

Eugowra NEWS

July 2014

A Lions Club project for the community we serve

VOL.18

NBN for Eugowra and Surrounds

Federal Member for Calare, John Cobb, said the Coalition's efforts to speed up the NBN rollout are paying off for residents and businesses in and around Eugowra as work has started to connect hundreds of premises to the National Broadband Network.

"Construction has commenced on a fixed wireless tower to connect over 320 residents and businesses within and surrounding Eugowra," said Mr Cobb.

"Since the election we have seen a number of towers go into the construction phase in Calare which will service the communities around Canowindra, Cudal, Cargo, Molong, Millthorpe, Orange, and now Eugowra as well as Oberon.

"This latest announcement brings the number of towers being built in Calare to 14, which will service over 2,800 premises."

Detailed maps showing the areas in and around Eugowra where the tower will service is available at www.nbnco.com.au/rollout/rollout-map.

The fixed wireless network will utilise advanced 4G technology to deliver speeds of up to 25 megabits per second, which will enable multiple high definition videos to be streamed at one time.

It is expected that broadband and phone services will be able to be connected over the NBN from phone companies and internet providers within 12 months from the start of construction.

The NBN Co will update residents in Eugowra when construction has finished and services are able to be ordered. Residents are encouraged to check the NBN's website for updates or contact the NBN via phone on 1800 OUR NBN (1800 687 626).

Mr Cobb said since the election, the nationwide number of active broadband connections on the NBN has almost doubled.

"The rollout is happening faster than ever since the Coalition Government took office and trials have started to test other technologies which will dramatically lower the cost and time it will take to deliver fast broadband to all Australians," he added.

The Government's changes to the NBN rollout will save \$32 billion, will see upgrades delivered four years sooner than under Labor and avoid Internet retail bills increasing by up to \$43 a month.

Suburbs and towns with the worst broadband service will get priority under NBN Co's new rollout strategy.



from the editor

I have been travelling around the Western regions of the State for work in the past month or so and it has made me feel very grateful for the beautiful season we are experiencing here in the Central West. Our landscape is very soft and lush compared to Walgett and the surrounding areas.

As I have visited many small towns and villages in the region I am really struck by the spirit of the communities and determination to build and maintain the uniqueness of each community. It also makes me wonder why we don't see more marketing of the rural regions of Australia as tourist destinations, especially in the Autumn and Winter months, the weather has been absolutely stunning and there are many attractions to explore in the more remote areas of the state.

I don't make it into Eugowra often these days but when I was in town this morning saw three different lots of people, tourists perhaps, taking photos of our lovely murals, the town certainly is looking good.

It has been fun putting this edition of the News together, thank you to all my wonderful contributors. I especially enjoyed the story about the Twisted Debutantes Ball and am looking forward to the photos from the event. Once again Jodie Greenhalgh is the driving force behind the event, what a powerhouse of energy she is! Well done Jodie. I am sure the Ball will be well supported and I look forward to lots of photos in next months edition.

Weren't the children from St. Joseph's lucky to go on such a marvellous excursion to see the Lion King.

Enjoy the News,

Anne



The Eugowra News Committee

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Next Issue Deadline:

Friday 25th July 2014

The News will be available on

1st of August

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420 copies printed and distributed throughout
the community.

**Please note: Views expressed by
contributors are not the responsibility of
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Online at www.eugowranews.com.au



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Deadline	Publication
25th July	1st August
22nd August	29th August
26th September	3rd September
24th October	31st October
21st November	28th November

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

July 2014

Mon Tue Wed Thu Fri Sat Sun

	1 Drs Manildra 9am-1pm	2 Drs Closed	3 Drs 9am-4pm	4 Drs Manildra 9am-1pm	5 Lions Club Changeover Dinner	6 VIEW Birthday Luncheon
7 Drs 9am-5pm	8 Drs Manildra 9am-1pm	9 Drs 9am-11am	10 Drs 9am-4pm	11 CWA Mtg Drs Manildra 9am-1pm	12	13
14 Drs 9am-5pm	15 Drs Manildra 9am-1pm	16 Drs Closed	17 Drs 9am-4pm	18 Drs Manildra 9am-1pm	19	20
21 Drs 9am-5pm	22 Drs Manildra 9am-1pm	23 Drs 9am-11am	24 Drs 9am-4pm	25 News Deadline Drs Manildra 9am-1pm	26 Twisted Debutante Ball	27
28 Drs 9am-5pm	29 Drs Manildra 9am-1pm	30 Drs Closed	31 Drs 9am-4pm			



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EUGOWRA / ORANGE COMMUNITY BUS SERVICE



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Friday 25th July

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PINK & BLING

Thursday 21st August

7pm Eugowra Bowling Club

Competition
this year:
**best dressed
in pink**



Best dressed winner's name goes on
the "Donna Jones, perpetual trophy"

FURTHER DETAILS TO BE ADVISED



We will all agree the rain was absolutely beautiful and even though there is a good way to go before we can say that the year will finish well, the good rain has given all of us hope and expectations of more reasonable year than some have had in recent times.

At the time of writing this, the nights have become quite chilly but most of the days are simply gorgeous, making it a pure pleasure to be outdoors.

Of course, we know this can't last and we need to move frost sensitive pot plants where they will receive shelter and cover those plants which can't be moved.

I have recently read of a biodegradable polymer product called Envy, which is sprayed onto leaves thus giving a coating and protection from the cold. It is also useful when transplanting in hot, dry or windy conditions as it helps prevent water loss.

It is the time for splashes of colour from natives such as Correas, Hakeas and Banksias etc. Many Grevilleas are budding up for their winter show.

These plants will be encouraging the birds into the garden.

If you thinking about growing a hedge, give a little thought to the native Westringia. There is a number of different varieties, and all are worthy plants They can be purchased as tube stock in a number of sizes. Purchasing tube stock will help to make hedge growing an economical exercise.

If the growing site is prepared well in advance of growing your plants, you will be well pleased in no time..

Westringias are a very versatile plant and are well suited to clipping into round mounds or square blocks and can be successfully topiaried.

Their foliage is green with a grey/green underside and depending on the variety, they produce a small, dainty flower of white or various shades of blue.

