

Eugowra NEWS

July 2013

A Lions Club project for the community we serve

VOL.17

Utility Dog Trials, a Test of the Best

This years Eugowra Utility Dog Trials drew a big field with a total of 124 runs over the three days. Competitors travelled from Merriwa, Nyngan, Penrith, Molong, Forbes. Cumnock, Rylstone, Katoomba and Gulgong . Friday was a cold and wet day but the remainder of the trials were held in perfect weather conditions.

The sheep made this already challenging event even more so by their non cooperative behaviour.

Congratulations to all the winners and the organisers. Kevin and Kay Howell play a huge role in organising this event and are the driving force behind the upgrading of the yards. Results and more pictures on page four.



from the editor

It has been lovely to hear the change in conversation from the pessimism of dry weather to the optimism that comes to rural communities with a significant rain events. I hope everyone is enjoying the lovely winter weather.

Every other year when I have been at the dog trials it has been freezing cold. I am sure the competitors had a bit of a wet miserable day on the Friday but the weekend weather was superb and almost warm. Congratulations to Kevin and Kay Howell on yet another great event and something that contributes so positively to the image of Eugowra. I have heard that perhaps the dog trials will be on the same weekend as the Mural weekend next year. What a great idea and what a huge weekend that will be.

The mural artists have been back in town completing their work and I believe they will be back again soon as well. What a commitment to the project this is. I hear there is a map of the murals coming out soon. Whenever I am in town I see people stopped looking at our Murals. This project has certainly been a boost to the town.

It is sad to see the Post Office moving from its traditional location but we are fortunate that the RTC is able to keep it on and this makes both businesses sustainable into the future. I hope that Daryl and Helen enjoy their well earned retirement.

Enjoy the news,

Anne



Deadline	Publication
26th July	2nd August
23rd August	30th August
20th September	27th September
25th October	1st November
22nd November	29th November

The Eugowra News Committee

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Next Issue Deadline:

Friday 26th July 2013

**The News will be available on
2nd August**

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420 copies printed and distributed throughout the community.

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

Online at www.eugowranews.com.au



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

July 2013

Mon Tue Wed Thu Fri Sat Sun

1 Drs. 9-5	2 Drs Manildra 9-1	3 Drs closed	4 Drs 9-4	5 Drs closed	6 Rugby League Eugowra vs Peak Hill	7 Community Gardeners
8 Drs closed	9 Drs Manildra 9-1	10 Drs closed	11 Drs 9-4	12 Drs Manildra 9-1 CWA mtg 11 AM	13	14 Rugby League Canowindra vs Eugowra
15 Drs. 9-5	16 Drs Manildra 9-1	17 Drs closed	18 Drs 9-4	19 Drs Manildra 9-1	20	21 Rugby League Grenfell vs Eugowra
22 Drs. 9-5	23 Drs Manildra 9-1	24 Drs closed	25 Drs 9-4	26 Drs Manildra 9-1 Community Bus News Deadline	27	28 Rugby League Eugowra vs Trundle
29 Drs. 9-5	30 Drs Manildra 9-1	31 Drs closed				

Eugowra Utility Dog Trials

Results for the Trials;

Nursery: 1st Dan Toynton (Sally) 79, 2nd Warwick Pearsall (Karana May) 73, 3rd Keith Wood (Karana Tash) 72. Cast/lift/draw, Peter Rutherford. Judge Kevin Howell.

Novice: 1st Greg Walton (Karana Jed) 79+78= 157, 2nd Ann Leonard (Kinghayes Cindy) 79+22 =101, 3rd Dave Motley (Motleys' Russell) 74+R=74, 4th Chad Burling (Karobar Kelly) 72+X=72. Cast/lift/draw Angela Kratch (Merrigal Dollar). Judge Greg Reeves.

Open, 1st Gary White (Whites Fella) 78+83=162, 2nd Robert Cos (Poorinda Ruby) 76+44=120, 3rd Gary White (Whites Oz) 78+21=99, 4th Greg Walton (Karana Jed) 78+10=88. Cast/lift/draw Kevin Howell (Karana Rusty, Gary White (Whites Fella), Rob Cross (Chief). Judge, Steve Wyman.



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EUGOWRA / ORANGE COMMUNITY BUS SERVICE



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26th July

Bus leaves Central Hotel 8.45am
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MARGOT BROWN **6392 3233**

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Notes from the Happy Gardener



The amount of rain which we received recently was quite a deal more than most of us seemed to be expecting but never the less, very much appreciated by all of us.

The weather bureau is predicting good rain to fall over the next three months which is wonderful news for all of us and it means we can all look forward to a favourable season with more hope than has been evident for a number of years.

The weather, until recently has been fairly mild but now, cold nights and frosty mornings are to be expected for the next month or two.

That means it is likely that only the very mildest of days will draw us out into the garden this month but that will not matter too much as working soil that is very wet will compact it and that is something which we want to avoid.

Therefore this a good month to do only those jobs which are really necessary on the nice weather days and on the not so nice days take the time make plans for your garden for the coming season.

A few plants to grow in the vegetable garden in July

New asparagus is best planted in June or July. Give consideration to the chosen site for their bed as they will occupy that same space for several years.

Plant new crowns or divide and replant old crowns of Rhubarb any time during winter. Rhubarb will tolerate the cold happily but does not like to be waterlogged.

Broad beans and peas can be direct sown into the garden now.

Onions, shallots and leeks can be transplanted out as seedlings.

Plant onions in rows and close together for ease of weeding in spring.

A few flowering plants to grow in July

Pansies, primulas, polyanthus, candy tuft, snapdragon are only a few of the lovely seedlings which can be planted out anytime over the next couple of months that will make colourful and cheerful display for you in spring.

Check out the nurseries for ideas and inspiration and also for information on new releases in the world of plants and their availability and suitability for our area and climate.

