



# Eugowra NEWS

May 2012

*A Lions Club project for the community we serve*

VOL.16

## ANZAC Day in Eugowra



Jim Brien led the parade and was Master of ceremonies at the very well attended ANZAC Day commemoration in Eugowra.

Branden Dukes gave the address and spoke of the spirit of the ANZAC'S and their ongoing relevance to Australia in 2012.

Children from all the local schools marched along with RSL members and community organisations as well as individual laid wreaths.

More pictures on page 24 and the text of Branden's speech on page 4.



# from the editor

## The Eugowra News Committee

Firstly my apologies for a couple of errors in last months News, the ads that superimposed themselves over the OutnAbout in the paddock article and the missing number in Ben Mulley's phone number. Some days I feel like there is a gremlin in the computer!

Once again Eugowra is full of news, I am so excited about the mural project and the Mothers day lunch and carnival. What a great idea. I am really disappointed that I am unable to attend and would urge everyone who is able to make the effort. I am sure it will be a stunning and unique occasion. Congratulations to Jodie Greenhalgh and the committee for getting this event off the ground.

ANZAC Day in Eugowra was a special occasion, a large crowd turned out on a beautiful but chilly day to pay their respects to the spirit of the ANZACS. I am impressed by the focus on young people in the Eugowra ANZAC Day commemoration. I hope you enjoy reading the text of Branden Duke's address.

This month in the News we have the first part in a series written by Viv McMillan about their family history. It is a very interesting read and will continue over the next few months.

On a less upbeat note I am very disappointed to see that Meals on Wheels in Eugowra seems to have been almost put out of business by the recent price rises to the meals. I was really proud of our Meals on Wheels and wonder what there is that we can do about it. I am sure a freshly cooked and delivered meal is what I would prefer. I hope our community can find a way to continue this important service.

Enjoy the News,

Anne



Anne Heath, Chairperson and Editor

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Cassie Gates

Peter Heath

Bob Roach

Jodie Greenhalgh

## Contributors this month

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St. Josephs School, Sarah de Lange

Judy Smith

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

### Next Issue Deadline:

**Friday 25th May**

**The News will be available on  
1st June**

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

# May 2012

Mon      Tue      Wed      Thu      Fri      Sat      Sun

	1 Drs. Manildra 9-1	2 Drs. 9-1 Lions MTG	3 Drs. 9-4	4 Drs. Manildra 9-1	5	6 Pony Club
7 Drs. 9-5 View club	8 Drs. Manildra 9-1	9 Drs. 9-1	10 Drs. 9-4	11 Drs. Manildra 9-1 Hosp Aux Street Stall Mural Weekend	12 Mural Week- end	13 Mothers Day Lunch and Car- nival Mural Weekend
14 Drs. 9-5	15 Drs. Manildra 9-1	16 Drs. 9-1 Lions Mtg	17 Drs. 9-4	18 Drs. Manildra 9-1	19 Montana Bound Trivia Drady Farewell	20
21 Drs. 9-5	22 Drs. Manildra 9-1	23 Drs. 9-1	24 Drs. 9-4 Biggest Morn- ing Tea	25 Drs. Manildra 9-1 Community Bus	26	27
28 Drs. 9-5	29 Drs. Manildra 9-1	30 Drs. 9-1	31 Drs. 9-4			

# ANZAC Day Address

By Branden Dukes

To our RSL members and everyone gathered here today, to commemorate those men and women who have undertaken warfare to protect our country.

The ANZAC tradition was established on 25 April, 1915 when the Australian and New Zealand Army Corps landed on the Gallipoli Peninsula. It was the start of a campaign that lasted eight months and resulted in some 25 000 Australian casualties. The men who served on the Gallipoli Peninsula created a legend, adding the word 'ANZAC' to our vocabulary and creating the notion of the ANZAC spirit. What happened in Turkey on 25 April 1915? The ANZACs landed at dawn under heavy fire and climbed the rocky coast to take the first line of Turkish trenches. They stayed for eight months even when it was obvious that they could not win.

To me ANZAC day goes beyond the anniversary of the landing on Gallipoli in 1915. It is the day we remember all Australians who served and died in all wars, conflicts and peacekeeping operations. The spirit of ANZAC, with its human qualities of courage, mateship and sacrifice, continues to have meaning and relevance for our sense of national identity.

For the young nation of Australia, World War I was the first important test on the world stage. It was Australia's chance to prove themselves worthy and equal of all the other nations in the world. The task of going and fighting at Gallipoli was one that was met with great enthusiasm by young Australian men, and thousands enlisted.

The Australian soldiers had an incredible determination and passion for life. These ANZACs fought as they lived – bravely, openly and independently. They continuously displayed an immense amount of courage and compassion. But above all, the ANZACs valued mateship. This quality was so important to the ANZACs that a man would die for his mates.

These qualities of bravery, loyalty, mateship, and self-sacrifice were never more evident than in the legend of Simpson and his donkey. Simpson tirelessly rescued dozens of men on his donkey, bravely walking through shellfire, to rescue his fellow ANZACs. In total, he rescued about 300 men, calmly taking them to safety, until he was shot by Turkish gunfire on 19 May 1915. Simpson is a man who Australians remember for his courage and compassion, rather than his skills with a weapon. He is the epitome of the ANZAC spirit that we remember today.

It is by this courage and compassion that we remember each ANZAC day. The qualities that the ANZACs showed at Gallipoli have become known as the ANZAC spirit, and the spirit is etched forever in our nation and the hearts of Australians. As Australians, we all like to believe that those same qualities are instilled in us. ANZAC day is a time for us to pay tribute to those brave men and women, who fought and died for our country, so that future generations like mine could live in freedom.

ANZAC Day, with the trumpet playing the "Last Post", the reading of the Ode, and the one minute's silence, gives me the chance to reflect on the Spirit of the ANZAC, and what it means for Australia. Many people argue that it was Gallipoli, rather than Federation, that really united Australia as a nation. When soldiers from all over the country went to fight together at Gallipoli, a common bond was formed. Every Australian back home felt immense pride in the young soldiers who showed such amazing courage in battle.

This is what the ANZAC spirit is all about. It is the heart, the very essence of our nation. But it is about sadness and grief for young lives cut short and dreams left unfulfilled. It's about the horror and carnage of war. Ceremonies all over the country just like this send out a strong message to me, and that is to try by all means possible, to avoid war and conflict in future.

With said this, Australia has also been involved in many international peacekeeping operations as part of the United Nations forces since WWII. Over the years, Australia soldiers have been active in peacekeeping operations in East Timor, the Solomon Islands, Afghanistan and Iraq, helping the people of these countries to get their lives back on track. These soldiers risk their lives in these war-torn countries, demonstrating the same self-sacrifice, honesty and compassion that the ANZACs showed at Gallipoli.

It is a mistake to think that the ANZAC spirit applies only to the men who fought for our country at Gallipoli. The ANZAC spirit is truly reflective of the ordinary person who does extraordinary things. By volunteering for causes and charities such as the Red Cross, the SES and St John's Ambulance, we as Australians are ensuring that the ANZAC spirit lives on.

We will remember them

Lest We Forget.

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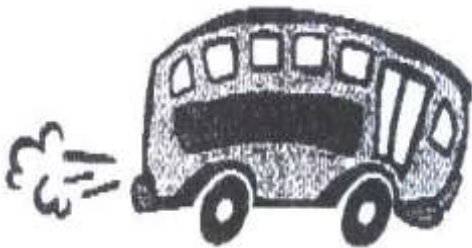
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Hello Gardeners,

As I write these notes today we are experiencing our first bout of real chill for this autumn. What contrasts we have had in our weather conditions in recent months.

Last week some spots in our garden were so hard and dry and required a good watering. I certainly appreciated the nice drop of rain that came this week.

Hopefully, with the autumn weather conditions well and truly with us and the onset of winter only a short time away our soils won't dry out so much.

But some annual plants to provide some cheer and colour in late winter, early spring and are available to grow at this time of year are the Primulas, Polyanthus and Cinerarias. They are all easy to grow and if grown now you will have the pleasure of their lovely colour towards the end of August.

A bag of good potting mix and a punnet of seedlings of each will be more than enough to create a number of pots which will be reasonably inexpensive but will prove to be a visual delight when they bloom.

These plants are not deep rooted therefore deep pots are not required but they do spread, so it recommended they are not sown too closely together. All varieties like the same conditions, therefore you can plant a combination of all or just individual varieties. They will also be happy growing in the garden and will tolerate dappled shade quite happily.

Cinerarias grow into rounded plants about 35 to 40cm in width with flower colours of creamy/white, blue, pink, mauve and red. Some of the darker coloured varieties often have an inner circle of white which almost add sparkle to their happy blooms.

Primulas grow to 35cm tall, with green stems topped with pretty flowers of white, mauve and a variety of pinks which rise from a rosette- like cluster of green leaves.

Polyanthus is a compact, low growing plant 15 to 20cm high and about 15cm wide and is available in a host of lovely colours, and are ideal for lightly moist positions in the garden.

