

Eugowra NEWS

March 2013

A Lions Club project for the community we serve

VOL.17

Off to the Royal Easter Show

Local girl Lydia Herbert (pictured at left) is off to the Royal Easter Show after being selected as one of the three zone finalists for this year.

The announcement was made at the spectacular event held in Eugowra at "Eat Your Greens" on 23rd of February. The dinner was attended by over three hundred people.

The marquee situated in the grounds of "Eat Your Greens" was a stunning venue. Guests enjoyed a delicious three course dinner and were entertained by the finalists interviews. Hugh Ellis was the master of ceremonies, he introduced special guest Tottie Goldsmith who then interviewed the girls. The Eugowra Show committee created a very memorable occasion.



from the editor

What a privilege to attend the show Girl judging dinner at "Eat Your Greens" on 23rd of February. The setting was spectacular and the rain held off until we were all seated inside. The staff of "Eat Your Greens" did their usual outstanding job of catering for the huge crowd.

It is amazing what our little community can do. There were many contributors to the success of the evening, those who erected and pulled down the large marquee, the ladies who arranged the flowers, people who fed the judges and the showgirls and the list goes on. Congratulations to the Show Committee what a great job.

How exciting to see local girl Lydia Herbert selected as a finalist to go to the Sydney royal Easter Show as one of three representatives of our zone. The competition was very tough. As I listened to the girls being interviewed I thought that any of them would be worthy of going on in the competition. I'm glad I wasn't one of the judges.

I have noticed that the date for the next News is Easter Friday, I will see if we can get it out on the Thursday instead.

Welcome back to all our usual contributors and welcome to a couple of new ones, it is great to have news from all segments of the community.

Our facebook page is up and running, so like us on facebook and feel free to post stories that may be of interest.

Enjoy the News,

Anne



The Eugowra News Committee

Anne Heath, Chairperson and Editor

Anne Burns

Cassie Gates

Peter Heath

Bob Roach

Jodie Greenhalgh

Contributors this month

Jenny Anderson

Lydia Herbert

Jessica Bray

Nina Hooper

Nicole Brindle

CWA, Val McGrath

Anne Burns

St. Josephs School, Sarah de Lange

Alicia Colvin

Eugowra Public School, Kylie Reeves

Josh Driver

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Cassie Gates

Next Issue Deadline:

Friday 22nd March 2013

**The News will be available on
29th March**

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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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Deadline	Publication
22nd March	29th March
26th April	3rd May
24th May	31st May
21st June	28th June
26th July	2nd August
23rd August	30th August
20th September	27th September
25th October	1st November
22nd November	29th November

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

March 2013

Mon Tue Wed Thu Fri Sat Sun

				1 Drs Manildra 9-1	2	3 Pony Club
4 Drs 9-5 VIEW	5 Drs. Manildra 9-1 Playgroup	6 Bowen therapy	7 Drs 9-4	8 Drs. Manildra 9-1	9	10 Garage Sale Heatherville
11 Drs 9-5	12 Drs. Manildra 9-1	13 Bowen therapy	14 Drs 9-4	15 Drs. Manildra 9-1	16	17
18 Drs 9-5 Seniors Day 10-3	19 Drs. Manildra 9-1	20 Bowen therapy	21 Drs 9-4	22 Drs. Manildra 9-1 Community Bus	23 CWA bus trip	24
25 Drs 9-5	26 Drs. Manildra 9-1	27 Bowen therapy	28 Drs 9-4	29 Drs. Closed	30	31



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Eugowra Medical Centre Committee

In 2009 the Eugowra Medical Centre Committee, having discharged its debt to Cabonne Council, incurred earlier for extension and renovation, sought assurances from Council that the medical centre premises would continue to be held in trust for the Eugowra Community to be used as a medical centre in perpetuity. This began a long process of legal wrangling in which some uncertainties of ownership had to be settled and the wording of a memorandum of understanding (MOU) acceptable to both Council and this committee had to be agreed.

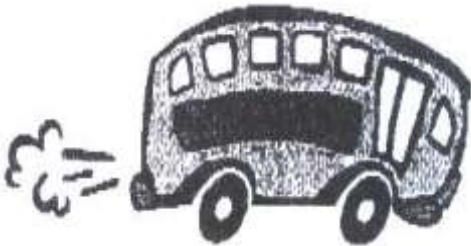
We are pleased to announce that ownership of the premises by Council has now been established and a suitable MOU has been signed by both parties. A copy of the document is on display in the doctor's waiting room.

Mike O'Callaghan (Secretary/Treasurer) & Bob Roach (Chairman).

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EUGOWRA / ORANGE COMMUNITY BUS SERVICE



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Thankfully we have had a reprieve from those terrible very hot temperatures which we were experiencing earlier in the year and we are all hoping for some lovely rains to come to us really soon.

As I write this tonight we getting just a few light showers and I am sure there will more than just a few of us hoping that it will continue to rain all through the night.

Spring bulb growing time will be with us again from the end of March and into April. Bulb catalogues have been arriving in the post and I will soon be studying the glossy pictures of the many often fragrant and delicate but always beautiful bulbs available.

The only difficult part about this is always which ones to choose to purchase.

It is a very good idea to prepare the planting area well in advance by digging the area over, adding well rotted manure and aged compost.

This will help to ensure the garden bed will be well drained and have lots of nutrients just waiting for you to plant your chosen bulbs.

March 17th is the date for traditionalists to grow their sweetpeas, but I feel in this area, depending on the climatic conditions, it is sometimes best to wait until the weather is a little cooler or at least until the later weeks of March, but of course the choice as always is yours.

Again soil preparation well in advance of planting time will reward the grower with good results. Adding a handful of lime per square metre will help to sweeten the soil.

In general, it takes about three and half months for sweetpeas to flower.

Remember to provide some kind of trellis for the plants to climb but if you are short on trellis space, pots will suffice nicely and will have added bonus of being able to be moved to locations where your sweetpeas will be seen and enjoyed when at their best.

Fill pots of at least 30cm plus in size with a good freely draining potting soil, insert some stakes around the perimeter to form a tepee. Tie them securely at the top with wire, then wind the wire around the stakes all the way to the bottom.

