



# Eugowra NEWS

November 2014

*A Lions Club project for the community we serve*

VOL.18

## Congratulations Canola Cup Organisers

The Eugowra Harness Racing Club was named the winner of the NSW Harness Racing Awards for the best level two carnival of cups meeting. What a great achievement for the team and for the community of Eugowra. Well done to all of those who work so hard to make the Canola Cup the great success it is. Pictured below Jodie and Ben Greenhalgh with the trophy.



# from the editor

This is my second last News and I must say I am counting down. I have really struggled to find the time to do this voluntary job this year on top of a very busy full time job and family commitments. I am pleased to be able to hand over to the capable hands of Sarah Delange and I hope that all the contributors will continue to support Sarah. I look forward to any changes that Sarah will make and seeing a fresh and new take on the news. At the same time I really don't think this should be a voluntary job and that the Lions Club and the community should have a think about how to put it on the sort of financial footing that would allow the editor to be paid for at least a couple of days work a month. I have seen a lot of similar publications in my travels around the state and most of them are run by paid staff. There is heaps of room to grow the News if someone has the time and energy to put into it.

My best wishes go to Jeanine Gibby and her group of volunteers who are heading off to Nepal, what an adventure. I wish I was going with you and hope it all goes well. I will look forward to hearing all about it when you return.

It is time to start thinking about Christmas and Jeanine is also busy organising the choir for Carols on the Creek. Anyone who is interested in joining the choir should get in touch with Jeanine or go along to the Bowling Club on the 31st of October.

It looks like harvest will soon be under way around our district. I hope the weather is kind and that the harvest is everything the farmers wish for. Harvest puts a lot of slow and heavy traffic on our roads so be careful when you are out and about.

Enjoy the various Melbourne Cup activities and 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

Jodie Greenhalgh

Claire Bray

Kylie Reeves

Nicole Brindle

Barbara Roach

Elaine Cheney

Jessica Stanley

Sarah Delange

Judy Smith

Cassie Gates

Jeanine Gibby

### Next Issue Deadline:

**Friday 28th November 2014**

**The News will be available on**

**5th December**

**Advertising and Editorial Material To**

**Anne Heath**

**Phone 68592944**

**e-mail:**

**[editor@eugowranews.com.au](mailto:editor@eugowranews.com.au)**

420 copies printed and distributed throughout the community.

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

Online at [www.eugowranews.com.au](http://www.eugowranews.com.au)



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**Deadline**

**Publication**

**28th November**

**5th December**

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

# November 2014

Mon      Tue      Wed      Thu      Fri      Sat      Sun

					1	2
3 Drs 9am-5pm VIEW	4 Manildra 9am-1pm	5 Closed	6 Drs 9am-4pm	7 Manildra 9am-1pm	8	9
10 Drs 9am-5pm	11 Manildra 9am-1pm	12 Drs 9am-11am	13 Closed	14 Closed CWA Mtg	15	16
17 Closed	18 Closed	19 Closed	20 Drs 9am-4pm	21 Manildra 9am-1pm	22	23
24 Drs 9am-5pm	25 Manildra 9am-1pm	26 Drs 9am-11am	27 Drs 9am-4pm	28 Manildra 9am-1pm Community Bus News Deadline	29	30



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## CRAFT ON THE CREEK STOCKS GIFTS GALORE

Craft on the Creek at 59 Broad Street Eugowra has now been in business for just over two years and has proved to be an ongoing success.

The shop has proved to be a perfect outlet for all the locals who wished to 'make, bake sew or grow' their craft and products.

The craft shop stocks everything from, wooden toys, knitted and crocheted items, plants, baby wear, cakes, jams, pickles, scarves, beads, tea towels, hand towels, patchwork etc.

Orders will be taken and new members are always welcome.

President, Barbara Thompson, said "Come and have a look, you may be surprised at just what we have, and especially now that Christmas is not far off you may find the perfect gift at Craft on the Creek".



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## EUGOWRA / ORANGE COMMUNITY BUS SERVICE



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**Greg Howell 0427 592 771**

# Notes from the Happy Gardener



I expect there are many in the farming community who are a little disappointed that the beautiful rain didn't arrive just a few weeks earlier but I feel sure that there would be only a very small few, if anyone who would not have been glad to accept it with pleasure when it did arrive.

Over the last few weeks it has been amazing to see our plants putting on lots of new growth.

Spring has certainly sprung and the weather will be warming up fairly quickly from now on. The weather has been very changeable but we all know that the very warm and most likely dry times are not too many weeks away.

So, before the hottest months arrive, doing as much as we can in the way of drought proofing our gardens will be at the top of our list of "to do" jobs .

Soil wetters applied to the top of the soil in the area around plants will help to ensure the water is absorbed and doesn't just run off but gets right into the root zone of plants. Soil wetters are available in both dry and wet formulations.

Water crystals absorb and hold moisture. These need to go into pots and garden beds at root level at planting time or else through vertical holes into the root region of your favourite shrubs, trees etc. They do not work if they are placed on the top of the soil. When watered, the crystals become saturated and will release moisture over a period of time. Therefore, allowing plants to access the moisture over ensuing days. Of course the time interval between needing to re-saturate the crystals will depend on weather conditions of the time.

Mulching will also help to retain moisture in the soil and protect the root zone of plants from the extremes of heat.

Other jobs to do:

If the leaves of spring flowering bulbs have yellowed, it is now the time to tidy them up by removing the leaves. Bulbs may now be lifted out of the ground if they have become over crowded. Store in an airy box or hang in a mesh bag where the air can freely circulate around them.

Feed citrus trees with a citrus food which contains microelements.

Collect, place in a plastic bag and bin fallen citrus fruits

(to help prevent diseases and control fruit fly)

Set out fruit fly traps and renew contents as required.

Apply a slow release fertiliser to camellias, azaleas and blood and bone or other low phosphorus fertiliser to natives.

Divide clumping perennials before the weather warms up.

Re-invigorate indoor plants which may be looking a bit tired by re-potting with new soil. Water with a diluted liquid fertiliser every couple of months.