If grown in pots, it is wise to choose containers which are wider than they are tall. All of these plants look really spectacular in massed plantings. Any of them purchased as advanced colour and potted into attractive containers make lovely inexpensive gifts for Mother's Day.

Autumn is the traditional time for growing strawberries. After choosing a well drained, sunny spot, prepare the soil by digging in plenty of compost and pelletised chook manure a few weeks before planting.

We should always buy certified disease free plants from a nursery. It is a good idea to ask the local nursery person what new varieties are on the market and if they can compete with the old tried and true varieties for yield and taste.

Plant seedlings 30cm apart, water in well at planting. Apply a liquid fertiliser every couple of weeks to help with quick establishment. Give frost protection while plants are small.

Snap Peas are real easy to grow and generally yield well for not much effort. They will need some sort of trellis to climb up. Dig the soil over, adding compost and a handful of lime per square metre. Water the soil well prior to sowing seeds about 25cm deep. Don't overwater until seeds have germinated. Mulch around the young seedlings to retain moisture and prevent weed germination. Keep an eye out for slugs and snails and treat accordingly.

Hardwood cuttings When deciduous shrubs lose their leaves it is the time to take some cuttings to propagate more of any of your desired shrubs including roses.

Simply take cuttings of about 20cm long, making a mental note of which is the top end.

Make the top cutting just above a bud and the bottom cutting just below a bud. I like to take one or two tiny slithers of bark off the side of the cutting at the base end and smear a little bit of honey on this area but of course there are a number rooting hormone powders and gels on the commercial market. Some people use vegemite for the same purpose.

Insert cuttings into a pot of moist growing medium. It doesn't matter how many you put into the one pot as they can be grown very closely. Instead of growing in a pot, if you wish, dig a trench in the garden and place as many cuttings as you like in a row. Always take more cuttings than you want as there is generally a few which fail. Water only to moisten not saturate.

In spring, green leaves sprouting from the cuttings will reveal which cuttings have been successful. Leave them to grow where they are for few weeks, then carefully remove from their growing place and pot up.

Bulb growing generally comes to a close by the end of May, therefore if you haven't already grown yours, it is time to get to it.

Bulbs are amongst the most rewarding, but easiest flowers to grow. Once the growing bed has been prepared and the bulbs planted they only need sun and a bit moisture to reward us with their lovely blooms because, generally the bulb itself has enough stored food in it to support itself for the season.

Towards the end of flowering, it can be beneficial to apply some nutrients to the bulbs. This will help the bulb reboot their food supply for the next years blooms.

Happy Mother's day to Mothers everywhere and also all those who had a caring role in our lives.

"happy gardening" to all,

Jenny



# Caring for the Land

With Nina Hooper



A big part of caring for the land is caring for the people. This has been well and truly realised by the catchment management authorities such as Lachlan, who now heavily factor in socio-economic considerations into their planning.

The first step in the upgrade of the catchment action plans has been to hear from the people the reasons they live and stay in the catchment, and what it means to them. A great step in government based planning that's for sure.

If you haven't had a chance to have a say in the Lachlan's planning there is still time by heading to the website and going to the CAP 2012 tab.

It's important that what we all want is known – and this doesn't mean just the opinions of farmers – we all live here and we all have a right to having a say.

Another great people based event this year is the Rural Women's Gathering that will be held in Parkes on the 12-14<sup>th</sup> October.

These events are always great fun and give rural women a chance to network, learn and relax.

This year's event will feature keynote speaker, the lovely Jessica Rowe.

The committee is flat out getting things organised for the event and if you would like to know more you should contact them at [parkesruralwomensgathering@gmail.com](mailto:parkesruralwomensgathering@gmail.com) or go to the blog at [www.parkesruralwomensgathering.wordpress.com](http://www.parkesruralwomensgathering.wordpress.com) where you will see all of the nitty gritty!

Of course schools are key contributors – or **the** key contributors, to our natural resource management future!

Caragabal Public School will host a unique event in May that allows primary school students from across the Lachlan catchment to demonstrate their environmental learning.

The school has been selected by the Lachlan Catchment Management Authority to host the Eastern Lachlan Kids Teaching Kids conference on the 25<sup>th</sup> May.

This event will be the culmination of research and

learning undertaken by a wide variety of schools in topics under a theme of "Australian Year of the Farmer".

Schools across the eastern side of the Lachlan Catchment are currently putting together their presentations, which will be conducted in a variety of ways, ranging from puppet shows to PowerPoint presentations, songs and dance routines.

Participating schools range from Cargo to Young Public, Murringo to Neville.

Kids Teaching kids is in its second year in the Lachlan Catchment, with last year's conferences held at Neville Public School and Forbes Public School attracting over three hundred primary school students.

School teams from Forbes North Public School, Neville Public and Corinella Public went on to represent the region at the International Kids Teaching Kids conference in Adelaide.

The second conference for the year will be hosted by Corinella Public School on the 29<sup>th</sup> August, with many more of our local schools joining in to this fantastic project.

And on Year of the Farmer, if you haven't had a chance to check out their website yet, make sure you do.

Its [www.yearofthefarmer.com.au](http://www.yearofthefarmer.com.au)

There is lots of great information and some excellent links to resources to schools – a good one to refer to your city friends and relatives.

It's important that we all support this venture – as it's a great concept and heaven knows the role of the farming family needs some recognition for the complex role that they play in "Caring for the Land".

**The Eugowra Hospital Auxiliary** will be holding a Street Stall on 11th May 2011 in front of the Post Office, 9am - 12 midday.  
Cakes, plants, fancy goods, books available.  
Raffles will be a \$100 Open Order to be spent in any store in Eugowra and a Mothers Day Parcel.  
100 club will also be available.  
Money raised will provide cork boards for the residents rooms and a digital camera.

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## Bowling Club News

Eugowra Bowls Won Lachlan Valley No 6 Pennant and now they are into the zone to a play off .

Mothers Day is Sunday 13th May. Why not come to the club for a relaxing Chinese Meal and a quiet drink

Saturday night 19th May there will be a Trivia night to raise funds to send kids to Montana. Book a table with the organisers or ring club

The Country Muster will be back on 2nd June, if you like country music, make a night of it.

As always the Meat Raffle will be held on every Friday night .

Tom and Verna Riley of 15 Norton Street Eugowra will be hosting the annual "Biggest Morning Tea" on Thursday 24th May 2012. Come along and enjoy the beautiful surroundings while having a cup of tea with delicious scones, cakes and sandwiches, served in the garden from 10am till 4pm.

Bring your friends for a day in Eugowra.

## Montana Bound Trivia Night

Our last fundraiser before departure on June 26.

You're invited to "Globe Trotting' Trivia Night (Some questions follow an international theme)

Sat. May 19 @ Eugowra Bowling Club

7 pm for a 7:30 start.

\$10 pp (table of 8 preferred)

Snacks and Slices provided

Games, Raffle, MT Bound Baby Photo Contest, Door Prizes

1st, 2nd, 3rd place trivia winners!!

Come join the fun.

Please email Jeanine @ [brit.gibby@bigpond.com](mailto:brit.gibby@bigpond.com)

or call me @ 6867-1100 to reserve a table.

*We need table numbers by THURSDAY MAY 10.*

# The “Rosebank” Story

INFORMATION FOR THESE ARTICLES WAS OBTAINED FROM “ROSEBANK” DAYBOOKS, CASHBOOK, SHEARING BOOKS AND ADDITIONAL INFORMATION FROM MY FATHER, NEIL GRAHAM McMILLAN (1875-1949). I COMMENCED THIS IN 2005.

VIV McMILLAN 14<sup>TH</sup> April 2012.

There are a number of early pioneer families of the Eugowra district, according to the plaque on the monument in town. Eleven such families are honoured with this inscription. In alphabetical order these names are: Clements, Ditton, Greenhalgh, Herbert, Leader, Marsh, McMillan, Newell, Welsh, West and Woodgate. It is strange but true that seven of the pioneers lived east and west of the Mandagery Creek below Eugowra, 2 lived south of the Lachlan River at Bandon and Nanima, 1 lived in the Mackay’s Creek area and 1 upstream of Eugowra on the Mandagery Creek.

My interest is in the lives of the McMillan family headed by Archibald (1828-1902). I use these dates in an endeavour to distinguish between family members as the name Archibald appears in at least five generations. This Archibald was 11 years old when he arrived with his family on board the “David Clark” in 1839 at Port Phillip, just four years after the settlement that would become the city of Melbourne, was surveyed by John Batman. With hard work, pooling of resources and determination, this penniless Scottish family rose to prominence and comfort in a very short time. Archibald broke away from the family group in 1862 when he married Mary Graham and bought “Arcadia Station” in 1864 – a property of 48,000 acres at Kialla, south of Shepparton on the Goulburn River - with £6000 he had received from his father, Archibald (1789-1863).

By the early 1870’s extended droughts had placed them in financial jeopardy which resulted in their mortgagees taking control. They and their family then lived with Mary’s parents who lived in the same district at “Red Bank Farm” Kialla, where my father Neil Graham was born in April 1875.