Plant seeds or seedlings around the edge of the pot, place in a suitable position with adequate sun. Water with a soluble fertiliser at regular intervals.

A few plants suitable for our area and climate

Buddleia davidii Butterfly bush is very drought and frost tolerant, happy in full sun, generally will grow to 3 to 4 metres tall and about 3metres wide, always responds well to some pruning. Attracts butterflies. Available in bright purple, various shades of mauve, white, yellow, orange and apricot.

Hemerocallis Daylily is a showy plant which is easy to grow. Happy to grow in full sun or part shade. Depending on the species, growing heights range from 60cm to 1.2metres with a clumping habit. The colour range is large from yellow, orange, and many shades of pinks and purple. Some have a fragrance. Flowers and buds are said to be edible.

Each flower lasts for only one day but there are generally many which just keep blooming.

Bougainvillea is a well known plant which, when in full bloom displays a powerful and delightful show. It is a very vigorous plant and will grow to an unlimited size unless kept in control. It loves to be grown in full sun. Available in a range of colours from the common purple to orange, white, pink etc. This plant has thorns which can be quite lethal, therefore this is not a plant for growing in thoroughfares.

It is best to give Bougainvillea's only minimum water even in dry times as over watering produces many thorns and leaves at the expense of the colourful bracts

There are varieties especially bred to be suitable for growing in pots. Check these out at your favourite nursery.

Mulberries are very easy trees to grow (you need to have plenty of space). They are not at all fussy about soil types and once established are not bothered much by frosts or dry times. After completion of their delicious spring fruiting season, rich green foliage provides a lovely canopy of shade. In autumn their foliage turns to a nice yellow colour before falling to provide fantastic mulch.

Trees may be simply left to mature to their full size if space is not restricted or may be pruned back by up to half after completion of fruiting to maintain compactness and a suitable size. Propagation is easily done by a simple cutting.

There are a good number of black or white fruit varieties available which are variable in size. There are grafted species on short, medium or taller root stock. It is worthwhile to take a look at the nursery.

But beware it is best not to grow mulberries close the clothes line, because birds love mulberries and they may mess the washing.

Until next month, "Happy gardening" Jenny



Caring for the Land

With Nina Hooper



Hello Eugowra.

As I type there is news of an east coast low bringing rain to yes, the coast again.

Here's hoping that it brings us some rain – come on Hughey!

It's quite depressing when you look back at the rainfall chart and see just how little rain most of our area has had for many months.

I can imagine that many farming systems would be being tested by the lack of moisture!

I hope that next column we can talk about it being such a great time to sow winter crops as we have had plenty of rain!

There has been plenty of action on the Landcare front with our project officer Christie working on a large number of applications to go into the Community and Landcare grants program currently being rolled out by the federal government.

We had a committee meeting recently to go through these applications as well as discuss issues such as some minor changes to the constitution and the latest with the development of the Local Land Services (LLS) organisation.

Funding is of course crucial to the ongoing operation of Landcare - especially when we need to fund an office as well as two part time staff.

Funding applications such as those Christie is working on are usually only able to fund project works – which is fabulous of course, but not for not staff and offices, so there is a great need for us to stay across what's happening with things such as the LLS.

With this organisation absorbing the Catchment Management Authorities – who have been our source of assistance for staff for some years – we are especially concerned to see what direction is taken.

Without our part time staff and office so much less would be happening- as those of you who volunteer for other organisations would know – there is only so much we as volunteers can do!

With all of this in mind it would be great if we could get more people to comment on the Have Your Say website, that is collecting feedback for the LLS.

If you think Landcare is important – please say so on there, to make sure it's not forgotten.

I have already heard of at least two regional Landcare organisations across the state looking to close as of the new financial year, as they haven't heard of any assistance being available from the LLS after the Catchment Management Authorities are gone.

It's therefore very important for you to jump onto www.haveyoursay.nsw.gov.au and to do it today!

And finally, for something lighter and with a slightly different hat on for a moment – if you are on Facebook, make sure that you like the Lachlan CMA.

They have a great competition going at the moment where you can win a camping package worth \$700.

With Easter coming up, when so many of us go camping, some new gear always comes in handy.

The Lachlan CMA Natural Resource Management Awards are also open - so if you know someone who needs a pat on the back for their environmental contribution, then go to their website at www.lachlan.cma.nsw.gov.au and download a form.

See you next month – to talk about the rain!



Garage Sale.

Sunday 10 th March. "Heatherville"

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9.00 am to 5.00 pm.

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New members & visitors are always welcome!

Three Exciting Events Happening for the Month of March

First: the Annual Brett Myers Plastering Bowls Day

Held on Saturday 9th March, come along and support our local teams.

Brett is a local businessman who sponsors this event every year.

Second: we will have world class entertainment of Kerrie Garside playing in a duet with our local girl Jeanie.

Music is middle of the road.

Kerrie and Jeanie were part of a group playing around the Central Coast known as Housework can Wait.

This event will be on Saturday night 9th March starting at around 7pm

This is free entertainment, why not come along listen to good music and enjoys a Chinese meal from Kenny.

Third: we will be holding our annual Easter raffle and members draw.

Taking place on Thursday 28th March, the day before Good Friday.

Members draw will be a minimum of \$750; you need to be in the club to win.

Easter raffle will be Easter eggs, seafood trays, meat trays, gifts and maybe gift cards.

Come along and enjoy your club

IT'S YOUR CLUB



LIFE'S MILESTONES

Grace Anne Hanson-Riley

Born: 14/1/2013

Weight: 4.190kg

Parents: Paula Hanson and David Riley

First Child

Maternal Grandparents: Rob and Trudy Hanson from Dubbo

Paternal Grandparents: Tom and Verna Riley from Eugowra

Great Grandparents: Sylvia Riley from Harrington Grove (Sydney) and Noel Langford from Eugowra



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EUGOWRA VIEW CLUB



Members of Eugowra Evening VIEW Club enjoyed their first dinner meeting for the year at the Central Hotel on February 4.