A few shrubs and perennials flowering now

Hebe; The Hebe is a very hardy New Zealand native that grows well in a variety of climates and especially in inland gardens due to its tolerance of frost and reasonable ability to survive dry times.

Its flowers come in a colour range from white through to purple, its leaves are arranged in whorls of dark green. With an occasional light trim it is generally a neat and tidy shrub, preferring good drainage and a sunny position but will tolerate some shade.

Hellebore is also known as the Lenten rose or the Winter rose. It is a low growing plant whose deep green leaves in general have a serrated edge and a five petal bowl shaped flower that occurs in unusual colours and shades of greens, dusty pinks, maroon, almost black to white with yellow stamens.

This plant prefers deep well drained, rich in compost and very fertile soil and dappled shade. It has a tolerance of frost but in this area it requires protection from the hot winds. Mid winter through to spring is its flowering time.

Organic tips

We all know that the old stinging nettle is a weed but if you have any growing in your garden, then make the most of its benefits. This weed is rich in nutrients and minerals and will enrich compost. Dig them in as a green manure crop or infuse and make a strong brew and use as a good liquid fertiliser.

Plant a few vegetable plants near the compost area and let these plants go to seed. This may help to encourage pests away from the vegetable garden.

Hang a bird feeder with bird seed in a tree, away from cats to attract birds to your garden.

When mulching, put blood and bone, chook manure etc as well as dolomite or lime on first, cover with newspaper and then cover with the mulch.

By doing it this way the worms will spread the fertiliser, which will prevent any possible deficiencies caused by the mulch breakdown, and the paper will make the mulch last longer and also act as a deterrent to weeds.

Until next time, I hope you are able to be happy and enjoy your patch.

“Happy gardening”. Jenny



Caring for the Land

With Nina Hooper



Hello Eugowra.

As I type this there is a lot of talk on the radio of us being at the 6-month anniversary of the big fires in January.

Eugowra residents of course are no strangers to fire – and it's something all of us as homeowners and landholders in Australia should keep in the front of our minds.

Fire can of course be a foe, but have you thought how it can also be a friend and in fact be a great tool to use in land management?

The Lachlan CMA has a team of very clever staff who are working with landholders, the Rural Fire Service and the indigenous community, to learn about exactly how fire can be used. The Traditional Mosaic Burning project is funded by the Federal Government's Caring for our Country program.

This project commenced in 2011 and the basic aim is to discover and record information about traditional mosaic burning techniques – by trials, that can be used to manage grasslands.

The project will also help indigenous people link back to culture, develop natural resource management skills in indigenous communities and to improve the resilience of our natural environments.

As many of you would know, knowledge of native grasses is only now starting to gain some momentum, and there is still a lot that we don't know.

But we do know that fire is a natural part of the Australian landscape and so native grasses have evolved being affected by this.

The project utilises research that has been undertaken in Northern Australia where fire regimes have enhanced pasture growth and seed production.

The project so far has included information evenings, site inspections and field days and training by the RFS of indigenous communities.

In coming months burns will continue at 10 locations across the catchment, with monitoring being undertaken by indigenous community people, the Lachlan CMA and consulting biologists.

It's an exciting project and so great to see that traditional knowledge and conventional natural resource management are such easy bedfellows.

We have much to learn about our natural environment and how we can manage it more sustainably and it makes a whole lot of sense that we utilise traditional knowledge to do this better.

On another fire related issue- have you seen the great publications recently issued by the Rural Fire Service?

Farm Fire Wise is a great booklet that goes through some steps to fire protection on your farm and has some excellent tips on reducing hazards.

We all do our best to be fire wise of course but I think that it doesn't hurt to remember some of the key threats.

Last summer I personally saw a few instances of people using for example, slashers, welders and grinders on what were very obviously hot and windy days!

Stopping to think is the first tip!

If you would like to do some planning before the fire season gets here, talk to your local Community Safety Officer in the RFS – or contact your local brigade.

Check out the website too at www.rfs.nsw.gov.au where you can download all of the factsheets.

Until next month!



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EUGOWRA

BUSHRANGER COMPETITION

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CATEGORIES

Open open to the general public

Local within a 15km radius of Eugowra

Junior children attending school

Novelty to be decided by the judges on the day

All entries are to be judged on originality and use of materials.

The bushrangers can take any form and can be made from basically anything solid eg new steel, scrap steel, galvanised iron, wood or even storm water pipe (painted or unpainted). They can be on horseback, stage coach, stand alone etc - the possibilities are endless.

Sculptures used in the sesquicentenary competition are ineligible but can be displayed on the day to add to the atmosphere.

Enquiries: Hugh Ellis 6859 2926 or hugh.ellis@bigpond.com



Unveiling of the relocated Plaque at the MPS



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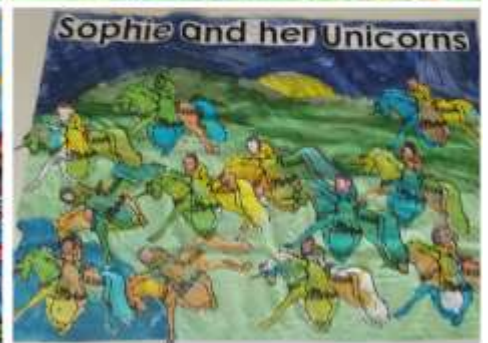


News from Eugowra Community Children's Centre

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

Everyone's a Star!

We are continuing our Star of the Day program this year with the children. The children love it! They get to pick what the subject is to focus on for their day. As you can see it is varied.



Zane & Aidee hide under buckets



Jada's Caterpillar



Sophie's Caterpillar



Cooper's Dog

**Welcome to
our newest
members:**

David Britt
Isla Newell
Luke Turner





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Love and Truth Through Christ

JUNE /JULY News

EUGOWRA SCHOOLS ATHLETICS

The day was clear and bright and sunny for our Annual Eugowra Combined Schools Athletics carnival on Friday 21st June. Thank you to Carmel McMurray and the team from the Public School for organising a lovely day marching, running, jumping and throwing. All the children had a great day and even the parents ran a relay race at the end.....(a very short 100m though!)