## Foliage colour

If you would like some colour in your garden but can't be bothered with annuals or other high maintenance plants then give some thought to plants with interesting and colourful foliage.

### Cordylines

Nearly always thought of as sub tropical or tropical plants and found in abundance in almost every colour under the sun in top end gardens, it is now easy to find a Cordyline variety to suit almost every climate including our own.

Cordyline australis is a widely grown, trunk forming plant, which from its name sounds as if it should be an Australian native but it comes from New Zealand.

Cordyline "Red Fountain" is a low growing mound of attractive claret coloured strappy leafed foliage. Very attractive in massed plantings.

Cordyline "Choc Mint" features pastel to dark green leaves with chocolate brown variegation to each leaf.

It makes a spectacular feature plant in the right garden.

There are numerous varieties with many colour combinations and once established will get by with minimum of water, will handle high and low temperatures and they are not very hungry plants but will respond well to the addition of an occasional feed of fertiliser.

In general they display a fairly hardy constitution but the older leaves may sometimes show signs of some fungal problems but these can easily be disposed of by pulling off and placing in the bin.

**Continued over page**

Philadelphus or Mock Orange

Is another easy care plant which will thrive in almost any soil in full sun or part shade.

Most species are deciduous and have interesting peeling bark, their flowers either single or double are snowy white with a golden yellow centre and exude a very fragrant orange blossom perfume.

They will often be found continuing to bloom after many other spring flowering shrubs have finished.

In general they are very drought and frost hardy.

Blonde Liriope

Is a hardy, unusual coloured perennial which produces a rather striking and different lemon/cream coloured foliage.

Like its relative, the ordinary green and variegated form it has all the same attributes.

Liriope is drought and frost tolerant and is a very easy care plant.

Blonde Liriope will display its lemon/cream foliage for several months before turning green in summer. Simply cut back in July to encourage new lemon/cream foliage.

It makes an interesting plant for use in pots, as an edging plant and as a ground cover.

### Vegetable and flower seedlings

There are so many which are suitable for growing now that when one visits nurseries they can be mind boggled for choice.

I would recommend keeping some kind suitable cover at the ready for ease of pulling over the new plants to protect from the possibility of the odd late frost for a little longer.

### Christmas gifts

This year seems to have moved along quicker than ever and Christmas is not far off, so if you are looking for inspiration then think about plants.

Plants are a great gift for friends and relatives who enjoy their gardens and they are gift which can continue to be enjoyed for years to come.

Salvias are very in vogue. "Wendy's Wish" and "Hot Lips" are just two which are fast growing, provide great and cheerful colour.

It is now a good time to look at plants that like hot and dry condition and extending periods without rain as unfortunately seems to be the climatic trend.

There are many exotic and native plants that are tolerant of heat and drought conditions suitable for growing in this

area but the important thing to be mindful of is that they must become established in the garden before they have the ability to withstand our long hot and often dry summers. They will in time give great reward for good nurturing in their juvenile period.

Heat tolerant and water wise plants which immediately come to mind are various succulents, many grasses, a host of natives and some cottage plants.

With advanced breeding techniques there are some handsome varieties of the old fashion Aloe genus available in retail outlets eg Aloe hybrids of the "Fairy" variety.

"Happy gardening"

Jenny



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## Bowling Club News

The Classic Triples Tournament was held this month, it was a fantastic day with 12 teams coming from around the area to compete. A big thankyou to the volunteers who helped to cook and prepare lunch for the bowlers, also a big thankyou to our major sponsors - Reliance Credit Union, Tooheys, Eugowra Quality Meats, M & A Bray Transport, Parkes Cellars and Walkers Ag N Vet.

The winners of the day were:

1. Parkes: C. Mudie
2. Forbes: B. Bailey
3. Grenfell: C. Anderson
4. Orange: B. Diduszko

Day One Round Winner - Forbes: B. William

Club Championships are going well please get your games played as soon as possible, Thanks.

The Fours have been finalised, as follows

Team 1 - Tim Yell Jnr, Steve Wykamp, Brett Myers, Tim Yell.

Team 2 - David Glasson, Alan Anderson, Max Weekes, Greg Weekes.

Friday night social bowls starts on the 31st of October starting at 6pm its a \$5 green fee, everyone is welcome!

Also the club gave out surveys in the last issue if yours is sitting at home we would greatly appreciate your feedback, so drop them in to the bar.

See you for a coldy!



# News from Eugowra Community Children's Centre

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

## Terrific Term Four!

Welcome back to term four! We started this term with a bit of business, our AGM.

The new office bearers are:

President: Lauren,

Vice president: Simone,

Secretary: Karen,

Treasurer: Kylie

Fundraising: Ashlee

A big thank you to these people for filling these positions. Without these dedicated people our preschool would not be able to operate.



Philo celebrated his 5th birthday



Adam's first day at preschool



Brock's first day at preschool



Encouraging healthy lunchboxes



Encouraging healthy lunch boxes



# Eugowra Public School

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

## News

### Participation Leads To Success

Students and staff are back into the swing of school for the final term for the year.



#### Congratulations

Congratulations to Mr and Mrs Doyle on the arrival of their baby daughter. Mrs Doyle introduced Ava Evelyn to the students during week 2 of this Term. Ava is very cute and it was lovely to see Mrs Doyle with her new baby.

#### Dodge Car Rally

The P & C recently catered for the visiting Dodge Car Rally that passed through Eugowra on the 16th October. The students enjoyed seeing the vehicles and meeting the participants.



#### Archibull Prize- Art4Agriculture

Our calf 'Bullseye' is complete and you can meet him at the Gentle Cow Café. He will be on display to the community and for judging on the 3rd of November. The students with the guidance of Miss Auld did a fantastic job representing the study topic 'grain'.



#### Youth Orchestra

We were treated to an orchestral performance on Wednesday by the ACT Instrumental Music Program, passing through on their way to Dubbo. 60 plus members played beautiful music for our students and guests.

#### Grandparents Day.

We celebrated Grandparents Day at Eugowra Public on Thursday 24th October. We enjoyed having grandparents and other family members participate in our classroom activities during the afternoon.