The evening commenced with the AGM and the handing out of badges by Zone Councillor Vicki Archer to the incoming executive

President-	Therese Welsh
Vice President-	Kay Jones
Secretary-	Andy Langfield
Asst Secretary-	Wendy Drady
Treasurer-	Maria Dawson
Asst Treasurer-	Sandy Mackay
Publicity Officer-	Judy Smith
Program Officer-	Esther Hyde
Delegate-	Diane Agustin
Learning for Life Coordinator-	Sally Mongan

The meeting decided that the birthday celebrations in July would be held on a Sunday in the daytime, instead of Monday evening as this suited most people.

Starting this year this would now be a permanent arrangement.

Guest speaker for the evening was Elaine Plicka, the Cancer Patients Foundation Facilitator for the Parkes area for Look Good Feel Better. This organisation has no connection to the Cancer Council.

This group started in 1990 when oncologists saw the need to help cancer patients enduring the results of side effects from chemo and other cancer treatment. These side effects include hair loss, dry skin, swelling, scaling and other conditions.

Oncologists work with make-up companies, with all products donated to the value of 3.5 million a year from companies such as Avon, Chanel, Dior, Nutrimedics etc.

Look Good Feel Good works with the patient to make them feel good and they will work better with their doctor and therapist. When a patient looks and feels better they learn to laugh and to relax. It is not about treatment though.

Patients receiving treatment are encouraged to bring a friend to the workshops where there are volunteers from pharmacies who are experienced with make-up etc to demonstrate correct techniques.

Patients receiving treatment need to know of Look Good Feel Better – so if anyone knows of someone in this situation, please pass on the message.

During the workshop women can receive a make-over and make up advice, wigs are available free of charge, also hats- all of which helps women face cancer with confidence. There are also men's workshops with suitable products. There are six workshops for women a year and two for men. The workshops are held at the Neighbourhood Centre at Parkes. The contact is Pat Bailey at 6862 5778. Cosmetic companies donate all of the products used with their base being in Sydney.

There are 22 countries around the world with Look Good Feel Good, 21,000 volunteers globally and 3.5 million donated by cosmetic companies.

Kerry Anne Kennelly is a patron with a huge committee in Sydney being involved with fund raising.

On behalf of members, Arline Townsend thanked Elaine for her very informative talk and presented her with a small gift of appreciation.

VIEW members have accepted the Show Society's invitation to cater at the Eugowra Centenary Show this year.

A visit to Moxey's Dairy is being planned in April for members with guests allowed. Please RSVP by the March dinner meeting to enable transport to be organised.

Please RSVP to Esther by Friday March 1 for the dinner meeting on Monday March 4. New members welcome.





News from Eugowra Community Children's Centre

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

Welcome Back Kids!

We have once again hit the new year running. We have said goodbye to our graduating students and welcomed new children into our centre.

We would like to welcome back our director, Kathy Agustin, who is working towards ensuring the children in the Centre enjoy a year of excursions, informative visitors and creative, stimulating experiences all relating to our Early Years Learning Framework. We take the interests from the children and extend on them to give us the basis for the learning environment for that day. The children feel very comfortable with this, as the program is driven by their interests and opens up a multitude of opportunities for spontaneous intentional teaching. We are continuing with the learning stories from last year and this gives us a basis for planned activities around the children's interests.

Just a reminder to all parents, we still offer a fantastic After School Care Service. Any enquiries contact Kathy at ECCC on **6859 2522**.



Welcome to our new members of ECCC
(pictured left to right) Alana Haynes, Aidee Thomas, Claire Pengilly and Mack Pengilly



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

FEBRUARY NEWS

The new year at School is well under way, the new children have settled in well and everyone has heads down to learning and having fun at School. We have enjoyed lots of swimming activities in these hot weeks at school. This term so far we have had visits from the NSW NRL Roosters talking about Tackling Bullying, the RFS talking about Fire Safety and the Life Education Van giving us some important life lessons.

WELCOME TO OUR NEW STUDENTS

This year we welcome some new families to the St Joseph's family; Lachlan Haynes in Year 1, Kindergarten; Alice Paul, Chelsea Colvin and Jack Fazzari. Also joining their older siblings are; Luke Holland, Levi Carver and Elizabeth Brindle. We welcome these new families to the community and the St Joseph's family and parish.

SWIMMING SUCCESS

On Tuesdays and Fridays the children have been heading to the Eugowra Swimming pool for lessons and training. All the children have developed very well in their swimming strokes and confidence.

On Friday 15th we joined with the Public School to hold the Eugowra Schools Swimming Carnival. Everyone had a great time and participated wholeheartedly in their races and games. Great house spirit was seen in the cheering and swimming events and Green house won the day by a very small margin.

Congratulations to the winners on the day;

Senior Boys

Champion - Jake McCarthy
Runner Up - Jed Matheson

Senior Girls

Champion - Katie Townsend
Runner Up - Annalise Gavin

Junior Boys

Champion - Charlie Philipzen
Runner Up - Jim Riley

Junior Girls

Champion - Montana Bevan
Runner Up - Brooke Stibbard

School Captains at the Swimming Carnival; Ryan Huckel & Katie Townsend

Thank you to the parents and staff from both schools for helping out and making the day a success!



Congratulations to Katie Townsend who has qualified to participate in the Southern Region Carnival on Wednesday 27th Feb in Orange. We wish Katie fast swimming and good luck.



Kinder children learning their ABC's with Mrs Epp; Alice Paul, Levi Carver, Luke Holland, Elizabeth Brindle, Chelsea Colvin and Jack Fazzari.

CELEBRATION OF CATHOLIC EDUCATION & INDUCTION MASS, March 9th Saturday

This will be a combination of our Induction Mass and celebration of the start of Catholic Schools Week. We officially welcome our new students and induct all our school leaders, and as students, staff and parents promise to do our best for the year ahead. After Mass, its time to sit down and enjoy our first social gathering for the year.

CATHOLIC EDUCATION WEEK 10- 16th March

" EVERY CHILD COUNTS "

This year more than 614 Catholic Schools will take part in the celebrations, involving about 261,000 students. It is an ideal opportunity to showcase the great things that take place in Catholic Schools every day and to celebrate the students many achievements.

We are immensely proud of our Catholic heritage, and are committed to offering the children the opportunity to follow Jesus as members of the Catholic community.

The children and staff enjoyed Mass on Ash Wednesday with Fr Michael who spoke of Lent being a time of joy, pray and peace as we reflect and fast in preparation for Easter.