Congratulations to BLUE house who were winners on the day. Congratulations also to the Champions and runners up which are as follows:

- Sub Junior Boys Champion: Sonny Bevan
R/U: Alec McLean
- Sub Junior Girls Champion: Eve Moore
R/U: Lainey Myers
- Junior Boys Champion: Jake Greenhalgh
R/U: Jordan Moore
- Junior Girls Champion: Montana Bevan
R/U: Darcy Merchant
- Senior Boys Champion: Liam Heinzl
R/U: David Chu
- Senior Girls Champion: Katie Townsend
R/U: Belle Wallace



Principals: Carmel McMurray and Cathy Eppelstun with the winners on the day.

Green House won the March Past



Blue Captains: Dena Moore & Belle Wallace with the shield.



Jim Riley, Daniel Martin, Max Gates & Bailey Cullenward hanging around.

Sub Junior Girls running the relay



KATE HANNS PRAC TEACHER

This term we have had the pleasure of a Prac Teacher; Miss Kate Hanns with us in the Primary Room. Kate had a lovely time with the children gaining confidence in teaching in a multi stream classroom and the children responded to her calm friendly nature very well. We wish Kate all the best for the remainder of her studies and her future.



School Captains; Katie Townsend & Ryan Huckel saying farewell to Miss Hanns

ENDING TERM 2

This term is quickly coming to an end and in the last week we will be traveling to Manildra to compete in the postponed EMY Athletics, celebrating a Term Assembly with a Gymnastics display and Principals Awards and on the last day enjoying a Crazy Hair/Crazy Clothes day with a Trivia Quest.

We hope everyone has an enjoyable winter holiday and we look forward to catching up back at school on Monday 15th July. Until then, God Bless

Joeys Students and Staff



Eugowra Public School

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

News

Participation Leads To Success

Term 2 has been very productive with academic, sporting and musical activities keeping the students at Eugowra Public School busy.

Following a successful run in the District cross country, Lauren Cullenward went off to represent the District team at the Western cross-country trials in Wellington. It was a very wet, cold and muddy day and Lauren ran a very credible 12th in her age event. A wet and muddy Lauren is pictured below.



Our track and Field athletes also braved the wet and muddy conditions in Forbes for the District Athletics selection trials. We have a number of students off to Parkes in third term to represent the Small Schools Team: -

Nina Merchant - 8yrs 100m

Darcy Merchant - 9yrs 100m, 200m, relay, discus, PP5 relay

Montana Bevan - 10yrs 100m, 800m, relay, PP5 relay

Savannah Bevan - 12yrs 100m, 200m, shot put, PP5 relay

Lauren Cullenward - 800m, long jump

Ty Jones - 8yrs 100m

Mitchell McMahon - 8yrs 100m

Jake Greenhalgh - 9yrs 100m, 200m, relay, PP5 relay

PP5 Relay Team: Montana, Darcy, Jake, Savannah

Our debating team, consisting of Savannah and Montana Bevan, Corey Williams and Lauren Cullenward have won their first debate against Forbes North Public School. The topic was "should fast food be served in school canteens" – Eugowra was the affirmative and both teams presented a strong case in the debate. The second round event will take place against Bedgerebong Public with our team of Darcy Merchant, Jodi and Corey Williams and Montana Bevan challenging the topic of "a movie is better than a book".

Our school choir competed in the Forbes Eisteddfod this year under the guidance of Mrs Nellie Heinzl. The students proudly won a highly commended in their section. Congratulations to all involved.



IN THE KITCHEN
WITH
*Jessica
& Ben*

July Recipe



**Lemon Roast Chicken with currant, pistachio and
bacon stuffing**



Ingredients

1 whole raw chicken
300g butter
zest of 2 lemons
2 cloves minced garlic
Soften butter slightly, and mix with zest, garlic and salt
and pepper.

Stuffing

400g minced chicken
100g fresh bread crumbs
1 onion, finely diced
2 cloves garlic minced
100g finely diced bacon
zest of 1 lemon
30g currants
1/2 cup fresh parsley rough chopped
1 tsp fresh thyme finely chopped
50g toasted slivered almonds

Method

Gently sauté onion and garlic till soft, add chicken mince
and bacon cook for 10 minutes then add remaining
ingredients, season with salt and pepper. Switch off.
Cool down for 20 mins, then stuff your chicken as full as
possible and tie the legs together with butchers string.
Smear the butter over the chicken and fill a roasting pan
with around 250ml water.

Place in a 180 degree preheated oven, and try and baste
it every 20 mins or so. Cook for around 1.5 hours.

Rest for about 20-30 minutes out of the oven prior to
carving.

Things you can serve it with would be baked onions,
braised cabbage, creamy polenta etc..

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Eugowra Evening View Club

voice, interests and education of women

Guest speaker for the Eugowra Evening VIEW June dinner meeting was Arline Townsend, who entertained members with an interesting and informative talk, and power point presentation, of her and husband Peters' pilgrimage through Europe. The pilgrimage focused on the Graces and Visitations of Mary of Europe.

During the pilgrimage they visited on average three churches, cathedrals or basilicas each day, seven days a week for five weeks. Countries visited included Portugal, Spain, France and Italy.

Esther Hyde presented a small gift and moved a vote of thanks to Arline for her interesting presentation.

Eugowra VIEW Club has submitted a resolution, to ban all betting advertising on TV, to the VIEW club committee

for discussion prior to the convention in September.

Arrangements are well in hand for the club's 5th birthday celebration, which will take the form of an afternoon tea and bridal gown parade, to be held at Eat Your Greens on Sunday June 30 at 2-00pm.