#### Kinder Orientation



We have welcomed five students to our Kindergarten Orientation days each Wednesday during Term 4. It is a wonderful opportunity for these students to experience a taste of school life and interact with their future classmates and get a taste of school routines.



# St Joseph's Primary School

PYE ST EUGOWRA NSW 2806  
Phone: (02) 6859 2485 Fax: (02) 6859 2500  
Email: stjosephseugowra@bth.catholic.edu.au

*Love and Truth Through Christ*

Term 4 has started and St Joseph's children have been busy with their work, sport and welcoming some children for Kindergarten Orientation.

## ATHLETICS RELAY

Congratulations to our PP5 relay team of Jordan Moore, Riley & Angus Whatman and Liam Heinzl. The boys travelled to Homebush on Thursday 16th with their families to compete in the Small Schools Relay. The boys ran a credible 1.03.12 seconds, which was unfortunately not fast enough to make it to the final, but well done anyway, you did the school proud to make it so far.

## HIGH SCHOOL ORIENTATION

Whilst we prepare the little ones for big school, the Year 6 children have been attending Orientation programs at their future schools; Red Bend and Canowindra High. At the high school they have had a chance to enjoy sport, cooking, music, agriculture, wood and metal work. The Year 6 children are like the little ones; they can't wait to get to the next stage in their education!

Please note the Graduation Mass will be held at St John the Baptist on Friday 28th November @ 6.00pm. This is the time when we celebrate their years at Primary school with Fr Laurie, family and friends and wish them well on the next part of their journey.

A social BBQ will be held following the Mass and Yr 6 movie.

2014 Year 6 Dena Moore, Belle Wallace, Liam Heinzl, Annalise Gavin and Natasha Valentine.



## KINDERGARTEN ORIENTATION

On Friday 17th and 24th of October we welcomed Cooper Gates, Noah Colvin, Tara Chalk, Philo Habashi, Hayley Newell & Isla Newell to Joeys to have a look around the school and join in some fun activities.

Kindie Orientation is a great time for the little ones to familiarize themselves with the next step away from home and heading off to big school.

The little ones spent the orientation days with Mrs Devitt and Mrs Eppelstun learning about the classroom and did some lessons on the smart board, handwriting, iPads, tracing their names and colouring in. They also enjoyed time in the playground with the older children. The next dates for Orientation are;

Friday 7th and Friday 14th November.



## IMPORTANT DATES

The end of the year comes around very quickly, so please mark these dates on your calendar;

**FRIDAY 28th November 6.00pm**  
**GRADUATION MASS**

**THURSDAY 11th December 7.00pm**  
**CONCERT and PRIZEGIVING**

**Until then, God Bless**  
**St Joseph's Staff and students.**



**COUNTRY WOMEN'S ASSOCIATION OF NSW**

**EUGOWRA BRANCH**

Due to a number of reasons the October meeting of the Eugowra branch of CWA was postponed to 24th.

Due to deadline dates for the Editor of The Eugowra News this has made it impossible for me to bring you the latest news. Never the less there is a number of items of interest which I can tell you about.

Most people will already know that the Garden Party at "Clonelly" at Murga was a tremendous success and it with much pleasure and thanks to all contributors that the profit has been in excess of \$15,000.

An absolute credit to all in involved as patrons and contributors of the event.

Wendy Drady and I are most pleasantly overwhelmed with the excellent result of the Plant and Cake stall, which made \$2,787.00.

We thank most sincerely all who bought along the plants and cooking for us to sell and to all who made purchases from us.

#### **CWA Communications**

CWA of NSW is lobbying for more investigation and research into further study of Lyme disease in Australia. This is an extremely serious illness which at present times is not being given very much attention as some areas of investigative authorities claim that this particular problem does not exist in Australia but statistics appear to be claiming otherwise.

Lyme disease is a Tick borne illness, caused by the bacteum *Borrelia burgdorferi*.

Risk of tick bite occurs mostly in coastal areas of forests and densely vegetated bush in late spring, summer and early autumn.

Very serious complications will arise if the infected person is not treated quickly and correctly.

Symptoms are similar to the flu increasing to much more serious problems as the infection spreads via the blood and into the cerebrospinal fluid causing neck stiffness, migraine and eye sensitivities.

Nerve damage will follow, which will affect joints, the heart and brain and cause severe tremors and seizures.

Followed by heart issues and facial paralysis.

#### **Palliative care in rural and regional NSW**

An invitation has been given to all CWA branches from Yvonne McMaster OAM, who is a retired palliative care doctor and campaigner for improved palliative care services to advocate for better palliative care in their own

area or to support the state-wide campaign.

Dr McMaster is keen to find people in rural areas who could be ambassadors for palliative care - they could give input about the local needs, give their opinions about what needs to be done and assist with promoting palliative care and its needs through the local papers and to Local Members and health bureaucrats.

For further information contact Yvonne McMaster at [yvonnemcmaster1@gmail.com](mailto:yvonnemcmaster1@gmail.com)

#### **Nursing and Allied Health Scholarship and Support Scheme**

Scholarships can now be applied for, in the Allied Health Streams of Nursing and Allied Health Support Schemes (NAHSSS). Funding is provided by the Dept of Health and this national program supports health professionals and future health professionals to train and practice in geographic and clinical areas of need. Scholarship applications are now open apply to: <http://sarrah.org.au/content/nursing-and-allied-health-scholarship-and=support-scheme>

#### **Patient and Carers Accommodation-Waverly (Sydney)**

Accommodation is available to country, interstate and overseas patients, accompanying family and carers who require medical treatment in Sydney, located in the grounds of War Memorial Hospital, Waverly.

For more information go to <http://www.wmhw.org.au/index.php?id=7>

More information about these items of interest can be found by contacting : [info@cwaofnsw.org.au](mailto:info@cwaofnsw.org.au)

Gwenda and Tony Rue have invited Eugowra CWA to hold their next meeting at their home 21 Marara Street, Eugowra, which was once the Eugowra Hospital, on Friday 14th November.

Morning tea will be timed for 10.30am, followed by the meeting.

Members, please bring a small plate of food to share.