Because of their thick but smallish foliage they make good havens for small birds to take refuge.

There is still a good range of autumn foliage trees for sale in most nurseries. After the good rain, the time is right to grow one or more of these lovely trees.

The leaves have fallen from most grape vines, so pruning can be done anytime now and the leaves raked up, put into bags for breaking down into lovely compost for next year.

I simply deposit the leaves into various garden beds, top with a little compost. They will soon break down but in the mean time they make a nice place for little creatures like lizards to hibernate under, during the cold of the winter months.

Winter herbs like Rosemary, parsley, sage, oregano and thyme will all do really well now. They are easily grown in pots near the kitchen door for easy access or they will do equally as good if grown in the garden.

There is a great range of hardy perennials which flower during these months which include the beautiful demure Japanese anemone. This, I think is a truly romantic, lovely and delicate looking plant. In our area it needs to be protected from the hot winds and heat in the warmer months. If you have a place for it, you will not be disappointed. It needs rich, deep, alluvial soil with good drainage. It is available in soft pinks and white.

Other lovelies include Penstemons, Gallardias, Michaelmas daisies and Sedum.

Sedum can be quite a favourite with many people. There is the traditional Sedum "Autumn Joy" with its elegant bronze coloured flower head.

There is a newer variety called Sedum "Neon" which is more compact and has hot pink colouring.

Feeding

We have enjoyed a good autumn but as the weather cools it is a good idea to give our plants a helping hand to stay really healthy and looking good.

This can be achieved by sprinkling some controlled release plant food under trees, shrubs and perennials or use a pelletised poultry manure.

Roses will benefit from a feed of Sudden Impact for Roses.

Watering over the top of plants with a solution of Liquid seaweed will also prove to be beneficial.

Liquid seaweed solutions are not actually fertilisers but it stimulates root systems and strengthens cell walls, which makes plants more resilient to disease and frost damage.

I hope you can find time to take some pleasure from your patch.

"Happy gardening" and cheerio until next time. Jenny



COUNTRY WOMEN'S ASSOCIATION OF NSW

EUGOWRA BRANCH

The June meeting of Eugowra's branch of CWA was held on Friday 13th June in their rooms in Nanima Street.

There was a great roll up to hear guest speaker Carolyn Kohler.

Carolyn is a member of Canowindra branch of CWA and is well known for her beautiful felt handicraft. She told us how she became interested in her craft, firstly making small pieces like scarves and the venturing into ladies fashion garments. The meeting was enthralled with hearing how physically demanding it is to make a felt garment from scratch, a process that can take 2 to 3 weeks. Carolyn mainly works in merino and silk but said felt can be made from most natural fibres. She was very lucky to leave the rooms with the beautiful garments she brought along to show us, we all wanted to keep them for ourselves.

Noela Lane thanked Carolyn for her attendance and presented her with a gift of appreciation, as seen in photo below



Janet Noble watches on as Noela thanks Carolyn.

After a light lunch, cuppa and chat we continued on with our monthly meeting.

In the absence of the President, Margaret Swift, Janet Noble took the chair. She opened the meeting with a report from Margaret about the State Conference in Griffith which was attended by herself, Francis Anderson, Wendy Carey and Kay Jones. The 72% "for" vote to sell CWA headquarters in Potts Point was the highlighted topic of discussion. The delegates had an enjoyable time away mixing CWA business with social events and the city of Griffith was a perfect host.

We also acknowledged the wonderful work of the muralists last month.....especially the beautiful artwork on the wall of our rooms. A special vote of thanks was given to Brian Petty for his efforts in refreshing our CWA sign hanging on our porch, it looks fabulous!

For the remainder of the meeting we discussed the upcoming Garden Party to be held at "Clonelly", the home of Lorraine Carty on 20th September. Father Chris Riley will be the guest of honour and there will be stalls, a fashion parade and other displays making for a great day out. Tickets are \$20 each and include morning tea and lunch. Contact Wendy 68692321 Lorraine 68595261 or Jenny 68592605 for details and/or bookings.

Another date to remember is our International Day on August 7th at St. Joseph's School Hall. Both schools will be presenting items and our guest speaker will be Mrs Elizabeth Akhiwu from Grenfell who will tell us about life in Botswana. There will also be a lunch featuring the food of Botswana.

The next meeting will be held in the CWA rooms on July 11th at 11.00am.



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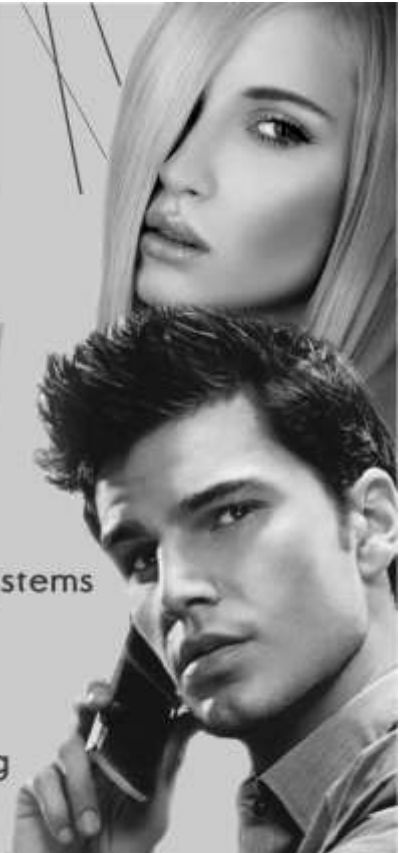
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based at the Eugowra Rural Transaction Centre on the following days.

Tuesday 15th & 29th July 2014

Tuesday 12th & 19th August 2014

Tuesday 9th & 16th September 2014

Mark Potter is a Certified Practising Accountant (CPA) who has been in senior Finance Management and Business Advisory roles for nearly twenty five years. Mark has had the opportunity to work in both large and medium sized accounting offices in Newcastle and Dubbo over this period. This has allowed Mark to work in and with a wide variety of businesses from tradesmen, farmers, professionals, and small to medium sized businesses.

In addition to working in accounting practices, Mark spent a number of years working in his family business which allowed him to experience the successes and stresses of running a regionally based business.