The family came overland by horse and dray, as well as on horseback from Shepparton to Forbes in late 1877, settling at “Rosebank” on 25<sup>th</sup> January 1878. The trip took 9 months to complete as the family considered potential settlements along the way. At that time the family consisted of Archibald and Mary and eight of their ten children to date, a set of twins having died in infancy and being buried at Murchison, Victoria.

Archibald selected “Rosebank” which lies on the northern side of the Lachlan River and the western side of the Mandagery Creek at their junction. They set up home on the creek bank about 1 km from the junction. More family

arrived, until there had been 16 born from this union. “Rosebank” consisted of 4,951 acres but by the time of Archibald’s death in 1902 had increased to 5,952 acres. Like all holdings in the district it took hard work and patience to develop a farming and grazing property from virgin bush. This the family did successfully and the homestead became one of the most popular spots in the district. Church services, weddings, christenings and classes were held for the teaching of handicrafts but most important of all, everyone was made welcome and knew help was available if required.

The family had their share of misfortunes in their early days at “Rosebank.” Gilbert, a twin, and the eldest of Mary’s and Archibald’s children, was killed in 1889 in an accident involving a team of draught horses at “Bandon,” a property across the Lachlan River from “Rosebank.” Archie, Gilbert’s twin brother, married a neighbour’s daughter, Mary Elizabeth Marsh (1867-1896), and she died tragically at the age of 29 years, leaving two boys – Roy (3 years) and Gordon (1 year). The McMillan grandparents subsequently raised these boys as their own. Archie later married another neighbour’s daughter, Matilda Herbert (1875-1958) in 1908 and moved to Cessnock where they had four children together.

Archie returned to Eugowra on numerous occasions as he built homes for his sister Grace (“Somerset,” now located in West St Eugowra), and brothers Andy and Godfrey (“Arcadia”) on their respective farms. Whether he was involved in the building of Peter’s and Annie’s (“Waugan”) homes was not known but having been involved in both of these homes in later years it is my judgement that there was a big possibility that he may have been involved. He later bought an orange orchard at Narara, Gosford and that was where the family was living at the time of his death in 1928.

The houses built on “Rosebank” aggregation were simple in design and incorporated a detached kitchen, usually a few yards clear of the main bedrooms. Because of the moderate to large open fire places in the kitchen and entirely a dirt floor, it was considered to be secure from fire, especially for the sleeping section of the house. The ground level dirt floor was always solid and shiny and to achieve this appearance, separated milk was regularly applied to the floor.

The bedroom section of the houses generally had an elevated floor of approximately 12" (30 mm), to help insure against flood inundation and allow air circulation. The main homestead of "Rosebank" must have been built by Archibald, my grandfather, in the 1880s and is still in use today.

The family had further misfortune during the First World War when they lost three of their fold in action. Roy Alexander (21), the adopted grandson, was killed on 19th May 1915 at Gallipoli and is buried in the Beach Cemetery, Gallipoli Peninsula. Vivian Earnest (23) was killed in France on 5<sup>th</sup> June 1916 and buried at Brewery Orchard Cemetery, Bois Grenier. Robert Bruce (Bob, aged 35) was killed on 5<sup>th</sup> October, 1917 and is buried at Tyne Cot Cemetery, Passchendaele, Belgium. Viv and Bob enlisted together at Forbes on 24<sup>th</sup> July 1915 and their service numbers were consecutive. The family erected a memorial plaque for their lost sons in the Presbyterian section of the Eugowra Cemetery.

I mentioned Church services being held at "Rosebank." There was a time when a parish extended from Carcoar to beyond Forbes and was serviced by a minister stationed at Carcoar. His mode of travel was horse and buggy. He would invariably make "Rosebank" an overnight stay, often on both ways of his journey. On his arrival at the homestead, two boys would be delegated to remove the horse from the buggy, unharness, wash him down, stall and feed him. The following morning they would feed and harness and put the horse in the buggy, ready for the minister's departure.

However, on one occasion, things went a little haywire, for when the minister came to board the buggy, he was confronted with a dilemma. At the entrance to the corral were two very large and high wooden gates. The buggy was on one side and the horse in the shafts was on the other side of the gate. I can imagine a couple of young boys gleefully watched the minister's reaction from a safe hideaway nearby! I don't think this little incident deterred the minister from calling at "Rosebank" again!

Because of having such a large family to educate, a governess was regularly employed and by the cheque butts which survive from this period it was evident a Miss Shaw spent many years at "Rosebank," having commenced in January 1891. She apparently came from Sydney and was paid £35 per year and of course, keep. Also at the homestead, a schoolteacher from the Trajere school would quite often be boarded.

Trajere school was situated just across the creek from "Rosebank" homestead on Marsh property and was accessed by firstly, a large tree, fallen across the bed of the creek and finally, by a rope and basket which traversed the creek at of course, a much, much higher

level, to ensure there was always access to school. The school was built and opened as a public school in January, 1881. It was of basic design, with roof and walls of box timber and bark and was erected by the families of Shine, Herbert, Marsh, Curtis and McMillan.

In 1890, a tender was let to Frederick Hodgson, a Eugowra builder, to erect a new school just across the Payten's Bridge Road from Trajere school for the sum of £150-17-6. The school house was to be 20' by 16.' Children who attended this school came from the families of Herbert, Marsh, Hosie, McMillan, Curtis, Shine, Hoswell, Ditton, Woodgate, Scott, Hadley, Nash, Ovens, Dwyer and Toohey. In all 16 teachers taught at the Trajere schools during their 30 years of existence. The latter built school closed in 1914 and was sold in 1915 to Godfrey and Andrew McMillan and moved to "Te-Kere," Andrew's block of the original "Rosebank" property.

McMillan family oral history has it, that at least on one occasion, two of the McMillan boys who were to be reported by their teacher to their parents for misdemeanours at school, decided they would squash any idea of her personally delivering her report, by stopping the basket on the wire across the creek at halfway while she was making her way to the "Rosebank" homestead and gaining her compliance that the trip would not be completed until she gave them assurances that her report would not be delivered to their parents! For such disobedience, it was always a penalty in the McMillan family, to be sent to bed without your tea. For growing boys, you never forgot the harshness of this punishment!!

The school called Waugan opened in 1923 and was situated on a portion of "Rosebank" on the Waugan Road. Instead of arriving at school in expensive 4W drives the general mode of transport for students of that era was horse and or sulky, bicycle or "Shank's" pony. Cecil Pearson, the first teacher, boarded at "Rosebank" homestead. In October 1924, Bill Wilkinson was appointed teacher and remained so until he enlisted in the Armed services in March 1942, after which the school closed, never to re-open. The building was affectionately called "The University" and for many years was the only building of its type around Eugowra which was recognisable as a school building. The building still resembles a modern school of that era and remained intact for many years as the last of the early schools of the Eugowra district.

The pupils attending Waugan school would have come from the McMillan, Banham, Herbert, Pluis, Parker, Wright, Steele, Harrison, Langford, Weston and Hoswell families.

**Continued Next Edition**



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## *Art competition*

### Preschool

Landscape - any medium  
Bushranger/s - any medium  
Any subject - any medium

### Years 5, 6

Landscape - any medium  
Bushranger/s - any medium  
Campfire Scene - any medium

### Kinder, Year 1

Landscape - any medium  
Bushranger/s - any medium  
Australian Bush Animal - any medium

### Years 7, 8, 9, 10

Landscape - any medium  
Bushranger/s - any medium  
Old Building - any medium

### Open

Landscape - any medium  
Bushranger/s - any medium  
Old Timer - any medium

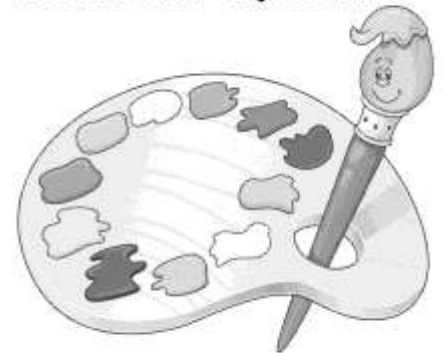
**Plus Peoples Choice Award (open to all entries)**

### Years 2, 3, 4

Landscape - any medium  
Bushranger/s - any medium  
Australian Bush Animal - any medium

### Ages 16 - 18

Landscape - any medium  
Bushranger/s - any medium  
Out on the Farm - any medium



Please note: Open art section has to be able to be hung  
All artwork from Preschool through to Year 6 can be no bigger than A3 size  
No size requirements for Year 7 through to Open  
All artwork to be dropped off to Virginia at St Joseph's Primary School Eugowra by June 7 for judging.  
**No late entries accepted.**

All enquiries to Virginia Townsend at [ray.virginia4@bigpond.com](mailto:ray.virginia4@bigpond.com)