I am pleased to report that John Dwyer has come through his recent surgery really well and is recovering at home under the care and love of Val.

We wish John and Val every good wish.

Best wishes to the new executive.

Jenny Anderson



## November Recipe



### Homemade doughnuts with rose water custard



#### Ingredients.

2 1/4 tsp. dry yeast  
1/2 cup full cream milk  
2 tbsp. water  
2 tbsp. sugar  
3 tbsp. butter, melted then cooled  
2 eggs  
1 yolk  
2 1/2 cups plain flour  
Veg oil for deep frying

#### Rose water custard

2 cups milk  
4 yolks  
1/3 cup sugar  
1/3 cup corn flour  
Vanilla  
Rosewater

For custard, bring milk to the boil. Whisk together yolks and sugar, then add the cornflour and vanilla and whisk. Once milk has boiled pour over egg mix. Whisk. Add back into a clean saucapan and slowly bring to the boil. Stiring at all times. Add a small amount of rosewater to taste. Refrigerate until completely cooled.

For doughnuts, warm milk slightly. Stir in sugar and yeast. Leave for 10 minutes until its foaming. In a mixer, fitted with a dough hook, add butter, whisked eggs, and flour. Let it mix until a dough forms, then transfer to a lightly oiled bowl. Cover with cling wrap. rest for 1 hour.

Knock back dough, place on lightly floured surface and roll till about 1/2 an inch thick.

Using a cookie cutter, cut out rounds and lay in a single layer on a tray with baking paper.

Heat oil to 160 degrees and fry in batches. They will need turning once.

Once cooked, drain on drip paper until cooled. Using a chop stick punch a hole in on side of the doughnut. And using a piping bag with a fine nozzle, pipe in the custard.

## Local Volunteers for Nepal



Seven local volunteers, Therese Welsh, Dianne and Ray Agustin, Jeanine Gibby, Lois McCaffery, Janine Hando, and Ally Rendell have been doing monthly training hikes around the area to get them fit for their work in Nepal. The group will leave on November 30 for the Solukhumbu village of Salleri where they will help build a girl's dormitory.

The October 19th hike took the volunteers to Nangar Lookout where the photo was taken. In the picture are Jeanine Gibby, Therese Welsh, Ally Rendell, Lois McCaffery with Sophie Welsh and Dianne Agustin in back.

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Come and join us on November 4th 2014  
for the

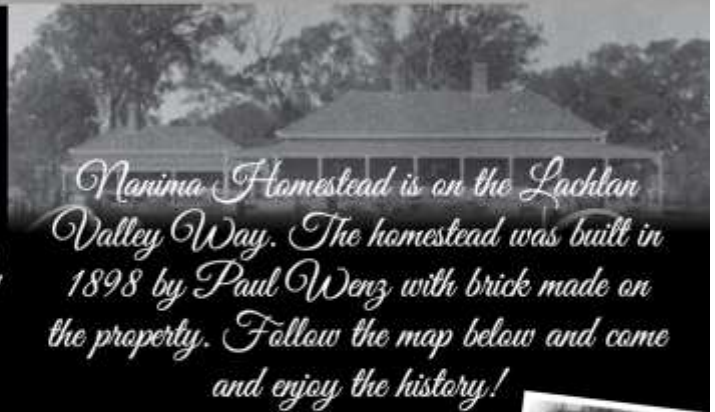
# Melbourne Cup

Have a picnic lunch from 12pm  
on the lawns of

*Nanima Homestead*

- Canapés with champagne
- Picnic lunch with wine or punch
- Espresso coffee cart available all day

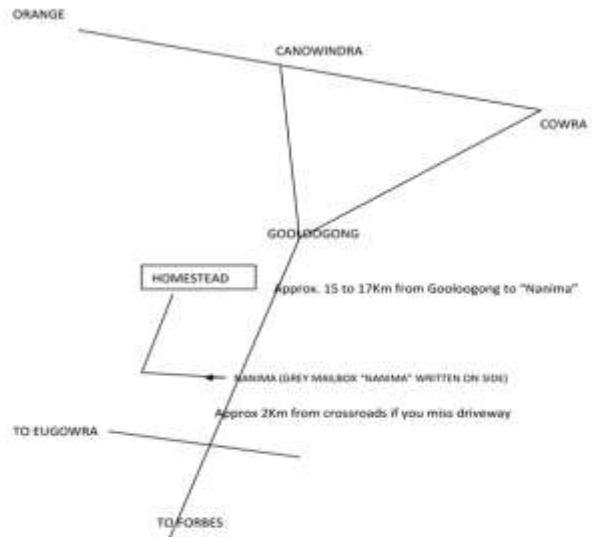
- Enjoy a Fashion Parade by Carla Sparks Cowra Studio
- A lot of prizes and fun!



*Nanima Homestead is on the Lachlan Valley Way. The homestead was built in 1898 by Paul Wenz with brick made on the property. Follow the map below and come and enjoy the history!*

#### TICKETS AVAILABLE FROM:

- Allure on Main, Forbes
  - Carla Sparks, Cowra
  - Deli Lama, Canowindra
  - Gooloogong Handy Market
  - The Lady Bushranger, Eugowra
- COST: \$50**



# Come and join us for Melbourne Cup Nov 4<sup>th</sup> 2014

## Nanima Homestead

### Background to settlement at Nanima

Following the establishment of Bathurst in 1815 and the explorations of Evans (1815) and Oxley (1817), pastoralists began moving into the Central West of NSW. Despite regulations forbidding settlement beyond the Nineteen Counties or the "Limits of Location" defined in 1829, authorities were helpless to control the expansion beyond these boundaries. Squatters moved further and further inland, naturally along the watercourses, to graze their stock. The Belubula river to it's junction with the Lachlan River at North Bangaroo formed the boundary of the County of Bathurst. Thus Nanima, along with all the land on either side of the Lachlan Valley downstream from Goolagong was in the unsettled districts.