Ladies are invited to come dressed for a wedding and the cost is \$18-00 per person. This function is for ladies only and anyone who wishes to attend will be very welcome.

Make up a group, or come alone and join a group- you will need to contact Andy on 6859 3525 by June 22 for catering purposes.

Members are asked to take along a gift for the lucky door prizes.



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Eugowra Meals on Wheels

The Eugowra Meals on Wheels service is urgently in need of volunteer drivers, the service operates seven days a week and supplies a freshly cooked hot meal from the kitchen at the Eugowra Memorial Multi Purpose Service. This service which has been available to the residents of our community for over 30 years and may cease to operate if we don't have sufficient drivers to deliver meals.

If you have thirty minutes to spare at midday we would love to hear from you, both male and female volunteers would be welcome. All that is involved is collecting the hot meals from the Eugowra MMPS and delivering them to our clients, you also need a current drivers licence and your own registered vehicle, you can claim to be reimbursed for any trips you do.

The next roster is due out in September so if you are interested in becoming a volunteer driver or would like more information please contact Marie Noble 6859 2266 or Dianne Smith 6859 2549 by mid August.

We have been experiencing problems with drivers not attending the MMPS on their rostered day, if unable to attend please arrange a substitute and notify the kitchen at the MMPS phone 6850 4002.

The Calendar: how things came to

be (continued)

By Mike O'Callaghan

(1) Why, in 1582, did people go to bed on the 4th of October and wake up on the 15th?

(2) Given that the rule for leap years is that a year is a leap year if it is divisible by 4, why were the years 1700, 1800 and 1900 (which are divisible by 4) NOT leap years but the year 2000 WAS a leap year?

These questions will be answered in a future edition.

END OF A POSTAL ERA

Last Friday 21st June saw the last deliveries from the Eugowra Post Office in Nanima Street after more than a hundred years of operations.

The current licensees, Daryl and Helen Jones, have had the business on the market for more than three years as they wish to retire. It seemed to have attracted little interest until a couple of months ago when a sale was negotiated, but the new owners decided they would proceed with the purchase of the premises but not take over the business.

This appeared to create a potential problem for the town and district as not only the postal services were in jeopardy, but also the ancillary services offered by the licensed post office such as access to some banking accounts, bill paying facilities and cash transmission.

However the Rural Transaction Centre, operated by the Eugowra Promotion & Progress Association, has been looking for some time for an additional business activity to ensure its long-term financial viability. At present operating as an agency for the Reliance Credit Union, which offers all banking services and insurance cover, Countrylink booking services and Centrelink services, the addition of the postal service seemed a natural fit.

Australia Post's Area Network Manager, Kerryn Aldridge, agreed to the RTC proposal and has expedited steps to transfer the postal operations to its Broad Street premises prior to the settlement date for the Nanima Street office. The necessary alterations to fit out the RTC premises to accommodate licensed the post office were commenced last week and are well advanced using local contractors.

In the meantime there may be a certain amount of inconvenience to the public until all operations are up and running, but all parties have co-operated to make the transfer as seamless as possible. The most obvious short term inconvenience will be the lack of after-hours posting facilities and private mail boxes, but all efforts are being made to limit the time this will be so. In the meantime, all postal transactions will need to be over the counter.

Current licensees Daryl and Helen Jones will continue to operate the business until Friday 26th July, sharing counter space with the Rural Transaction Centre. Thereafter, all business will be conducted by RTC staff, although the counter space will still be separated to comply with business competition requirements. A new part-time staff member is being recruited, to undergo Australia Post training over the next couple of weeks.

Existing RTC staff members Karen Gerdes (office manager) and Sue Herridge will also receive postal training, and the new person Reliance training, to round

out its staffing complement.

The public should be aware that services offered under the new arrangements will, in fact, be enhanced, as the post office will be open from 9.00 am to 5.00 pm week days with no lunch break after 26th July, and the RTC services, including its Reliance financial services, will be expanded to operate from 9.30 am to 4.00 pm (5.00 pm on Fridays) with no lunch break after 26th July. People are urged to take advantage of all the services offered, including bill paying, to maintain this publicly-owned facility.

RTC management committee chairman Bob Roach said last Friday as the changeover was in full swing "We've been most fortunate to have received the utmost co-operation from all parties connected with this transfer; Australia Post, MMPCU/Reliance Credit Union, Cabonne Council and the current lessees Daryl and Helen, local contractors Steve Wykamp and Col Smalley, our own staff members Karen and Sue, EPPA members and members of the public who are assisting with the physical shift. It's been a remarkable fifteen days since we first found out the post office business had become available, and without the assistance, trust and goodwill of all concerned none of it would have been possible".

NOTICE

The Eugowra Licensed Post Office

is now located at

The Rural Transaction Centre

45 Broad Street Eugowra

The Centre is now open

9am to 5pm

Monday to Friday

The Reliance Credit Union

within the Centre

is open

9.30am to 4pm

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Eugowra Health Report

EUGOWRA MULTI-PURPOSE HEALTH SERVICE

GET ON YOUR FEET EUGOWRA

How can we help everyone in Eugowra to stay on their feet?

Falls occur for many reasons –

Muscle weakness

Loss of balance

Environment – mats, shoes etc.

Medications

Vision

What can be done?

Leg weakness – exercise is the only way to improve leg weakness. It does not have to be painful and can even be fun if you do it in a group.

Loss of Balance.

4 systems in our body help our balance

Vision – we get lots of information from our eyes about the surface we are walking on, what is coming towards us, obstacles etc. without good vision our information is less reliable and we are more likely to miss important information like the uneven footpath or the cord across our path.

Vestibular system (this is in your ear and is what helps you to know where your head is positioned. It is this system which can make you feel dizzy/sick when your spin around. Kids love spinning and their vestibular systems work well to allow them to do this. As we get older the fluid in the canals of the system becomes less responsive and the information we get is slower or less reliable.

