kids will make mistakes using media. These can be teachable moments if handled with empathy. Certain aberrations, however, such as sexting or posting self-harm images, signal a need to assess youths for other risk-taking behaviours.

What about adults?

Screen time affects adults much as it affects children. A controlled approach to our screen time is great modelling for our children.

Sleep disturbance

As your brain revs up, its electrical activity increases and neurons start to race - the exact opposite of what should be happening before sleep. A second reason has to do with your body: The physical act of responding to a video game or even an email makes your body tense. As you get stressed, your body can go into a "fight or flight" response, and as a result, cortisol, a stress hormone produced by the adrenal gland, is released, creating a situation not conducive to sleep.

That "glow" from electronics is also at work against quality shut-eye. The small amounts of light from these devices pass through the retina into a part of the hypothalamus (the area of the brain that controls several sleep activities) and delay the release of the sleep-inducing hormone, melatonin.

Unwind before bedtime.

Have a transition period, about 15 to 30 minutes, of technology-free time before you go into your bedroom for sleep.

Shut down your bedroom.

Make where you sleep an electronic-free zone.



There is lots and lots of information about this topic – if you want to know more these websites might be helpful.

<http://raisingchildren.net.au>

<https://www.aap.org>

<http://www.everychancetolearn.com.au/why-kids-cant-turn-off-screens/>



Stepping On is a multifaceted falls-prevention program for the community-residing elderly. About 30% of older people who fall lose their self-confidence and start to go out less often. Inactivity leads to social isolation and loss of muscle strength and balance, increasing the risk of falling.

Stepping On aims to break that cycle, engaging people in a range of relevant fall preventive strategies.

Stepping On content draws on current evidence for falls prevention. The program has been proven to reduce falls.

To learn more about the program go to <http://www.steppingon.com/>

Program starts:

Tuesday 26/7/2016

2-4 pm

@ the MPS

**Contact Ann Stenhouse
on 0429 152**

**380 if you
would like to
attend.**



EUGOWRA COMMUNITY BOWLS & RECREATION CLUB

Upcoming Events at YOUR CLUB

JULY	
Sunday 10th	ANNUAL GENERAL MEETING
Friday 15th	Soup Night & Market Raffle
Sunday 17th	Eric Morthorpe Memorial Bowls Day
Friday 29th	Market Night Raffle, Members Draw & Barrel Draw
AUGUST	
Friday 12th	Best Beanie Prizes - Soup Night & Market Night Raffle
Friday 26th	Market Night Raffle, Members Draw & Barrel Draw
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



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ITALIAN FEAST @ THE CENTRAL

Saturday 30th July

Local Chef, Maria Ardis will be cooking up a storm for lunch and dinner on this Saturday.

Maria, who is of proud Italian heritage, trained as a chef in South Yarra over 25 years ago. Since then she has worked in many restaurants in the Italian capital of Melbourne including Toorak, Sorrento and her own 'The Dock' in Parkes. Using recipes handed down by her many Italian relatives, Maria loves to cook good wholesome food to suit all tastes.

On the menu will be delicious antipasto and pasta dishes, main meal meats and delightful deserts. Tables will be set for an al a carte menu with an Italian theme. Come and escape the winter blues with a journey to Italy.