*"Nanima" on the South bank of the Lachlan River, has always been one of the most notable of the Lachlan Valley, made especially famous by the magnificent homestead, built by Paul Wenz in 1898. The home was originally in two sections with the kitchen, laundry and servant's quarters detached from the main house which had a veranda all round. Though the homestead portion of Nanima first became freehold as a Crown Grant in 1876 to Major William West for the sum of Forty pounds, five shillings, white man's occupation of Nanima lands extends back to the 1830s and beyond when Nanima was a vast station in the pastoral era.*

Since opening The Angle Dairy in 1998, the Moxey family purchased Nanima in 2008 and in 2011 completed major renovations to maintain Nanima Homestead historical significance.

Our village of Gooloogong has been revitalized, Moxey Farms have created many opportunities for the area.

### The Gooloogong Historical Society Inc

Are proud to present our Melbourne Cup Day in such a lovely, historically, significant homestead. We are indebted to the Moxey family for allowing us to use this wonderful venue. A lovely picnic lunch in the gardens with a fashion parade and lots of prizes. The race that stops the Nation will be watched and enjoyed by all who come.

Make sure you get your tickets as there is a limited number. Allure on Main in Forbes, Carla Sparkes Women in Fashions Cowra, Deli Lama in Canowindra and Lady Bushranger in Eugowra.

All the funds raised on the day will go towards our next project which is to erect a historical pictorial of **Farming Through the ages** which will be at the site of our old bridge and will be on a viewing area overlooking our Lachlan River under our wonderful new bridge which will be opened in 2015.



Nanima Homestead overlooks the Lachlan River from the garden



Nanima Homestead built by Paul Wenz in 1898



Pay day at Nanima: shearers waiting outside the shed.



# Club celebrates 60 years of racing

Canola Cup day this year started with gusty winds and it looked as though the day could turn nasty. Luckily the day improved and although still windy was not too bad.

Another large crowd, just up on last year saw some great racing with Goulburn trainer David Hewitt scoring the easiest cup win in history with Holme Three.

The locals were not to be outdone with the Pat Jones trained Our Mannish Boy taking out the first race.

Off the track the action was also fast paced with patrons kept on their toes with the fashion parade and much more. Fashions on the field were keenly contested with both ladies and gents dressing up for the day. Percy the pacer was a great hit with both young and old.

The club celebrated 60 years of racing and four club stalwarts were honoured with life membership. Colin Greenhalgh who has been treasurer for 25 years, Bill Howell, John Greenhalgh and Pat Jones were presented with their badges by Julie Smith of Lexus Of Parramatta. Together these men and their families have given countless hours to the club over many years.

This year we added more horse stalls so we could give every horse a comfortable stall on race day. Bill Hayes is to be commended on the job he did designing and organising them, they received a lot of favourable comments.

The Canola Cup day gets bigger every year and as it does the preparation gets harder and the running of the day requires more people. The club is humbled by the support it receives from the Eugowra community. On the Saturday before the races over 20 people were putting up tents and preparing for the day. The next day the grounds were clean and tents pulled down, thank you to all those helpers. The day also takes many volunteers and the commitment of the people who do the gate, the bar, canteen and other jobs is unbelievable.

While others are enjoying the day these people are working hard to make sure everyone else has an enjoyable day.

Thank you so much to these people.

Thanks once again to the Eugowra Show Society for their support.

Once again thanks to our secretary Jodie on another great year and congratulations from all connected to our club on your recent award, you certainly are a treasure.

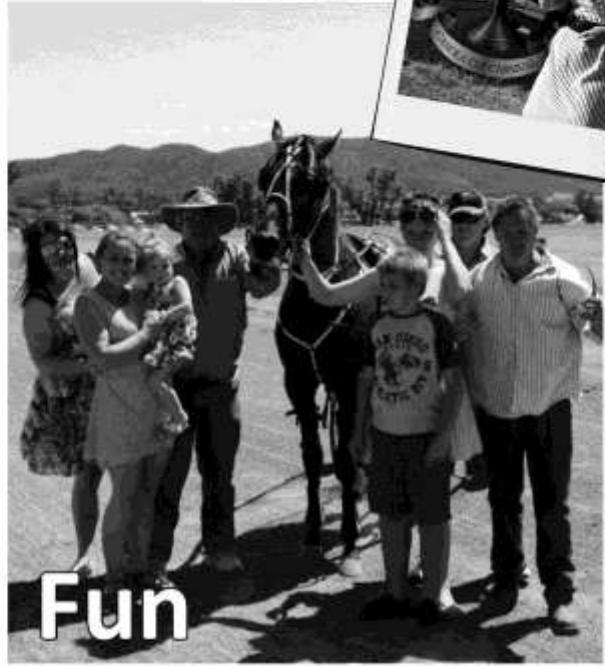
Thanks Eugowra you have done it again.

Lex Crosby  
President  
Eugowra Harness Racing.





# Fantastic Racing



# Fun



# Fashion



# Talk OF THE Town

With Barbara Roach

## Stamping on Eggs

The Nanny State has struck again. Each egg sold or used in retail or food businesses after 26<sup>th</sup> November must have a stamp on it informing the buyer where it came from.

Now to us, being a rural community, this is no mystery, so I am guessing that someone in an office of the Food Authority in Sydney has recently unearthed the horrifying facts - and yes – the unpalatable truth - about eggs ....or more exactly, the part of the bird from which they come...

The State Government edict is apparently all about salmonella infection (spread by humans, but hey, those disgusting eggs, birds and their owners should take most of the blame, don't you think?!!)



What happens if an egg is accused of causing an infection? Apparently the Food Authority is going to quickly trace it back to its source and then presumably warn consumers not to eat eggs from that hen/ farm. That's assuming they **can actually prove** that the salmonella infection was the fault of **that** egg....

There are lots of cracks in this process...having used the egg, how do you trace it when the shells don't exactly hang around waiting for the Food Authority to inspect them? I pity the poor sucker who has to look for **the** culprit with its ID stamp amongst all those used crushed egg shells!

Maybe this is a clandestine move supported by the major egg producers to kill off back yard and small free range egg suppliers?