Test this simply yourself by standing beside a chair or bench (please don't fall over) and stand still – it is usually easy with your eyes open. Now shut your eyes and try to stay still. The harder this is gives you an indication of how much you are relying on your eyes to give you information rather than your vestibular system.

Leg strength – if you cannot stand on one leg without falling or needing to hold onto something for support, your balance is handicapped because when you try to regain your balance your legs are not strong enough to do it.

Proprioceptive system. Nerves in your skin and joints tell you where your body parts are without you having to look. If you sit and close your eyes you can “feel” where your hands and feet are without having to touch them.

Part of balance is responding to the “proprioceptive” information that comes from our feet as we walk along different surfaces. The faster this response or “reflex” the easier it is for our legs to make muscle adjustments to help us stay upright.

Diabetes and age often affect our ability to feel small changes in our feet and ankles and this can add to your risk of falling.

While walking can improve your leg strength only exercises that challenge your balance can improve your balance. Exercises such as standing on one leg and moving the other (using supports if needed) or doing small activities with your eyes closed help to train your vestibular system and proprioceptive systems.

It is safest to be supervised in these exercises to begin with and once you are confident with them practise them in your own home.

Environment – Get rid of mats, highlight steps or trip hazards, have rails installed on ramps and stairs, turn on your lights when you get out of bed in the night.

Now is the time to ask for your handrails for Christmas presents.

Vision – Regular testing of your eyes and wearing the glasses prescribed to you is a good start.

Medication – Always check with the Doctor or Pharmacist if the new or changed dose in your medication could

affect your balance. When you do have a change in your medication be extra careful for the first week to look out for dizziness/ blood pressure etc.

Do not get up quickly or rush.

EVERYONE FALLS.

Please don't think that only the elders of the community fall. Most active people will have at least one fall every 12 months. Kids fall constantly – not because they are weak or unbalanced but because they are doing lots of activities that sometimes result in a fall.

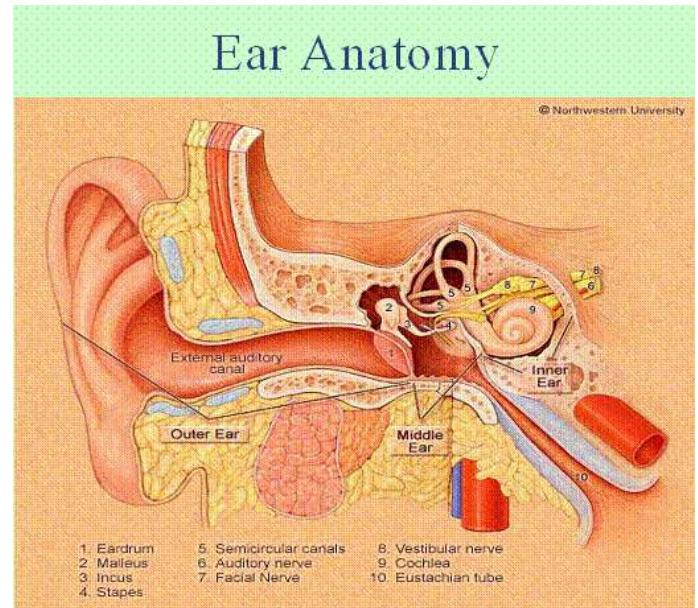
The BIG difference is that when you are an elder your bones are more brittle and the damage done can take much longer to recover from.

We want to screen all elders of Eugowra for their falls risk.

We will be trying to contact everyone over 65 to check you out and try to address the causes that put you at a greater risk of falling.

This will include balance and strength exercises, advice on appropriate walking aids, environment advice, checking blood pressure and anything else that we think will help you to stay on your feet.

Ring for an appointment on 6850 4000 – just say you want to be included in the falls screening and we will get back to you. If you don't have transport up to the MPS we can come to you.



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COUNTRY WOMEN'S ASSOCIATION OF NSW

EUGOWRA BRANCH

Guest speaker for the June meeting was member Bev Pengilly who entertained us with her description of life as a worker at the CWA Tea Rooms at the 2013 Royal Sydney Show. Initially Bev was only going to work for one day, which is what most volunteers do, but then decided to give three days of her time to this worthy cause.

Bev, together with many other volunteers, made this catering opportunity an outstanding success by serving tea, scones (all 40,601 of them) and other refreshments which raised approximately \$103 000 for CWA activities. At the conclusion of Bev's talk, Janet Noble thanked her and presented a small gift.



The CWA **Central Western Group Church Service** held at the Catholic Church, Molong, on 2 June was attended by Wendy Carey and Kay Jones who said that it was a lovely service.

Matinee performances of Phantom of the Opera at the Orange Civic Theatre will be held on 20 & 27 November & 2 December. Tickets are \$40. Helen Southwell, Group Cultural Officer, has advised that she will book the tickets on 3 July. Anyone who wishes to attend should advise Frances Anderson (6859 2202) and obtain Helen's address from Frances to have the cheque to Helen before that date.

Kay Jones requested that members provide her with short reports of activities they have undertaken this year for inclusion in the **Branch Cultural Book**. Members can email it to her or bring the written account to the next meeting.

The next meeting will be held on Friday 12 July at 11.00am. The Guest Speaker will be Bronwyn Guest. Please advise Margaret Swift on 6859 2256 if you require lunch.

A **Cookery and Cultural Day** will be held at Cudal Branch on 22 July at 9.30am for 10am. Cost \$5. Members are invited to take a Donna Latter Chocolate Cake (recipe below) to share and listen to tips on baking techniques.