Mark is a strong believer in encouraging goal setting which is achievable, measurable and time specific. His passion is to work closely with clients and help them be able to focus on key indicators that drive their business or personal financial position.

Mark has lived and worked in Dubbo and Orange for most of his life, a family man with two teenage children and lovely wife, Mark has always had a passion for trail running and the benefits it brings.

Mark, as a Director of Personal Best Accounting Pty Ltd is able to put into practice his unique accounting and financial planning ideas. The modern new office at Suite 2, 124-128 Summer Street Orange (corner of Sale and Summer Streets) is ideally situated to offer a full range of taxation and accounting services. From the latest in cloud based accounting products, business start-up advice, rental property advice to Industry specific performance measuring forecast tools, Personal Best Accounting is your one stop shop.

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Mark and the team would love the opportunity to discuss your taxation and accounting requirements. Mark will be



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

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News

Participation Leads To Success

The end of Term 2 is approaching and we have had a great term at Eugowra Public School.

Our visit to the Sydney Symphony Orchestra was an experience for the students interacting with and learning as we enjoyed the performances of the very talented musicians.



The debating team have participated in their first round of debating against Middleton Public School taking the winning honours, debating the topic 'That Australia needs a new flag'.



We hosted Gooloogong Public School and St Joseph's Eugowra recently to enjoy a performance by entertainer Geoffrey Graham. Titled "Banjo", he played the part of Banjo Patterson and recited and acted poetry by Banjo Patterson and had the audience in stitches of laughter.



Students have spent time in the community vegetable garden this term weeding, tidying and harvesting before planting for the new season.

Students have been very privileged to have had the opportunity to cook at Eat Your Greens with Jess and Ben. We used potatoes harvested from the garden plot and prepared, cooked and ate lunch at Eat Your Greens. We sincerely thank Neil and Jayne and Jess and Ben for allowing the students this opportunity.



Our school is participating in the Art 4 Agriculture, "Archibull Prize" initiative. We have received our calf statue and students will be working on a grain themed decoration to bring our newly named calf "Bullseye" to life.



Students have ended the term with another winning streak at the Forbes Eisteddfod. We congratulate our school choir, led by Miss Adams for Winning the Small Schools Choir section for 2014.



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

We have survived the term so far and the children are to be congratulated on keeping up with the busy routine. The Lion King was fantastic and the children are enjoying the spirit of the athletic season.

RECONCILIATION & FIRST HOLY COMMUNION

Please note these dates in your diary for the following children; Thomas Brindle, Olivia Holland, Ty Jones, Celeste Gavin, Sienna Carver, Eve Moore and Lachlan Haynes. The Sacraments are important steps in their faith journey.



Parishioners please keep these children in your prayers as they prepare for these Sacraments

THURSDAY 24th July @ 2pm First Reconciliation
SUNDAY 27th July @ 5pm celebration of
First Holy Communion
and First Reconciliation.

CROSS COUNTRY

Congratulations to Year 3 student Angus Whatman who was successful in the Diocesan Cross Country at Coolah recently coming 1st in his age group. Angus qualified to run at the Catholic Schools State Cross Country at Eastern Creek on the 13th June and came 11th out of 44 entries. He achieved a personal best time and we are all very proud of his achievements. Well done Angus!

EMY ATHLETICS

Many thanks to St Columba's School at Yeoval for hosting the annual Small schools Athletics carnival on Monday June 16th. Everyone had a wonderful day of fun, sport and friendship. Congratulations to our winners and gridders on the day; Junior Ball Games - 1st
Senior Champion Boy; Riley Whatman
Junior Champion Boy; Angus Whatman
Junior Champion Girl Runner Up; Baylie Tulloch
Sub Junior Champion; Celeste Gavin

Jack Fazzari, Keiley Whatman, Luke Holland, Chelsea Colvin, Elizabeth Brindle & Celeste Gavin lining up for their ball games event.



A BIG DAY OUT!

On Wednesday, 28th May, students, staff and parents had a wonderful journey to Sydney to see the Lion King stage show at the Capitol Theatre. This cultural visit which had been a year in the planning enabled the children the opportunity to see the a fantastic live show of world wide acclaim.

This term the students have been studying this classic story; its themes, characters, animals, the magic of Africa, its unique environment, the music and the process of a live show in comparison to the movie. They have also been creating some wonderful art work and were amazed by the costumes used in the show. Their excitement in seeing the production will continue throughout the rest of the term and hopefully the memories will last a life time. The children have written some things that they enjoyed about the Lion King.

"I liked it when Rafiki hit Simba on the head. Simba said 'Ouch! That hurt!' and she said; 'that's in the past and you can't change the past. Sometimes the past hurts.'" Jim

"The best bit was at the end when all the animals and characters came on stage and took a bow." Lily

I liked Ed the hyena - he was funny and also Timon. Baylie

"I thought the stampede was the best and Simba was running to get away from them." Jordan

"I liked the costumes." Ty

"I liked EVERYTHING in the musical" Natasha

"The hyena called Sherry, and all the music and all the songs were the best." Dena

"I really liked Timon and the actor behind him". Belle

"When the people came out through the audience with birds on wires was really cool." Annalise

"I liked the scene when Rafiki swings across the stage on a line". Liam

The little ones have done some great art work for The Lion King

We hope everyone has a good winter holiday and we look forward to Term 3 commencing on Tuesday 15th July. Until then, God Bless. Joeys staff & students



IN THE KITCHEN
WITH
*Jessica
& Ben*

July Recipe



Banana Tarte Tatin with Rum Crème Anglaise



1 sheet of good quality puff pastry
(or you could have a go at making your own)
3 firm bananas
100g castor sugar
1 tablespoon water
60ml water
Pre heat oven to 180 degrees

Crème Anglaise

1 cup of cream
1 vanilla bean
4 yolks
1/3 cup sugar
1/4 cup rum

Heat cream and vanilla bean until simmering. Scrape seeds out of the bean, discard pod. Meanwhile whisk yolks and sugar until yolks begin to go pale. Pour hot cream over yolk mix, and stir thoroughly. Place back into saucepan and gently cook until mixture has thickened, and can coat the back of a wooden spoon. Pour in the rum. Strain mixture. Set aside. To finish the Tarte Tatin place in the pre heated oven, for around 40 mins.