If you want to find out more about this legislation, you can contact the NSW Food Authority, PO Box 662 Silverwater NSW 1811, or phone 1300 552 406, or email: [contact@foodauthority.nsw.gov.au](mailto:contact@foodauthority.nsw.gov.au)

## Eugowra Visitors Brochure

The 2014 version produced by EPPA is finished. Should be printed & ready in the next few weeks to deliver to surrounding towns (Canowindra, Cowra, Grenfell, Forbes, Parkes, Cudal, Orange, Bathurst). If you can volunteer to do this, please let us know.

Here's a glimpse:



## Eugowra Town Map & Information Board(s)

The artwork is finished, the printing done, and the project is almost ready to complete with the erection of the signs. One will be placed in Byrne's Park, the other in Apex Park opposite the Central Hotel... Hopefully the correct sign will be placed in the correct location.....



## **Byrne's Park**

What was wrong with "Sunset Strip", "Shitters Ditch" or "The West Bank" (make your deposits here)!? Why is it called Byrne's Park? Who is Byrne anyway? ANSWER: Go and have a close look at the sign!

Well done Ron Hay, Kylie Godden and Jodie Greenhalgh on the sign and listing the site on Camps Australia and Wiki Camps. I have already seen some happy overnight campers using the park. Hopefully we can soon beat the number of campers at Gooloogong. (Our site is much better than theirs!)

## **Horses crossing the bridge**

Imagine how you'd feel crossing Mandagery Creek via the Broad Street Bridge on a nervous horse with a huge revving semi trailer on your tail, and a noisy speeding car heading straight towards you!

The bridge in the middle of Eugowra is the only crossing over Mandagery Creek between Eulimore Bridge and the Low Bridge south of the town. Having crossed the Low Bridge on a horse some time ago, I can relate to the fear I had then that my trusty steed would catch its foot in a hole in the rotten planks. Today the Low Bridge is in such a bad state, only the bravest horse and rider attempt crossing it.

Which brings me back to horses needing to use the Broad Street Bridge. How can the horses and their riders cross safely?

EPPA has a plan to get some signs erected each end of the bridge... something about no passing horses on the bridge....it may work....but there are many drivers (Toads) who obviously cannot read, are unable to negotiate the corner off the bridge without squashing the roses in Apex park, and who have no idea of the concept of sharing.. ....Poop! Poop!

I'm rooting for a boom gate each end of the bridge bearing a big red STOP flag. Imagine if we had remote control operation to lower & raise it! The remote controller could be kept near the bridge and could be operated by a rider on their horse or by a helpful pedestrian or local retailer. This would allow just the horse and rider to cross the bridge with no traffic passing or pushing.... I'm hallucinating now...

## **Chemist on the Move**

The rumour around town is that Basem & Nessie have had enough of Eugowra and are moving out of the old Post Office building in Nanima Street.

Well it's partly true. By the time you are reading this, the move should be over. The new Chemist shop is located in the same block as the Central Hotel, in Pye Street under the Murga Picnic mural.

## **The Fat Lamb**

Yes, I saw one crossing Broad Street last week, dutifully following its owner. Even had a blue collar on it. No I was not hallucinating – well not then, anyway.

Seriously, it is now two years since the Fatty burnt down, and recently another fire in the ruins had to be dowsed. Neighbours are concerned about the ruins being washed away by a flood. (Visions of floating bricks etc) Others see it as a blot on the landscape. The Fireies see it as a fire hazard. Some hope it is vermin infested or an asbestos harbour so an army in white suits can descend to remove these hazards.

Cabonne Council seems to have put it into the "too hard" basket. Many letters of complaint have been written to Council and the owner has been contacted. Each new reason given for inaction seems to contradict the last.

What can legally be done? What is Council's role or power in getting the owner to remove the ruin? Why is this taking so long to resolve?

## **Is Council actually doing ANYTHING?**

### **Vale Gough**

As a young nurse and uni student in the 70's I remember the changes: no more university fees (other than the compulsory Student Union levee), an end to the horror of pregnant-girls' homes (always well stocked with country girls) and witnessing young unmarried mothers deliver their babies and "giving them up" for adoption, usually against their will, because they had no support (Gough introduced the supporting mothers benefit, and Medibank, offering easy access for women to contraception and termination).

In the "good old days", divorce was a nasty, spiteful business that kept the private investigators rich. Gough introduced fault-free divorce, where a couple simply could divorce after 12 months of separation.

Before Gough, all women (even those with a legion of kids) were required to have their husband's consent before they could have a hysterectomy.

Before Gough single women like me could not obtain a bank loan to buy a home. I wanted to buy a terrace in Stanmore for \$14,000. The loan was refused because I was an unmarried woman.

The passion of protest-marching down Macquarie Street in Sydney ended when Gough lowered the voting age to 18, stopped conscription, and dissolved the fear that my sensitive, flat-footed, pigeon-chested, gentle brother would be "called up" for the Vietnam War.

For me, Gough's vision, courage and focus on improving opportunities for a young woman like me and many other ordinary Australians was truly, wonderfully fantastic.

Rest in peace, Gough - and thank you!



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Due to unforeseen circumstances the planned October meeting of the Eugowra Evening VIEW Club was cancelled.

The November dinner meeting will be held on Monday November 3rd at the Central Hotel - please RSVP to Kay by Friday October 31st.

Secretary, Wendy Drady, said that there is a large amount of business to discuss and members will have to make quite a few decisions at this meeting.

Owing to the resignation of Vicky Archer from the positions of National & Zone Councillor, there will be a special meeting at Dubbo RSL on October 30th with all Presidents, secretaries, and delegates to attend.

Lyn Gerstenberge, the National Vice President of VIEW, will be the guest speaker at the Forbes VIEW Club November meeting at Forbes RSL at 12 O'clock on Thursday November 13th.

## Christmas Preparations

Eugowra Choir Starts Planning for "Carols by the Creek"

Local choir members are in the planning stage for this year's "Carols by the Creek". A meeting on October 31 @ the Bowling Club will decide the date and the songs (that the Choir will sing) for the December event. In previous years, the Eugowra Choir, local school children and local singers have performed. Anyone wishing to join the Choir or to sing solo or in a duet should call/email Jeanine Gibby @ 6867-1100 or gibbyj@live.com.au.