Donna Latter's Chocolate Cake

- 1 3/4 cups self-raising flour
- 1 1/4 cups white sugar
- 2 tbsp cocoa powder
- 1/2 tsp bicarb soda
- 125g butter, at room temperature, chopped
- 2 eggs
- 1 cup milk
- Icing**
- 200g dark chocolate
- 60g butter

1. Preheat the oven to 180^oC. Grease a 20cm (base measurement) round cake tin and line the base with baking paper.
2. Combine all the ingredients in a large mixing bowl, and using electric beaters beat for about 3 minutes, until combined, smooth, and the mixture is thick and pale. Pour into the tin and smooth the surface.
3. Bake for about 1 hour, until a skewer comes out clean when inserted, and cake comes away from the sides of the tin. Cool in the tin for 5 minutes, then turn out onto a wire rack to cool completely.
4. For the icing, melt the chocolate and butter together in a saucepan over low heat. Cool for 15 minutes, then spread onto the cooled cake.

The **Branch International Day** will be held on Saturday 17 August—more details in the next Eugowra News. The country of study this year is Morocco and Margaret Swift, Wendy Carey and Esther Hyde attended the CWA International School at Armidale earlier this year to learn more about Morocco.

A product from Morocco that we are using these days is Moroccan Argan Oil. It is made from the green nuts of the Argan tree found mostly in Morocco and is the rarest vegetable oil because of the scarcity of these trees. It is highly valued because of its wide array of uses, including cosmetic benefits and expensive due to its limited production.

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Delightful Debutantes

A very successful Debutante Ball was held in May in Eugowra. The Ball was organised by the ECCC and took place at the Showground. A good crowd enjoyed the evening and the presentation of the Debutantes. Photos courtesy of Felicity Dunn Photography.



Pictured right: Danielle Wykamp and Jada Mongan



Pictured above: (L-R): Matt Platt, Corey Tulloch, Bryce Park, Reece Hiki, Jimmy Park; Debutantes (L-R): Brooke Peters, Annalea Riley, Michaella Herbert, Danielle Wykamp, Lori Hutchings



Brooke Peters and Matt Platt, Page boy Memphis Shea, Flower girl Malaykah Peters



Lori Hutchings and Jimmy Park, Page Boy Sanjay Buttle, Flower girl Kirby Mongan



Michaella Herbert and Bryce Park, Page boy Mackey, Flower girl Claire



Annalea Riley, Corey Tulloch, Page boy Ricky Stibbard, Flower girl Lilliana Press

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EUGOWRA NEWS UPDATE:

We're now online!

www.eugowranews.com.au

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

Grazing Cereals

By Belinda Edmonstone, Lachlan LHPA District Veterinarian (Forbes)

We have finally received some good widespread rain across the entire Lachlan LHPA and already I see stock on grazing cereal crops. These crops are highly digestible with high protein levels making them a valuable feed source for weaners and lactating animals. However it has been noted that weight gains on these crops can vary and we see our fair share of metabolic conditions while grazing them. It is thought that some of this is due to mineral deficiencies.

Acute hypocalcaemia (milk fever) is a condition when blood calcium levels drop below a critical level. As a result the affected animals become staggy, sit down and can die. Prelambing ewes, lactating ewes and cows and growing weaners have the highest requirement for calcium and cereal crops seem unable to supply adequate levels of calcium to these classes stock.

Hypomagnesaemia (grass tetany) is when an animal's blood magnesium levels drop below a critical level. The animal will die quite quickly. This is most common in lactating animals – sheep and cattle. Grazing cereal crops result in high milk production and have low magnesium levels. In addition to this they are high in potassium which interferes with magnesium absorption. Grass tetany is a risk when grazing lactating animals on cereal crops.

Rickets. This is like a chronic hypocalcaemia and as a result we see soft bones and fractures in rapidly growing lambs. This is particularly a problem on grazing oat crops. Vitamin D deficiency as well as mineral imbalances is thought to be involved in this condition.

An easy preventive for these above conditions is to supply the lacking minerals. Making a loose lick of equal parts lime, salt and causmag will provide the necessary minerals to prevent these conditions. Causmag is bitter so stock may take time to come on to it and cattle are fussier about it than sheep. You need to ensure continual access. Treating lambs with an injection of vitamin D will also be helpful in preventing Rickets if lambs are grazing cereals for a long period of time.

For further advice please feel free to contact your local district vet at Forbes, Young or Condobolin.

Toxic Blue-Green Algae in the Lachlan LHPA

By: Kasia Hunter, Lachlan LHPA District Veterinarian (Condobolin)

A recent case of blue-green algae toxicity in the Lachlan Livestock Health and Pest Authority (LHPA) highlights the need for producers to remain vigilant regarding this potentially deadly organism. Blue-green algae are known to produce poisons which can be harmful (even fatal) to humans, animals and fish.

Blue-green algae are a type of bacteria (cyanobacteria) capable of photosynthesis. The algae require water, sunlight, warmth, carbon dioxide, phosphorus and nitrogen to grow. They are a normal part of Australian water bodies, however under the right conditions the algae can multiply rapidly to form 'algae blooms' which may sometimes be observed on the water surface as a green scum. The surface scum is vulnerable to wind effects so may appear at different locations on a dam at different times, and may sometimes disappear and re-appear. Blooms are more common during the warmer months as algae grow rapidly when water temperatures exceed 18°C. However blue-green algae can also occur during the cooler months (even in winter) in high nutrient content water.

Animals which drink water contaminated with blue-green algae may die within hours of ingestion due to the effects of the algae on their nervous system (neurotoxins), or may die within two to three days due to the liver toxins produced by the algae. A variety of symptoms may be displayed depending on the dose of algae ingested - e.g., weakness, diarrhoea, drooling, twitching, trembling, difficulty breathing, gut pain, jaundice.

In a recent case which occurred on a property near Condobolin, it is suspected that faecal matter from the sheep and a large colony of wild ducks (approximately 100 birds) may have washed into the dam following 15 – 20ml of rain. These nutrients may have promoted algae growth and the release of toxins by the algae. The algae bloom was quite large and covered approximately one-third of the dam surface.