Until then;
May God Bless you.
St Joseph Staff and students.





March Recipe



Prawn and Pork Soft Tortillas
with Grilled Pepper Salsa



Ingredients for filling

12 prawns (peeled and de-veined)
200g Pork mince
1 brown onion-finely chopped
2 cloves garlic- minced
1 tin tomatoes
1 chipotle chilli optional (available from Essential Ingredient)
1/2 tsp. smoky paprika
salt and pepper to taste

Sauté onion and garlic, add pork mince and lightly brown. Add tomato, chipotle, paprika and a pinch of salt and pepper, simmer for 20 mins. Then discard chipotle as this is just for flavour.

Grilled Pepper Salsa

2 red capsicums
2 tomatoes - diced
1 bunch coriander - roughly chopped
2 spring onions - finely chopped
1 red chilli - finely chopped
1 cloves garlic - finely diced
1 lime
salt and pepper

Lightly oil the red capsicums and roast on high for around 15 mins or until skin has blistered. Place in heatproof bowl and cover in cling wrap to let the capsicums steam.

After around 15 minutes the skins should come off the capsicums easily. Roughly chop capsicums and mix with tomatoes, coriander, spring onions, chilli, garlic, lime juice and salt and pepper. Set aside.

Home made tortillas

1/2 cup Masa Flour (corn based flour available from fireworksfood.com.au)
1/3 cup water
pinch salt

Mix all ingredients into a firm dough and roll out small balls between 2 sheets of baking paper, using more flour if its sticking. Cook on medium heat in fry pan until lightly brown.(tortilla presses are available very cheaply on the website listed above)

Alternately you can use shop bought tortillas, just heat through in the microwave.

Extra Ingredients

small bowl of finely shredded iceberg lettuce
2 avocados - roughly chopped
1 cup sour cream or natural yoghurt

Its best to serve as a shared meal sat in the middle of the table! Simply grab a tortilla, fill generously with pork and prawn filling, salsa, lettuce, avocado and big dollop of sour cream.



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EUGOWRA PLAYGROUP

Playgroup facilitator for Central West Communities & Kids, Leanne Middleton, is delighted to be able to provide a playgroup service for families with children 0-5 years in the Eugowra community. The group meets on the first and third Tuesday of the month at the Eugowra Children's Community Centre (next door to Preschool) from 10am to 12 noon. The next playgroup day is March 5th, and to start at our new location we have a couple of special visitors .

Eugowra Playgroup, through the RTA , has organised for free checking of child restraints fitted in cars at playgroup on March 5. This will be a chance to have your babies and children's car seats checked for free by the accredited staff from Opposite Lock. Anyone from the community with a child restraint fitted to their vehicle is welcome to come along and have a check at 10:15am, or book an appointment with Leanne.

Also visiting playgroup on March 5th will be the Child and Family Health Nurse, Rhonda, who will be a frequent visitor. Rhonda is able to talk to parents about any concerns they have, weigh and measure babies and can organise immunisation.

Leanne facilitates playgroups around the area in places including Cumnock, Cargo, Manildra, Blayney and now Eugowra. Leanne brings with her a wealth of knowledge about the importance of play for children and looks forward to meeting families in Eugowra and surrounds.

Leanne can be contacted on 0409 522 051 or 6362 4519, you may need to leave a message as Leanne spends a lot of time out and about at playgroup.

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Mural Meet Mothers Day Weekend 2013

The 2013 Murals weekend is shaping up to be another big event for our little town of Eugowra. This year we are expecting up to 80 artists and sign writers for the weekend, 10-12th May 2013. Again the artists are coming from far and wide, even from two from New Zealand. The artists and sign writers are from various backgrounds and have many years of experience in their respective fields. This year's event will coincide with the Annual Letterheads meet, and we will see various traditional crafts on display. One example is the gold gilding application onto the glass windows at the Café in Nanima Street. Many of our signs around Eugowra will also be getting a facelift with all these talented Sign Writers in town.

Friday will be when many of the artists arrive in town. They will be allocated one of the sites in which they will work on for the weekend. The proposed sites for this year's event are: Somerset Lane, the Museum, Central Hotel and the building adjacent to the Central on Pye Street. During the weekend part of Nanima Street will be closed for the artists to set up their paint tables and start their masterpieces.

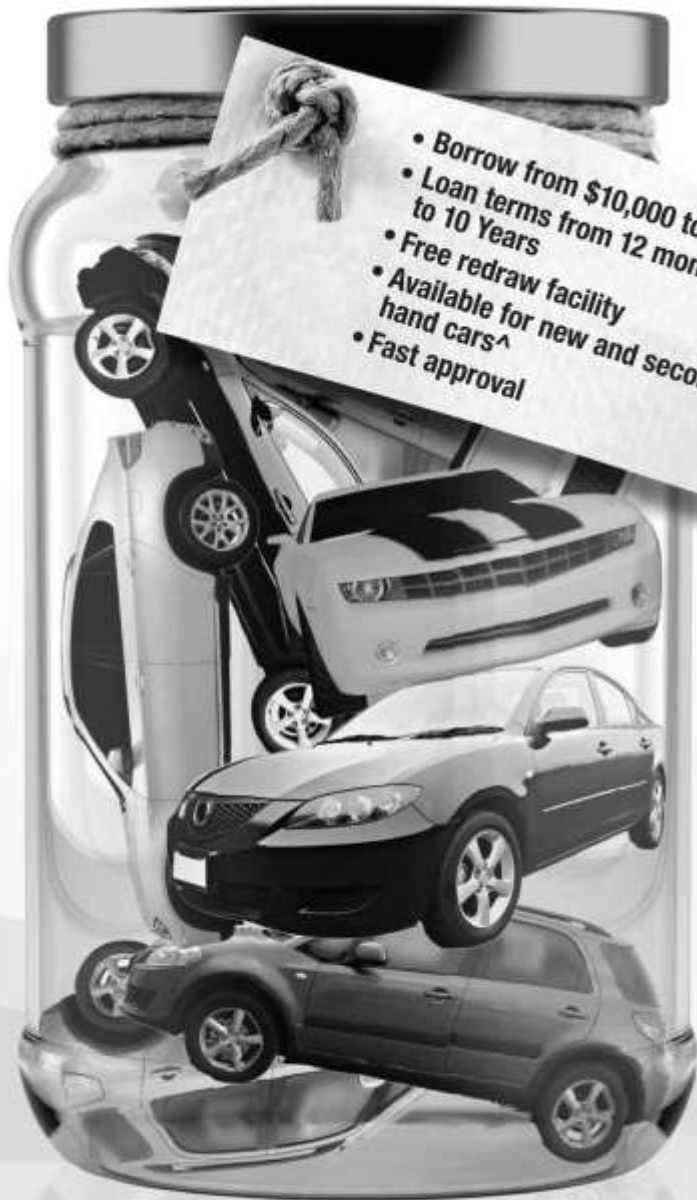
On Sunday, in the morning, all the action will be at the Eugowra Sportsground with the Classic Cars and Vintage Bike Show on display. The sign writers and artists will also be at the Community Room teaching kids about painting and showing them the tricks of their trade on skate decks and stack hats.