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# Eugowra Health Report

EUGOWRA MULTI-PURPOSE HEALTH SERVICE

## Grieving

This month you may have heard or seen information on Mental Health awareness. There has been a big effort particularly by the ABC to raise awareness of mental health and to promote the fact that 1 in 3 people in our community will have a mental health problem at some time in their life.

Thinking about mental health I thought that one thing that eventually affects all of us is Grief, loss and bereavement.

Everyone's grief is unique. We struggle to understand our thoughts and emotions as we grieve in the hope that we can control the pain we experience.

Grieving is a personal process that has no time limit and no one "right way of doing it."

In an attempt to try and explain and understand grief people have developed "models" of how we grieve to help us understand the process.

The most well known of these was developed in 1969 by Elizabeth Kubler-Ross. She identified five linear stages of grief that people may be familiar with.

Kübler-Ross maintained that not everyone went through all the stages in a fixed order, and that everyone's grief manifested itself uniquely.

### 1. Denial and Isolation

The first reaction to learning of terminal illness or death of a cherished loved one is to deny the reality of the situation. It is a normal reaction to rationalize overwhelming emotions. It is a defence mechanism that buffers the immediate shock. We block out the words and hide from the facts. This is a temporary response that carries us through the first wave of pain.

### 2. Anger

As the masking effects of denial and isolation begin to wear, reality and its pain re-emerge. We are not ready. The intense emotion is deflected from our vulnerable core, redirected and expressed instead as anger. The anger may be aimed at inanimate objects, complete

strangers, friends or family. Anger may be directed at our dying or deceased loved one. Rationally, we know the person is not to be blamed. Emotionally, however, we may resent the person for causing us pain or for leaving us. We feel guilty for being angry, and this makes us more angry.

### 3. Bargaining

The normal reaction to feelings of helplessness and vulnerability is often a need to regain control—

- If only we had sought medical attention sooner...
- If only we got a second opinion from another doctor...
- If only we had tried to be a better person toward them...

Secretly, we may make a deal with God or our higher power in an attempt to postpone the inevitable. This is a weaker line of defence to protect us from the painful reality.

### 4. Depression

Two types of depression are associated with grief. The first one is a reaction to practical implications relating to the loss. Sadness and regret predominate this type of depression. We worry about the costs and burial. We worry that, in our grief, we have spent less time with others that depend on us. This phase may be eased by simple clarification and reassurance. We may need a bit of helpful cooperation and a few kind words. The second type of depression is more subtle and, in a sense, perhaps more private. It is our quiet preparation to separate and to bid our loved one farewell. Sometimes all we really need is a hug.

### 5. Acceptance

Reaching this stage of mourning is a gift not afforded to everyone. Death may be sudden and unexpected or we may never see beyond our anger or denial. It is not necessarily a mark of bravery to resist the inevitable and

to deny ourselves the opportunity to make our peace. This phase is marked by withdrawal and calm. This is not a period of happiness.

While we might accept our loss this does not mean that we are “over it”. Grief like love is a feeling and it can last forever.

In following years, other clinicians developed models of grieving with similarities and differences to Kübler-Ross's model.

Psychologists and researchers have outlined various models or phases of grief

Psychologist J. W. Worden also created a stage-based model for coping with the death of a loved one. He called his model the Four Tasks of Mourning:

1. To accept the reality of the loss
2. To work through the pain of grief
3. To adjust to life without the deceased
4. To maintain a connection to the deceased while moving on with life

As an alternative to the linear stage-based model, Margaret Stroebe and Hank Schut developed a dual process model of bereavement. They identified two tasks associated with bereavement:

- Loss-oriented activities and stressors are those directly related to the death. These include crying, yearning, experiencing sadness, denial, or anger, dwelling on the circumstances of the death, and avoiding restoration activities.

- Restoration-oriented activities and stressors are associated with secondary losses with regard to lifestyle, routine, and relationships. These include adapting to a new role, managing changes, developing new ways of connecting with family and friends, and cultivating a new way of life.

Stroebe and Schut suggest that people will invariably oscillate between the two processes.

Coping with loss is ultimately a deeply personal and singular experience — nobody can help you go through it more easily or understand all the emotions that you're going through. But others can be there for you and help comfort you through this process. The best thing you can do is to allow yourself to feel the grief as it comes over you. Resisting it only will prolong the natural process of healing.

#### ASKING FOR HELP

While grief is ongoing if you are starting to withdraw from activities or refusing invitations because you don't want to be with other people then you may need to seek help.

Asking for help can be really hard, especially if you feel stressed or confused. Getting the support you need during tough times can help you get through the situation, give you strategies to deal with the situation and give you some perspective.

You can talk to your Doctor or health worker.

Lifeline can be contacted at anytime on 131114

---

## Stress Less

- Be active by walking whenever you can. Exercise or physical activity is important for our mental well-being as it is useful in managing depression
- Eat well, get enough sleep and limit alcohol intake
- Learn something new
- Offer and accept help – it's ok to be imperfect
- Write things down to help you remember what's important
- Make time for fun by doing things you love
- Spend more quality time with friends and family – it's important to surround yourself with people who make you feel good
- Do one thing at a time and let go of what you can't control - focus more on what you can do, rather than what you can't change
- Get your hands dirty - do some gardening
- Take one small step towards your goals
- Be kind to others by creating positive experiences for others as it gives us the opportunity to enjoy the happiness of the person receiving them.
- Be kind to yourself. When we are busy or distracted we tend to forget to look after ourselves. Take time to relax and do things you enjoy
- Summer is almost here, enjoy lunch or dinner outside
- Take the scenic route



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# A LITTLE BIT OF HISTORY



Can you just imagine what life would be like if Eugowra had become the Federal Capital—all because of our local granite?

In the 1890s Eugowra appears to be thriving and striving. Where is the local gold? Was it all removed or was it just too difficult to retrieve at the time?