Approximately 40 young Merino wethers died overnight from a mob of 3000 after drinking from the dam. Another 80 became very unwell but survived the effects of the toxic bloom. Many of the dead and sick sheep had green discoloration (algae staining) around their mouth and lower legs following drinking from the dam. The majority of affected animals developed swelling of the head and were seeking shade (photosensitisation) due to the toxic effect of the algae on their livers. Laboratory testing confirmed the diagnosis.

If you suspect blue-green algae on your property, do not touch or use the water source until the water has been tested and any algae present have been identified. Do not allow any people or animals to drink or access the water.

For further information contact your local District Veterinarian.

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By Anne Burns

Now that it has rained and we can all breathe a sigh of relief, it is a good time to ask an expert what has been happening with the cattle market. Our man on the spot this month is Parkes agent Geoff Rice, from Langlands Hanlon. This is Geoff's observations of the recent market fluctuations. Over to you Geoff-

As you know there are many factors that are having an effect on our cattle markets. The most obvious has been the lack of a spring, hot summer and a tough local autumn. This has combined with similar conditions from central Queensland through to Victoria.

An issue that has not received much air time locally is the fact that late last year BJD (Bovine Johnes Disease) became an issue in Queensland which has forced many light store stock either direct to kill or into the feedlot system, combining with extra supply due to season throughout the eastern states has definitely suppressed our markets. To give an example of numbers in the north it was reported this week that the AA Co has sold 18,000 heifers in a single paddock sale of several of their properties and they are to be walked from central Qld to Uardry Station near Hay, which averaged out is the equivalent approximately 13 weeks of sale in Forbes.

The store demand has been very limited due to our seasonal conditions which has pushed many underdone supplementary fed stock into an already over supplied fat market.

Another effect on the export end of our market is an excessively high dollar combined with the uncertainty of the live export situation we have seen suppressed demand.

After all of the above, which can only be described as a "Perfect Storm", the clouds are definitely clearing. The obvious being recent rain which has constricted demand locally and for the majority of NSW. Normally we see a constriction of supply at this time of year and this will be

heightened by the tough start to the year. Thankfully this will minimise the effect of Queensland issues on our markets.

The trade cattle market has seen improvement in the last few sales with medium weight 380 -450kg steers reaching \$1.90 – \$2.00/kg. Heifers 350 – 420kg with grain finish reaching \$1.70 - \$2.00 for the right article. Heavy finished kill cattle, both steers and heifers are between \$1.75 - \$1.90/kg. All of the mentioned rates are between 25 – 40 cents/kg better than a month ago. These rates should continue to firm for the supplementary fed well finished cattle through until spring. The strongest part of our market will continue to be grain finished medium to light weight steers and heifers. The feeder market is firm but still being affected by the oversupply situation in the north but will slowly pick up as the numbers work through the system.

The store cattle market should slowly start to pick up as we head towards spring, but it will be a slow improvement as was seen in the recent sales in Forbes and CTLX. Well bred steers were still in demand but the Cow and Calf, PTIC Cows and Heifer market continued to struggle. Locally we are still looking at short green feed or early sown feed crops that are almost ready to put stock onto. There are definitely some opportunities to purchase PTIC cows or light heifers that are on the cheaper side and should improve as the feed comes away. PTIC cows are currently making slightly above fat value and with a calf at foot in spring should see a handy return. Continued rain would increase these margins but even with minimal rain the majority of the state is looking at improving conditions.

Just a note, we should give a thought to some areas of the state that have not seen the good rain and a still doing it tough.

Bred Well Fed Well workshop to be staged in Eugowra

A Bred Well Fed Well workshop will be held in Eugowra on 15th August, hosted by Anne and Ian Burns, at 'Galwary'. The day will cover the all important issues relating to the importance of breeding, as well as the feeding component to optimising productivity in your sheep enterprise.

Attendees will hear from speakers as to how to ensure you are purchasing the right genetics for your enterprise, with participants undertaking practical take home exercises, which will directly be applicable to all enterprises.

In addition to the breeding component, feeding and productivity issues will be covered, focussing on ewe productivity and progeny productivity.

A unique element to the Bred Well Fed Well workshop is that it covers two of the most important money making elements of the sheep enterprise, and provides participants with tools to help improve productivity.

The \$50 cost to attend includes morning tea, lunch, and a booklet containing material covered at the workshop.

To attend, please register (essential) by calling Megan Rogers, SheepSMART Solutions on 0427 459 891, or email megan@sheepsmart.com.au

Geoff Rice from Langlands Hanlon pictured to the right.



Community Gardeners Update



A quiet month on the Community Gardening front. Our monthly gardening was essentially 'washed out' which was a blessing, with gardens and countryside responding beautifully. The rain has brought with it an air of optimism previously lacking.

The school's raised garden beds are being filled and planted next week if all goes according to plan

We will once again be gardening on the first Sunday of July (7th) and invite you all to join us from 9am through to 12 followed by a BYO sausage sizzle / picnic lunch.

Give some thought to future projects, and bring along any surplus or volunteer plants, or cuttings, from your own gardens so we can swap & share.

Look forward to seeing you all there.

Ali

If you would like to be included on our emailing list, please email me at alison.burges@yahoo.com.au

Eugowra Newsagency & Supermarket

Newsletter

Hello again! By now most of you will know we are in the process of taking over the oil and filters from Eugowra Lube. At the moment most of these are situated in the front room of our shop until we have made room for these products elsewhere in the shop. (like maybe building another level up!) We hope this new addition to our shop will not cause too many disruptions to our customers. It will be a challenge to learn all about this new business, but at least it will still be in our town.