Serve with the rum Anglaise and some whipped cream.

Firstly to make the caramel, place sugar and water in a medium fry pan and gently bring to the boil. Let it cook away until it becomes nice and golden. Add the butter and swirl around till dissolved. Leave to cool for a few minutes. Slice the bananas and arrange on the caramel. Then place puff pastry on the top. Tuck the edges down. Place a few air holes in the top. Set aside.

A step back in Time...



ABOVE:
1984 Debutantes
BOTTOM LEFT:
In 1957 -
Colin, Bruce &
Ross Herbert,
Dudley Pound,
Howard Dudgeon,
Peter Greenhalgh,
John Herbert.
Front: Leslie Peters
& Michael Mongan.
BOTTOM MIDDLE:
Mayor & Mayoress
BOTTOM RIGHT:
Eaine Crow, Betty Pound,
Judy Arch, Pam Price,
Robyn Herbert,
Barbara White &
Val Little.



A DEBUTANTE BALL WITH A TWIST!

the TWISTED Ball



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SAT. 26
JULY

6.30pm - late

EUGOWRA SHOWGROUND HALL

- 10 Twisted Debutantes
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- Tina Turner Impersonator
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- Raffles/Auctions
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UPCLOSE & PERSONAL

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Tim Cheney



Name: Tim Cheney
Nickname: Timbo
Twisted Deb Partner: Dianne Smith
Zodiac sign? Leo
Favourite Alcoholic drink? Shooters
Biggest man crush? Tom Cruise 'Young Tom' before he came a whackjob!
Most embarrassing moment? Going to a Catholic funeral & somersaulting down the aisle over a genuflecting bereaved parishioner who stopped in front of me.
Dream Job? A Chef or a Brew Master

If I was a girl for a day what would you do? Shop for nice things for Tim... 'cause he deserves it!
Name one thing that most people don't know about you? My double joints
What are you looking forward to at Twisted Ball? Gossiping with the other debutantes in the ladies
What's under your bed? Lost odd socks & my get goat
If you turned into your partner for a day what would you do? Shut the surgery and spend the day shopping for nice things for Tim... 'cause he deserves it'.
Have you been told you look like someone famous? Shrek... or sometimes Julia Roberts.

Trevor Welsh



Name: Trevor Welsh
Nickname: Bedford
Twisted Deb Partner: Judy Welsh
Zodiac sign? Taurus
Favourite Alcoholic drink? Tooheys Old
Biggest man crush? Zorro
Most embarrassing moment? Taking an empty bottle of Baileys to Norrie's for celebrations thinking it was full!
Dream Job? Pilot
If I was a girl for a day what would you do? Hide because I'd be too attractive & have too many women chasing me!

Name one thing that most people don't know about you? I hide my port in the coolroom and caravan.
What are you looking forward to at Twisted Ball? Showcasing my hairy chest and back which will keep me warm later in the night.
What's under your bed? A Phantom comic
If you turned into your partner for a day what would you do? Get plenty of rest.
Have you been told you look like someone famous? Bert Reynolds (When I had my moustache and sideburns).

Damien Cullenward



Name: Damien Cullenward
Nickname: Damo
Twisted Deb Partner: Di Cullenward
Zodiac sign? Scorpio
Favourite Alcoholic drink? XXXX
Biggest man crush? Alan Jackson
Most embarrassing moment? Asking my sister to go retrieve a handbag out of my car that shouldn't have been there!
Dream Job? Pimp
If I was a girl for a day what would you do? Be a good old

girl
Name one thing that most people don't know about you? I'm a Pom
What are you looking forward to at Twisted Ball? Doing what most Deb's do!
What's under your bed? Plenty of support!
If you turned into your partner for a day what would you do? Go shopping to buy Lingerie
Have you been told you look like someone famous? Clive James

Brett Myers



Name: Brett Myers
Nickname: Shirl
Twisted Deb Partner: Anne Bray
Zodiac sign? Aries
Favourite Alcoholic drink? Corona
Biggest man crush? Matt Cooper.
Most embarrassing moment? Showering with the footballers.
Dream Job? "John Holmes"
If I was a girl for a day what would you do? Go get onto Brett Myers cause his a good look'in sort!

Name one thing that most people don't know about you? I have nothing to hide!
What are you looking forward to at Twisted Ball? Having a slow dance with Mark Bray!
What's under your bed? My dress ups!
If you turned into your partner for a day what would you do? Give Bray the best 'Truck' of his life!
Have you been told you look like someone famous? John Holmes

John Dukes



Name: John Dukes
Nickname: Dukesy
Twisted Deb Partner: Julie Dukes
Zodiac sign? Pisces
Favourite Alcoholic drink? XXXX Gold
Biggest man crush? Ketut
Most embarrassing moment? Upcoming Twisted Ball
Dream Job? Photographer for Zoo Magazine
If I was a girl for a day what would you do? Go to the Pink and Bling Night with the girls!

Name one thing that most people don't know about you? Nothing Im an open book!
What are you looking forward to at Twisted Ball? Having a laugh!
What's under your bed? Carpet.
If you turned into your partner for a day what would you do? Be a loving partner!
Have you been told you look like someone famous? Chopper Read (When I done Movember).

also making their Twisted Deb are.... John Park, Terry Robb & Andrew Duff

UPCLOSE & PERSONAL

with our...TWISTED DEBUTANTES

Mark Riley



Name: Mark Riley
Nickname: Ryles & Love Hammer
Twisted Deb Partner: Julie Riley
Zodiac sign? Sagittarius
Favourite Alcoholic drink? Tooheys New
Biggest man crush? Vin Diesel
Most embarrassing moment? 26.7.2014 (Twisted Deb)
Dream Job? Paramedic
If I was a girl for a day what would you do? Brush my hair
Name one thing that most people don't know about

you? This is Eugowra everyone knows everything about everyone.
What are you looking forward to at Twisted Ball? The dancing and a good night out.
What's under your bed? Fishing magazines
If you turned into your partner for a day what would you do? Have lunch at the Central with the girls.
Have you been told you look like someone famous? I was in a Salvation Army op shop in Sydney and was mistaken for Hugh Jackman... (I had a hat on).