Sesquicentenary Committee

# head on in

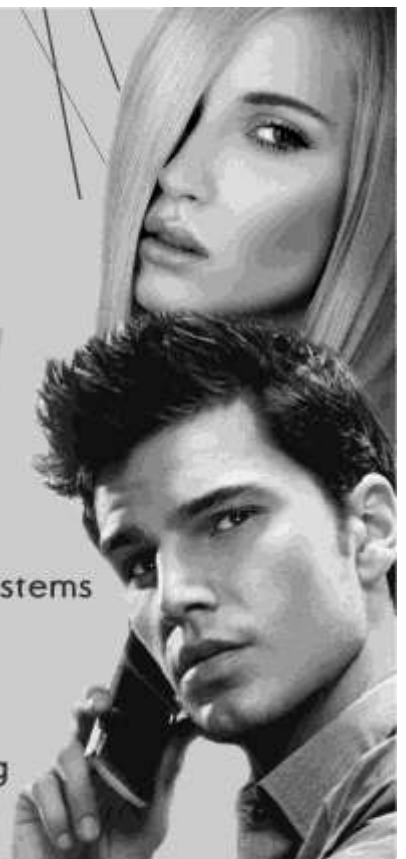
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& Ben*

## May Recipe



### Pork spare ribs braised in coconut



2 tablespoons chopped garlic  
3 spring onions  
2 tablespoons fish sauce  
1 teaspoon oyster sauce  
2 tablespoons oyster sauce  
500g pork spare ribs cut into cubes  
Vegetable oil  
300ml young coconut water ( available at supermarkets  
in the vegetable section)  
1 onion sliced  
1 red chilli  
1 bunch coriander

Combine half the garlic, shallot pieces, fish sauce, oyster sauce, sugar, pinch of salt and a pinch of black pepper. Add spare ribs and mix well. Marinate for 20 mins in fridge.

Heat wok or large fry pan up with a generous amount of oil. Stir fry pork in batches ( undrained) till golden brown. Drain on paper towel.

Heat coconut water in saucepan and bring to the boil. Add the pork, reduce heat and simmer for 5 mins. Then turn up the heat for 2 mins or until coconut has reduced to a quarter of original quantity.

Add, the remaining garlic, onion, chilli. Cook for a further 5 mins. Switch off and add roughly chopped coriander. Serve with steamed rice!

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## COUNCILLOR DAVID HYDE

As your council representative for eight years, I believe it is time now to give someone else from our area time to nominate for the position of councillor, as I am not standing for the next elections.

Please remember that we now vote as a total council area in Cabonne. This election in September will be the first with no wards boundaries and preferential voting.

If you wish to just think about what the duties are, then the NSW Electoral commission are running free seminars at Forbes on 9<sup>th</sup> May at the Jemalong Regional Education Centre from 5pm-8pm . At Orange on the 8<sup>th</sup> May at the Ex Services Club from 5pm-8pm.

The election will take place on 8<sup>th</sup> of September and you may find you can cast your vote anywhere in Cabonne.

I hope I have given you fair representation as your councillor on this council for Cabonne ratepayers. It has been a challenging experience over the years and I have dealt with the issues with the best of my ability. Cabonne residents have been through many changes and issues through our eight years, but always I have tried to seek the best way forward with the other councillors. Please consider becoming a councillor representing our community for Cabonne.

We now move forward into a big change with a new General Manager soon to be selected and of course the elections in September bringing a membership of twelve councillors.

I thank you sincerely for your vote back in 2008 and for your all your support during my term as councillor.

Esther and I will continue to look forward to being very much involved in this wonderful Eugowra community.

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## Public Exhibition of Draft Cabonne Local Environmental Plan 2012 & Draft Cabonne Settlement Strategy 2012

Cabonne Council has prepared **Draft Cabonne Local Environmental Plan 2012** and **Draft Cabonne Settlement Strategy 2012** ('draft documents') and intends to place them on **PUBLIC EXHIBITION** (subject to receiving Department of Planning & Infrastructure approval) from

**Monday, 21 May until Friday, 22 June 2012** (five weeks)

(Note: Amended dates will be notified if the Department's approval is not received by 4 May 2012)

During the public exhibition period the draft documents will be available for review at **Eugowra Post Office** (54 Nanima St) & Council offices, post offices & libraries across Cabonne.

Electronic copies will be available on CD or at [www.cabonne.nsw.gov.au](http://www.cabonne.nsw.gov.au).

The development potential of **YOUR** land **MAY** be affected by the draft documents.

Council is seeking your opinion before the draft documents are finalised.

**Written public submissions must be received by Council by  
close of business on Friday, 22 June 2012**

Council staff will present a summary of the draft documents on **Wednesday, 30 May 2012 at 6.30pm** at a **PUBLIC MEETING** at **St Josephs School Hall**, Pye Street. Alternatively, please arrange an appointment with Council staff during the public exhibition on **(02) 6392 3247**.

G.L.P. Fleming  
GENERAL MANAGER



PO Box 17  
Molong NSW 2820



# Eugowra Health Report

EUGOWRA MULTI-PURPOSE HEALTH SERVICE

**Congratulations to our catering staff** who were recently audited, receiving a score of 100% and an Achievement Award. The award emphasised that “this Health Service is meeting the NSW Agency Clinical Innovation Nutrition Standards for adult patients in NSW Hospitals.” Patient menus were reviewed by Western NSW Local Health District Area Food Service Dietician Clare Ward. They were judged on the menus presented, the food quality and portion size.

Currently relieving Kate Power is Acting Health Service Manager Linda Ireland who lives locally. We are very pleased to have someone of Linda’s capability available to take the reins. Linda has been kept very busy with the accreditation process that is proceeding at the moment.



**Psychiatrist Collette Mills is available at the MPS** as part of the State Mental Health Strategy to provide mental health services to rural and remote regions. Collette is usually at the MPS on a Wednesday, every two weeks. For enquiries and appointments, please ring reception at the MPS on 6850 4000, or contact Collette at “Psychability”, Orange (Phone 6369 1911). Joanna Ellis and Angela Owens also work at “Psychability”.

**April is recognised as falls month** throughout the state health services. For our town’s contribution, Eugowra MMPS will be hosting an education session for the vision impaired in the Willawa Centre on Friday 20<sup>th</sup> April from 1:30 – 2:30 pm. The session will be conducted by Sophie Hogan from Guide Dogs for the Blind.

Janet Noble Publicity Officer MPS Advisory Council.

## Tips for Injury prevention

**By Nicole Brindle**

This is general advice about injury prevention if you have a specific condition or injury that you need advice about contact your Physiotherapist or Health Professional.

### **Pick exercise that is suited to your body type and abilities**

This doesn’t mean that you can’t play the sports you like but if you are going to do something repetitively your body needs to be suited to that activity.

We come in lot of different shapes and sizes. Some people are designed to run long distances, they do it easily and their body mechanics are suited for the activity. They can run day in and day out and not get any problems whereas someone designed for the front row of a rugby scrum will start getting sore knees and feet if they try to run long distances.

There are hundreds of great sports and activities available so try to work with your body rather than against it.

### **Warm up**

The best preparation that you can give your body before you exercise is to do warm up exercises that are similar to the activity that you are about to undertake.

I am frequently asked by patients if they should stretch prior to playing sport or undertaking activities. The answer is never straight forward but – stretching can be beneficial to start with as it starts to loosen the muscles and gets the blood following gently to the muscles. This then needs to be followed up with gentle exercises that are slowly increased in their intensity. This stimulates blood flow to the muscle and warms the muscle of the type of activity that is about to be undertaken.

If you only stretch before the game or activity your body is only prepared for activities that are like stretching. When you stretch a muscle it relaxes to allow the stretch to occur – this is the opposite of what you want just prior to doing vigorous activity.

### **Stretching after exercise**

After you finish your exercise and you want your muscles to relax is a better time to do your stretches BUT stretching is best done daily/regularly as part of your routine rather than a quick stretch after exercising.

## Stretching safely

Many people – particularly those with competitive natures will stretch incorrectly.

Stretching is an activity on its own and not something that you do just before you play a game.

People are designed differently – some are born very tight and find stretching difficult. Touching their toes is a task that has to be worked up to. Others are very flexible and can touch their toes without any effort. People who get tight quickly need to put more effort into staying flexible.

You need to have good muscle length so that your joints can move their full range and not have compressive forces on them all the time due to tight muscles.

Stretching should be done slowly, smoothly and within the range that is not painful. Many people will push into the painful range of the stretch and this is actually counter productive. You need to think of your muscle like an elastic band – if you suddenly pull it quickly and hard it will tear or snap if your gentle stretch it repeatedly you will gain more improvement.

Basic rules for stretching:

- Only go to a tight feeling not painful (its called a stretch not a pain)
- Hold for 10 -20 sec and relax gently
- Repeat at least 5 times.

## Practise & Skill development

When you are learning an activity your need to concentrate on the skill that you are performing and do not have as much attention for the other things that are going on around you. This can result in injury and fatigue.

Learning how to do the activity correctly might mean that you use your muscles and joints more efficiently and this leads to less stress on your body.