Lunch 12.00 - 3.00pm

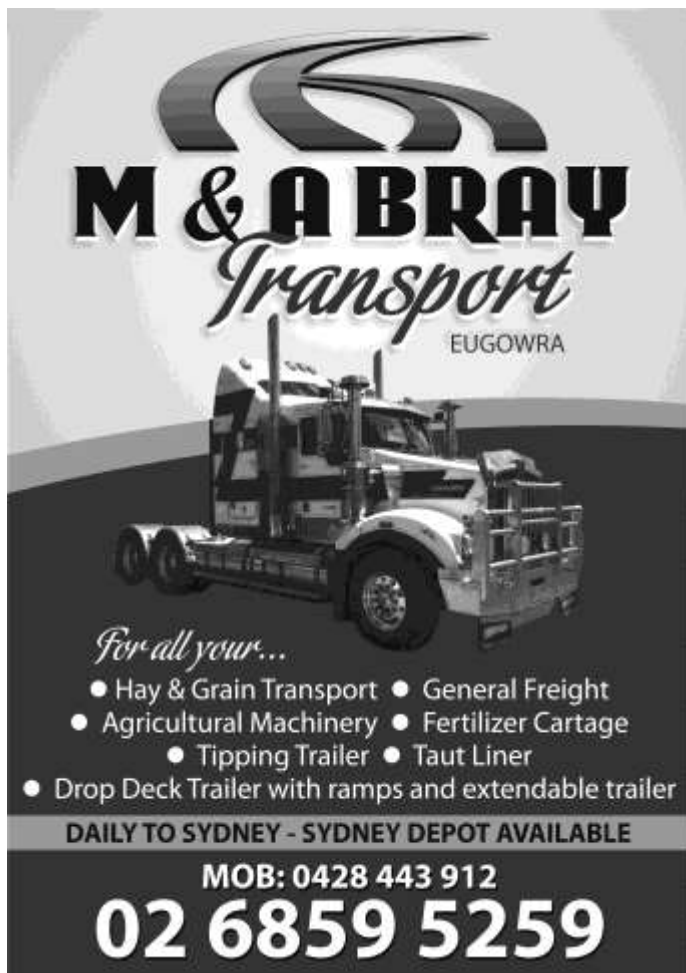
Dinner 6.00pm onwards

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EUGOWRA COMMUNITY MONTHLY MEETINGS

VIEW CLUB1st Monday of the Month Committee Meet at Central Hotel 6.30pm
3rd Monday of the Month Dinner Meeting at Central Hotel 6.30pm
SHOW SOCIETY2nd Monday of the Month
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
ANNUAL GENERAL MEETING Sunday 10th July

Eugowra Men's Shed.

The local Men's Shed has had to move from the previous location due to the eminent sale of the building.

Fortunately The Eugowra Community and Bowling Club have kindly agreed that Men's Shed can still get together to play Pool, have a cuppa and solve all the world's problems and woes.

We would welcome anyone who would like to waste a Monday and or a Thursday Morning for a few hours.

Other than solving the world's woes we don't take the Pool playing very seriously and none of us are any good. We only play for Sheep Stations and definitely not Cattle Stations!!!!

Contact **Viv McMillan** or **John Godden** or simply turn up on a Monday at 10 am or Thursday same time at the Bowling Club.

John 68592588 Viv 68592217

Joke Time

An old nun who was living in a convent next to a construction site noticed the coarse language of the workers and decided to spend some time with them to correct their ways.

She decided she would take her lunch; sit with the workers; and talk with them.

She put her sandwich in a brown bag and walked over to the spot where the men were eating.

Sporting a big smile, she walked up to the group and asked:

"And do you men know Jesus Christ?"

They shook their heads and looked at each other... very confused.

One of the workers looked up into the steelworks and yelled out,

"Anybody up there know Jesus Christ?"

One of the steelworkers yelled down, "Why?"

The worker yelled back,

"Cause his wife's here with his lunch"



The Pigeonholes

Short Messages, For Sale, Wanted

Wanted to buy down or injured stock.

Contact : Kevin Howell. 02 68592311.



Thumbs Up!

Another small group which may not be well known but is much appreciated.

For Local menfolk. The group of somewhat mature blokes, organised by HACC with the name "Mandagery Men" and who usually meet once a month as a luncheon group, were taken to Cowra by their driver 'Mac' in June to a club lunch and a visit to a privately owned "Hillbilly" collection of memorabilia.

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**SATURDAY
2ND JULY
2016**



The Eugowra preschool has been very busy this month, with the 2016 debutant ball. Thank you to everyone who came along for the event, without the community support fundraising becomes quite difficult. So thank you once again. A special thanks to the committee of Eugowra preschool and everyone who donated items and their time.

Eugowra preschool also held the National Simultaneous Reading day at the preschool 25th May, this is also a community event, where all the schools come together for this special day. Thank you to Centacare in Bathurst for your donations and support for this event to happen.

The children and staff held a pyjama day where all staff and children get to spend a day in their pyjamas, we had warm chocolate and marshmallows. It was a great fun day. We would like to welcome Annabelle & Lewis Peile to Eugowra Preschool.
Maxine Vincent



Pyjama Day at the Pre School



National Simultaneous StoryTime. Ashley Newell reading to the School and Preschool Children



Debutantes and their partners.



Flower Girls and Page Boys