Mat Brown



Name: Mat Brown
Nickname: Brownie
Twisted Deb Partner: Ashley Newell
Zodiac sign? Aquarius
Favourite Alcoholic drink? VB
Biggest man crush? Jarrod Hayne
Most embarrassing moment? Don't get embarrassed!
Dream Job? Boobologist
If I was a girl for a day what would you do? Do bad things

Name one thing that most people don't know about you? My middle name!
What are you looking forward to at Twisted Ball? Hook' in up with Ashley Newell
What's under your bed? Porn
If you turned into your partner for a day what would you do? Rock Peter Newells world!
Have you been told you look like someone famous? Jesus

David Welsh



Name: David Welsh
Nickname: Welshie
Twisted Deb Partner: Cath Adams
Zodiac sign? Taurus
Favourite Alcoholic drink? Tooheys New
Biggest man crush? Alan from the Hangover
Most embarrassing moment? I don't get embarrassed!
Dream Job? I'm not that ambitious
If I was a girl for a day what would you do? Experiment

Name one thing that most people don't know about you? I don't perm my hair, it's naturally curly
What are you looking forward to at Twisted Ball? Wearing a dress
What's under your bed? Cath's stuff
If you turned into your partner for a day what would you do? Experiment
Have you been told you look like someone famous? Willy Mason

Michael Sayers



Name: Michael Sayers
Nickname: Pickle
Twisted Deb Partner: Carly Welsh
Favourite Alcoholic drink? Rum
Biggest man crush? Jay Marmont (Motorbike Rider).
Most embarrassing moment? Very rarely get embarrassed.
Dream Job? Pimp

If I was a girl for a day what would you do? Be a Hooker.
What are you looking forward to at Twisted Ball? Getting Drunk!
What's under your bed? Junk, don't know what else.
If you turned into your partner for a day what would you do? I would do Brazilian waxing.
Have you been told you look like someone famous? Boris Becker (Tennis Player).

Matthew Park



Name: Matthew Park
Nickname: Big Sexy
Twisted Deb Partner: Kellie Phillips
Favourite Alcoholic drink? Moonshine
Biggest man crush? Paul Kronenberg
Most embarrassing moment? Broke my man crushes leg.
Dream Job? Postman
If I was a girl for a day what would you do? I'd cook,

clean, get my nails and hair done and look after my man.
Name one thing that most people don't know about you? I'm Gordon Ramsy in the Kitchen.
What are you looking forward to at Twisted Ball? Looking very pretty and getting white girl wasted.
What's under your bed? Carpet.
Have you been told you look like someone famous? Alan from the Hangover movie!

Branden Plunkett



Name: Branden Plunkett
Nickname: Drunkie
Twisted Deb Partner: Jane Simmons
Favourite Alcoholic drink? Malibu & Coke
Biggest man crush? Matt Park
Most embarrassing moment? ???
Dream Job? Mowing lawns on the Council listening to Tunes and working limited hours.
If you turned into your partner for a day what would you do? Keep my boobs in! Hey Jane!

If I was a girl for a day what would you do? Wash the dishes, clean the house, cook & have some alone time!
Name one thing that most people don't know about you? I like getting dressed up as a girl.
What are you looking forward to at Twisted Ball? Getting dolled up look and looking tramp & getting sloshed.
What's under your bed? Jane Simmons
Have you been told you look like someone famous? Bob Marley and Osama Bin Laden.



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Eugowra Evening VIEW Club members enjoyed their June dinner meeting at the Central Hotel. Even allowing for the fact that there was not a guest speaker on the night members were able to individually express their reasons for joining VIEW and why they continued on as members.

The almost unanimous reason was to spend time socially with other women with like minded interests, and diverse interests as well, and to support the 'Learning for Life' students.

Items discussed at the meeting included the coming birthday luncheon which will be held at the Eugowra Bowling Club on July 6. Members are to RSVP to Kay by June 30. Everyone is asked to take a birthday gift to the value of \$10-00 for the present swap (it will be a game) and also a small prize for a lucky door prize.

If there is any lady out there who would be interested in going and is not a member you would be most welcome. Just phone Kay on 6859 2321 to allow for catering.

The show roster and food requirements were also discussed and will be finalised at the August meeting.

Maria Dawson, who had recently had her head shaved for Can Assist, showed off her very shapely crown, and the competitions to which members (and the general public) had supported her were drawn.





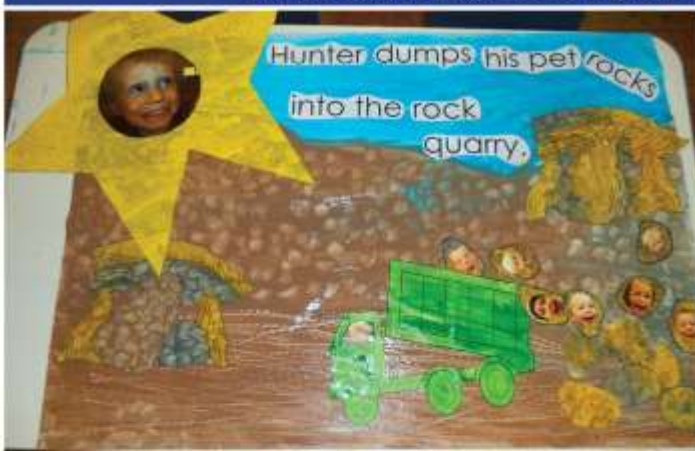
News from Eugowra Community Children's Centre

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

Oh what fun learning is!



The kids went on an excursion to Eugowra Public School for the spontaneous reading day



Star of the Day - Hunter



Star of the Day - Mack



Star of the Day - Claire



Messy, but loads of fun! Cornflour and conditioner

Talk Town

With Barbara Roach

In 1990 Mike O'Callaghan, a high flying city-based mathematician and computer wiz, working a stressful 60 hour week and drinking hard, was brought down to earth (literally) with a big bump, suffering a major stroke that paralysed the left side of his body.

By 1994, though, Mike had completed his intensive rehabilitation and came to Eugowra to live and embrace the quiet life.

20 years on, Mike's launched EQIM, Eugowra's Quite Interesting Magazine, a publication full of quite interesting stuff, "to help fill a vacuum in people's lives", he says to me rather cheekily.