Practise and training is good for fitness but it is also important for your skill development - the more efficient you become at a task/activity the less energy and concentration you need to perform it well.

It can be helpful to get coaching as this helps to do the skill correctly. I always found backhand (tennis) difficult and stressful to my back because I wasn't using my legs enough – I still find it difficult but now it doesn't put stress on my back.

Stop Press: It's flu season.  
Don't forget to get your  
vaccination. Free if you are  
over 65!

# Eugowra



# Eyewatch

Do you care for the community? Care about making a difference and keeping our community safe?

Canobolas Police are looking for members to join the **'South Canobolas Neighbourhood Watch'** group.

The group will cover the areas of Eugowra, Canowindra, Gooloogong, Cowra & Woodstock.

This group consists of a Precinct Co- Ordinator, Administrators and Members. This Neighbourhood Watch group will liaise with local police regularly and post crime prevention information on the page.

Project *eyewatch* is a platform for the delivery of information to the community of NSW utilising Facebook as the network tool to create - 21st Century Neighbourhood Watch Communities.

Project *eyewatch* will give community members the opportunity to participate in active crime prevention activities on line in their own homes 24 hours a day, 7 days a week.

Chief Inspector Maxwell of Project eyewatch states, "Neighbourhood Watch is about local communities and local police working together to solve local problems and identify solutions".

"It really gets back to the core of democratic policing where the community and the police work together because, after all, police are a part of the community."

Chief Inspector Maxwell said, "Neighbourhood Watch had been weakening in recent years but Project Eyewatch had given it a new lease on life".

If you are interested in joining, meeting new people and working with police to keep the community safe, please contact Constable Miles Burden of Eugowra Police on 02 6859 2244 or email [burd1mil@police.nsw.gov.au](mailto:burd1mil@police.nsw.gov.au) or visit the Eugowra eyewatch page for more information, [facebook.com/eugowrapolice](https://facebook.com/eugowrapolice)

Other Neighbourhood Watch groups within the Canobolas Command will be launched later in the future.

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**COUNTRY WOMEN'S ASSOCIATION OF NSW EUGOWRA BRANCH**

**April Meeting**

The April meeting in the rooms on Easter Monday night was well attended despite it being a public holiday. The major items under discussion were our involvement in the Mural Painting, Sesquicentenary of Gold Escort Hold-Up, a presentation on "Understanding Mood Disorders and Resilience" and a Street stall to raise funds for Western Care Lodge .

The CWA will cater for **morning and afternoon tea for the artists, sign-writers and helpers of "Eugowra's Most Wanted" mural** on Friday 11, Saturday 12 and Sunday 13 May. Volunteers, food and logistics will be organised at the next meeting on 4 May.

We are also catering for **morning and afternoon tea for the Sesquicentenary of Gold Escort Hold-Up celebrations on 16 June**. Further arrangements will be finalised at the May and June meetings.

The free community education presentation by Black Dog Institute presenter Cheryl O'Connor on **"Understanding Mood Disorders and Resilience"** has been rescheduled for **Tuesday 26 June** at the Eugowra Bowling Club from 7.30—8.30pm.

Readers may recall that the Eugowra CWA has donated over \$6 000 to Western Care Lodge in Orange to assist with the cost of furnishings. Members have decided to raise more funds for the Lodge from the proceeds of a **street stall on Friday 20 July**.

**Next meeting will be Friday 4 May at 11.00am.** Please note the meeting has been brought forward from 11 May. Please contact Frances Anderson (6859 2202) if you require lunch. Jenny Anderson will speak about the proposed "Craft Cottage Industry" for Eugowra.



NSW Farmers' sticker **"Growing the Best"** being displayed by our Executives (L-R) Margaret Swift, Wendy Carey & Frances Anderson.

**Activities:**

- ◆ Several members attended the **Millthorpe Markets** on 1 April and enjoyed themselves along with the thousands of other people who attended.
- ◆ Jeanette Norris and Val McGrath will join other Central Western Group members for **"Mame"** at the **Orange Theatre** on 6 May.
- ◆ Margaret Swift, Wendy Carey, Frances Anderson and Kay Jones will attend the **CWA of NSW State Conference on 7-10 May** at Blacktown.

**ANZAC DAY SERVICE**

A cool, but sunny day saw many of our members join with the Eugowra community to honour the men and women who have served in our armed forces, especially at Gallipoli, to defend our country over the years. Esther Hyde and Kay Jones laid the beautiful wreath made by Evie Hayes on behalf of the Eugowra CWA.



**Back (L-R): Wendy Drady, Kay Jones, Wendy Carey, Margaret Swift, Bronwyn Guest, Jenny Anderson. Front (L-R): Jeanette Norris, Shirley Heinzl, Evie Hayes, Mary Lavis, Janet Noble, Pauline Howell, Val McGrath, Esther Hyde.**



# 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*

## APRIL NEWS

Term 2 is off and running, with most of our children participating in the ANZAC day march. It was lovely to see such a good representation of the schools and also many students from Red Bend proudly supporting their school. Thanks to Lachie Herbert and Stuart MacLean for providing the drumming and the children for their lovely singing.

## CWA PUBLIC SPEAKING COMPETITION

There were some slightly sweaty palms and butterflies around in the last week of term as the Primary children eagerly waited to present their 2min speech to their class mates and CWA Judge, Mrs Frances Anderson. Congratulations to all the children for doing their best. Well done to Lachie, Katie, Liam and Max who were selected to represent the school at the Public Speaking competition in Bathurst in May.



Thanks to Mrs Anderson for giving up her time and helping us with the fine art of speaking in public.

## HOLY THURSDAY STREET STALL

A big thank you to all our cooks, helpers and buyers for our annual Fundraiser on Thursday 5th April. The P & F had a very successful day, and there were some happy winners of Easter Eggs and 100 club winners.

**Winners of the Easter Egg Raffle** :1st Lachie Herbert  
2nd Sean Brindle, 3rd K Inglis (Lauren Pengilly),4th Simon Holland,5th Sue Riley,6th Kirbie Mongan,7th Therese Townsend,8th Coral Greenhalgh, 9th Katie Townsend,10th Lachie Herbert

**WINNERS: 100 CLUB:**

1st Prize: Marie Noble \$50.00

2nd: Tess Herbert \$30.00

3rd: Sarah Greenhalgh \$20.00

CONGRATULATIONS!

## END OF TERM ASSEMBLY

Thank you to all the parents, grandparents and friends who came to be entertained by our beautiful children on Tuesday 3rd April. The children sang and performed with various instruments and we all enjoyed the "Eugowra Rocks" rendition.



Year 6 Captains presented the assembly very well introducing each item and giving a report on the Swimming teams achievements.

Mrs Epp announced the Term awards:

### Encouragement Awards;

Lily Wallace, Maddison Vincent, Brodie Adams, April Harvey, Baylie Tulloch, Natasha Valentine, Macky Den and Annalise Gavin.

### Principals Awards

**Maddison Vincent** for her independent work and confidence.

**Jake McCarthy** for continued improvement in class

**Lily Wallace** for continued effort in class

**Jordan Moore** for his dedication and leadership

**Olivia Holland** for her enthusiasm and participation

**Ashton Gates** for being an independent worker in class.

## YEAR 6 CHRISTIAN LIVING CAMP

At the beginning of May, Yr 6 students head off to 3 days of camp with Mrs Rose and Yr 6 students from other small schools in the Diocese. We hope that they have a great time, learning about themselves and others in preparation for their confirmation later in the year.

This term we will be also involved with Diocesan Cross Country; Catholic Schools Week, Eugowra Athletics Carnivals, National Simultaneous Story time, Life Education Van, and Golf. So a busy time ahead!

# Catholic Schools Week

**29th April—5th May 2012**

FAITH IN OUR STUDENTS

Until then, God Bless.

St Joseph's Staff and students.



# Eugowra Public School

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

# News

## Participation Leads To Success



### Anzac Day 2012

We had a great turn out of students this year to march in the Anzac Day parade and show respect to those who have served our country. The students were very well behaved and represented our school beautifully. Thank you to our Captain, Cheyenne and Vice Captain, Daniel for laying the wreath on behalf of the school.



### INVITATION

Retirement and Farewell Dinner for Dominic Drady

When: Saturday 19th May 2012  
Where: Eat Your Greens, Eugowra  
Time: 7 for 7.30pm  
Cost: \$40.00pp  
Includes 3 course meal and gift  
RSVP 11/5/12  
School 02 6859 2233  
A.H 02 6859 2368

Payment is required to the school by the 11 May

### Welcome to our New Principal

Carmel McMurray has started this term as Principal of Eugowra public School.

Carmel has been teaching at Forbes North Public School for the past 6 years. She was Relieving Assistant Principal at Forbes North and is now looking forward to her new role at Eugowra Public School.

Carmel is excited about her new position and developing strong relationships with students, parents and the local community.



### New Cricket Pitch

Thank you to Mr Drady and all the helpers – organising and installing our fabulous new cricket pitch. We love it.