We have new items in the newsagency section of the shop. Included in the new items are A4 Premium Photo Laminator priced at \$24.99 and the A3 Premium Photo Laminator priced at \$34.99, paper shredder priced at \$44.95, personal binder priced at \$24.99. We have had a stationary catalogue on display for a couple of weeks now & this sale finishes at the end of July as it is an end of financial year sale. This catalogue is exactly the same as every other newsagency with exactly the same prices. So if you would like to order anything from this catalogue just let Danny, Karleigh or Jemma know and they will only be too happy to assist you!

We have another shipment of throw rugs in stock again and these are priced at \$9.45. These were very popular and sold very quickly. There is a new variety of scarves & beanies to help keep you warm on these cold days, but never fear we have had the shortest day of the year and that means summer is coming back to us. I think I might just make it – I hate winter so much!!! Danny is also stocking Darrell Lea chocolates. He has started with chocolate bars and will gradually increase the stock if they prove popular enough.

Karleigh has been busy making snack packs for school which include a muesli bar, small packet of shapes biscuits, small packet of sultanas, le snak and a small juice. This also includes a piece of fruit that is on the trolley at the counter, usually mandarins or oranges. The retail price for the snack packs is \$6.00.

We still have ambient varieties of Coke and Kirks 1.25lt drinks on sale at 4 for \$8.00.

Another new product we have now is a variety of Telstra mobile phones. These are on display on the trolley as you walk up the ramp.

Danny and I have decided to try our hand at another competition. Every time you spend \$50 or more on items other than cigarettes and lotto & scratchie products you will receive a ticket to go into a barrel. On 31st July we will draw a name out and the winner will receive a Tongtel Sandwich Press. We are going to have this competition every month with a different item as the prize. This competition will continue up until Christmas when we will have a major draw. The major prize will be either a Television or a Barbeque. All entries from every month will go in the barrel for the major draw at Christmas time.

That's about all I have to say except congratulations to Daryl and Helen Jones on their retirement. We wish them happy and safe travels. We also welcome the Post Office to The Rural Transaction Centre.

Till next time don't forget to shop local.

Diane



Eugowra's Biggest Morning Tea. Pictured above Kerry O'Malley presenting Helen Perry a gift for her service to the cause.



Disease Management in Cereals and Oil Crops – YLS, Will it be an issue this season?

This season for cereal disease management will be a very different strategy as compared to previous years. The season unlike last, will start off a lot dryer than previous and with many types of stubble still retained from last season both cereal and canola. This will also pose a problem for soil-borne diseases and stubble diseases such as yellow leaf spot (YLS) although at this stage with the soil being dry the risk for large infections are low but this does not negate the use of protection early for the soil borne diseases such as crown rot .

Protection for some of the soil borne diseases can come in the form of seed treatments such as Jockey, Baytan, Raxil or Dividend but such diseases as yellow leaf spot is much harder to control and cannot be controlled by seed dressings.

When deciding on a disease management strategy for any crop, it is important to consider the following before deciding on what action is to be taken.

fungicide sprays don't create yield, they protect yield and increase yield potential by decreasing the inoculum present in the canopy

Fungicide application timings- Targeting key production times such as growth stages 32-39 in wheat and between 6 leaves to green bud stage in Canola can help protect key leaves

Types of Fungicides – There are two main fungicide types used in Australia.

Azoles- commonly used fungicides in cereals and canola. These include Tebuconazole (Folicur), Propiconazole (Tilt) and Epoxiconazole (Opus).

Strobilurins – More commonly used in horticultural crops but have registrations in cereals and are better at providing longer 'preventative' protection. Strobilurins available in Australia include; Azoxystrobin (Amistar Xtra) and Pyraclostrobin (Opera).

Regular inspections of crops both prior to planting and in-crop are still the best way to determine the best strategy for managing disease in crops. This is also why timing is very important as to get maximum utilization of the fungicide spray.

For Yellow leaf spot, the control of this disease starts at least two seasons prior to planting susceptible cereals. Yellow leaf spot is a stubble borne disease that appears as little black fruiting bodies mainly around the nodes on the stubble and the inoculum can still be found up to two seasons after the last cereal. These fruiting bodies have the potential to infect the next season's crop. Studies from the GRDC have shown that the most effective way to reduce the incidence of YLS is by either reducing stubble on the paddock – burning, tillage etc. or by using varieties that have a higher resistance level to YLS. These options have shown that they reduce the potential incidence of the disease in crop. Control by chemical means is also part of the strategy in maintaining healthy leaf canopy but this does not guarantee control as the chemicals used are inconsistent in control. Farmers should not rely upon this strategy for total control of YLS but a combination of the above strategies combined with chemical control options for better management of YLS.

For more information on Yellow leaf spot please have a look at the GDRC factsheet or the website for more tips on these strategies at

www.grdc.com.au/GRDC-FS-YellowLeafSpot

Regards

Josh Driver

Field Marketing Agronomist
AGnVET Services Eugowra

Golden EUGOWRA Eagles

FOOTBALL UPDATE

First Round of the Woodbridge Cup Competition is complete and the First Grade team remain Undefeated. They have performed solidly against all other teams and are looking forward to the second half of the rounds. The juniors while struggling at times for numbers are providing the crowd with entertaining games, the Geagles are looking good for the second half of the competition.

A big congratulations to Coach Jarrad Wykamp and Ella J Harris on the safe arrival of Baby Hendrix Theodore on the 2nd June.

On May 27th Juniors although down in numbers with only 12 players this week against a full squad from Grenfell put on a very talented display final score Grenfell 24 Eugowra 16. The League Tag Girls had a very convincing win against Cargo it was a great game to watch and the Girls put in a big effort final score 32-10. Another tough game for the First Grade which had the crowd anxious but a massive effort from all players gave Eugowra the win Final score 32-30.

Results from Sunday 23rd June

First Grade defeated Gooloogong 30-20

Juniors had a 28 all draw with Condobolin

Geagles defeated Cargo 34-8

An exciting afternoon at the footy!