I asked Mike how come a computer nerd and mathematician can actually string a few words together.

He assured me "this is a common misconception. When you get into advanced mathematics, it is written in English as well as with symbols, because you need to be able to explain clearly how it works"

"I've also had many years of writing for very picky editors who came down on me for a comma in the wrong place" he added.

Mike's life before the stroke...

While studying at Sydney Uni, Mike became a maths tutor at St Pauls College, Sydney. Mike's first real jobs though were a research mathematician with CSIRO and a part time position as a maths lecturer at the Uni of NSW.

Mike also travelled overseas, working as a maths lecturer at universities in Scotland and England.

Upon his return to Australia he found there were no jobs going for professional mathematicians, and so he reinvented himself as a self-employed computer programmer/ systems analyst.

Success and a good reputation came his way after his first job writing a computer program for Laporte Chemicals at Botany to determine whether investing in a new plant would be profitable. Mike's modelling saved Laporte Chemicals big money by answering the question

with a "no".

Another job was automating reports for a Swedish high tech engineering company which produced products for the dairy industry.

I asked Mike how many people got laid off because of his labour saving programs.

Mike confessed that in one contract awarded by the Victorian Government to International Combustion Australia Ltd, his program put lots of draftsmen out of work. But another program Mike wrote for Fire Fighting Enterprises saved jobs for people who learned to run the program!

I asked Mike about the impact the stroke had on his ability to work.

Mike emphasised to me that the stroke had left him with "physical deficits, but no mental or intellectual deficits"

He told me he had always been too busy to learn how to type properly, so after the stroke he continued to type using the index finger on his right hand.

A much greater hurdle however, was "overcoming the prejudice of colleagues and employees who would say 'We'll get someone else to do this for you'. If you can't jump out of your chair and open the door, some people naturally assume you have lots of intellectual or mental things wrong with you as well" he said.

"I overcame this with almost childish behaviour; by jumping in and doing things, writing programs not asked for, and then enjoying people's surprised reaction"

"What infuriates me no end is people jumping in; helping me without asking. I prefer they do nothing unless I ask them to" he said.

As proof of this independence, Mike had until recently been running the family farm in Eugowra single headedly (excuse the pun): moving stock, ploughing and cultivating paddocks, and cutting Lucerne.

And to prove he hadn't lost his intellectual ability, Mike's yearning to resume theoretical mathematics drove him to write a paper on the mathematics of rough surfaces. He actually wrote it by hand, had it typed up by a friend, and then submitted it to a peer-reviewed journal, Probabilistic

Mechanics, which published it.

And as the only remaining member of the GEIS team that had built Westpac's EFT system, Mike also became the Eugowra based go-to man when Westpac wanted someone to build system enhancements.

He also wrote a mathematical computer model for CSIRO fisheries in Hobart, to figure out the relationship between the spread of a wave of mortality and the length of the incubation period of herpes virus disease that had impacted pilchards around the coast of Australia some years ago. This work was also published, this time in the peer-reviewed journal: Mathematical Biology.

Around about 2005, Mike volunteered to be Webmaster for the Eugowra website, (www.eugowra.aus.net) set up by the Eugowra Promotion and Progress Association (EPPA)

Mike's son, Danny owns Clarinet, an Internet Service Provider (ISP) in Melbourne. Clarinet hosts the Eugowra website. Mike taught himself html (web computer language) in order to get the site up and going. Danny later suggested Mike upgrade to the "more professional" looking design that you can see today.

Mike also served as Treasurer for EPPA for thirteen years, having recently resigned from the post to pursue other interests.

Mike's also looking for EQIM sponsorship by way of advertising, and would be delighted if any interested person or business called him on 68592631, or emailed him on mike@clarinet.net.au.



So what about those "other interests" ... like EQIM?

"I have had two of my articles published in the Eugowra News, but I was not happy with the editing. They were also long articles and not actually 'news'" he said.

So Mike decided to write and fund the first edition of EQIM which was launched in June this year. If you've missed out on a copy, Danny's Supermarket still has some.

"Feedback so far has been positive and encouraging" he said, "with people saying it's all very interesting, and that they enjoyed reading it, even the more scientific articles."

And in the pipeline are more of Mike's insights: "things that may puzzle the more thoughtful people around town" he added.

FINAL TALLY FOR BIGGEST MORNING TEA

The final tally for the Biggest Morning Tea in Eugowra was \$3864-20. The organisers of the event in Eugowra are very proud of the community who have raised this magnificent sum of money for the Cancer Council.

We all hope that the money we work to raise, together with all the other money raised, will go a long way towards the research needed to find a cure for this dreaded disease which impacts so much on the lives of so many people.



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Eugowra Health Report

EUGOWRA MULTI-PURPOSE HEALTH SERVICE

Driving – can be a pain

With our modern lifestyle we spend more and more time driving. As a result of this I often see people with neck and shoulder problems that are being aggravated by their driving posture.

Most people pay attention to the support that they get in the lower back from their car seat and will even make an adjustment to it if it is not comfortable.

Unfortunately the same is not always done for our neck and shoulders.

Is 10 & 2 still the best way to hold the steering wheel?

The answer to this depends on the type of car/truck/tractor you drive and how you have adjusted the rest of your seat. It also depends how long you drive.



The most important thing is that you drive safely – so you need to hold the steering wheel in a way that you feel in control of the car.

With the changes in technology in cars this has meant that for some

of us our driving position could change.

As air bags have become common, this has led to wrist and arm fractures when air bags are deployed and arms were flung into rear-view mirrors or parts of the car body. To avoid that occurrence, many safety advocates now recommend positioning hands at 9 and 3 o'clock on the steering wheel.

It is also recommended that hand-over-hand manoeuvres during turning should be avoided to prevent arms from being in front of a deploying airbag in the event of a crash. Serious injuries may result during such occurrences.

It is now recommended that you should pull and push with your hands rather than cross your hands over on the steering wheel. So if you are turning to the right you would pull down with your right hand and push up with your left hand.

If you are driving for long periods and holding your hands at 10 & 2 it can cause prolonged tension on the neck and shoulder muscles.

If you have shoulder pain or neck pain you will know that after driving for long periods the pain will be aggravated.