### Easter Hat Parade



### End Of Term Assembly

Families and Visitors enjoyed the end of Term Assembly, Easter hat parade and BBQ on the 5th April. Term 1 Class awards, and student of the week awards were handed out on the day. Below are our Class Award recipients from Infants and Primary. Congratulations.





# News from Eugowra Community Children's Centre

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

## Chocolate Overload!

We had chocolates everywhere for our Easter Egg Raffle. Our winners were Jack Fazzari, Hayley Newell, Tara Herbert, Gwen Whitehead, Maree Howlett, Kathryn Matherson and Zane Wren. Thank you to all who bought tickets and for the parents who supplied the Easter Eggs. The money raised will go towards new resources for the children.



On the 5th April we were invited to Eugowra Public School to join in their Easter Hat Parade. The children had great fun making their hats and even more fun showing them off. Sienna was the winner of the Preschool section of the competition.



### Eugowra Community BBQ

Cabonne Family Links held a BBQ at the sports oval on the 29th March. We all went along to enjoy the various activities supplied by Cabonne Council.

### Welcome back!

Term Two started off by talking about Anzac Day. The children had great fun making and eating Anzac biscuits. We look forward to a fun-filled Term Two.



### Welcome to our newest member:

Memphis Bevan



# IS IT THE END OF AN ERA ?

For over eighty five years the old Anglican Rectory on the hill between Bowler, Camp and Cooper Streets in Eugowra has served as a family home for a succession of Rectors and Priests in Charge. Built by Mr Lashford of solid concrete and stone rubble, with the finances for the construction including a Queen competition, the winner of which was the late Miss Ada Welsh Mrs Bill Weekes, it has seen the changes which have taken place in the small township.

The Eugowra Church of England Parish was formed in 1924, following many years of care by the Forbes Parish. It is noted from old maps that the ground for both the Church and a Rectory was 'approved' on 4 May 1882, and although original weatherboard Church was constructed in the eighteen eighties, on the site of the present building, and built on the approved Rectory block on the opposite side of the road, it was another forty five years before the planned Rectory came to fruition.

However, records show that the incumbent did not always measure up to the expectations of the 'twelve wise men' of the vestry. One actually asked for a power point in the house ! Another Rector was chastised about the use of the Parish horse and sulky without permission of two of the vestrymen. *What did he use to contact the men if there were not telephones at their homes. How far did he have to walk, or did he have a bicycle ?*

In tough times with a shortage of petrol and money with which to purchase it, the Rector was to carry a bicycle to the crossroads on the Mackey's Creek and Cookamidgera Roads, then ride the long miles on the tracks to do the often carried out home visits and Home Church services.

Recently, the much maligned and dangerously leaning old concrete garage was demolished, taking enormous weight off a pepper tree and a grove of fast growing palm trees.

Today the Parish can no longer be regarded as one which can sustain a 'live in' or full time clergy person. For those who attend the church of St Matthews as members of the congregation it is important that they have the opportunity to voice their opinions about what is the best option.

**Remember the Church building is here** for use by the people of Eugowra as it has been for all these years, but we will always have a need for money to support the Diocese with our commitments and for part time visiting clergy.



With an aging and declining population the Eugowra Parish is now facing the decision regarding the future of the old home

**If the Rectory is sold** Do we invest the proceeds with Diocese for Parish use, and possibly support the Diocese financially with a percentage of the money? The Diocese is needs money for meeting its own debts and we must remember that we as a Parish are part of the Diocesan family. Our income at present is by far exceeded by Parish running costs. The money received by the ladies for catering for meals following local funerals is much appreciated.

**If the Rectory is placed on the rental market** Will we keep all money locally, and will there be a willing band of volunteers who will keep the building and surrounds in order in the years to come?

**A meeting to which active parishioners are invited will follow the 5pm Eucharist on Saturday 19th May.**

**Locum in charge** at present is Bishop John Stead who will become the Bishop of the vast Willochra Diocese in South Australia in June, and he and wife Jan will be missed by the Eugowra congregation.

**The 2012 Parish Council elected recently**  
Wardens Lance Wheeldon, Elaine Cheney and Wayne Hughes (Gooloogong)  
Council members Judy Smith Sally Mongan  
**5pm Saturday Services until further notice.**  
*Elaine Cheney Warden & Secretary.*



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# EUGOWRA VIEW CLUB 2012



Eugowra Evening VIEW Club members enjoyed a 'Back to School' memorabilia night for their April dinner meeting. There were a number of nostalgic photos, various books, memorabilia items and a uniform on show. Jeanette Norris even managed to find, and wear, her own high school uniform.

This Sunday, April 29, there will be a Lorraine Lee Linen party at the home of Maria Dawson at 1 North Street starting at 2-00pm. This function is not exclusively for members and an invitation is extended for anyone interested to go along. No bookings required. Members are asked to take a plate for afternoon tea. Funds raised will go towards the Smith Family 'Learning for Life' students.

Andy Langfield will be the VIEW Club representative to attend the special meeting re the self care units.

Members will need to discuss at the next meeting the proposed catering at the Eugowra Show.

Kay Jones was one of the speakers at the Women's World Day of Prayer in March.

Eugowra Evening VIEW has now paid their 2012 contribution for their three 'Learning for Life' students. It is interesting to note that the Smith Family now have 1000 'Learning for Life' students.

Kay Jones gave a report at the last meeting from the Delegates' Conference which Kay and Andy Langfield recently attended in Orange.

Eugowra Evening VIEW birthday party this year will be a luncheon to be held at Eugowra Bowling Club on Sunday July 1.

Discussion will be held at the next meeting about the proposed float which the Eugowra Evening VIEW will be entering in the Sesquicentenary parade at the celebrations on June 16. Organisers need to know just who will be available on the day to take part.

Members will also be making a scarecrow under the guidance of Lyn Ellis and Di Agustin and also a metal sculptured one with Therese Welsh as the guide. Members are asked to take along any metal items such as cogs and old bits of metal to the next meeting.

Quotes have been obtained for the proposed shopping trip to DFO in August. This trip will not be restricted to VIEW members and a definite decision will need to be made at the May meeting.

Janet Moxey will be the guest speaker for the May 7 dinner meeting. Please RSVP to Andy by Friday May 4 for catering.



## AGRONOMY UPDATE

### **Pre-Emergent and Post emergent spray considerations for the winter season;**

This season with good soil moisture in the profile, the potential for weeds to become a problem in crop is very likely.

Pre-emergent products are a good option for the control of such winter weeds as ryegrass, shepherds purse, radish, wireweed and other weeds that can affect the yield potential of the life of the crop.

But the use of these products can be detrimental to the crops if application of the products is done incorrectly.

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 - With direct drill machines starting to become the normal around the districts there is even more pressure to make sure that the pre-em's are being applied right to avoid crop damage and/or losses. 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.

If unsure about the application timings and or labels on products please feel free to contact myself for any advice that may be required.

### **Livestock Update**

Flies are still a large problem at the moment with not just sheep as the main target. Cattle can also be affected by flies and there are a few pour-on solutions that can help with this problem the most commonly used at the moment are;

Sheep;

**Click Back line, Vetrazin Spray on and liquid and Blowfly and lice**

Cattle;

#### **Easy dose**

Baits – these can be used in areas such as stables, piggeries and other animal housing where flies can be a problem.

#### **Quickbait and Electorbait**

Worms are another issue that is increasingly coming up in discussion. Cost effective control can be achieved through a number of methods;

Fresh paddocks/worm tests – Simple, but cost effective measures as to control the spread of worms through stock. By knowing paddock histories and also by worm testing stock that have either been bought in or existing flocks that are already on farm can help determine whether any drenches are required to start with.

Individual drenches (**Virbamec oral, Cydectin etc.**)

– Single action drenches are generally better used for stock already existing on farm. A quick clean up of stock, but can become a problem in regards to resistant worms due to only one mode of action being used. These should be used with combo drenches and rotated to avoid this issue.

Combo drenches (**Triguard, Q-drench etc.**) – 2 or more actives that work against different worm strains. Particularly handy drenches to use when bringing on new bought stock onto farm as a quarantine drench.

Barber's Pole worm: products that contain the active ingredient '**Closantil**' are the ones needed to control Barber's pole worm. Such drenches as **Q-drench** and **Avomec Duel** are two products that are very effective in the control of this worm and there are other products on the market so to really understand your requirements on farm talk to the people here in Ag N Vet to help in tailoring a program that will work and is cost effective.



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- groin pain, pelvic tilt and uneven leg length
- respiratory problems and hay fever

## PRELIMINARY DRENCH TRIAL RESULTS ARE IN

Written by Elizabeth Braddon, Lachlan LHPA senior district veterinarian

The Lachlan LHPA has been undertaking a drench resistance trial to determine, firstly, if we have any worm resistance issues; and secondly, how much and in which species. This trial involves 64 properties from all over the Lachlan LHPA. So far we have done 43 properties and hope to complete the rest by the end of April.