Also on Sunday is the Mothers Day Fundraising Lunch in Apex Park. The lunch will start at 1pm and be catered for by Eat Your Greens. This year the lunch will be in a Maquee in Apex Park and feature 2 courses, and live entertainment. Tickets will be on sale soon.

If any businesses are interested to have their signage painted and are prepared to contribute to the cost of materials, the labour would be covered by the Letterheads Meet. Contact Jodie (0427 592 481) or Cassie (0412 889 339) if you are interested.

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COUNTRY WOMEN'S ASSOCIATION OF NSW

EUGOWRA BRANCH

February 2013 Meeting

A very enjoyable start to meetings and activities for 2013 took place at the **first CWA meeting on 8 February** at the home of Kay Jones. Members enjoyed a tasty range of finger foods, a glass of bubbly and a chat before the meeting commenced. A big thanks to Kay (and Max) Jones for making their garden available for the evening and hosting a very successful gathering of members.

CWA members provided a delicious morning and afternoon tea for the contestants, judges and organisers of the **RAS Showgirl judging** which was held in Eugowra on 23 February at St Joseph's Community Hall.

Noela Lane, Handicraft Officer, called for craft items for the **Group Handicraft Exhibition at the Orange Civic Centre 11-15 March**. Last year we did very well and had an item go onto State Conference.

Members will **cater for a clearing sale** on 16 March. Final details will be arranged at the March meeting.

The **bus trip to Grenfell and landra Castle on Saturday 23 March will go ahead**. Members should be at the Rooms by 8am. The bus and morning tea will cost \$26. The day will include visits to landra Castle (\$15), Sculpture Garden (\$5), Endemic Garden (free), O'Brien's Hill (free) and lunch at the Albion Hotel (own cost). Members are welcome to bring their husbands and friends. **Community members are most welcome to join us for an interesting and enjoyable outing**. Could anyone who wishes to go on the bus trip please contact Janet Noble (6859 5225) to reserve your place and arrange payment for the bus.

The **guest speaker at the 12 April meeting will be Stephanie Loader**, Managing Director, Northparkes Mines. Stephanie will arrive for lunch at 1pm and talk from 2pm. **Eugowra residents are cordially invited to join us** and are asked to advise Margaret Swift (6859 2256) if they require lunch.

The **CWA Rooms at 43 Nanima St are available for rent** on a casual or permanent basis. The rooms are air-conditioned throughout and include a large meeting



Members attending the February meeting are (Standing L-R): Kay Jones, Dorothy Jones, Jeanette Norris, Lorraine Carty, Frances Anderson, Noela Lane, Rosemary Fraser, Shirley Heinzl, Margaret Swift and Wendy Carey. Sitting (L-R): Bronwyn Guest, Wendy Drady, Jenny Anderson, Yvonne Smalley and Janet Noble

EUGOWRA PONY CLUB



Welcome to 2013 everyone! A big welcome back to our members from last year and warm welcome to our newest, Charlene, Bridie and Natalie!

We had a great send off for 2012 by celebrating with a Christmas party and presentation on our last rally day which was held on the 2nd December. Our riders came dressed in fancy dress with ponies to match. We had a lot of Christmas inspired outfits, a fairy princess, a giraffe and zebra, a cowboy and even a punk pony! Everyone did a great job and we had lots of fun playing games. 2012 awards were presented by our instructor Bec and went to, Sophie Welsh- Chief Instructors Award, Katie Townsend- Ambassadors Award and Ashlee Hampton- Most Improved. Well done girls!

We meet on the first Sunday of each month, with our first rally day being held on the 3rd of March. I'd like to thank our instructors, Mr Kevin Welsh for cooking the BBQ each rally day and to all the people who make Pony Club happen last year. We have such a wonderful little club and we would love to welcome some new faces, and there is still time to join us so if you need any information or wish to join, please contact Heidi Holland on 0402889715 or pop up to the Eugowra Showground on March 3rd.

We are all excited for another year of fun!
Alicia Colvin





Looking after our “EGG’s”

Welcome back to the health information page for this year. We hope to provide information about health topics that interest the community. If there is a topic that you would like us to cover, please let us know. Sorry I missed last month I was too busy having a holiday.

With the early arrival of Easter this year I thought we should think about “our eggs”

The origin of the Easter “egg” is thought to come from the pagan ritual of celebrating fertility at the time of Easter.

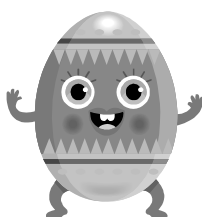
So when you eat an Easter egg this year I would like you to think about taking care of your own fertility - the eggs/ sperm and the organs that make them.

Technically only women have “eggs”. The organs (factories) that produce them in women are **ovaries** and **testicles** in men.

These organs are where we produce what is needed to reproduce (eggs & sperm) but they also do other important activities in our endocrine (hormones) system. They help to regulate our growth and mood. They influence lots of other organs in our body, for example testosterone and androstenedione provide crucial protection against heart disease. (Never mind that testosterone also helps preserve our sex drive, bolster energy levels and maintain lean body tissue.)

As with everything having a healthy lifestyle and being a healthy weight is the best way to look after these organs.