If you are driving as indicated in this picture

- Neck poked forward
- hands held above shoulder height
- slumped in the seat

Your neck and shoulder muscles are constantly “on” while you are driving. If someone was to touch your neck and shoulder muscles they would be able to feel the

tension in them. If you only drive for 5 minutes this position is no problem but the further you drive the further strain on your muscles and joints.

To improve your driving posture

- Lower your hands or lower the steering wheel (most models are adjustable)/ raising your seat can achieve the same.
- Make sure your seat is far enough forward so you can sit back in it and reach the pedals comfortably
- Try to regularly pull your head back so that your ears are in line with your shoulders
- Adjust the head rest to be in line with your lower head

When you feel your neck and shoulder muscles they should feel relaxed as you drive. Often we don't notice our own posture so it is beneficial to stop and think about your driving position before you start your journey.



Health Council forum success

More than 80 community representatives from across the western region met in Dubbo on Saturday 14th of June to discuss health issues and challenges in their communities.

Western NSW Local Health District Chief Executive Scott McLachlan said the District's inaugural Health Council Forum was an opportunity to hear feedback from the community on their local health issues.

Health councillors from over 30 of the Health District's 37 Health Councils attended the Forum, which had the theme "Engaging our Communities".

"We are very fortunate to have a network of devoted Health Councils across the District which are the linkage in towns about issues affecting the health of our region," Mr McLachlan said.

"Our District is very large and geographically dispersed incorporating towns in the range from Cobar and Lightning Ridge to Mudgee and Oberon, across to Parkes and Cowra and down to Condobolin.

"To have so many community representatives together at the one time was a wonderful opportunity and I really appreciate the time many took to travel long distances to attend".

One of the highlights of the Forum was a workshop with the Health Councillors to determine how the Health District can more effectively engage with local communities.

"There is so much great work being undertaken by our Health Councils and the forum was a unique opportunity to share ideas and achievements," Mr McLachlan said.

Baradine Health Council presented information about a recent mental health awareness day held for farmers who have been affected by drought, and Blayney Health Council talked about a Healthy Community Survey they recently conducted.

"The forum also provided a good opportunity for the Health Councillors to build on their networks and learn from each other's experiences," Mr McLachlan said.

"I was also able to update them on the progress of the implementation our Strategic Health Services Plan, which ties in with the important work they are doing out in their communities".

David Hyde and Suze Harrison from Eugowra pictured at the forum.



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Where: Eugowra Showground
Time: 10:00am – 3:00pm
Cost: Free! Morning tea provided.
BYO lunch
RSVP: 9th July (limited places available)

What to bring:

Bring your hat, sturdy shoes, water, jacket (we will be outside for part of the workshop) and lunch

Please bring (bagged) samples of any paddock plants that you would like to have identified

More information:

For further information and to RSVP please contact;

Greg Paul (Central West LLS)

P: 0428 258 540


E: greg.paul@lls.nsw.gov.au

 [facebook.com/CentralWestLLS](https://www.facebook.com/CentralWestLLS)

Phil Cranney (Central Tablelands LLS)

P: 0458 745 478

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Eugowra Lions News

Special Thanks

The Lions Club would like to send out a Special Thanks to Anne, editor of the Eugowra News for her ongoing hard work in keeping the Eugowra News going over the last 4 years. Anne has worked tirelessly to get the News to its present publication and has also got the News on-line and a face book page with numerous followers. Anne has had great ongoing help from Cassie Gates who also spends many hours with Anne on the News and Jodie Greenhalgh who is always there to help out editing ads.

As Anne is standing down at the end of this year it is important that we find a new editor to take on this satisfying but demanding job. Anne would like to help the new person settle in to the role so it would be good if someone came forward now as she won't be available to do this after December this year.

Please give this position some thought as without an editor we would lose our news. I'm sure there is someone in our community who would like to take this rewarding position on as have so many people in the past. For more information about this role contact Anne or Peter Heath on 68592944.

Thank you Anne.

New Look For Lions Club

After having had the same committee for the last few years it is good to see a few new faces coming up to take on the top jobs. At our recent A.G.M. Neil Whalen was voted in as our new president, Peter Heath returning to secretary and Bruce Gregory becoming our new treasury replacing Bob Roach who has done a tremendous job over the many years. It was also good to see our two charter members Ron Harpley and Keith Dixon voted in as directors.

Our Change Over is going to take place at the Eugowra Bowling club on the 5th July with a dinner and presentation of funds to our schools and various charities. We would like to send out a warm invitation to you all to come and join us to welcome in the new committee and it's also a way for the club to thank all the people who have helped the club throughout the year.

The dinner starts at 7p.m, \$25 a head, entertainment and raffles.

R.S.V.P. 2nd July, Peter Heath.68592944. turkeypete@hotmail.com or Bob Roach, 68592243.

To the Editor

I have been going backwards and forwards to Eugowra for almost twenty years now, and have been meaning to write this for some time, and the comments in the 'Eugowra News' regarding the Mural weekend have prompted me to do something about it.

I have nothing but admiration for the town and its people. I have had a chance to see first hand the wonderful sense of community and pride that is displayed by everyone I come across.

Two things have really struck me and I would like to make mention of them. The first is your Anzac Day service. How lovely to see the soldiers march to the cenotaph followed by the volunteers and members of various groups, then the school children, and finally the people of the town. It is with a real sense of love and pride.

The second is the school sports carnival involving both the Eugowra Public School and St. Josephs. To see the children all mixed up in their teams, competing with and against one another in a real example of goodwill was something special.

You have so many groups and gatherings for such a, dare I say it, small town that there is absolutely no need for anybody to feel lonely or unwelcome, and I hope that the person or persons who felt that they had to voice a negative opinion of what was such a wonderful weekend have had second thoughts and next time they feel the need to express an opinion I hope it is to thank the very hard working members of all the committees and people who go to make Eugowra the special place that it is.

Sincerely, Gay Merchant.