***Discovery of Granite and Gold. Freeman's Journal Saturday 7th March 1891.***

'We learn by telegram from Forbes than an important discovery has been made at Eugowra of splendid Devonian granite. A party is now at work procuring huge blocks for the foundation of an iron bridge to be erected at Forbes, 24 miles distant. The granite is susceptible of a very high polish, the felspar crystals being flesh coloured. Practical men who have inspected the granite pronounce it to be the best they have ever seen, it being very rarely obtainable. Gold has also been discovered in the Eugowra Creek. Fine colours have been got in every dish, and any quantity of black sand. It is just possible that, if a party bottomed, good results might be obtained. Traces of tin have also been found'.

***Eugowra's Claim for Capital City.***

***Molong Argus 5 March 1897.***

'The Eugowra people beyond a doubt, are true patriots, they love their town and country, and it was unanimously decided at a public meeting held last week that the town is entitled to be the Federal City of Australasia, on the grounds of it being a fair distance inland ; the Federal Parliament could sit without being accosted by foreign invaders; also, its warm, soothing climate has a special advantage, keeping the lungs perfectly healthy, and giving the delegates every opportunity of exercising their vocal powers to the utmost. The situation and scenery are superb, surrounded by wild and rugged hills, where Nature showed special favour, emitting from the bowels of the earth huge granite boulders, weighing thousands

of tons, thrown majestically upon one another, and pronounced by experts to be one of the superior granites of the world. In the midst of all this, the never failing eucalyptus and noble pine, with its dark green foliage, bends gracefully to the breeze, throwing a very imposing aspect upon the town below, at once catching the eye of the weary traveller as he wends his way through the streets, where tree planting has been indulged in, bringing him face to face with the fertile valley through which the Mandagery wends its way to the mighty Lachlan. This place seems to be carved out specially for the Federal City. Here the huge boulders could be shaped into parliamentary buildings which need not fear the howling and wailings of all Europe or Japan; here the delegates could be fed on the fat of the land, and here our noble rulers could wile away their leisure hours by chasing the bounding kangaroo and rock wallaby over hill and dale'.

*Residents were keen on making Eugowra the Federal Capital of Australia. A farm owned by the Howell family for many years was always known as "Federal View" as it would be overlooking the valley with a Capital view.*

***Eugowra has a Parliament Hill***

***Canberra Times 2 November 1982***

'A hill at Eugowra, near Forbes, has been renamed Parliament Hill because stone quarried on the hill is to be used to face the massive, curved walls of the new Parliament House.

The chief executive of the Parliament House Construction Authority, Mr Gordon Peatey, said yesterday that Australian granite had been selected in preference to overseas specimens for the large, curved walls at the central core of the building because of the relative merits of its "cost, quality and aesthetic suitability".

It was reported in 'The Canberra Times' in May that the authority was reeking suppliers and fixers of 1,800 cubic metres of granite in two specific types, with the total value of this aspect of the project worth more than \$10 million.

Mr Peatey said that the successful tenderers for the supply of the stone were A. G. and A. M. Morris, of Eugowra, for the quarrying and delivery of pink-grey granite worth about \$1 million; Monier Ltd, South Australia, for the supply and delivery of \$80,000 worth of black granite from Black Hill, South Australia; and Ferrobeton Pty Ltd, of Hume, ACT, for the \$9.5 million task of dressing and erecting the stone on the new Parliament House site. The stonework is expected to take two-and-a-half years.

The architects for the new Parliament House, Mitchell, Giurgola and Thorp, had specified distinct colours and textures for the facing granite, which had been met by stone available in Australia. The pink-grey stone from near Forbes will be used for the major facing, and the black granite from South Australia will be used for trimming'.



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**LARGE enough to have what you want – SMALL enough to care**

7 Noble St, EUGOWRA 2806

ph. 0268 592208 - fax 02 6859 2487

email: eugowra@agnvet.com.au



## K.A & R.A TOWNSEND

Backhoe Hire ● Tractor & Slasher Hire  
● Mowing ● Spraying (Small Blocks)

**Specialising in** ● Sewerage & Drainage Work  
● Irrigation Repairs & Maintenance  
● Residential & Industrial Footings  
● Swimming Pools



"Keysoe" Orange Rd, EUGOWRA

Mobile **0427 639 701** Ph **02 6859 2340**

# Golden EUGOWRA Eagles

FOOTBALL UPDATE

Eugowra Rugby League club held a Black and Yellow Esky Ball at the Eugowra Showground pavilion to celebrate the end of season and Present this years trophies.

Entertainment on the night was provided by Dubbo band Red Neck Crazy the night was heaps of fun for all that attended.

## Major Award Winners

Ian Walsh Memorial shield for club player of the year - Jake Stenhouse

Mark Weekes memorial for First grade Best and Fairest- Luke Clarke

Don & Hazel Tildsley Rookie of the Year- Bryce Park

Top Try Scorer- Matt Sayers Top Point Scorer- Todd Jayet

Geagles Best And Fairest- Anabel Wykamp

Juniors Best and Fairest - Bryce Park



# Ray White™

## Eugowra

**CONTACT: MICHELLE CHENEY** 51 NANIMA ST  
EUGOWRA NSW 2806  
PHONE (BH) 6859 2231 (AH) 6859 2819  
MOBILE: 0414 815 479



20 Cooper Street EUGOWRA



28 Pye Street EUGOWRA

**PROPERTIES NEEDED!  
PHONE MICHELLE  
FOR FREE,  
NO OBLIGATION  
APPRAISAL**



3 🏠 1 🚗 2 🚙

### "Throndale" Escort Way EUGOWRA

**\$265,000**

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



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### 22-23 Evelyn Street EUGOWRA

**\$ 265,000**

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



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### 42 Pye Street EUGOWRA

**\$245,000**

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



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### 14 Strom Lane EUGOWRA

**\$285,000**

- Well presented spacious home, open plan living/dining room that is awash with natural light, well appointed kitchen, and a separate formal lounge room.
- 3 bedrooms, all very generous in size, main with walk in robe and ensuite.
- Large bathroom with double shower and huge spa bath.
- Brand new decking on all verandahs offer a great out door entertaining space overlooking the easy care gardens which feature a fully equipped bore, double garage, and large workshop with concrete floor, garden shed and carport . Situated on a one acre parcel of land that offers a quiet rural aspect .