There are several disorders that can occur in our ovaries and testicles such as cysts and production issues. Cancer can affect these organs as well and everyone should be aware of the symptoms so you can be checked.



Symptoms of Ovarian cancer

Every woman needs to know the symptoms of ovarian cancer.

The four most common symptoms of ovarian cancer include:

- Abdominal or pelvic pain.
- Increased abdominal size or persistent abdominal bloating.
- Needing to urinate often or urgently.
- Difficulty eating or feeling full quickly.

Ovarian cancer is quite rare and can be difficult to diagnose in the early stages. If you experience these symptoms regularly - talk to your Doctor.

Symptoms of testicular cancer

The symptoms of testicular cancer can include:

- A swelling or lump in the testicle, usually painless
- A feeling of heaviness in the scrotum
- Persistent ache in the lower abdomen or the affected testicle.

A cancerous lump may be as small as a pea or much larger. In most cases only one testicle is affected. Sometimes testicular cancer cells spread into the lymph glands and other organs in the body (most commonly the lungs). If this happens, you may have other symptoms such as a cough or shortness of breath. Even if testicular cancer spreads, it can still usually be cured.

Most testicular lumps are not cancer but it is important to see your doctor if you have any of these symptoms.

Have a happy & safe Easter - enjoy the chocolate don't become it!!



Child and Family Health Services for Canowindra, Cargo, Gooloogong and Eugowra

Canowindra: Monday, Tuesday, Wednesday by appointment only.

Tuesdays 2pm-3.30 Parent Group new bubs up to 12 months, siblings welcome.

Immunisation Clinic second **Wednesday** of the Month.

Cargo: The Child and Family Health Nurse visits the playgroup that meets in the primary school on the first **Monday** of the month. **Immunisation** can be attended by appointment

Gooloogong: Clinic at the Soldiers Memorial clubrooms the second **Tuesday** morning of the month by appointment.

Eugowra: On the first **Monday** of the month the Child and Family Health Nurse will hold a clinic from 8.30-

10am at the Eugowra MPS. Immunisation and health checks can be attended by appointment, then from 10:15am -12 midday at the Eugowra playgroup in the ECCC community room.

The contact person is **Rhonda Burnett** Child and Family Health Nurse. Canowindra Community Health Ryall Street, Canowindra 2804

Phone: 63403303

Fax 63442015

Email: rhonda.burnett@gwahs.health.nsw.gov.au
Speech Pathology Services in Eugowra

Rachel Christian - works with Children and will be coming to Eugowra on a fortnightly basis. She will arrange appointments either at the person's home, the health service, schools or preschool.

Jaclyn Wilson - works with adults with language/communication & swallowing problems such as clients who have had a stroke, or who have a degenerative disorder, also with adult stuttering.

Appointments can be made by a contacting 63403310 directly. A referral may be required depending on the issue needing attention.

Referrals/messages can be left at the MPS - they will be forwarded to Rachel or Jaclyn.

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News

Participation Leads To Success

WELCOME

Eugowra Public School has welcomed new enrolments this year bringing our small school student numbers to 40. We extend a BIG Eugowra Public School welcome to our 7 new kindergarten students joining us in 2013. Ethan Brown, Macey Greenhalgh, Skyla Holt, Chelsea Leonard, Anastacia Mulligan, Clare Williams and Hannah Williams. These lovely children have settled in wonderfully to their new school life.

We also welcome Chelsea's sister Makala in year 2 and her family, we welcome Jake and Hayden McCarthy and their parents and David Chu and His Dad to our School Community.



Chelsea Leonard, Anastacia Mulligan, Hannah Williams, Angus Holt, Ethan Brown, Clare Williams and Macey Greenhalgh

SCHOOL CAPTAINS

We would like to introduce and congratulate our School Captain for 2013 Jodi Williams and Vice Captains Savannah Bevan and Jack Frazer.

Eugowra Public School is a stimulating and rewarding place for students to experience challenges and achievement. Quality teaching and learning practices ensure positive outcomes for all students in a safe and happy learning environment.



Captain Jodi Williams, centre, with Jack Frazer and Savannah Bevan Vice Captains



Henry Hoswell says goodbye to Gail Katon

FAREWELL HENRY

After almost 15 years of service to Eugowra Public School Henry Hoswell has retired as General Assistant for EPS. Henry kept the grounds looking a picture during his time and on Friday the 1st February we said farewell to Henry with a morning tea and a presentation from the students. Thank you Henry for all your hard work and friendship.

NRL VISIT

NRL Sydney Roosters players and support crew visited the school to promote anti-bullying behaviour. The students enjoyed their time with the players



SMALL SCHOOLS SWIMMING

On Friday 8th February students participated in the Small Schools swimming carnival in competitive and non-competitive swimming events. Students displayed good sportsmanship and some had success in the competitive races.

Congratulations to Montana and Savannah Bevan and Jake and Hayden McCarthy who qualified to compete in the District Carnival in Condobolin.

Following this success the awesome foursome have qualified in the relay events to compete at the Regional carnival in Dubbo on the 8th March.

On Friday 15th February we enjoyed a great day at the Eugowra pool with our combined Eugowra schools carnival with St Josephs students. Congratulations to the winning Green House on the day.



Jack Frazer and Liam Heinzl with the winning House trophy.

EUGOWRA SHOWGIRL COLUMN

masters of ceremonies, Tottie Goldsmith. I would especially love to thank the very cheerful Eugowra crowd. Hearing your support as I stepped onto the stage greatly calmed my nerves.

For me now, I will be travelling down to Sydney Royal Easter Show for the experience of a lifetime. For a week, I will have a behind the scenes tour of the Easter Show, the Land Newspaper and trips to Westmead Children's Hospital and Government House. The final announcement will take place on Youth In Ag Day, which is Easter Saturday. I am extremely excited to be a part of this event. It is scary to think after all these years of admiring the showgirls that I will be one of them!

I would like to thank everyone who has helped me achieve this fantastic result. I would especially like to thank the community of Eugowra. Without your support the event would not have been anywhere near as successful.