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PHONE (BH) 6859 2231 (AH) 6859 2819
MOBILE: 0414 815 479**



14 Loftus St EUGOWRA



12 Oberon St EUGOWRA

SOLD



3 | | 1 | | 2 |

"Throndale" Escort Way EUGOWRA

\$295,000

- Neat and tidy 3 bedroom home set on 8.5 acres.
- Home boasts a modern eat in kitchen, lounge room, office and an enclosed verandah.
- Evaporative A/c, gas heating.
- Double lock up garage & two garden sheds. Large machinery shed with concrete floor.
- Property features include two permanent springs, town water and a large rainwater tank with all paddocks well fenced. Located on Eugowra's out skirts this property is very unique and well worth your inspection.



3 | | 1 | |

22-23 Evelyn Street EUGOWRA

\$ 265,000

- 3 Bedroom home, refurbished, fresh paint, new floor coverings, wood fire and split system A/c
- Open Plan living/dining/family area, screened entertainment area at rear of the home.
- Double block, two separate titles, set on one acre within walking distance to town
- Huge shed/workshop on second block
- Town water and reliable equipped bore
- Owner will consider selling separately



3 | | 1 | | 2 |

"Beverly Hills" Waterhole Creek Road EUGOWRA

\$220,000

- Nestled in a quiet valley this well presented home sits on 20 acres a short drive to Eugowra.
- The home boasts 3 bedrooms, a renovated kitchen and bathroom, wood fire, evap A/c and polished boards throughout.
- Machinery shed, lock up workshop, garage with a concrete floor.
- Natural spring with bore, raintwater tank, dam and a creek that runs past the rear of the property.



3 | | 1 | | 2 |

20 West Street EUGOWRA

\$200,000

- 3 bedroom home boasts some of the most spectacular views of the village of Eugowra and the surrounding district.
- The two storey residence sits to the rear of the 3667 sqm block Features include: a deck that showcases the magnificent views, a lounge room with reverse cycle A/C, 2nd lining area/office, kitchen and a new bathroom.
- Downstairs has a huge rumpus room and laundry with a second shower and toilet and enclosed carport.
- Large shed/workshop that has power and a concrete floor and a large greenhouse.

Ray White™

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3 1 2

11 Oberon Street EUGOWRA

\$260,000

Huge Price Reduction

- Large comfortable home featuring 4 bedrooms and spacious lounge/dining area.
- A great indoor entertainment area runs the full length of the home at the rear.
- Big workshop/garage sits in the back yard which includes a double carport, as well as a generous single carport of to the side of the home.
- Bore, rainwater tank, established gardens and double garden shed the list of features goes on



3 1 2

42 Pye Street EUGOWRA

\$280,000

- 3 bed home, builtins, open plan kitchen/dining/lounge. Enclosed front & rear verandahs
- Fully self contained granny flat with a generous bedroom and open plan kitchen/living/dining with evap a/c and gas heating
- 7 panel solar system ensures power costs will stay to a minimum
- Other features: 6x9 shed converted into 2 bedrooms, kitchen, living & toilet, double garage, 2 x workshops, 2 car carport, greenhouse, 2 x garden sheds, birdcage & chook yard
- Situated on a half acre block, town water, bore and 5 x rainwater tanks.



Lot 201 Kareena Street EUGOWRA

\$23,000

- 1012sqm building block with central location
- Power pole directly out front of block and other services close by
- Building blocks are proving to be very scarce in Eugowra



3 1 4

Lot 2 Broad Street EUGOWRA

\$310,000

Vendors keen to sell – make an offer

- Beautiful 3 bedroom home, designer kitchen, gorgeous light filled open plan living/dining room opening onto a wide verandah that overlooks and inground salt water pool and entertainment area.
- To the rear of the property is a covered entertainment area, and a huge 4 bay lock up garage/workshop.
- Huge elevated lot that features natural bush rock and easy care gardens.



3 2 2

15 Wilbe Street EUGOWRA

\$345,000

- Impressive 3 bedroom home set amongst well established gardens.
- Main bedroom features a walk thru robe and ensuite.
- Well appointed kitchen, spacious lounge and dining areas.
- Barn style shed/workshop with power, concrete floor, benches and lots of storage area.
- 22 k/watt solar system, making power bills a thing of the past
- This home is impeccably presented and immaculately maintained and well worth your inspection

REUNION OF THE '64 ALL BLACKS

The all conquering players of the 1963 -1967 Eugowra All Blacks gathered last Saturday to celebrate the 50 year reunion of their 1964 Group 11 Premiership win.

The Eugowra rugby league players of that era hold the record for five consecutive premierships wins in the Group 11 first division competition.

In the 1964 grand final Eugowra faced their traditional rivals Forbes in the decider to come away with an 8-7 win after a very competitive and close encounter.

The reunion of these 'old boys' was held in the warmth and comfort of Eat Your Greens function centre with the staff providing a beautiful meal for the enjoyment of all.

MC for the occasion was Barry Beath with Grace being said by David Glasson. Following the meal there were many stories told, true or not, that was up to the audience.

Even though it is 50 years on since that grand final, you would think it was only last week, with the execution of some very deft side steps, great tries and goals kicked from their glory days.

There were a small number of player changes over those five years, but basically the nucleus of the team remained fairly consistent.

Players and guests returned from Kotara, Tumut, Forbes, Parkes, Gooloogong, Yeoval, Orange, Harrington, and Mt Annan to join the locals for their special day.

There were only a small number absent from the luncheon with one on a European river cruise, two doing the trip around the big block in Australia and one on the sick list.

However, they all plan to be together again in May next year for the celebration of their 1965 Premiership 50 year reunion.



Eugowra Kids Playing the World Game

There are a large number of Eugowra boys and girls participating in the Forbes & District Soccer Competition this season. Children travel to Forbes every Saturday to compete in their age groups. All are thoroughly enjoying it. The World Cup has ignited a bit of enthusiasm in the sport. Who knows maybe one day these children will be playing on the world stage!



Golden EUGOWRA Eagles

FOOTBALL UPDATE

Eugowra Golden Eagles are enjoying a positive season, first grade have finished the first round of the Woodbridge Cup on the top of the Ladder in front of close rivals the Cargo Blue Heelers.

The Geagles are proving to be strong contenders and improve each game. The girls have plenty of talent and will be strong contenders come finals time.

The Juniors have shown they have plenty of talent and entertain the crowd each game.

The Eagles would like to thank all supporters it certainly helps to hear the crowd.