We are testing three drenches: naphthalophos/BZ/LEV (e.g., Rametin combo, Colleague etc); abamectin (virbamec, noromectin etc); and abamectin/BZ/LEV (e.g., Hat-trick, Tri Guard, Pyramide etc). We have all the "bad" worm species represented (barber's pole worm, black scour worm, small brown stomach worm). The results so far have been somewhat surprising.

Barber's pole worm (*Haemonchus*): **43% of properties to date are showing significant resistance to abamectin drench when it comes to barber's pole worm.** In the current season, this is very concerning as we are finding losses from barber's pole after drenching with mectin drenches as producers consider these generally a very effective drench for this area. This may no longer be the case where barber's pole is concerned.

**The good news is that we do still have effective drenches for these worms.** Naphthalophos drenches, closantel based and mectin/BZ/Lev products are still working well.

Small brown stomach worm (*Teladorsagia*): **20% of farms so far are showing resistance to abamectin drench and this worm.** This is the worm that we felt was most likely to be causing some problems. This is one to watch and indicates that our mectin single active drenches are struggling and will need looking after from now on. **This worm has varying resistance to Naphthalophos/BZ/Lev combination.** This is not a great surprise as Naphthalophos based drenches are more specifically aimed at barber's pole with the BZ/LEV

components aimed at the scour worms. BZ/LEV combination or singly have shown anywhere from 60-80% of properties having resistance from past studies.

Black scour worm (*Trichostrongylus*): **10% of farms are showing resistance to abamectin and black scour worms.** Again this indicates that single active products may be struggling against our normal worm species and we will have to look after them. **Naphthalophos/BZ/LEV combination had a similar profile as for the small brown stomach worm.** Recommendations:

**Worm testing pre- and 10 to 14 days post-drenching is a quick and easy way to check if your drench is effective.** You can do a resistance study all at once or you can build up a profile for your farm by doing post-drench checking each year at the annual drench rotation.

**With the high activity of barber's pole worm this year, a triple Mectin drench, monepantel or specific barber's pole active in combination would be a prudent choice.**

Please contact any of the LHPA veterinarians if you need advice on worm control.

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# EUGOWRA PONY CLUB



It was fantastic to see so many of our members at our first official rally day. The rally day coincided with the bird show held at the showground which brought about many member enquiries from surrounding districts.

The future of Eugowra pony club is now looking bright with so many young enthusiastic riders and dedicated parents. The group consists of many young beginner riders and after our first rally day, it was amazing to witness some of the progression that these riders displayed. They were keen to learn with some beginning on the lead and completing the day being confident enough to ride on their own. The more advanced members of the club also learnt some new skills and were given the opportunity to put these into practice.

The weather held off just long enough for us to complete the day with many young riders still not wanting to finish.

We have had some great support from members in our community donating their time as well as materials to assist the club. We thank everyone for their support. It is heart-warming as it shows that the work that the parents and instructors are doing is valued by other community members.

Our rally days are held on the first Sunday of every month with the next rally day Sunday 6<sup>th</sup> May beginning at 10.00am. Any new members are welcome to show up on the day or contact Kerstin Heinzel or Heidi Holland.





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**By Anne Burns**

In a bid to escape the dreaded burr chipping for a week, we headed to distant shores. S.A Tourism's advertising campaign for Kangaroo Island (KI to the locals) paid off as we drove south to check out some different country. While on KI we had an opportunity to have a walk in the paddock with Lincoln Willson, a born and bred Islander, his wife Esther and their young son Adam. They gave us an insight into running a cattle business on an island.

**Eugowra news:** Tell us a little about the property?

**Linc:** The Willson family came to KI as early pioneers in 1864 and settled near Penneshaw. Dad moved further west to MacGillivray in 1951 and set about clearing the scrub and developing pasture on the 2,400 acres we run here today.

Dad was passionate about looking after the land and leaving it better than he found it, and this is a strong value that I have embraced too. He ran Corriedale sheep, producing wool and fat lambs, and ran them set stocked (continuous grazing) at lower than the usual stocking rate for the district. He believed that by stocking lightly he would be able to care for the land, and that by set stocking he would keep his sheep on an even plane of nutrition and they would do well.

I can remember Dad telling me when I was young that animals do best when they have no sudden changes in feed, and with rotational grazing they have a sudden change in feed conditions every time they are moved. He was right about the sheep doing well with no sudden changes in feed. He was a very good sheep man, and his animals were always in the best condition.

Unfortunately, despite my Dad's best intentions, the land was not faring as well as the sheep were. Like on all of the properties around us, the land was very slowly deteriorating with the spread of dry land salinity. Far more water was running off the land after rainfall, and increasing areas of what was once the best land were covered in water in the winter, and left bare in the

summer. When these areas dried out, salt crystals would appear on the surface. Although the degradation of the land was happening faster on properties where stocking rates were higher, there was something going wrong on our land that stocking lightly couldn't prevent.

Despite perennial grasses being sown, mostly they did not do very well, and my Dad concluded that our 20 inch average rainfall was not enough for them. Pastures degenerated to dominant barley grass with very short seed heads on the waterlogged areas above the salt scalds, and on the higher ground we had sub clover, cape weed and annual grasses with very few perennials. Over time hand feeding of hay and oats, as well as fertilizer use, had to be increased to maintain production. Even though the sheep were still doing well, the productive capacity of our land was slowly declining.

When I started running the property, I initially increased stocking rates and fertilizer use in an effort to increase productivity. Soon I found that although I could produce more by doing this, the health of the land was declining faster as a result. To continue on this path would mean ever increasing input costs to maintain the increases in production I had achieved.

While being profitable was important to me, it saddened me immensely to see what was happening to the land I had grown up on. I decided to take a different road, and began a long and very satisfying journey of finding the answers to what was happening to our land. Eventually I began implementing the three key things that I have discovered.

While I have read many books about soil health and caring for the land, and given numerous approaches a go, there are three of these things that stand out as being fundamental in having reversed the 50 year trend of soil degradation on our land. These approaches not only care for the soil and the whole landscape, but they also are better for animal health, and improve profitability.

In 1991, I read a book called *Grass Productivity* by Andre Voisin, and could see that resting the grass between periods of grazing was important for the more desirable perennial grasses to be able to persist. For the next few years I experimented with putting mobs together and moving them around. I could see obvious benefits to the health of the land and the composition of the pasture, but animal health was worse. As my Dad had taught me years before, the sudden changes of feed I was giving my animals every time I moved them to a new paddock was upsetting their digestion and setting them back.

My answer to this came a few years later when I read *Holistic Resource Management* by Allan Savory. Once I had read this, I understood what I needed to implement, because it gave me the answer to providing the best for

both the land and the animals, and at the same time improving profitability. It taught me the importance of having less mobs (only one where possible), and having enough paddocks per mob to provide long recovery periods for the grass and the land, and short graze periods for the grazing animals. Also it showed me that in our 'brittle' environment on Kangaroo Island, to remain healthy our land needs periodic animal impact by the feet of grazing animals at high density, followed by an adequately long rest period.

I could see now what had been going wrong with our land and what I needed to do about it.

By this stage I was running half sheep and half cattle, and found that I really liked the cattle. Also I was reading books on biodynamic farming and understood how important cattle are regarded to be for the health of the land by people who practice this

In 1995, with the help of John Feehan from Canberra, I began establishing 10 different species of dung beetles to feed on and bury their dung. One of these species of dung beetle, the deep tunnelling winter active *Bubas bison* has turned out to be a major contributor to soil health and farm profitability.

While I knew that I wanted to start cell grazing and apply what I had learned from Allan Savory, it wasn't until I did a *Grazing for Profit* school in Geelong with Resource Consulting Services in 1997 that I really committed to re-designing my farm and putting it all into practice.

Allan Savory taught me that large animals could make more impact in healing degraded land in a brittle environment like ours than smaller ones. While there are good biological reasons for having a diversity of animals, I knew that to be able to run cattle profitably, I needed to have enough economy of scale. I made the decision to sell all of the sheep and graze only cattle. This meant that I could focus more on caring for the land instead of spending so much of my time with the never ending sheep work. Also it meant I could make full use of the benefits the dung beetles were providing (they don't like to work the sheep manure).

We have found that cell grazing here has completely reversed the trend of the land degrading. It has improved the composition of our pastures because now the more desirable perennial grasses are increasing in number, and at the same time animal health is much better than with un-planned rotational grazing.

There is a synergy between our cell grazing and the dung beetles. *Bubas bison* dung beetles dig tunnels 50 cm deep to bury their dung when they are breeding. To take full advantage of this we need pasture roots that will grow to this depth so that they can access the nutrients and

moisture this deep in the soil, and to increase organic matter to this depth. Cell grazing allows us to grow big pasture plants that can grow deep roots. Also cell grazing has helped us to breed very large numbers of dung beetles because with the cattle very concentrated, their dung is also very concentrated, so the beetles can find food easily while staying in close proximity to each other. Had either of these two approaches been applied on their own, the results would have been far less than half as effective.