Finally, I would like to give a shout out to a good friend of mine, Tara Jenkins, from Islandview. On the 22nd of February, she won the Beef Cattle Judging Competition at Canberra Royal Show. Not only is this a spectacular result, but it is a fantastic warm up to her competition at the Sydney Royal Easter Show in a few short weeks. I am sure that in years to come she will do an excellent job of becoming Eugowra Showgirl .

I am writing this column on the 24th of February, one exhausted but extremely proud young lady because I am one of three finalists travelling to Sydney Royal in 4 weeks time. Yesterday's events were absolutely spectacular and the whole town should be congratulated on their efforts. A mentor of mine who has attended many of these events feels that ours was one of the best he has ever seen. My advancement to the next round is merely the icing on the cake for what was a fantastic day.

The zone final showgirl competition began for me with an interview. The three judges, Ellen Newberry, Sally White and Ian Pursehouse, and I discussed a variety of topics including current affairs, my aspirations, the show movement and, of course, Eugowra. The judges were really inviting and I had a fantastic time with them.

At 12:30 all the entrants, the judges and some special local people were invited to a luncheon, pre-prepared by the show society ladies and served by the ladies at the Country Women's Association. It was a fantastic opportunity to catch up with the girls I had previously met at the department weekend and to meet many of the other inspiring young ladies in the competition.

Finally, the day concluded with the spectacular evening event held at Eat Your Greens. All twenty two of the girls were invited to have an on stage interview with one of our



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Autumn Lambing

By **Belinda Edmonstone, District Veterinarian, Lachlan LHPA**

As autumn approaches producers need to think about their management of the autumn lambing ewes.

Animal husbandry jobs such as shearing, crutching, vaccinating and drenching need to be done at least four weeks before lambing to minimise stress on heavily pregnant ewes. Doing a worm test prior to drenching will help determine whether a drench is required.

Feed is scarce in paddocks so some thought needs to go into the nutritional requirements of the ewe. A heavily pregnant ewe requires an increasing supply of energy as the lamb/s continue to grow. If adequate levels of energy are not supplied the ewe will develop pregnancy toxemia. Treatment of this condition is generally unsuccessful therefore prevention is the only option.

If paddock feed does not contain enough energy, supplementary feeding with grain is the best option. Ewes need to be introduced to grain slowly to prevent grain poisoning. If the ewe's main diet is grain or grass based (as opposed to legume based) she will require additional calcium in the last 4-6 weeks of pregnancy. A loose lick of lime and salt is an easy way to supply calcium. Alternatively this can be mixed with the grain at 1.5%. Protein and magnesium become important as the ewes start to lactate. Adding Causmag to the lime will take care of the magnesium.

Supplying protein is not as simple. Dry feed will be lacking protein. High levels of protein can be found in seeds such as lupins and cotton seed as well as protein meals. Cereal grains will have varying levels of protein. A lot of grain harvested last year was low in protein. Supplying a non protein source of nitrogen such as urea can boost the ewe's protein source however care must be taken as urea is toxic if not used correctly and it must be supplied continuously to be of benefit.

There appears to be plenty of foxes around so start baiting at least two weeks before lambing.

Give ewes a sheltered paddock if possible so they can get some protection if the weather turns cold.

Beef Protected Area...what does it mean?

By **Eliz Braddon, Senior District Vet, Lachlan LHPA**

Recent outbreaks of Bovine Johne's Disease (BJD) in Queensland may have you wondering what this disease is all about.

BJD is a chronic wasting disease of cattle that can cause considerable production and therefore economic loss if it becomes established in a herd. It is similar to Ovine Johne's Disease (OJD) in that it is young animals that are exposed and pick up the disease. These young animals (less than 12 months of age) then don't go on to develop signs of disease for years. They also aren't likely to spread the disease until they are over the age of two years.

In NSW, our dairy enterprises are considered to be high risk when it comes to spreading BJD as a lot of dairy herds are known to be infected. So NSW has taken the approach to separate beef enterprises from dairy operations. This is where the Beef Protected Area concept has come from under the new National BJD Plan.

If you are a purely beef enterprise, and have the Cattle Health Statements to prove it for purchased cattle, you should be able to claim the Beef Only status for your herd. Beef only is a specific assurance status that means:

- there are no animals from an infected, suspect or restricted herd in relation to Johne's disease
- beef animals have not grazed with dairy or first generation dairy-cross cattle in the previous five years unless those dairy were in the CattleMAP
- none of the beef cattle have grazed on land grazed by adult dairy cattle in the previous 12 months unless those dairy were enrolled in the CattleMap
- introduced cattle are from the same or higher assurance status, eg., Beef Only, MN1, MN2, MN3 or BC-TAS (Beef cattle trading assurance scheme) AND come with a completed Cattle Health Statement
- all introduced animals are identified with a NLIS device.

This Beef Only status is critical to ensuring you have the best market access for your store cattle. If you are buying in stores and then planning to sell stores, you need to think about BJD. If all your cattle go into fat markets, BJD may have less of an impact on you. However, it is still a regulated, notifiable disease in NSW, so avoiding it all together is best for business.

Just remember "BJD comes in on the back of a truck".

For more information please call us at the Lachlan Livestock Health and Pest Authority at Forbes 68521688, Young 63821255 and Condobolin 68952152.

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We are looking for accomodation for our mural artists, when they join us again in May 2013 for the Mother's Day weekend (10-12th May).

If you have available space in your home or a caravan we could borrow please call:

Michelle Cheney on (BH) 6859 2231
(AH) 6859 2819 or MOBILE 0414 815 479
to register or for more information.

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By Anne Burns

A Eugowra property with an interesting background is Kiembah. Not far north from town Hugh and Lyn Ellis purchased the property in 2009 moving from Bedgerabong.

Eugowra News: Why did you move from Bedgerabong to Eugowra?

Hugh: We had an irrigation farm at Bedgerabong and the drought was biting pretty hard. Droughts are great levelers – in effect we pretty much had a dry land farm with a lot of expensive irrigation infrastructure that was unusable, so we started looking at properties further east where the rainfall was a bit higher. After two years we stumbled across Kiembah and as soon as we saw it we knew this was the one.