As well as being inspired by the insight of Allan Savory, I have also learned a lot from Peter Andrews about how to care for my land. Peter is a man of integrity with a rare talent for reading the landscape. He understands how water moves through it, and how to use this knowledge in combination with all the different plants that nature provides, to nurture the land to good health. I have been very fortunate to meet Peter, and to have him visit my farm and walk down along my creek with me, telling me how he sees it.

From him I have learned how to use "nature's healing plants" as he calls weeds, to add energy to the soil and to maintain ground cover. While I focus on encouraging the perennial grasses, anything is better than bare ground, so I don't kill any plants. Also from Peter I have found out how to store a lot of water in my floodplains and have green grass right through the summer. There is a lot more I can do with this, and I am looking forward to making it happen.

**Eugowra News:** Can we talk about your cattle business?

**Linc:** I like the cattle and they suit our country well. While the gross income with sheep is higher, we have a lower cost of production with cattle, and they enable us to sell a lot of dung beetles.

We run a breeding herd of about 400 Angus breeders calving in July / August, and wean the calves at the end of May. The yearlings are carried on until the end of the following spring. The best of the yearling heifers are retained in the breeding herd and the remainder of them and the steers are sold in November. Cull females are sold in late September or early October.

We have one cell of 66 paddocks available for the one mob of cows during the dry time from Late November until the end of May. One paddock at a time is being grazed and the others are all resting. When the calves are weaned at the end of May, these 66 paddocks become two cells for the two mobs we have during the growing season. The bulls are in with the cows for 60 days from 25 September, and the rest of the year they move around a "mini cell" of 24 very small paddocks.

We run our property organically and currently have “In Conversion” certification. After one more inspection which is coming up very soon, we expect to become accredited as “Certified Organic”. This will be a big advantage with our marketing, and it will be very satisfying to produce organic grass fed beef for health conscious people who appreciate it.

**Eugowra News:** I understand Dung Beetles are now part of your business?

**Linc:** We experienced such success with the original dung beetles, and have been able to develop a business called *Dung Beetles Down Under*, helping other people to establish the dung beetles on their land. We harvest the winter variety *Bubas bison* and sell them in colonies of 1,000 beetles, shipping them all around Southern Australia. You can learn more about this by looking at our website [www.buydungbeetles.com.au](http://www.buydungbeetles.com.au)

**Eugowra News:** What are the seasonal conditions like on Kangaroo Island?

**Linc:** On average the middle of May is the start of our growing season, and it goes to the end of October. We have a true Mediterranean climate with hot dry summers and cool wet winters. Because the summers are so dry, it is vitally important to have good grazing management during this time of the year for us to be able to grow perennial grasses well. As Kangaroo Island is surrounded by the sea, we have milder climate than most mainland areas, and grass will grow well in winter

providing we leave it with enough leaf area to grow, and give it an adequately long recovery period after grazing.

**Eugowra News:** You seem to have a number of businesses on the go?

**Linc:** Yes, in addition to our farm business and our dung beetle business, we have two health and wellness related businesses. As well as being passionate about caring for the health of the land, we have an equal passion for helping people to achieve their own best health.

To find out about these, look at [www.anorexiahelpme.com](http://www.anorexiahelpme.com) and [www.commit2life.max.com](http://www.commit2life.max.com)

There is a strong parallel between what is going wrong with the health of the landscape and what is going wrong with people’s well-being. Just as the landscape is becoming toxic because of the way that conventional farming is being carried out, so are people becoming toxic because of what they are eating. We find it very satisfying to have a part in helping many people to significantly improve their own health, and also to be able to inspire them to improve the health of their land.

**Eugowra News:** what do you see for the future?

**Linc:** Just as my Dad wanted to make a positive difference in farming and animal health, I see this passion also flowing through in my children. My aim for the future is that many will be inspired and benefit from our family’s vision.



Linc, Esther with Adam on KI

# POETRY & SHORT STORY COMPETITION

## Short Story Categories

9yrs and under - 200 words  
12yrs and under - 300 words  
15yrs and under - 500 words  
18yrs and under - 750 words  
Open age - 1000 words

## Poetry Categories

9yrs and under  
12yrs and under  
15yrs and under  
18yrs and under  
Locals within 15km radius of Eugowra

All categories are open to the general public with the exception of the local poetry section. Each poem and short story must be of a bush ranging theme. Poems and short stories will be judged on the day, and the winners will recite their works, later in the day.

There will be prize money for all sections. **Entries must be in no later than May 31st 2012**

**Entries should be sent to: 'Willara' 1456 Mackeys Creek Rd, Eugowra NSW 2806 or left at St Josephs Primary School, Eugowra**

For more information and entry details contact Tony Harvey, phone 6859 2288 or 0488 592 288 or [tonychrisarvey@bigpond.com](mailto:tonychrisarvey@bigpond.com)

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# MURALS WEEK-END IN EUGOWRA

Organisers of 'Eugowra's Most Wanted' Murals week-end have been working hard to see that the three day event set down for May 11, 12 and 13 is a success

The committee is headed by two very energetic and talented young ladies, Christine Whitty and Jodie Greenhalgh, who have dedicated countless hours of their time and expertise into organising the three day event.

Christine & Jodie are very excited with the calibre of the artists and sign writers who will be displaying their artwork on selected walls over the three days. The major mural to be painted is the one on the western wall of the supermarket where the background colour has already been painted on.

Altogether there will be 23 artists and sign writers from various backgrounds who have many years experience with their respective talents. The Eugowra murals will showcase a fine example of the creative talents and traditional craftsmanship of these artists who will be coming from Melbourne, Grafton, Sydney, Nowra, Queensland, South Coast, Forbes, Parkes and the local area.

The first artists will arrive on Thursday May 11 followed by the others on Friday 12. Morning and afternoon teas will be supplied by the CWA at the Supermarket and the Lions Club will be providing the Friday lunch time meal. Saturday's lunch will be a camp oven.

Friday evening dinner will be at the Central Hotel and the Fat Lamb is the venue for the Saturday evening dinner where there will also be live entertainment.

The culmination of the three days will be the Mother's Day luncheon on the banks of the Mandagery at the Apex/Pioneer Park (near the bridge) on Sunday. This event is being catered for by Neil and Jane McMillan and their chefs Ben & Jess of 'Eat Your Greens'. Neil and Jane have generously donated their time and the gourmet tapas platters and dessert meal, with all the money raised going to the ongoing murals project. Tickets for the luncheon cost \$35-00 and are available at 'Somerset Lane', the Supermarket or from Jodie on 6859 2525. Tickets are limited. There will be a children's menu for \$10-00 each.

Entertainment will include live music, a fashion parade by 'Somerset Lane', wine tasting by 'Rosnay' organic wines, Coffee Van, operational bar, Ice Cream Van, jumping castle, face painting and sand art for the kids.

If people don't wish to book for lunch they will be most welcome to go along and enjoy the carnival atmosphere of the day.

Anyone who wishes to book a stall will be welcome but they must hold insurance and pay a \$10-00 fee. Book with Jodie on 6859 2525 or 0427 592 481.

This day will be a chance for everyone to meet the visiting artists 'face to face' and also to take a look over the three days while they are at work.



**Photo must be taken by the entrant**

**Size** 10x15cm or 4"x6"

Committee: Ann Burns 6859 2373, Therese Welsh 6859 2502, Tricia Ward 6859 2992,

Photos can be delivered to St Joseph's School Eugowra Mail box.

Or post to Therese Welsh "Round Range" Eugowra.

**Cash Prizes**

## Primary School Yr K-6 (local)

- |                    |                |                           |
|--------------------|----------------|---------------------------|
| 1. Rustic remnants | 2. Horses      | 3. Living relics (people) |
| 4. Local buildings | 5. Bushrangers |                           |

## High School Yr7-12 (local)

- |                  |                                     |  |
|------------------|-------------------------------------|--|
| 6. Local animals | 7. Local scene - bushranger country | 8. Comparative photo (old vs. new montage) |
| 9. Humorous      | 10. Eugowra rocks!                  |  |

## Adult (local)

- |  |                         |                        |
|--|-------------------------|------------------------|
| 11. Horses                             | 12. Bushrangers         | 13. Local scene        |
| 14. Gold                               | 15. Scallywags Children | 16. Old farm implement |
| 17. Family                             | 18. Flowers & gardens   | 19. Homestead          |
| 20. Vintage imagery (photo of a photo) | 21. Antique item        |                        |

## Open any age (no location restrictions, No bigger than 10x8")

- |                        |                        |                 |
|------------------------|------------------------|-----------------|
| Sepia                  |                        |                 |
| 22. Local scene        | 23. Horses             | 24. Bushrangers |
| 25. Scallywag children |                        |                 |
| Black + white          |                        |                 |
| 26. Local scene        | 27. Horses             | 28. Bushrangers |
| 29. Scallywag children |                        |                 |
| Colour                 |                        |                 |
| 30. GOLD!              | 31. Local scene        | 32. Horses      |
| 33. Bushrangers        | 34. Scallywag children |                 |