Eugowra News: Hugh can you tell us a bit about the significance of Kiembah

Hugh: Kiembah has a colorful recent history, having been owned by John and Rosemary Andrews. John was a world renowned architect, having designed many significant buildings in Australia and overseas. He developed Kiembah as a deer farm – one of the biggest in the southern hemisphere. It had a state of the art deer handling complex and laneway system servicing the forty paddocks. It is very cleverly laid out with each paddock having a trough, a hill with shade and most have a dam. Kiembah consists of 2500 acres, of which 1100 acres are fenced with seven foot deer netting.

Another feature of Kiembah is the award winning pavilion designed homestead with vaulted ceiling. It was designed by John Andrews and is made of a prefabricated steel frame clad with corrugated iron. The entire front of the house is glass and the ceilings are lined with celery top pine and the walls are lined with brush box. It has an energy tower in the middle of the house with a tank on the top which supplies water throughout the house. It would have been pretty “out there” thirty years ago – and still is today.

Rod Marr bought Kiembah from the Andrews family and ran the very successful Gererdan Poll Dorset Stud here for six years. We bought the property from Rod.

Eugowra News: While Kiembah has a history of farming deer and stud sheep what enterprises are you involved in these days?

Hugh: We did consider deer when we first moved here but the economics just didn't add up and from all reports they were extremely difficult to work with. Lambs were red hot at the time, so we decided to go with what we knew. We are running 1200 merino ewes and join them to Dorset rams. As we develop more improved pasture this number will increase. We also run 60 Angus breeding cows.

Eugowra News: You also have an accommodation enterprise could you tell us about that?

Hugh: There are quite a few other buildings, each with a unique history. We converted the office, which was a separate building in the garden, into the Seldom Seen Guest House and restored the original Old Homestead to accommodate guests as well. These two houses are the Guest House business. It is a lot of work, especially for Lyn as she teaches full time in Forbes, but we enjoy meeting people and it is a good way to keep the houses maintained. We treat the Guest Houses as a hobby in many ways – Lyn has a flair for decorating and I am the home handy man! (Never out of work!!) We have had guests from all over Australia and overseas. They love the walks, the rock formations and the stunning views – we can see Mt Canobolos in the east and Manna Mountain to the west. The property also has two other houses which are permanently rented.

Eugowra News: What do you aim for with your animal business?

Hugh: Basically we aim for a high lambing percentage (132% two years ago which is OK for merinos), and ideally sell the lambs as suckers. This certainly didn't work last year as we didn't get much of a spring, so we ended up shearing 75% of the lambs and supplementary feeding them on oats to get them to sale weight.

We generally sell our cattle progeny as yearlings (400kg), however the seasons can have a bearing on this.

We also seem to be running a massive mob of kangaroos at present! The feed and water in the hills has run out and they are making themselves at home here.

Eugowra News: Do you do any pasture improvement and what have you found works for your property?

Hugh: This was a rapid learning curve! Our farming practices have drastically changed from those of Bedgerabong. The soils on Kiembah are quite fragile in comparison and need to be treated with respect. Minimum tillage is definitely a more suitable method to establish crops and pastures here.

We thought we would try and establish 200 acres of pasture each year, but maintaining a balance of native pastures as well. Our program involves sowing oats for one (preferably two) years, (I am a bit impatient) to clean the paddocks up a bit – then lime @ 0.5t/acre and sow a pasture mix. This country really responds to lime and phosphorus. We have been experimenting with various pasture mixes and the most successful one to date was probably a combination of Lucerne, sub clover and either rose clover or arrowleaf clover.

Eugowra News: What do you see for the future in agriculture?

Hugh: Well we don't seem to be in it to make our fortune! Cropping expenses seem to have skyrocketed in proportion to grain prices. I thought fat lambs would be the way to go as sheep numbers were the lowest since 1905 after the drought, but prices have come back already. Agriculture has always been at the mercy of many factors which are out of farmers' control – like the weather, the Aussie dollar, foreign subsidies etc. There will always be booms and busts – that is the nature of the industry. We are obviously in it because we enjoy it. It is challenging, rewarding and a nice healthy lifestyle. If we leave our farm in a better state than we found it, we can be satisfied that we have contributed to the betterment of the planet.

Eugowra News: How have you settled into a new community?

Hugh: It is quite a daunting experience moving from where you are comfortable and have lived for 30 years, but having done it, I would recommend it! I think you can get a bit stale and the change has reinvigorated us and we are thoroughly enjoying the challenge. We feel very fortunate having great neighbours, making new friends, and are enjoying the Eugowra Community.



Hugh and Lyn Ellis with the homestead in the background



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Pre-Emergent and Post emergent spray considerations for this winter season 2013

With the stark difference between the start of this season to the last, there could be an increasing benefit for the use of pre-emergent herbicides if an autumn break occurs.

Normal summer fallow has been hampered by the dry period that we are experiencing which has not allowed control of some key weeds that can become a problem in the winter in-crop. Wireweed and some grasses have come up on the back of some storm activity around the district and because of no follow up rain these weeds are moisture stressed and have ran to head quicker. In some instances stock will control this but over non-grazed paddocks this could potentially cause a problem in crop later in the year.

Some factors need to be considered before applying these products are;

- ◇ Stubble loads in paddocks – many products will bind up in the stubble and if not incorporated will be ineffective in controlling germinating weeds
- ◇ Droplet size – generally coarser spray droplets will get better penetration through stubbles but can also have an effect on efficacy due to the reduction in coverage on the soil surface.
- ◇ Soil moisture – Lack of soil moisture will also have an effect on the efficacy of the products used.

Sufficient soil moisture is a key element to the effective use of pre-emergent products as to help in drawing the product and minimize losses of the products.

- ◇ Incorporation - It is very important that chemical labels are read and understood before applying products and even if they are suitable for no till situations or if full incorporation is required.
- ◇ Tank mixes - Mixing knockdowns and pre-emergent products can have an effect on each others efficacies. Selection of correct knockdown/pre-em mixes are important to make sure the products are compatible in the mix. This information is usually found on the labels or alternatively you can conduct a 'jar test' to see if the products mix well and do not separate prior to mixing in the spray tank. In all cases consulting an agronomist can be the quickest option for getting this information quickly so no time or money is wasted in incorrect tank mixes.

For a full run down on these options drop into AgNVet Eugowra during office hours or call ,

Josh Driver Field Marketing Agronomist
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